



MINNEAPOLIS
PUBLIC SCHOOLS

Urban Education. Global Citizens.

Minneapolis Public Schools Health Related Services



Daafka (Conjunctivitis - Pink Eye)

Gacaliyeyaal Waalid/Daryeele:

Arrin la xiriirta daaf (conjunctivitis (pink eye) ayaa lagu arkay lagana dawweeyey fasalka cunugaagu dhigto.

Arrimaha sida habboon loo dawweeyo ayaan la is qaadsiiin Karin. Si kastaba arrintu ha ahaatee, waxaan doonaynaa inaad la socotaan waxyaabaha soo socda:

Sabab (Cause): (Daafka) Conjunctivitis (pink eye) waxaa sababi kara bakteeriya, fayrus, dhaawac indhaha ama kimikaal.

Astaamaha (Symptoms): Cunugaaga ayaa indhuhu casaan karaan, cun cuni karaan, xanuuni karaan, isla markaasna indhaha biyo ka soo dareeri karaan. Cunugaaga ayaa qandho qabi kara. Haddii cunugaaga la qabadsiiyo, waxay badanaaba ku qaadanaysaa 1 ilaa 3 beri in astaamuhu ku bilawdaan.

Faafid (Spread): Adigoo taabanaya dareerka indhaha ka yimid, sanko ama afka. Adigoo taabta gacmo fadaraysan, shayo iyo meelo dushooda..

Xilliga is qabadsiiinta (Contagious Period): Waa inta astaamuhu ay jiraan.

Wac darteeq-caafimad bixiyahaaga (Call your Healthcare Provider):

Hadii cunugaaga indhaha dhecaan badani ka socdo, takhtarkaaga ayaad weydiinaysaa hadii dawayn loo baahan yahay.

Ka reebid (Exclusion): **Ma loo baahan yahay inuu guriga joogo?**

Haa, hadii malaxi ama dareere jaalle u eg ama indha xanuuni jiro, cunugu waa inaanu soo laaban ilaa inta uu ka hubinayo daryeel caafimaad bixiye. Daryeeluhu waa inuu xaqiijiyo in ilmaha dugsiga loo oggolaan karo.

Maya, hadii dhecaanka indhaha ka imaanayaa uu mid bayaan ah yahay iyo biyo, isla markaasna cunugu aanu qabin indho xanuun.

Ka hortagga (Prevention):

- Dabool sanko iyo afka marka aad hindhisayso ama qufacayso. Isticmaal istaraasha ama shaarkaaga gacmihiisa. Tuus istaraashada aad isticmaashay.
- Dhaq gacmahaaga kaddib marka aad taabato wax kasta oo fadaro uu ka dhigayo dhecaanka indhaha, afka ama sanko ka yimid. Cunugaaga ayaa laga yaaba inuu u baahan yahay inaad ka caawinto gacmo dhaqashad.
- Nadiifi oo jeermiga ka dil shayada u soo dhawaada dareeraha ka imaanaya afka, indha iyo sanko. Isticmaal kiimidka disha jeermiga.
- HA LA wadaag cidna wax kasta oo taabta isha, sida shukumaannada, shumumaanada yar yar, qalabka indhaha lagu qurxiyo, qalabka lagu nadiifiyo indho gashiyada, indho bikaacada lagu dhaqo (lens solution) , ama goojada indhaha.
- Isks ilaali inaad mar marto ama taabato indhaha. Indhaha cunugga ha ka masixin dareerka.
- Isticmaal tir-tirayaasha afka-suufka ku leh ee aad u mariso daawada.

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