

IDRS Infectious Disease Reporting System

Disease Reporting 24 Hours a Day

Columbus Public Health and Franklin County Public Health

SALMONELLOSIS

Dhab ahaan, jeermiga *Salmonella* wuxuu ka kooban yahay dhowr nooc bakteeriya, oo sabab u noqon kara shubanka ku dhaco aadanaha. Waa xoolo nool oo aad u yaryar kuna nool saxarada (xaarka) dadka ama xoolaha.

Calaamadaha

Inta badan dadka uu soo gaaray *Salmonella* waxaa lagu arkaa calaamadaha 12-72 saac kaddib. Waxaa ka mid ah:

- Shuban
- Majuujinta caloosha
- Madax xanuunka
- Qandho
- Mattag (marmar)
- Badanaa calaamadaha waxay gaaraan 4-7 maalin. Hase ahaatee, waxay qaadan kartaa dhowr bilood in qofka uu si buuxdo ugu soo noqdo caadi.
- Waxaa dhici karto in tiro yar oo ka mid ah dadka lagu arko dhibaato sida biyo bax, cudurada ku dhaca dhiigga, ama xanuun soo gaara kala goysyada, cuncunka indhaha iyo xanuunka kaadida.

Gudbinta

- Bakteeriyaha *Salmonella* waxay ka baxaan jirka, waxayna raacaan saxarada (xaarka). Haddii dadka cudurka qaaday aysan si wanaagsan u dhaqin gacmahooda kaddib marka ay tagaan musqusha, gacmahooda waxay bakteeriyaha u gudbin karaan dadka kale.
- *Salmonella* wuxuu kaloo ku faafaa xariirka lala sameeyo xoolaha qaaday, khaas ahaan shimbiraha, qansiirka, lo'da, jirka, iyo xoolaha guri joogga sida bahallada, digaagga yaryar, boolanboolada, eeyda iyo mukulaasha. Waxasakhda waxay kaloo gaari kartaa raashinka xoolaha guriga jooga.
- Raashinka waxaa soo gaari kara *Salmonella*, sida hilibka, digaagga, caanaha, waxyaabaha laga sameeyo caanaha, fruttada, khudaarta, ukunta, iyo raashin kasta uu soo diyaariyo qof qaba cudurka salmonellosis. Kariska wuxuu dilaa *Salmonella*.

Baaritaanka iyo Daweynta

- Bixiyaha daryeelka caafimaadka ayaa baari kara *Salmonella* kaddib marka uu baaro saxarada, dhiigga, ama dareere kale oo ku jira jirka.
- Inta badan dadka waa ka raystaan iyaga oo aan la daweynin. Xaqiiqada waxay tahay, in antibiyootikada ka sii dari karto cudurka.
- Dadka qaba shubanka waxay dhakhso u limin karaan miisaanka. Waa in ay cabbaan biyo badan iyo dareere si ay uga kabsadaan.
- Dadka qaba cudurada darran, waxay u baahan yahiiin antibiyootiko ama dareere laga qaato IV.

Ka Hortagga

- Si wanaagsan isaga dhaq gacmaha kaddib marka aad isticmaashid musqusha, marka aad baddashid xafaayadda, iyo ka hor inta aadan cunin ama diyaarinin cunto.
- Hubso in dhamaan raashinka hilibka ama ukunta in si buuxdo loo kariyo. Xasuuso in ukunta ceyriinka ku jirto maraqa lagu sameeyo guriga, korsaarka, jalaatada, cajiinka buskudka iyo macaanka kor laga saaro. Ha cunin iyaga oo ceyriin ah.
- Si dhamaystiran u dhaq dhamaan khudaarta iyo fruttada ka hor inta aadan cunin.
- Waxaad hilibka ceyriinka iyo ukunta ka soocdaa raashinka kale. Xattaa hal dhibic dhacaanka hilibka ceyriinka ayaa ku fillan in aad ka qaadid cudur, wuxuu wasakhayn karaa raashin kasta, saxuunta cuntada, ama alaabta cuntada ee la taabsiiyo.
- Istickmaal caanaha iyo waxyaabaha laga sameeyo caanaha ee laga dillay bakteeriyaha. Caanaha hooyada waa raashiinka ugu ammaanka badan ee la siiyo dhallaanka. Naas nuujinta waxay ka hortagtaa bakteeriyaha salmonellosis iyo dhibaatooyin kale oo badan.
- Si wanaagsan u dhaq gacmaha kaddib marka aad taabatid xoolaha, qafiskooda, ama raashinka xoolaha guri joogga. Diidiinka iyo bahallada kale waxaa badanaa jirkooka xambaarsan *Salmonella*. Sababtaan awgeed, bahallada ma aha xoolo ku wanaagsan guri joogga si caruurta ugu cayaarto.

Macluumaad Dheeraad ah

Qof kasta oo taga xanaanada cunugga ama ka shaqeeya adeegga raashinka, si toos ah daryeel u siiyo bukaanka, ama xanaanada cunugga waa in uu joogo guriga ilaa shubanka ka baxo. Dadka ka shaqeeya raashinka waxaa looga baahan yahay in ay keenaan labo cad (saxaro) oo aan lahayn *Salmonella* ka hor inta aysan ku soo noqonin shaqada.

Dhamaan macluumaadka waa guud mana loogu talogalin in loo isticmaalo in lagu baddalo waanada qofka aqoonta leh.



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