

Ka-hortagga Cudurka Marka Tirada Unugyada Dhiiggaaga ee Cad-cad ay Hoos u Dhacaan

Preventing Infections When Your White Blood Cell Count is Low

Low white blood cell (WBC) count is called neutropenia. Chemotherapy, radiation therapy, other treatments or an illness may cause a low WBC count. A low WBC count makes you more likely to get an infection.

Often the only sign of an infection in a person with cancer is a fever. Most people getting cancer treatments are told to check their temperature 2 times each day while their WBC count is low. Your doctor or nurse may give you other instructions. Do not take any medicines such as Tylenol to lower your temperature unless directed by your doctor.

When your WBC is low, you need to take extra care to prevent infection.

Tirada Unugga dhiigga cad ee hoos u dhacda (WBC) waxaa loo yaqaanaa neutropenia. Kiimiko isku daaweyn, shucaac isku daaweyn, daaweyno kale ama jirro ayaa laga yaabaa iney keento tirada WBC oo hoos u dhacda. Tirada WBC oo hoos u dhacda waxay kaa dhigaysaa mid ay u badan tahay inuu qaado cudur.

Badanaa calaamadda keliya ee cudur qof uu qabo waa qandho. Dadka badankooda ee kansarka qaada waxaa loo sheegaa iney iska hubiyaan heerka 2 goor maalintii iyadoo tirada WBC-goodu uu hooseeyo. Takhtarkaaga ama kalkaalisada ayaa laga yaabaa iney ku siiyaan sharraxaadyo. Ha qaadannin wax daawo ah sida Tylenol si aad hoos ugu dhigto heerkulka ilaa inuu takhtarku ku faro mooyaane.

Marka uu WBC-gaagu hoos u dhaco, waxaad u baahan doontaa inaad qaadato daryeel dheeraad si aad uga hortagtid cudur.

To Help Prevent Infection:

Hygiene

- Wash your hands for at least 15 seconds with warm water and soap. Wash before eating, when preparing food, and after using the toilet. Anyone caring for you should do the same.

Si aad Gacan uga Geysatid Ka-hortagidda Cudur:

Nadaafadda

- Gacmahaaga ugu yaraan 15 ilbidhiqsi ku dhaq biyo diirran iyo saabbuun. Dhaq cunidda ka hor, markaad cunto diyaarineyso, iyo musqusha ka dibba. Qof kasta oo ku daryeelayana sidaas oo kale ha sameeyo.

- Shower or take a bath every day if you are allowed.
- Do not take bubble baths or use hot tubs.
- Check your skin closely for cuts, rashes, redness and swelling. Call your doctor if you have problems.
- After you urinate or have a bowel movement, always wipe from your front to your back. Wash your hands.
- Use an electric razor for shaving to avoid cuts.
- Use a soft bristle toothbrush to clean your teeth after eating and before bedtime. If you have dentures, clean them in the morning and evening.
- Inspect your mouth each day. Call your doctor if you have any redness, white patches, cuts or bumps.
- Wear a mask or leave the room when it is being cleaned.
- Do not use douches or tampons.
- Use a condom and a water-based lubricant such as K-Y Jelly when having sexual intercourse. Do not use a diaphragm or IUD.
- Maydho ama qubeyso maalin kasta haddii lagu oggol yahay.
- Qubeys xunbo leh ha sameynin ama ha isticmaalin tubbo biyo kulul.
- Maqaarkaaga si dhow uga hubi dillaac, finiinic, guduudasho, iyo bararid. Wac takhtarkaaga haddii aad dhibaato qabto.
- Ka dib marka aad kaadiso ama saxarooto, mar kasta biyaha isaga raaci dhinaca hore una raaci dhinaca danbe. Gacmaha iska dhaq.
- Sakiin koronto ah u isticmaal xiirashada si aad uga fogaatid dillaac.
- Isticmaal caday jilicsan si aad ilkaha isaga nadiifiso markaad cuntada cunto ka dib iyo inta aadan seexannin ka hor. Haddii aad ilko sanaaci ah qabtid, nadiifi subixii iyo fiidkiiba.
- Kormeer afkaaga maalin kasta. Wac takhtarkaaga haddii aad isku aragto wax guduudasho, dhibco cad, dillaac, ama soo kuusasho ah.
- Xidho weji dabool ama qolka isaga bax marka la nadiifinayo.
- Ha isticmaalin waxyaabaha hoosta la iska mariyo ama tanbooni.
- Isticmaal kondom iyo saliid biyo ku saleysan sida K-Y Jelly marka aad galmo sameyneysid. Ha isticmaalin rabadhka makanka afkiisa lagu xiro (diaphragm) ama IUD.

