

Mpox

Abun da ya kamata ka sani da kuma yadda zaka kare kanka



→ Menene cutar kyandar biri?

Mpox kwayar cuta ce da ke iya haifar da rashin lafiya na tsawon makonni 2 - 4. Alamomi yawanci na bayyana makonni 1 - 2 bayan kun kamu da shi kuma sun hada da:

- Zazzabi ko sanyi
- Ciwon kai, ciwon tsoka, ko ciwon baya
- Mutuwar jiki da gajiya
- Matsaloli na numfashi, kamar ciwon makogwaro, yoyon hanci, ko tari
- Kaluluwa (kanaan kuraje a dukkan jiki da suke taimakawa wurin yakar cututtuka)
- Kuraje masu kama da pimples ko kurji cikin Baki ko a fuska, hanny, tafin kafa, kirji, gaban mutum ko takashi



Kuna iya samun duka, wasu, ko kadan daga cikin waɗannan alamomi.

→ Yana motsa jiki ne wanda ake amfani da cuta?

Mpox na bazuwa yayin kusanci ta jiki, har da lokacin jima'i. Duk da haka, ba a dauka shi a matsayin cutar da ake samuwa ta hanyar jima'i ba.

→ Yadda za a guji kamuwa da Mpox

- Samu alurar rigakafi
- Guji kusanci, haduwar fata da fata tare da mutanen da suke da kurji wanda yake kama da mpox
- Guji taba abubuwan da wanda ke da Mpox ya yi amfani da su
- Wanke hannuwan ku sau da yawa

→ Wanene zai iya samun Mpox?

Kowa na iya samun Mpox. Mutane da kan iya samun mummunar alamu sun hada da:

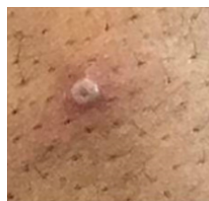
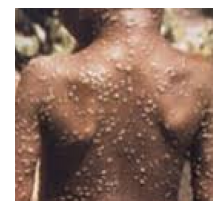
- Mutanen da basuda garkuwar jiki Mai karfi
- Yara kasada shekaru takwas
- Mutane masu tarihin kyasfi (ciwon dakesa fatar mutum ja da kaikayi)
- Mutane masu ciki ko masu shayarwa



Yadda take yaduwa

Mpox na yaduwa da sauki ta hanyar kusanci da haduwar fata da fata tare da wanda da ke da mpox.

Zai iya yaduwa daga lokacin da alamomin suka fara har sai kurjin ya warke sabon fata ta fito. Wannan na iya daukan makonni da dama



Kurjin mpox

Asalin: kwalejin lafiya ta Albert Einstein, Cibiyar kula da lafiya ta UK



Duba lambar QR ko ziyarci [cdc.gov/poxvirus/mpox/prevention/protect-yourself.html](https://www.cdc.gov/poxvirus/mpox/prevention/protect-yourself.html) don Karin bayani, har da mata kai da zaku dauka don rage hadarin kamuwa da Mpox lokacin jima'i ko taruwar jama'a.





Idan kuna tunanin ka kamu da mpox ko kuna da sabon kurji ko wasu alamu:

- **Ka kira likitanka** ko sashin kula da lafiya na gargajiya Nan take don yin bayani ko Wani hanya don jinya
- **Yi gwaji, idan likitan ku ko wasu kwararrun kiwon lafiya ya ba da shawarar shi.** Tambayi inda suke ba da shawarar ku tafi don gwaji.
- Idan kuna da sabon kurji kuma ba ku da tabbacin menene tukuna, **ku guji kusanci har sai kun** kasance ba mai yadawa ba. Tambayi Likita tsawon lokacin da wannan zai iya dauka.
- **Saka takunkumin fuska** lokacin da kuke ziyartar likitanka



Wanene ya kamata ya sami rigakafin mpox?

CDC ta ba da shawarar ku sami allurar rigakafi idan kun:

- San ko tunanin kun yi mu'amala da wani mai mpox
- Ya yi jima'i ko kusanci tare da wanda zai yu suna da mpox
- Kasance da garkuwar jiki mara kafi saboda wani rashin lafiya, kamar HIV
- Kasance yan luwadi, ko mai jima'i da duka maza da mata ko wanda a cikin watanni 6 da suka gabata yana da:
 - Cutar jima'l daya ko fiye, kamar chlamydia, gonorrhoea, ko syphilis
 - Fiye da abokin jima'i daya
- Ya yi jima'l ko kusanci a cikin watanni 6 da suka gabata
- Ya yi jima'l ko kusanci a cikin watanni 6 da suka gabata

Allurai biyu na maganin mpox na samar da kariya mafi kyawu.

Tsari:

1. Sami allura na 1
2. Jira sati 4
3. Sami allura na 2

Za ku kasance da mafi kariya makonni 2 bayan allura na biyu.

Sami allurai duka biyu na rigakafin sai dai idan allurar farko yayi mummunar tasiri a kan ku.



Masana suna karin koyo game da mpox

Duba lambar QR ko ziyarci [cdc.gov/poxvirus/mpox](https://www.cdc.gov/poxvirus/mpox) don sabon bayani.

