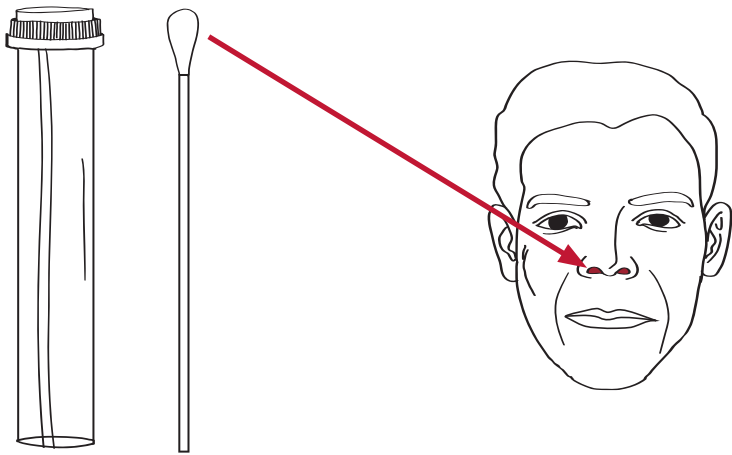
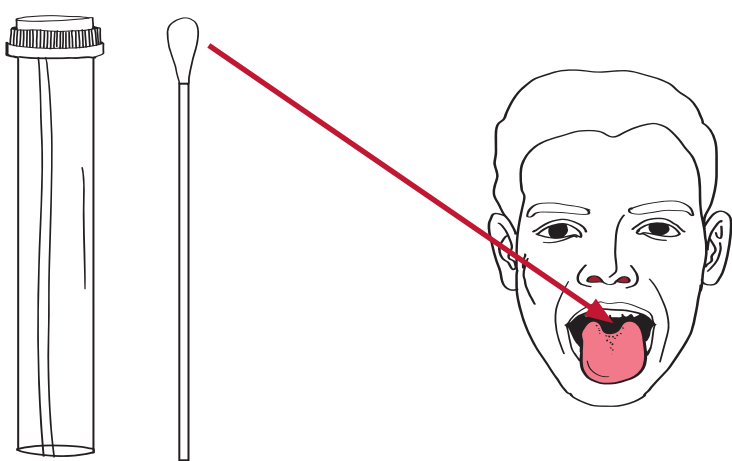


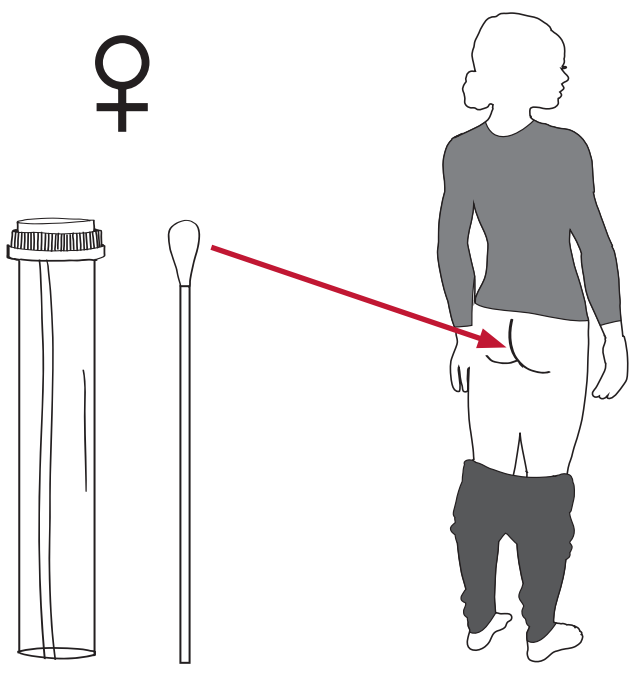
1
♀♂



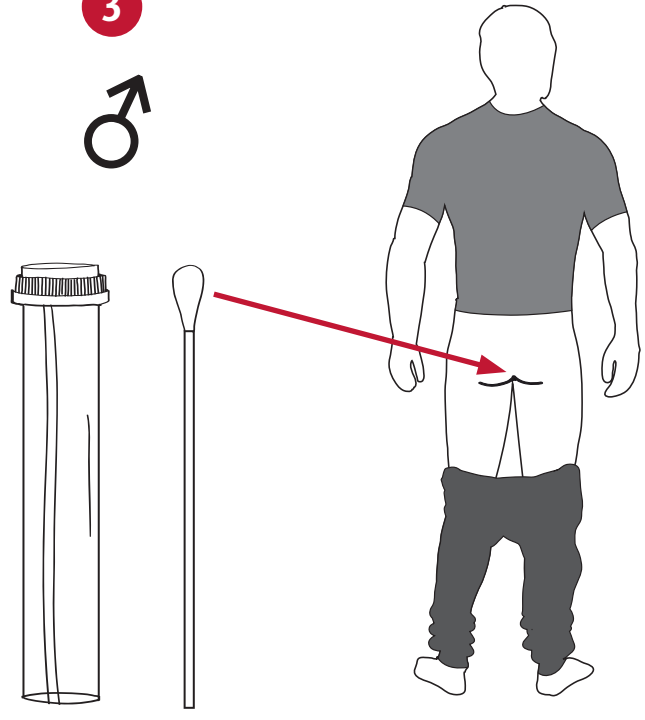
2
♀♂



3
♀



3
♂



Macluumaadka bukaan socodka

Bukaan socodkee ayaa laga qaadayaa tijaabooyinka bakteeriyada adkeysiga badan = bakteeriyada adkeysiga ley?