Food Safety

- Do not eat raw or undercooked foods such as:
 - › Fresh fruit or vegetables
 - › Raw eggs, meat or fish

Ammaanka Cuntada

- Ha cunin cunnooyin ceedhin ama aan la karin sida:
 - › Furuto ama khudrad markaas la keenay
 - › Ukun, hilib ama kalluun ceedhin

- Cook meat, fish and eggs well done.
- Use only **pasteurized** milk, cheeses, yogurt or cream.
- Do not leave drinks sitting out for more than 2 hours.

Other Tips

- Get plenty of rest. Try to get about 8 hours of sleep a night.
- Walk, or at least sit up in a chair, 3 to 4 times a day. Pace yourself and do not get too tired.
- Avoid people with infections such as colds, flu, cold sores, shingles, chicken pox, measles and mumps.
- Avoid people who have had vaccines in the past few weeks. Vaccines could be for polio, rubella, mumps, measles, yellow fever or smallpox.
- Ask your doctor before getting vaccines when your WBC count is low.
- Do not clean birdcages, fish tanks or cat litter boxes. If there is no one to help you, wear rubber gloves and throw them away after every use.
- Wear gloves when gardening. Avoid plants and live flowers in vases.
- Have your furnace filters changed each month.

- Kari hilib, kalluun iyo ukun si wanaagsan loo sameeyey.
- **Isticmaal caanokarkariyey** la soo, farmaajo, gadhoodh ama labeen.
- Cabitaannada ha uga tagin dibedda wax ka badan 2 saacadood.

Talooyinka Kale

- Nasasho badan qaado. Isku day inaad hesho ilaa 8 saacadood oo hurdo ah habeenkii.
- Soco, ama ugu yaraan ku fadhiiso kursi, 3-4 goor maalintii. Naftaada la jaanqaad aadna ha isu daalin.
- Ka fogow dadka cudurrada qaba sida hergebka, ifilada, xanuun hergeb, buruqyo, bus-buska, jadeecada iyo quman.
- Ka fogow dadka isa soo tallaalay dhowrkii toddobaad ee la soo dhaafay. Tallaaladu waxay noqon karaan kuwa loo qaatay dabaysha, rubella, qumanka, jadeecada, qandhada jaallada ah, ama furuqa.
- Takhtarkaaga weydii ka hor inta aadan is tallaalin marka ay tirada WBC-daadu hoos u dhacdo.
- Ha nadiifin saxaaradaha shinbiraha, tenegga kalluunka, ama sanaadiiqda saxarada bisadda. Haddii uusan jirin qof ku caawiya, xidho gacno gashi rabar ah ka dibna iska tuur markaad isticmaasho.
- Xidho gacno gashi markaad beerta ka shaqayneysid. Ka fogow geedaha iyo ubaxyada dheryaha ku jira.
- Fiiltarka kulsiyahaaga bil kasta iska beddel.

Call your doctor right away if you have:

- A fever over 100.4 degrees F or 38 degrees C
- Chills or sweats
- Any signs of infection such as redness, warmth, swelling, drainage or pain
- Sweats
- Feel more tired
- Sore throat or mouth
- A cough
- Pain or burning when passing urine
- Cloudy or bloody urine

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

Isla markiiba takhtarkaaga wac haddii aad isku aragto:

- Qandho ka sarraysa 100.4° F ama 38° C
- Qar-qaryo ama dhidid
- Wax calaamado cudur ah sida guduudasho, diirranaan, barar, dheecaan kaa imaanaya, ama xanuun
- Dhidid
- Dareento inaad aad u daallan tahay
- Cuna xanuun ama af xanuun
- Qufac
- Xanuun ama gubasho marka aad kaadineyso
- Kaadi daruur ama dhiig leh

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