

Xaashida Xaqiiqda Fayraska Busbuska Daanyeerka ee Aadanaha (mpox)

Agoosto 2022

Busbuska Daanyeerku waa cudur uu sababo fayraska busbuska daanyeerka ee aadanaha (mpox). Waxa uu qayb ka yahay isla qoyska fayraska sababa smallpox. mpox ma aha mid cusub, balse 2022 waxaa laga helay waddamo aanu ku badneyn fayrasku, oo ay kamid yihiin Maraykanka iyo Canada. Waxa aanu weli darsaynaa safmarkan.

Sida uu u faafo

mpox waxa uu qof kasta ugu gudbi karaa xidhiidhka dhaw, ee istaabashada leh badanaa ee lala yeesho qof qaba cudurka. Waxa kamid ah tan:

- **Taabashada tooska ah ee la taabto finanka, nabarrada, ama qolofaha.** Tusaale ahaan, inta lagu gudo jiro xidhiidhka galmeed, jacayl, ama xidhiidhka kale ee istaabashada leh.
- **Dheecaanada xubnaha neefsashada ee waaweyn, sida dhareerka (candhuufta),** ee ka yimaadda xidhiidh dhaw, oo foolka-fool ah muddo wakhti ah oo dheer. Tusaale ahaan, marka la dhunkanayo, laabta la gelinayo ama lala nool yahay qof qaba mpox.
- **Taabashada tooska ah ee la taabto walxaha taabtay dheecaanada ama nabarrada jidheed,** sida dharka ama gogosha.

Fayrasku waxa uu u gudbi karaa dadka kale laga bilaabo wakhtiga calaamaduhu ay bilaabmaan illaa ay ka bogsanayaan dhammaan nabarradu oo lakab cusub oo maqaar ahi uu samaysmayo, taas oo qaadan karta dhawr toddobaad.

Dadka qaba mpox waa inay iska ilaaliyaan taabashada xayawaanka, oo ay kamid yihiin xayawaanada carbiska ah, xoolaha, iyo duurjoogta, maadaama oo uu u kala gudbi karo xayawaanka iyo aadanaha.

Calaamadaha

Calaamadda ugu badani waa finan, taas oo u eekaan karta finan, finan dheecaan leh ama nabarro. Calaamadaha kale waxa kamid noqon kara xummad, madax xanuun, murqo xanuun, dhabar xanuun, qanjidh barar, qadhqadhyo ama daal kahor finanka.

Dadka intooda ugu badani waxa ay ku ladnaadaan laba illaa afar toddobaad iyaga oo aan helin daaweyn caafimaad. Si walba ha noqotee, calaamaduhu waxa ay noqon karaan kuwo xanuun badan, dadkuna waxa ay yeelan karaan nabarro aan bi'in oo ay sababeen finanku.

Waxa ay Dadka Reer Vermont Sameyn Karaan

- **Waxa aad ka ogaataa inaad u qalanto tallaalka barta** healthvermont.gov/mpox. (Linkigu waa Ingiriisi)
- **Haddii aad leedahay finan ama calaamo kale oo mpox,** xattaa haddii aanad u maleyneyn inaad taabatay qof qaba, waxa aad la hadashaa bixiyaha daryeelkaaga caafimaad waxaana aad iska ilaalisaa inaad taabato dadka kale iyo xayawaanka. Waxa aad wacdaa 2-1-1 haddii aad u baahato in lagugu xidho daryeel.
- **Waxa aad fahantaa in xaaladaha qaar ay ka khatar badan yihiin kuwa kale.** Tusaale ahaan, nashaadaadka khatarta badan keeni kara waxa kamid ah taabashada galmeed ama kalgacal, ama qoob ka ciyaarka iyada oo la joogo meel dadku ku badan yihiin isla markaana la xidhan yahay dhar gaagaaban ama khafiif ah. Uma badna inaad ka qaado mpox isku deyitaanka dharka yaalla dukaanada, ku socdaallidda madaar, ku dabbaalashada berkad dadweyne ama dukaamaysiga.



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Wax badan ka ogow barta HealthVermont.gov/mpox

Mpox (formerly known as human monkeypox virus or hMPXV) is a disease caused by the mpox virus. It is part of the same family as the virus that causes smallpox. Mpox is not new, but in 2022 it was found in countries that have not commonly reported the virus, including the U.S. and Canada.

How it spreads

Mpox can spread to anyone through close, and often skin-to-skin, contact with someone who is infected. This includes:

- **Direct contact with a rash, sores, or scabs.** For example, during sexual, intimate, or other skin-to-skin contact.
- **Large respiratory fluids, like saliva (spit),** from close, face-to-face contact over a longer period of time. For example, when kissing, cuddling or living with someone with mpox.
- **Direct contact with materials that have touched body fluids or sores,** such as clothing or linens.

The virus can spread to others from the time symptoms start until all sores have healed and a fresh layer of skin has formed, which can take several weeks.

People infected with mpox should avoid contact with animals, including pets, livestock, and wildlife, because it can spread between animals and humans.

Symptoms

The most common symptom is a rash, which might look like pimples, blisters or sores. Other symptoms might include fever, headache, muscle aches, backaches, swollen lymph nodes, chills or exhaustion before a rash.

Most people get better in two to four weeks without medical treatment. However, symptoms can be painful, and people might have permanent scarring from the rash.

What Vermonters Can Do

- **Find out if you are eligible for vaccination** at healthvermont.gov/mpox.
- **If you have a rash or other symptoms of mpox,** even if you don't think you've had contact with someone who has it, talk to your health care provider and avoid contact with other people and animals. Call 2-1-1 if you need to be connected to care.
- **Understand that some situations are riskier than others.** For example, higher risk activities include sexual or intimate contact, or dancing in a crowded area with little clothing. It is very unlikely to get mpox from trying on clothes at a store, traveling in an airport, swimming in a public pool or shopping.



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Learn more at HealthVermont.gov/mpox