



MINNEAPOLIS
PUBLIC SCHOOLS

Urban Education. Global Citizens.

Minneapolis Public Schools Health Related Services Waa Cudur Maqaarka gala (Ringworm)



Gacaliye Waalid/daryeele:

Arrin la xiriira cudurka loo yaqaan Ringworm ayaa lagu tilmaamay laguna daweeey dugsiaga cunugaagu umigto. Cudurrada sida wanaagasan loo daweeyo ayaan la is-qaadsiin Karin. Si kastaba arrintu ha ahaatee, waxaan doonaynaa inaad la socotaan waxyaabaha soo socda:

- Sababta (Cause):** Waa jirro khatar ah oo maqaarka gasha kana dhalata fangaay. Ma aha dixiri.
- Astaamaha (Symptoms):** **Oogada (Body)** – siman, kala baxsan, qaab meersan ee maqaarka. Haddii cunugaaga la qabdsiiyo, waxay qaadanaysaa 4 ilaa 10 beri si ay astaamuhu u bilawdaan.
- Dhakada (Scalp)** – Ayaa leh finan hoolmaya oo laga yaabo inay madaxa oo idil daboolaan. Casaan dhex-dhexaad ah, barar, cun cun meelo soo buuran (malaxi ka buuxdo) ayaa dhici kara. Timaha la qabdsiiyey ayaa adkaada isla markaasna si sahlan u soo go'a. Haddii cunugaaga la qabad siiyey, waxay qaadan kartaa 10 ilaa 14 beri si ay astaamuhu u bilawdaan.
- Cagaha (cavaartoyga cagtiisa) Feet (athlete's foot)** – Qolof dhac ama dillaac boog dhacaan yeelata iyo timaha oo togma. Cun cunku waa caadi.
- Fidid (Spread):** Iyadoo si toos ah loo taabto maqaarka bukaanka ama rabaayadda la qabdsiiyey (sida badan eeyada iyo bisadaha). La wadaagid ama taabasho shayo fadaraysan. Shayada waxaa ka mid ah koofiyadaha, dharka, qalabka guryaha, daaha qubayska lagu xidho, qarka barkadaha lagu dabaasho, iyo meelaha khaanadaha wax lagu xirto iyo kuraasta foomka ah ee lagu fariisto ama sagxadaha dhulka.
- Xilliga Khatarta (Contagious Period):** Tan iyo inta aan ka arki karto cunugaaga jirrada maqaarka. Marka dawayntu bilaabato, cunugaaga ayaa ah mid khatartiisu yar tahay.
- Wac Daryeel-caafimad Bixiyahaaga (Call your Healthcare Provider):** Haddii qof gurigiina jooga uu leeyahay astaamaha. Dhakhtararkaaga ayaa go'aan ka gaaraya haddii dawayn loo baahan yahay. Waa muhiim inaad u raacdo qorshaha dawaynta takhtarkaaga sida uu yahay. Haddii rabaayadi kaa qabto jirradaasi, wac xanaaneeye xoolo (veterinarian).
- Ka reebid (Exclusion):** **Ma u baahan tahay inaad guriga joogto?** **Haa**, ilaa dawayntu ay ka bilaabato ama haddii aan dhaawada oo idil la dabooli karan. Haddii ay dhakada tahay, ilaa 24 saac kaddib marka dawayntu bilaabato.
- Waxqabadyada (Activities)** - Koob jirdhiska (limit gym), dabaasha iyo waxqabadyada kale oo is taabashadu dhowaan karto, haddii dhaaca aan la dabooli Karin ilaa 72 saac kaddib marka dawayntu bilaabato.
- Cayaaraha (Sports)** - Cayaaraha fudud raac talooyinka daryeel caafimaad bixiyahaagu kugula taliyo iyo qawaaniinta khaaska u ah naadiyada isboortiga.
- Ka hor tagga (Prevention):**
- Gacmaha dhaqa kaddib marka aad taabato maqaar wax la qabdsiiyey ee bani aadam ama xayawaan rabaayadda ah.
 - Waxaa dhici karta in cunugaaga kaaga baahan yahay caawinaad gacmo dhaqashada.
 - Dabool magaarka dhaawaca ah.
 - Ku dhaq gogosha, dharka, shanlooyinka, buraayshada biyo kulul iyo saabuun.
 - Ka hubi xubnaha hayga oo dhan iyo rabaayadda calaamaga jirro la qabdsiiyey.
 - HA U OGGOLAANIN caruurta inay taabtaan maqaar rabaayad wax la qabdsiiyey, ilaa inta laga dawaynayo.

Ku wargali arrimaha Xafiiska Caafimaadka Dugsiaga. Wixii macluumaad dheeraad ah ka wac Waaxda Cudurrada Faafa ee Degmada Hennepin lam. 612-543-5230.