Wadamo badan ayay bakteeriyada adkeysiga badani caadi ahaan kaga badan tahay marka la garab dhigo Swiidhan. Bukaan socodka sanadadii ugu danbeeyey lagu daaweeyey Swiidhan dibadeeda ayaa sidaad daraadeed tijaabo laga qaadayaa si looga baadho MRSA, VRE och ESBL (eeg qeexitaanka ku yaala bogga ugu danbeeya). Marmarka qaarkood ayay dhici kartaa in tijaabo laga qaado bukaan socodka lagu daaweynaayo waadhka isla wakhti bukaan socod qaba bakteeriyada adkeysiga leh. MRSA, VRE iyo ESBL ma aha cuduro ee waa magacyo bakteeriyada adkeesi u yeelatay anti-biyootiga, sida tusaale ahaan Beenicillinta. Si aad adigu u hesho anti biyootig sax ah ayay muhiim u tahay inaad ogaato inaad sido bakteeriyada adkeysiga leh.

Maxay taasi adiga bukaan socodka leedahay in tijaabooyin MRSA, VRE iyo ESBL ah lagaa qaado?

Jawaabta tijaabadu waxay caadi ahaan soo baxdaa 1-3 maalmood gudahood. Haddii natiijadu aanay tusin inay bagteeriyada adkeysiga lahi jirto ayaa si aan wax xad laheyn lagugu daaweyn doonaa waadhka. Mark la sugaayo jawaabta ayaa lagugu karantiimeyn doonaa waadhka. Haddii ay soo baxdo inaad qabto bakteeriyada adkeysiga leh ayaa markaa macluumaad dheeraad ah ka heli kartaa dhakhtarka ku daaweynaaya.

Sidee ayaa looga hor tagaa fiditaanka bakteeriyada ee daryeelka caafimaadka gudihisa?

Dhamaan shaqaalaha caafimaadka ayaa mar kasta u shaqeynaaya sida qaabilsan ” Nadaafadda aasaasiga ah”. Taas waxa weeye micnaheedu in gacmaha lagu nadiifiyo isbiirto dadka bukaan socodka marka loo kala dhexeeyo.

Waxaad ka fikiri kartaa inaad:

- Ka digtoonaato nadaafada gacanta, gaar ahaan markaad musqusha gasho kadib iyo markaad cuntada cunayso ka hor.
- La hadal shaqaalaha haddii aad doonayso inaad ka baxdo qolkaaga ka hor intaanad helin natiijada tijaabada.
- Qaraabadu waxay kuu soo booqan karaan sidaad doonayso laakiin waa inay qolkaaga ku jiraan

Maxay u taagantey kalmadaha la soo gaabiyey ee MRSA?

MRSA (meticillinresistent Staphylococcus aureus) waxa weeye nooca bakteeriyada la yidhaa stafylokock taas oo adkeysi u leh noocyo ka mid ah antibiyootiga, tusaale ahaan beenisiliinta. Stafylokocker waxa laga heli karaa sanko, maqaarka iyo xuubka qaar badan oo inaga mid ah. Marmarka qaar ayay bagteeriyadaasi keentaa infagshan, tusaale ahaan nabar ama soo bax.

VRE (vancomycinresistent enterokocker) waxa weeye enterokock taas oo adkeysi u leh noocyo ka mid ah antibiyootiga. Enterokocker waxa weeye bakteeriyada caadi ahaan ku jirta mindhicirka.

ESBL (Extended Spectrum Beta Lactamase) waxa weeye nooc dheexaac (enzym) ah taas oo ay nooc ka mid ah bagteeriyada mindhicirku (tusaale ahaan kolibakterier) ay sameyn karaan. Bakteeriyada sameysa ESBL waxay adkeysi u leedahay noocyo ka mid ah antibiyootiga. Bagteeriyada koli waxay caadi ahaan ku jirtaa mindhicirka iyada iyo qaar kale oo bakteeriyada kale ah.

Waxay wadaagaan VRE iyo ESBL-sameysanka bagteeriyada caloosha waa in inta badan lagu qaado caloosha. Ilaa inta ay bagteeriyadaasi calooshuun ku jirto ayaan waxba la dareemin. Waxay marmar keeni karaan infagshan, waxa caadi u ah waa infagshanka kaadi mareenka iyo infagshan ka nabarka.

Ring 1177 for health care advice in English/Swedish or visit www.1177.se/Halland/other-languages