



# Shubanka carruurta iyo sabiyada

Talo ka socota Hay'adda Fulinta Adeega  
Caafimaadka (HSE) oo loogu talagalay  
waalidiinta iyo dadka carruurta ka masuulka  
ah.

Isha: [www2.hse.ie/conditions/diarrhoea-babies-children/](http://www2.hse.ie/conditions/diarrhoea-babies-children/)

Markii u dambaysay ee dib loo eegay: 20 Luulyo 2023

# Astaamaha

## Shubanka carruurta iyo sabiyada

Shubanku waa saxaro biyobiyo ah kana jilicsan saxarada caadiga ah. Wuxu keeni karaa in qofku saxaroodo marar badan.

Waxa jira 2 nooc oo guud oo shuban ah:

- shuban daran
- shuban daba-dheeraaday

Shubanka darani si degdeg ah ayuu u bilaabmaa wuxuna qaataa 2 todobaad. Sabiyada ayuu kaga badan yahay carruurta yaryar.

Shubanka daba-dheeraada wuxu qaataa muddo ka badan 2 todobaad. Badanaa waxa keena xaalad caafimaad oo kale. Ma tago illaa inta xaaladda caafimaad ama cudurka keenay la dawaynayo.

## Astaamaha shubanka daran

Astaamaha shubanka daran caadiyan waxay qaataan inta u dhaxaysa 3 iyo 5 beri.

Waxa ka mid noqon kara:

- saxaro jilicsan ama biyo ah
- inuu ilmuhu saxaroodo wax ka badan 3 jeer maalintii
- matag ama lallabo
- [heerkulka jirka oo sarreeya](#)
- calool xanuun
- fuuqbax

## Fuuqbax

Ilmahaagu wuu fuuqbaxi karaa haddii ay aad u matagaan ama shubmaan.

**Islamarkiiba la xiriir dhakhtarkaaga gaarka (GP) ama isbitaalka kuugu dhow tag haddii:**

- ilmahaagu muujiyo wax calaamado fuuqbax daran ah

Calaamadaha fuuqbaxu waxay ku badan yihiin carruurta:

- ka yar da'da 1 sano jir
- naaska jaqi jirtay ee laga joojiyay naaska
- aan cabbin cabitaanka
- la jirran cuduro caafimaad oo kale oo muddo dheer jiray

Astaamaha fuuqbaxa waxa ka mid ah:

- kaadida oo ka yaraataa sideedii hore
- daciifnimo
- tamar yari aan caadi ahayn
- Cadho-nugayl
- illinta oo yar marka uu ilmuhu ooyo
- af, dibno iyo carrab qallalan
- qaybta jilicsan ee madaxa ilmaha (nasista) oo hoos u godnaata

Fuuqbaxa darani wuxu badanaa dhacaa haddii ilmahaagu:

- uu shubmo 6 ama ka badan oo jeer muddo 24 saacadood gudahood ah
- matago 3 jeer ama ka badan muddo 24 saacadood gudahood ah

### **Marka ay tahay inaad gargaar caafimaad raadsato**

Sabiyada iyo carruurta socodbaradka ah intooda badani way ka soo kabtaan shubanka iyaga oo aan u baahan iney arkaan Dhakhtarka Guud.

#### **Wixii talo ah kala xidhiidh dhakhtarkaaga haddii ilmahaagu:**

- uu shubmay wax ka badan 6 jeer 24 saacadood gudahood
- uu dhiig ama caal ku jirto saxaradiisa
- uu matagay wax ka badan 3 jeer 24 saacadood gudahood
- uu muujinayo wax astaamo fuuqbax ah
- uu wali sii shubmayo 7 beri ka dib
- uu shubmayo uuna dhowaan ka soo laabtay dalka dibaddiisa

## Ilmahaaga waaxda gargaarka degdega ah ula carar islamarkiiba haddii:

- uu ilmuhu leeyahay calaamado muujinaya fuuqbax daran
- uu heerkulkiisu sarreeyo hoosna u degayn
- ay xaaladiisu aad uga sii darayso
- ay calooshu aad u xanuunayso

Carruurta roonroon way kuu sheegi karaan haddii calooshu aad u xanuunayso. Carruurta yaryar iyo sabiyadu ma kuu sheegi karaan. Haddii ay oohinta joojin waayaan taasi waxay muujinaysaa in xanuun hayo.

Heerkulka sare ee sabiyada ka yar 3 bilood waxa loola jeedada heerkul 38 digrii Selshiyas ah ama ka sarreeya. Heerkulka sare ee sabiyada ka wayn 3 bilood waxa loola jeedada heerkul 39 digrii Selshiyas ah ama ka sarreeya.

