

Bararka sambabka

Pneumonia

When you have pneumonia, the air sacs in the lungs fill with infection or mucus. Pneumonia is caused by a bacteria, virus or chemical. It is not often passed from one person to another.

Markii aad qabtid bararka sambabka, hawada waxay u nuugtaa sambabada ee ka buuxo caabuqa ama xabka. Bararka sambabka waxaa sababay bakteeriyaha, fayruska ama kiimikada. Inta badan ma marto ka bilow hal qof illaa qof kale.

Signs of Pneumonia

- Breathing faster than normal or having trouble breathing
- Pain in the chest when breathing or coughing
- A cough with mucus that may be yellow, green, or rust colored
- Fever greater than 101 degrees Fahrenheit or 38 degrees Celsius
- Shaking or chills
- Sweating
- Headache
- Loss of appetite
- Feeling very tired
- Feel suddenly worse after a cold or the flu

Aastaamaha Bararka sambabada

- Neefsiga waxay ka sareysaa si caadi ah ama aad dhibaato ku qabtid neefsiga
- Xanuunka xabadka marka aad neefsaneysid ama qufaceysid
- Qufaca la jiro xabka ee laga yaabo inay jaale tahay, cagaar, ama daxal midabeysan
- Qandhada ka weyn heerka 101 Fahrenheit ama 38 heerka Celsius
- Gariirka iyo naxdinta
- Dhididka
- Madax xanuun
- Cunista oo yaraata
- Dareenka daalka xad dhaafka ah
- Dareemida ka sii darka kadib qabowga ama faluuga

Your Care

Your doctor will listen to your lungs. You may have a chest x-ray and a sample of your mucus checked for bacteria or virus germs called a sputum culture.

- You may get antibiotics as pills or in an IV (intravenous). Take the pills as directed. Take all of the medicine until it is gone even if you feel better.

Daryeelkaaga

Dhaqtarkaaga wuxuu dhageysanayaa sambabadaada. Waxaad yeelan kartaa raajada xabadka iyo tusaalaha xabkaada ee laga eegay bakteeriyaha ama jeermiska fayruska ee loo yaqaan qaabka xaakada.

- Waxaad u heli kartaa qalajiyaha sida kaniini ama sida IV (gudaha ka jiray). U qaado kaniiniyada sida laguugu tilmaamay. Qaado dhammaan daawada illaa ay ka dhammaato xittaa haddii aad wanaag dareentid.

- You may be given medicine to ease chest pain or coughing. Take the medicine as directed.
- Oxygen may be given as a part of your care.
- You are asked to cough and deep breathe every 2 hours while awake to remove mucus.
- Spit any mucus you cough up into a tissue and throw it away. Do not swallow it. Wash your hands with soap and water to get rid of germs.
- Rest often.
- Drink 8 or more glasses of liquids each day.
- Eat a healthy diet.
- Do not smoke.
- Follow-up with your doctor within 7 days, **even if you are feeling better.**

To limit your risk of pneumonia, get a flu shot every fall. You can get pneumonia from the flu. Talk to your doctor about getting a pneumonia vaccine in addition to your flu vaccine.

Protect Others from Infection

To protect others:

- Stay away from people as much as possible to prevent the spread of pneumonia.
- Wash your hands often with soap and water or use an alcohol based hand sanitizer.
- Avoid touching your eyes, nose or face and then touching other surfaces. This can spread germs. Clean surfaces often to kill germs.

- Waa lagu siin karaa daawo si aad u sahlisid xabad xanuunka ama qufaca. U qaado daawooyinka sida laguugu tilmaamay.
- Neef waxaa la siin karaa sida qeyb ka ah daryeelkaaga.
- Waxaa lagu weydiiyay inaad qufacdid iyo neefsiga qotoda dheer 2 saac ee walba adiga oo soo jeedo si looga saaro xabka.
- Ku tuf xabka aad qufacdid istiraashada oo iska tuur. Ha liqin. Ku dhaq gacmahaaga saabuun iyo biyo si aad isaga tuurtid jeermisyada.
- Naso inta badan.
- Cab 8 ama galaasyo ka badan ee biyaha maalin walba.
- Cun cuno caafimaadan.
- Sigaar ha cabin.
- Dabagal dhaqtarkaaga ee gudaha 7 maalmood, **xittaa haddii aad wanaag dareemeysid.**

Si aad u xadeysid halistaada ee bararka sambabka, tallaalka samboorka deyr walba. Waxaad heli kartaa bararka sambabka ee samboorka. Kala hadal dhaqtarkaaga wax ku saabsan helida tallaalka bararka sambabka intaa waxaa dheer tallaalkaaga samboorka.

Ka illaali Dadka kale Caabuqa

Si loo illaaliyo dadka kale:

- Ka fogow dadka sida badan ee suurtoogalka ah si looga hortago faafida bararka sambabka.
- Ku dhaq gacmahaaga marwalba saabuun iyo biyo ama isticmaal qamriga ku saleysan nadiifiyaha gacanta.
- Ka fogow taabashada indhahaaga, sanko ama wajiga iyo kadib taabashada sagxadaha kale. Kuwaan wxaay faafin karaan jeermisyo. Nadiifi sagxadaha marwalba si aad u dishid jeermiska.

- Wash clothing in very hot water to kill germs.

Call your doctor right away if you have:

- More problems with breathing
- A higher fever or your fever lasts more than 1 to 2 days
- Confusion
- An increase in chest pain
- Nausea and vomiting

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

- Ku dhaq dharka biyo aad u kulul si aad u dishid jeermiska.

Soo wac dhaqtarkaaga isla markaas haddii aad qabtid:

- Dhibaatooyin badan oo neefsiga ah
- Qandhada sareyso ama qandhadaada ay gaarto in ka badan 1 illaa 2 maalmood
- Jahwareerka
- Kordhinta xabad xanuunka
- Lalabada iyo mataga

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