

Liiska caafimaadqabka safarka ee

Halkaan waxaa ku qoran talaabooyin fure u ah caafimaadqabkaaga intaad ku gudo jirto safarkaaga!

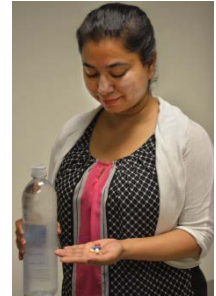
Wixii warbixino dheeraad ah ee ku saabsan u safrida dibada ka eeg: wwwnc.cdc.gov/travel AMA www.headinghomehealthy.org

MUDADA AAD KU GUDO JIRTO SAFARKAAGA

① Qaado daawooyinkaaga

- ✓ Qaado dhammaan daawooyinka aad qaadato marka aad guriga joogto.
- ✓ Qaado dawadaada duumada (hadii lagu qoray) Dhammaan daawada duumadu waxay bilaabantaa **kahor** safarkaaga iyo waxay soconaysaa soo noqodkaaga **kadib**:

- | | |
|---|---|
| <input type="checkbox"/> Midna | <input type="checkbox"/> Doxycycline |
| <input type="checkbox"/> Atovaquone-proguanil | <input type="checkbox"/> Mefloquine |
| <input type="checkbox"/> Chloroquine | <input type="checkbox"/> Kuwo kale: _____ |



② Ka ilaali naftaada cayayaanka iyo qaniinyada xayawaanka

- ✓ Iska ilaali qaniinyada cayayaanka; isticmaal cayayaan fogeeye kaas oo ka kooban ugu yaraan 20% DEET.
- ✓ Xidho shaadhahd gacmo dhaadheer, Saraawiil dhaadheer, kabo xidhan, iyo koofiyado, sida ugu suurta galsan.
- ✓ Ha taaban xayawaanada aanad garanayn, xataa haddii ay u egyihiin kuwo aan waxba kuyeelayn.
- ✓ Raadso xaalad daaweyn oo degdeg ah haddii u ku qaniinay ama ku jeexay xayawaan.



③ Ka feejignaw waxaa aad cunayso

- ✓ Cab cabitaanada la warshadeeyay ee xidhan oo iska ilaali barafka.
- ✓ Cun cunto aad loo kariyay oo la kululeeyay.
- ✓ Maydh gacmahaaga badanaa ama u isticmaal nadiifiye si joogta ah.
- ✓ Haddii uu kugu dhaco shuban leh xumad ama dhiig, qaado dawadaada kahortaga shubanka oo raadso daryeel caafimaad:

- | | |
|--|---|
| <input type="checkbox"/> Midna | <input type="checkbox"/> Azithromycin |
| <input type="checkbox"/> Ciprofloxacin | <input type="checkbox"/> Kuwo kale: _____ |



④ Badbaadada wadada iyo gaadiidka

- ✓ Mar walba xidho suunka badbaadada.
- ✓ Xidho koofiyad marka aad fuusho baaskilka ama mooto.
- ✓ Iska eeg gaadiidka ka immanaya labada dhinacba.
- ✓ Iska ilaali basaska iyo gawaadhida buuqa ah.
- ✓ Iska ilaali inaad marto habeenkii wadooyin aanad garanayn.



SAFARKAAGA KA DIB

- ✓ Raadso daryeel caafimaad haddii aad yeelato xumad inta aad ku gudo jirto safarkaaga ama marka aad soo noqoto.
- ✓ Utag daryeel bixiye caafimaad haddii si aad ah aad u dhaawacantay ama aad jirato inta lagu gudajiro safarkaaga.

QORAALADA DHAKHTARKA:
