

Influenza

Influenza is also called the flu or seasonal flu. It is an infection that starts in the nose, throat and lungs and spreads to the whole body. Flu virus is spread through coughing and sneezing by people with the flu. The flu also spreads when a person touches a surface or an object with flu virus on it and then touches the eyes, nose or mouth.

Signs

You may have some or all of these signs:

- Temperature of 100.4 degrees Fahrenheit (F) or 38 degrees Celsius (C) or greater
- Cough or sore throat
- Runny or stuffy nose
- Headache
- Feeling very tired
- Sore or aching muscles
- Vomiting
- Diarrhea
- Chills

If you have the flu:

If you are sick with the flu, protect yourself and limit the spread of the flu:

- Take flu medicine as directed, if ordered by your doctor. Be sure to take the medicine as many days as your doctor ordered.
 - ▶ Call your doctor's office or health clinic if you have any side effects to the medicine such as nausea, vomiting or a rash.
- Take a fever reducing medicine such as acetaminophen, also called Tylenol, or ibuprofen, also called Motrin or Advil. Ask for help in reading the label for the amount to take and how often to take it.

Ifilo

Ifilo, oo sidoo kalena loo yaqaanno hergeb. Waa jirro ka bilaabanta sanko, dhuunta iyo sanbabka kuna faafta jidhka oo dhan. Qofba qofka kale ayuu si fudud ugu qaadsiiyaa qufac, hindhiso ama is-taabasho. Hergabku waxa kale oo ku faafaa marka uu qofku taabto meel sagxad ah ama walax oo saaran yahay faayrasku ee dabeedna indhaha uu taabto, sanko ama afka.

Calaamadaha

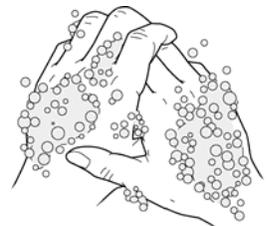
- Heerkul ah 100.4 digrii F ama 38 digrii C ama ka badan
- Qufac ama cuna-xanuun
- Murqo casiraad ama murqo xanuun
- Madax xanuun
- Matagid
- Shuban
- Sanko oo biyo ka dareeraan ama cabbura
- Dareemidda inaad aad u daallan tahay

Haddii aad qabto ifilo

Haddii aad la jirran tahay iiflo, naftaada ilaali oo xaddid faafitaanka ifilada:

- Daawada u qaado sida dhakhtarku ku sheegay. Hubi inaad qaadatao dawada inta maalmood ee dhakhtarku kuu sheegay.
 - ▶ Wac xafiiska dhakhtarkaaga ama kiliiniga caafimaadka haddii aad isku aragto cillad dawada ah sida lalabo, matag ama finan.
- Qaado dawo yaraysa qandhada, sida acetaminophen, loona yaqaan Tylenol, ama ibuprofen, loona yaqaan Motrin ama Advil. Warso gargaar akhrinta qaddarka aad qaadan karta iyo inta jeer ee aad qaadan karto.

- Take over the counter medicine for cough and runny nose as needed until you feel better. Ask for help in reading the label for the amount to take and how often.
- Get plenty of rest.
- Drink at least 8 to 10 glasses of fluids each day such as water, broth or sports drinks such as Gatorade or Powerade.
- If you have vomiting or diarrhea:
 - ▶ Drink plenty of fluids. Take small sips throughout the day to ease nausea.
 - ▶ Eat foods such as toast, rice, crackers, applesauce, bananas or low sugar dry cereals.
- Use a cool-mist humidifier to ease breathing. Humidifiers must be washed with soap and warm water each day to keep them clean.
- Stay away from others as much as possible to prevent the spread of the flu.
- Wash your hands or use an alcohol based hand sanitizer often.
- Cough or sneeze into the bend of your arm, not your hands. If you have a tissue, cover your mouth and nose when you cough or sneeze. Throw the tissue away, and then wash your hands.