## Daawaynta

### Shubanka carruurta iyo sabiyada

Waa aamin inaad ilmahaaga guriga ku daawayso haddii aanay shuban ama fuuqbax daran qabin.

Astaamaha xanuunka ee ilmahaaga adiga oo guriga jooga ayaad dejin kartaa adiga oo:

- u sii wadaya caanahay cabbi jireen ee caadiga ahaa
- siinaya kabbooyin biyo ah oo badan
- u sii wadaya inaad siiso qaddar cunto ah oo yar - ha warwarin haddi ilmahaagu uu cuntada diido 1 ama 2 beri.
- siinaya caano subagoodii wata iyo cunto baal leh, haddii ay ka wayn yihiin 12 bilood
- siinaya [xummad-jabin dareere ah](#) si aad uga yareyso [heerkulka sare](#) ama calool xanuunka

### Muhiim

Had iyo jeer akhri xogta dawada ku qoran oo sii ilmaha qiyaasta saxda ah ee xummadjabinta dareeraha ah. Dhammaan daawooyinka ka fogee meel carruurtu gaadhayso.

Carruurta shubmaysa badankoodu uma baahdaan qallajiyayaal. Tan waxa u sabab ah caadiyan shubanka waxa keena fayras. Qallijiyayaashu ma daweeyaan fayrasyada.

## **Haddii ilmahaagu shubmayo**

Haddii ilmahaagu shubmayo, ha siin:

- cabbitaanka midhaha la shiido ama kuwa soodhaha leh
- daawooyin joojinaya shubanka
- caano carruureed badhax ah

### **Muhiim**

Markaad caanaha ilmaha diyaarinayso, had iyo jeer raac tilmaamaha baakadda ku qoran. Inaad caanaha biyo dheeraad ah ku badhaxdo aamin maaha. Masaasada ilmaha ugu diyaari sidii caadiga ahyd adigoo ilmaha cabbitaano iyo biyo dheeraad ah caanaha u raacinaya.

# Sababaha

## **Shubanka carruurta iyo sabiyada**

Shubanka inta badan waxa sababa dulin caloosha gala. Carruurta shubanku helo badankooda waxa lagu xannaanayn karaa guriga waxayna ku soo kabtaan ayaamo yar.

## **Shubanka daran**

Sababta ugu badan ee keenta shubanka darani waa caabuq/igfishin.

Caabuqu wuxu ku faafi karaa siyaabo kala duwan, sida:

- inuu dadka kale ka soo gudbo
- cunto ku sumoobid/dacar
- biyo wasakhaysan

## Caabuq

Shubanka daran inta ugu badan waxa sababa caabuq, kaas oo qofku qof kale u gudbin karo.

Caabuqa sababa shubanka daran inta badan waxa sababa fayrasyo. Tusaale ahaan, [noorafayras \(dulinka mataga jiilaalka\)](#) iyo rootafayraska.

Dhammaan carruurta ku dhalatay Ayrlaan ka dib Oktoobar 1 2016 waa laga tallaalay rootafayras.

Shubanka waxa sidoo kale sababi kara bakteeriya sida:

- [ii koli \(e. coli\)](#)
- [Kambaylabaktar \(campylobacter\)](#)
- [salmoniila](#)
- shigeela

Dulimada sida kiribtosboridiam (cryptosporidium) iyo girdiyaasis sidoo kale shuban bay sababi karaan.

## Cunto ku sumoobid

Jeermiska ku jira cuntada wasakhaysan wuxu sababi karaa shuban.

Noocyada [cunto ku sumoobida](#) waxa ka mid ah:

- salmoniila
- Kambaylabaktar (campylobacter)
- ii koli (e. coli)
- giyaardiisis (giardiasis)

## Biyo wasakhaysan

Cabidda biyo wasakhaysan oo leh jeermis waxay ilmahaaga u keeni kartaa jirro.

Noocyada jeermiska waxa ka mid ah:

- ii koli (e. coli)
- kiribtosboordiam
- Kambaylabaktar (campylobacter)

Jeermisyadani waxay ku badan yihiin waddamada nadaafad xumo ka jirto.

Ilaha biyaha dadwaynaha ee Ayrlaan waxa lagu daaweeyay kiimikooyin dila jeermiska. Laakiin ceelasha gaarka loo leeyahay way wasakhoobi karaan haddii aan la ilaalin ama la daawayn.

Haddii aad u malaynayso in biyaha ceelkaagu wasakhaysan yihiin, la xiriir Hay'adda Ilaalinta Deegaanka.

### **Muhiim**

Haddii aad u malayso in biyahaagu wasakhaysan yihiin, kari biyaha la cabbayo, cuntada lagu karinayo, caanaha ilmaha lagu qasayo, iyo kuwa aad ilkaha ku cadayanayso.

