

Bakteeriyaha Caabuqa Jirka (MRSA)

MRSA (Methicillin Resistant Staphylococcus Aureus)

What is MRSA?

Staphylococcus aureus, also called staph, is a type of germ known as bacteria. Many healthy people have this germ on their skin and in their nose. Staph germs most often cause an infection on the skin as lesions, pimples or boils. The infection can get into a surgical site, in the blood or cause pneumonia. If the infection gets worse, the signs may be tiredness, nausea or vomiting, shortness of breath, chest pain or skipped heart beats.

Methicillin resistant staphylococcus aureus, or MRSA, is a type of staph infection that is hard to treat because it cannot be killed by many common antibiotics. MRSA can infect any part of the body. MRSA is becoming a very common infection.

How is MRSA spread?

Anyone can get a staph infection, but people are at higher risk for MRSA if they:

- Have skin-to-skin contact with someone who has a staph infection.
- Have contact with items or surfaces that have the staph germ on them. This could be sports equipment or getting tattoos or piercings from people who are not licensed or places that are not clean.

Waa maxay MRSA?

Bakteeriyaha maqaarka, sidoo kale waxaa loo yaqaan bakteeriyaha diida qalajiyaha, waa nooc jeermiska loo yaqaan bakteeriyaha. Dad badan oo caafimaad waxay ku qabaan jeermiskaan maqaarkooda iyo sankooda. Jeermiska qalajiyaha diido inta badan wuxuu ku sababaa caabuq nabadara maqaarka, finan iyo weynaayaa. Caabuqa wuxuu geli karaa aaga qaliinka, ee dhiiga ama sababa hargab. Haddii caabuqa ka sii daro, aastaamaha waxay noqon kartaa daal, lalabo ama matag, neefsiga oo yaraada, xabad xanuun ama ka boodida qaraaca wadnaha.

Bakteeriyaha maqaarka ee qalajiyaha diido, ama MRSA, waa nooca caabuqa bakteeriyaha ee ku adag in la daaweeyo sababtoo ah ma dili karaan qalajiye badan. MRSA waxay saameyn kartaa qeyb walba oo jirka ah. MRSA waxay noqoneysaa caabuq aad u caadi ah.

Sidee ayuu MRSA u faafaa?

Qof walba wuu ku dhici kartaa nabarka caabuqa bakteeriyaha, laakin dadka waxay halis sareysa ugu jiraan MRSA haddii ay:

- Qabaan taabashada maqaar-ku-maqaar ee qof qabaa caabuqa bakteeriyaha.
- Qabaan taabashada sheeyada ama sagxadaha qabaa caabuqa bakteeriyaha ee dushooda. Tani waxay noqon kartaa qalabka ciyaaraha ama helida shaabada ama biraha ee dadka aan u shatiyeysneyn ama meelaha aan nadiifka aheyn.

- Have cuts or scrapes on their skin.
- Live or spend time in crowded places, like daycare centers.
- Engage in a lot of physical contact, such as sports teams.
- Share personal items, like towels, toothbrushes, combs, and sports gear.
- Have a weakened immune system.
- Have skin damage caused by a medical condition, like eczema.
- Qabaan taabashada ama nabarada maqaarkooda.
- Ku noolow ama waqti ku isticmaal meelaha buuxdo, sida xarumaha daryeelka maalinta.
- Ka qeybgalida xiriir badan oo jirka ah, sida kooxyada ciyaaraha.
- Wadaagida sheeyada gaarka ah, sida shukumaanada, buraashyada ilkaha, shanlooyinka, iyo qalabyada ciyaaraha.
- Leeyahay difaaca jirka liito.
- Leeyahay dhaawaca maqaarka ee sababay xaalada caafimaadka, sida cambaarta.

Testing for MRSA

See a doctor if you or your child has a skin wound that is not healing or if there are signs of an infection, such as fever, pain, redness, warmth, swelling or drainage from skin wounds.

The doctor will do a test to decide what type of germ is causing the infection. The test will also tell the doctor which antibiotic will work best.

How is MRSA treated?

Most staph infections, including MRSA, can be treated with certain antibiotics.

- If your doctor prescribes an antibiotic, it is **very important to take all of the medicine** as ordered, even if the infection is getting better.
- If an ointment is prescribed, apply it to **all** skin lesions, even the tiny ones.

Baaritaanka MRSA

Arag dhaqtarka haddii adiga ama canugaaga qabo dhaawaca maqaarka ee aan bogsaneynin ama haddii ay jiraan aastaamaha caabuqa, sida qandhada, xanuunka, gaduudashada, kuleelka, bararka ama daadashada dhaawacyada maqaarka.

