

# Allurar mura

Abin da kuke bukatar sani da yadda za ku kare kanku da allurar mura



## → Menene mura?



Mura kwayar cuta ce da ke shafar hanci, makogwaro, da huhu. Yana iya yaduwa tsakanin mutane da sauri kuma ya sa ku ji rashin lafiya. Alamomin mura sun hada da:

- Tari
- Ciwon makogwaro
- Ciwon hanci
- Ciwon kai, ciwon tsoka da ciwon jiki
- Zazzabi da sanyi
- Jin gajiya sosai

## → Menene allurar murar?

Allurar riga kafi da ke ba ka kariya daga kwayar cutar mura da masana ke tunanin za ta zama ruwan dare a lokacin mura mai zuwa - wanda ke fitowa daga kaka zuwa bazara kuma mafi girma a cikin Fabrairu.

### Wanene ya kamata a yi masa allurar mura?

Kowane mutum mai watanni 6 ko sama da haka ya kamata a yi masa allurar mura.

### Me yasa zan karba allurar murar?

Kariyar mu daga alluran rigakafi tana raguwa bayan lokaci, kuma kwayoyin cuta ko yausha suna canzawa. Don haka, ana sabunta alluran rigakafin kowace shekara don taimakawa wajen kariya daga sabbin nau'in.

### 🕒 Allurar mura:

- Yana kare ku daga rashin lafiyar mura
- Yana taimaka muku jin karancin rashin lafiya idan kun kamu da mura
- Yana taimakawa kare wasu gungun mutane daga matsaloli masu tsanani:
  - Masu ciki
  - Yara
  - Manya
  - Mutanen da ke da cututtuka masu tsanani, kamar cututtukan zuciya, ciwon suga, da COPD

### Wadanne illoli ne aka fi samuwa daga allurar murar?

- Launin ja, ciwo, ko zafi a inda aka yi allurar
- Ciwon kai
- Zazzabi
- Ciwon tsoka
- Jin rashin lafiya a ciki (jin tashin zuciya)
- Jin gajiya sosai



Hanya mafi kyau don kare kanka daga mura ita ce a sami allurar mura a watan Satumba ko Oktoba. Yin allurar kuma yana taimakawa wajen kare mutanen da ke kusa da ku!



Don karin sani, ziyarci: <https://www.cdc.gov/flu/prevent/flushot.htm>