Ma tahay haweeneey uur leh ama ku fakareysa in ay uur yeelato?

Baro waxa uu yahay CMV

Cytomegalovirus (CMV) waa faayrus caadi ah oo ku faafa taabashada tooska ah ee dareeraha jirka.
Qof kasta, da' kasta, ayaa la qaadsiin karaa CMV, balse badanaa calaamado kuma keeno dadka caafimaadka qaba. Nuunneyaasha iyo carruurta yaryar waxaa badanaa CMV qaadsiiya ilma kale oo markaas ayey u sii gudbin karaan waalidkood ama dadka haya, xataa iyaga oo aan xanuunsan. Taabashada candhuufta ama kaadida carruurta yaryar ayaa ah sababta ugu weyn ee CMV ee haweenka uurka leh.

Haddii aad tahay haweeneey uur leh oo lagaa helo CMV, faayruskan waa mid mandheerta uga gudbi kara ilmaha uurka ku jira. Marka uu nuunne ku dhasho CMV, infakshanka waxaa la yiraahdaa CMV lagu dhasho. Qiyaastii 1 ka mid ah 5tii nuunne oo ku dhasha CMV waxaa ku dhaca caqabado caafimaad oo socda mudddo dheer.

Miyaad ogtahay?

- CMV nooca lagu dhasho waa wax caadi ah.
- Qiyaastii 1 ka mid ah 200 oo nuunne ayaa ku dhasha CMV.
- CMV nooca lagu dhasho dalka Mareykanka waa waxa ugu weyn ee sababa inay ilmuhu ku dhashaan cillado iyo naafanimo ah koboca maskaxeed.
- CMV nooca lagu dhasho waa sababta ugu badan ee aan ahayn hidderaaca ee keenta in ay carruurta ku dhacdo dhagoolanimo.
- Nuunneyaasha ku dhasha Minnesota oo dhan waxaa laga baaraa CMV nooca lagu dhasho oo waa wax qeyb ka ah baarista dhallaanka cusub.

Uurka hooyada waa in laga difaaco CMV

Hooyadu ha sameyso talooyinka uurka u fiican ee hoose si uu uga yaraado halista lagu qaadsiin karo CMV:

- Gacmaha in ay ku dhaqdo saabuun iyo biyo mar kasta, gaar ahaan ka dib markay ilmaha ka beddesho xafaayadda ama markay nadiifiso sanka ama afka ilmaha.
- Waa in ay ilmaheeda yaryar ka dhunkato wejiga intii ay ka dhunkan lahayd bishimaha.
- Afkeeda waa in aysan gelin waxyaabo ku jiray afka ilmaheeda, sida cinjirka jaqista ama burushka cadeyga ah.
- Waa inaysan la wadaagin cunto, cabitaan, maacuun, iyo caagga dareeraha lagu dhuuqo.

Hel macluumaad dheeraad ah oo ku saabsan CMV

- Kala hadal dhakhtarka aad la xiriirto.
- Kala soo xiriir MDH taleefanka 651-201-3650, ama health.cyshn@state.mn.us, ama booqo barta intarnetka ee MDH

www.health.mn.gov/CMV

DEPARTMENT OF HEALTH

Child & Family Health Division, Children & Youth with Special Health Needs Section
PO Box 64975, St. Paul, MN 55164-0882

Sawirradu waa ujeeddooyin ah tusaaleyn oo keliya ee macnahoodu ma aha dad qaba oo la nool ama halis ugu jira faaruska CMV. 9/24