Dhaqtarka wuxuu sameynayaan baaritaanka lagu go'aansanayo nooca jeermiska ee sababay caabuqa. Baaritaanka wuxuu sidoo kale u sheegayaa dhaqtarka qalajiyaha sida wanaagsan u shaqeynayo.

Sidee ayaa MRSA loo daweeeyaa?

Inta badan caabuqyada bakteeriyaha, oo ay ku jiraan MRSA, waxaa lagu daaweyn karaa qalajiyayaasha qaarkood.

- Haddii dhaqtarkaaga kuu qoro qalajiyaha, **aad ayay muhiim u tahay in la qaato dhammaan of daawada** sida lagu amray, xittaa haddii caabuqa uu wanaagsanaanayo.
- Haddii boomaatada la qoro, mari **dhammaan** nabarada maqaarka, xittaa kuwa yaryar.

- If there is a skin infection, your doctor may make an incision to drain the infection. If the area was packed with a gauze dressing, your doctor may want your child to come back to have the wound taken care of.
- **Do not** take part in contact sports until the infection has healed.
- Call your doctor if your infection does not get better with treatment.
- Haddii uu jiro caabuqa maqaarka, dhaqtarkaaga wuxuu sameyn karaa duleel si uu uga daadiyo caabuqa. Haddii aaga lagu dhajiyay faashad, dhaqtarkaaga wuxuu rabi karaa in canugaaga ku soo laabto si markaas dhaawaca loo daryeelo.
- **Haka** qeyb qaadan ciyaaraha taabashada illaa caabuqa bogsoodo.
- Soo wac dhaqtarkaaga haddii caabuqaaga uusan ku bogsoonin daaweynta.

How do I prevent the spread of MRSA?

To prevent the spread of MRSA and other bacteria:

- Wash your hands for 15 to 20 seconds with soap and water or use an alcohol-based hand sanitizer often, especially after touching a skin lesion.
- Keep any cuts or lesions clean. Keep them covered with clean, dry bandages until healed.
- Do not touch other people's cuts or bandages.
- Do not share personal items like towels, razors, clothing or equipment.
- Clean surfaces where bare skin rubs such as exercise equipment, wrestling mats and surfaces in the home.
- Take a shower with soap after working out or playing sports.
- Wash clothes and bedding on hottest setting. Use bleach when possible.

Sidee ayaan uga hortagaa faafida MRSA?

Si aad uga hortagtid faafida MRSA iyo bakteeriyaha kale:

- Ku dhaq gacmahaaga oo 15 illaa 20 ilbiriqsi saabuun iyo biyo ama isticmaal nadiifiyaha gacanta alkulada inta badan, gaar ahaan taabshada kadib ee nabarka maqaarka.
- Ku haay sarmo ama nabaro walbo nadiif. haku daboolnaadeen faashad nadiif, qalalan illaa fiyoobaato.
- Ha taaban sarmada dadka kale ama faashooyinka.
- Ha wadaagin sheeyada gaark ah sida shukumaanada, sakiinta, dharka iyo qalabyada.
- Nadiidi sagxadaha halka xargaha maqaarka banaan sida qalabka tababarka, rooga lagdinta iyo sagxadaha guriga.
- Ku qubeyso saabuun kadib jimicsiga ama ciyaarida ciyaaraha.
- Dhaq dharka iyo firaashka ee goobta ugu kulul. Isticmaal baliij marka suurto gal tahay.

When should I call a doctor?

Call a doctor if:

- You or your child's condition becomes worse – the infected area has increased swelling, pain or redness.
- You or your child develops a fever, has trouble breathing or has other signs of illness such as vomiting, diarrhea or always sleeping.
- Another family member develops new skin lesions.
- Your child will not take the medicine prescribed.

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

Goorma ayaan soo wacayaa dhaqtar?

Soo wac dhaqtar haddii:

- Adiga ama xaalada canugaaga ka sii darto – aaga ay saameysay waxaa kordhay bararka, xanuun leh iyo gaduudasho.
- Adiga iyo canugaaga ku dhaco qandho, ku qabo dhibaato neefsiga ama qabo astaamo kale ee jirada sida mataga, shubanka ama marwalba jiifo.
- Xubinta qoyska kale ku dhaco nabarada maqaarka.
- Canugaaga uusan qaadaneyn daawada loo qoray.

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