

Hargabka ku jiro Carruurta

Pneumonia in Children

Pneumonia is an infection in the lungs often caused by bacteria or a virus. When a child gets pneumonia, tiny air sacs in the lungs can fill with fluid. This fluid blocks the air sacs and oxygen cannot get to the body from the lungs.

Signs of Pneumonia

- Chills
- Fever
- Chest Pain
- Cough
- Feeling very tired
- Trouble breathing or fast breathing
- Poor appetite or poor breast or bottle feeding
- Muscle aches

Your Child's Care

Your child's doctor will listen to your child's lungs. Your child may have a chest x-ray and a sample of his or her mucus checked for germs. This is called a sputum culture.

- If the cause is bacteria, your child's doctor may order antibiotics. Give the medicine as directed. Be sure to give **all** of the medicine, even if your child feels well.

Hargabka waa caabuqa sambabada inta badan sababaa bakteeriyaha ama fayruska. Markii canug ku dhaco hargabka, aariyo yar ayaa dhuuqo sambabada waxaa buuxsami karaa dhacaan. Dhacaankaan wuxuu xiraa dhuuqida hawada iyo neefta kama geli karto jirka sambabka.

Aastaamaha Hargabka

- Qarqarka
- Qandhada
- Xabad Xanuunka
- Qufaca
- Dareemida daalka aadka ah
- Dhibaatada neefsiga ama neefsiga degdega ah
- Cunista liidato ama nuujinta naaska ama dhalada
- Muruq xanuunka

Daryeelka Canugaaga

Dhaqtarka canugaaga wuxuu dhageysanayaa sambabada canugaaga. Canugaaga wuxuu qabi karaa raajada xabadka iyo muunada xabkiisa ama xabkeeda ee laga eego jeermisyo. Kani waxaa loo yaqaan baaritaanka bakteeriyaha.

- Haddii sababta ay tahay bakteeriya, dhaqtarka canugaaga wuxuu amri karaa qalajiye. Ku sii daawada sida lagu tilmaamay. Iska hubi inaad siisid **dhammaan** daawada, xittaa haddii canugaaga dareemo wanaag.

- Your child may be given medicine to ease chest pain or coughing. Give the medicine as directed.
- Have your child spit any mucus coughed up into a tissue and throw it away. Do not let your child swallow mucus if possible.
- Do not give over the counter (OTC) cough medicine without asking your child's doctor first. Your child needs to cough and bring up the mucus. Coughing is the body's way of clearing the infection from the lungs.
- Make sure your child gets plenty of rest.
- Keep your child away from people who are smoking.
- Have your child drink water. Ask your child's doctor how much to give.
- Keep all appointments with your child's doctor. Follow up with your child's doctor as directed, even if your child is feeling better.
- Canugaaga waxaa la siin karaa daawo uu kaga nafiso xabad xannuunka ama qufaca. Ku sii daawada sida laguugu tilmaamay.
- Canugaaga ha tufo xab walba ee lagu qafaco istiraashada oo iska tuur. Ha u ogolaan in canugaaga liqo habka haddii ay suurtoagal tahay.
- Ha siinin daawada dukaanka laga iibsado ee qufaca (OTC) adiga oo aan weydiin dhaqtarka canugaaga marka koowaad. Canugaaga wuxuu u baahanyahay inuu qufaca oo kor keeno habka. Qufaca waa qaabka jirka ee cadeynayo caabuqa ka imaanayo sambabada.
- Iska hubi in canugaaga helo nasiinyo badan.
- Ka fogey canugaaga dadka sigaarka cabayo.
- Canugaaga ha cabo biyo. Weydii dhaqtarka canugaaga inta la siinayo.
- Illaali dhammaan balamaha dhaqtarka canugaaga. Dabagal dhaqtarka canugaaga sida laguugu tilmaamay, xittaa haddii canugaaga dareemayo wanaag.

To prevent pneumonia:

- Teach your children to wash their hands before eating and after using the toilet.
- Teach your children to cover their nose and mouth with a tissue or their sleeve when sneezing or coughing.
- Keep your children away from people who are smoking.
- Make sure your children get all of their vaccines or shots :
 - All children, starting at 2 months, should begin a series of vaccines that prevent bacterial pneumonia. Children older than 2 years may need a different vaccine. Check with your children's doctor.

Si aad uga hortagtid hargabka:

- Bar carruurtaada inay gacmahooda dhaqaan cunista ka hor iyo kadib iyaga oo isticmaalayo musqusha.
- Bar carruurtaada inay ku daboolaan sankooda iyo afka istiraasho ama garbahooda marka hindhisayaan ama qufacayaan.
- Ka fogey carruurtaada dadka sigaarka cabayo.
- Hubi in carruurtaada hesho dhammaan tallaaladooda ama tallaalada:
 - Dhammaan carruurta, ka bilow 2 bilood, waa inay bilowdaa tallaal taxanayaal ah ee ka hortagaa bakteeriyaha hargabka. Carruurta ka weyn 2 sanno waxay u baahan karaan tallaalo kala duwan. La hubi dhaqtarka carruurtaada.

- To limit your children's risk of pneumonia, have them get a flu shot every fall. You can get pneumonia from the flu.
- Make sure your children are eating a healthy diet that includes fruits, vegetables, and whole grain foods.
- Make sure your children are getting plenty of sleep.
- Wash surfaces in the home that are touched often with soap and water or wipe with a disinfectant.
- Si aad u xadeysid halista carruurtaada ee hargabka, ha helaan tallaalka samboorka deyr walba. Wuu kugu dhici karaa hargabka samboorka.
- Hubi in carruurtaada ay cunayaan cunto caafimaadan oo ay ku jiraan miraha, qudaarta, iyo cuntooyinka qamadiga.
- Hubi in carruurtaada helayaan hurdo badan.
- Dhaq saqafkaaga ee guriga ee la taabtay inta badan iyo saabuun iyo biyo ama ku tir jeermis dillaha.

Call your child's doctor right away if your child has:

- Bluish-gray color to fingernails or lips
- Trouble breathing or fast breathing
- Nausea and vomiting
- A fever over 102 degrees F under the arm and is **older than 6 months**
- A fever over 100.4 degrees F under the arm and is **younger than 6 months**
- A fever for more than a few days after starting antibiotics

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

Soo wac dhaqtarka canugaaga isla markaas haddii canugaaga qabo:

- Midibka baluug cadaanka ee cidiyaha faraha iyo faruuraha
- Dhibaatada neefsiga ama neefsiga degdega ah
- Lalabada iyo mataga
- Qandhada ka badan heerka 102 F ka hooseeyo gacanta iyo ka **weynyahay 6 bilood**
- Qandhada ka badan heerka 102 F ka hooseeyo gacanta iyo ka **yaryahay 6 bilood**
- Qandhada ka badan dhoor maalmood kadib bilaabida qalajiyaha

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