

Eastern Equine Encephalitis

Waa maxay Eastern Equine Encephalitis?

Cudurka *eastern equine encephalitis* waa cudur fayras ah oo loogu gudbiyo dadka iyo fardaha qaniinyada kaneecada. Fayrasku waa alphavirus wuxuuna si dhaw ula xidhiidhaa fayrasyada wasterne equine encephalitis iyo Venezuelan equine encephalitis. Xanuunka uu keeno *eastern equine encephalitis* waa dhif waxaana Maraykanka laga soo sheegaa dhawr xaaladood oo bini-aadanka ah sanad kasta.

Sidee ayuu halis u yahay Eastern Equine Encephalitis?

Dadka badankooda qaba infekshankan ma yeeshaan wax astaamo ah. Astaamaha jirrada waxaa ka mid noqon kara qandho degdeg ah, qarqaryo, iyo murqo xanuun ama kala-goysyo xanuun. Xaaladaha leh jirrada daran ayaa laga yaabaa inay ku bilaabmaan qandho, madax-xanuun, iyo matag kuwaas oo u gudbi kara jahwareer, suuxdin, iyo miyir-beel.

Eastern equine encephalitis waa cudurka ugu daran ee kaneecadu gudbiso ee Maraykanka. Qiyaastii hal qof oo ka mid ah saddexda qof ee uu ku dhaco jiradan daran ayaa u dhinta. Inta badan kuwa ka badbaaday waxay lahaan doonaan dhaawac neerfeed oo jooqto ah.

Ma jiraan wax daawayn ah oo loogu talagalay *eastern equine encephalitis*. In qofka cusbitaal la dhigo iyo daryeelka taageero ayaa loo baahan karaa.

Yaa khatar ugu jira Eastern Equine Encephalitis?

Eastern equine encephalitis ayaa caadi ahaan laga helaa bariga Maraykanka (galbeedka fog ee Wisconsin), iyo koonfurta dhinaca xeebta Gulf Coast. Khatarta dillaaca cudurka ee bini-aadanku way ku yar tahay Minnesota. Xaalado bini-aadanka ah lama soo sheegin, laakiin tiro yar oo xaalado ah ayaa laga soo sheegay fardaha mar hore. Xaaladaha fardaha intooda badan waxay ka dhacaan seerayaasha qoyan agtooda ama dhijaamaha geedaha waawayn ee waqooyinga iyo bariga Minnesota.

Dadka ka shaqeeya dibadda ama ka qaybgalka hawlaha dibadda guriga ama shaqada ayaa halis wayn ugu jira maadaama ay kaneeco la kulmayaan. Carruurta iyo dadka ka wayn 50 sano waxay khatar badan ugu jiraan cudur daran.

Noocce kaneecada ayaa faafisa Eastern Equine Encephalitis?

Minnesota gudaheeda, waxaan haynaa 50 nooc oo kaneeco ah laakiin dhammaan kaneecada ma cunaan dadka. Fayraska *eastern equine encephalitis* ayaa lagu jooqteeyaa wareegga ah kaneecada *Culiseta melanura* iyo shimbiraha. Kaneecadan waxaa badanaa laga helaa seerayaasha qoyan ama dhijaamaha geedaha waawayn waxayna quudataa inta badan si gaar ah shimbiraha. Dadku waxay ka qaadaan fayraskan kaneecada noocyadeeda kale taasi oo "biriish" ka samaysata inta u dhaxaysa shimbiraha cudurka qaba iyo naasleyda. Noocyada caadiga ah ee

kaneecada dadka qaniinta sida *Aedes vexans* iyo *Coquillettidia perturbans* waa cudur-sidayaal u-kala-gudbiyayaal ah halkan Minnesota. Guud ahaan, khatarta ugu badan ee cudurka kaneecadu qaaddo ee Minnesota ayaa caadi ahaan ah laga bilaabo bartamaha Luuliyo ilaa bartamaha Sebtembar.

Maxay dadka qaban karaan si looga hortago *Eastern Equine Encephalitis*?

Habka ugu fiican ee looga hortago *eastern equine encephalitis* waa inaad ka ilaaliso naftaada iyo qoyskaaga qaniinyada kaneecada:

- Iska ilaali dhaqdhaqaaqyada dibadda ee fiidkii iyo waabariga, oo ah wakhtiga ugu badan ee kaneecadu wax cunto, gaar ahaan laga bilaabo Luulyo ilaa Sebtembar.
- Isticmaal celiyayaasha leh DEET iyada oo la raacayo tilmaamaha calaamadda - ilaa 30% DEET waa ammaan waxayna waxtar u leedahay dadka qaangaarka ah iyo carruurta ka wayn da'da laba bilood. Celiyayaasha kale ee wax-ku-oolka ah waxaa ka mid ah *picaridin*, IR3535, iyo saliidda liindhanaanta eucalyptus. Kaliya isticmaalka alaabada ka diiwaangashan Hay'adda Ilaalinta Deegaanka.
- Hore u sii daawee dharka oo ku qalabee alaabta permethrin-kujirto.
- Xiro shaadhahd iyo surwaalo balaq ah oo dhaadheer.
- Ka ilaali kaneecada gurigaaga adigoo ilaalinaya xidhnaanshaha daaqadaha iyo albaabada.

Si aad naftaada iyo qoyskaaga uga ilaalisid cudurada kale ee kaneecada ee Minnesota:

- Biyaha ka faaruqi hareeraha gurigaaga ugu yaraan toddobaadkii halmar si looga hortago kaneecadu inay u isticmaasho weelka meelo ay ku dhasho.
 - Baaldiyada, weelka ubaxa/soosariska, baaquliyada rabbaayadaha, qubaysyada shimbiraha, barkadaha kalluunka, iwm.
- Hubi majaroorada oo si joogto ah uga gur caleemaha si biyuhu si fiican u maraan.
- Gijji daboolada dabacsan si ayna biyuhu ugu ururin.
- Si adag u dabool weelka biyaha lagu kaydiyo (tusaale ahaan, foostada roobka).
- Ka buuxi godadka geedaha ee biyaha qabta wasakh ama ciid.
- Dib u warshadee taayirrada qadiimiga ah ama ku kaydi meesha ayna ka heli karin biyaha roobka.

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Eastern Equine Encephalitis – Somali (4/11/19)

Si aad ugu hesho macluumaadkan qaab kale, wax 651-201-5414. Waxaa lagu daabacay warqad dib loo warshadeeyey.