Call your doctor right away if you have:

- Chest pain or a deep cough with yellow or green mucus.
- Trouble breathing. The flu can cause pneumonia.
- Severe neck pain or stiffness.
- Trouble thinking clearly.
- A fever that lasts more than 3 to 4 days or your temperature is over 100.4 degrees F or 38 degrees C.
- A temperature that keeps getting higher, even after taking medicine for it.
- Vomiting or diarrhea that lasts more than one day.

- Qaado dawada laga gato farmasiyaha ee qufaca iyo sanku duufku dareerayo hadba sida aad ugu baahato inta aad ladnaanayso Warso gargaar akhrinta qaddarka aad qaadan karta iyo inta jeer ee aad qaadan karto.
- Hel nasasho badan.
- Cabidda ugu yaraan 8-10 koob oo cabitaanno ah maalin kasta sida biyaha, maraqa ama sharaabka isboortiga sida Gatorade ama Powerade.
- Haddii aad qufac ama shuban leedahay:
 - ▶ Cab cabbitaan badan. Kabkabo maalintoo dhan si aad u dabciso lablabada.
 - ▶ Cun cunto sida furin, bariis, buskud engegan, maraq-tufaax ama applesauce, muus ama siiriyaal sonkor yar.
- Isticmaalidda uumibixiye si uu kaaga caawiyo inaad si fudud ugu neefsato. Uumibixiyaha waa in lagu dhaqo biyo diiran maalin kasta si uu nadiif u ahaado.
- Ka fogow dadka kale si aad uga dhawrto faafitaanka ifilada.
- Ku dhaq gacmahaaga ama isticmaal nadiifiyaha leh alkoolada.
- Ku qufac cududaada laaban, aan ahayn gacmahaaga. Haddii xarqad haysato, dabool afkaaga iyo sankaga markaad qufacayso ama hindhisayso. Tuur xarqada dabeena dhaq gacmahaaga.



Isla markiiba takhtarka wac haddii aad isku aragto:

- Laab xanuun ama qufac qoto dheer oo xaako badan leh.
- Dhibaato neefsasho. Ifiladu waxay keeni kartaa cudurka sanbabka ee numooniya (pneumonia).
- Qoor xanuun daran ama ay ku tig-tiganto.
- Dhib si toos ah u fekirka.
- Qandho socota 3 illa maalin ka badan ama heerkul ka sarreya 100.4 digrii F ama 38 digrii C.
- Heerkul sii kacaya, xataa kadib markaad qaadato dawada.
- Matag ama shuban socda ka badan hal maalin.

- Ear pain.
- Coughing that will not stop and it is hard to breathe.

Seasonal Flu Vaccine

- Talk to your doctor about whether you should get the seasonal flu vaccine each year.
- **Do not** get the flu shot if you are allergic to eggs or have had an allergic reaction to a previous flu shot.
- **The flu shot cannot cause the flu.** You may have mild side effects from the shot, such as arm soreness, a slight fever and muscle aches.
- Contact your doctor or local health clinic for information about when and where to get a flu shot.

Talk to your doctor or nurse if you have any questions or concerns.

© Copyright 2005 – 12/2009 Health Information Translations All Rights Reserved

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

- Dhego xanuun.
- Qufac aan joogsi lahayn ilaa neefsigu adkaanayo.

Tallaalka Hergab Xilliyeedka

- Kala xiriir takhtarkaaga haddii aad qaadanayso tallaalka xilliyeedka sannad kasta.
- Durriinka ifilada **ha qaadannin** haddii aad xajiin ka qaaddo ukunta ama aad horey xajiin uga qaadday durriimmadii hore.
- **Tallaalka ifiladu ma keeni karo ifilo.** Waxaa laga yaabaa inaad isku aragto saameyno liddi ah oo fudud oo kaaga yimaada durriinka, sida gacan xanuun, qandho xoogaa ah iyo murqo xanuun.
- La xidhiidh dhakhtarka ama kiliiniga degaanka wixii macluumaad meesha iyo goorta aad helayso tallaalka.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaacyo ah qabtid.

© Copyright 2005 – 12/2009 Health Information Translations All Rights Reserved

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Influenza. Somali