Hausa

Rigakafen ciwon sanyi

Abubuwan da kake buƙatar sani don kare kanka

Mene ne ciwon sanyi?

Ciwon sanyi ciwo ne da zai iya illata huhun ka, jini, da kwakwalwa.
Ciwon sanyi zai iya jawo:

- Tari
- Karancin numfashi
- Zazzabi
- Kwanciyar asibiti
- Huhun ka ya kumbura, ya sa ka wahalan shakar numfashi
- Mutuwa

Zai iya yaduwa ta hanyar mu'amala kai tsaye da ruwan jiki kamar yawu da majina.

Mene ne rigakafen ciwon sanyi?

Rigakafen ciwon sanyin yana taimakawa wajen kariya daga ciwon sanyi da wasu cututtuka da wannan kwayar cutar take jawowa.

Waye ya kamata ya karbi rigakafen ciwon sanyi?

Manya masu shekaru 65 da fi

Manya masu shekaru 19 zuwa 64 wadanda suke shan magani da yake raunata garkuwan jikinsu (wanda yake rage karfin yakar cututtuka)

Mene ne wasu illolin rigakafen na al'ada?

- Yin ja, kumburi, ko zafi a inda aka maka rigakafen
- Sanyi
- Zazzabi
- Rashin son cin abinci
- Jin tsananin gajiya
- Ciwon kai, ciwon damtse, ko gabobi

Kowaye zai iya kamuwa da wadannan cututtuka, amma yafi hatsari wa:

- Manya da shekarunsu suka ja
- Manya masu ciwon suga
- Manya masu ciwon huhu
- Manya masu ciwon zuciya
- Manya masu ciwon koda

Mene ne ke jawo ciwon sanyi?

Ciwon sanyi yana samuwa ne ta dalilin wata kwayar cuta mai suna streptococcus pneumoniae. Streptococcus pneumoniae yana iya jawo cututtuka daban-daban, kamar:

- **Pneumonia:** cutar huhu
- **Bacteremia:** cutan jini
- **Sinusitis:** sinus kamuwa cutar
- **Meningitis:** cutar kwakwalwa da na kashin baya
- **Otitis Media:** cutar kunne ta tsakiya

Domin neman karin sani, ziyarci:
https://www.cdc.gov/vaccines/vpd/pneumo/index.html

PANDEMIC (Shirin Rage Rashin Daidatowa a Aikin Rigakafi a Kabilanci Marasa Rinjaye a Al'umma) ce ta shirya wannan takarda tare da tallafin Yarjejeniyar Hađin Gwiwar CDC CDC-RFA-IP21-2113-NU21IP000597: an buga Disamba 2023. Abubuwan da ke ciki na marubutan ne kuma basa nuna ra'ayin, ko amincewar Cibiyar Kula da Cututtuka da Rigakafi (CDC), Kiwon Lafiya da Sabis na Jama'a (HHS), ko Gwamnatin Amurka.

PANDEMIC OCOH