### **Shubanka muddada dheer**

Shubanka muddada dheer inta badan kama dhasho caabuq ama igfishin. Wuu ka yaryahay shubanka daran waxana laga yaabaa inuu calaamad u yahay dhibaato caafimaad oo sababaysa, sida:

- [xasaasiyad cunto ama cunto jirku diidayo](#)
- cudurada ku dhaca xiidmaha yar, sida cudurka siliyaak ama cudurka xiidmo gaabnida
- bararka xiidmaha (kolitas)

### **Ilmahaaga u gee dhakhtar (GP), farmasiile ama kalkaalisada caafimaadka dadwaynaha haddii:**

- uu leeyahay shuban qaatay muddo ka badan 7 illaa 10 beri.

### **Shubanka carruurta socodbaradka ah**

Shubanka carruurta socodbaradka ah waa nooc shuban muddo dheer socda ah oo carruurta socodbaradka ah ku dhici kara. Inta badan maaha mid khatar ah. Waxa laga yaabaa in ilmuhu iska fiicnaado xitaa isagoo shubmaayo.

Badanaa waxa shubanka ilmaha socodbaradka ah lagu arkaa cunto aan dheefshiidmin sida digir ama xasiid.

Haddii aad u malaynayso in ilmahaagu qabo shubanka carruurta socodbaradka ah, hubi inay cabbayaan cabitaan ku filan. Ilmahaaga u gee dhakhtar hubin kara inay si fiican u korayaan.

Talooyinka kale ee ku caawin kara waxa ka mid ah:

- ilmahaaga in aadan siin wax cabbitaano mireed ama cabbitaano la shiiday ah
- inaad hubiso in dux ku filan ku jirto cuntadooda, sida caano subag leh ama burcad/caano-fadhi
- inaad hubiso inay cunaan [cunto caafimaad leh oo isku dheelitiran](#) oo ay ku jiraan miro iyo khudaar.

# Ka hortagga

## Shubanka carruurta iyo sabiyada

Sida ugu fiican ee shubanka looga hortagi karaa waa inaad gacmahaaga si fiican u dhaqdo oo qallajiso. Had iyo jeer isticmaal biyo diirran iyo saabuun. Isticmaal jeermisdilaha gacmaha haddii aadan haysan biyo soconaya.

[Naasnuujintu](#) waxay yareyn kartaa khatarta ilmahaagu shuban ku qaadi karo.

Markaad dibadda u safrayso, isku day inaad iska ilaaliso:

- cabbitaanka biyaha qasabada
- cabbitaanada barafka leh
- cuntada biyaha lagu diyaariyo, sida salladhka lagu dhaqo biyaha qasabadda

Hubi in [ilmahaagu qaatay tallaaladiisii u dambeeyay](#).

## Jooji faafitaanka shubanka

Jeermisyo badan oo sababa shuban ayaa si fudud dadka ugu kala gudbi kara. Waxa jira waxyaabo badan oo aad sameyn karto si aad u joojiso faafitaanka shubanka.

### Muhiim

Ilmahaagu waa inuu guriga joogo oo aanu tegin dugsi, rowdada, ama xannaanada illaa intay ugu yaraan ka soo wareegayso 48 saacadood ka dib markii u dambeeysay ee ay shubmeen ama matageen.

## Gacmaha si sax ah u dhaq oo u qallaji

Adiga iyo ilmahaagu waa inaad [gacmahiina si fiican ugu dhaqdaan](#) saabuun iyo biyo diirran.

Had iyo jeer gacmahaaga dhaq xaaladahan soo socda:

- ka dib markaad ilmaha xafaayadda ka beddesho
- ka dib markaad ilmaha ka caawiso isticmaalka musqusha
- ka dib markaad nadiifiso ama taabato baydhmaanka
- ka hor inta aadan diyaarin, taaban ama cunin cunto
- ka dib markaad taabato weelka qashinka iyo xafaayad wasakh leh
- ka dib markaad taabato hilib qeedhin
- ka dib markaad taabato xayawaan ama qashinsaarka xayawaanka

Had iyo jeer gacmahaaga si sax ah u qallaji ka dib markaad dhaqdo.



## Musqusha nadiifi

Waa muhiim inaad si fiican u nadiifiso musqusha haddii qof guriga jooga shubmayo.

Isticmaal biyo kulul, jeermis dilayaal iyo maryo la tuuri karo si aad u nadiifiso:

- musuqusha
- saxanka waji dhaqa
- oogoyinka sare ee musqusha
- gacamada albaabka
- fadhiga musqusha
- badhanka biyaraacinta musqusha

Had iyo jeer gacmahaaga dhaq oo si fiican u qallaji ka dib markaad shaqada dhammeyso.

## Dhaq goobaha wasakhoobay

Waxyaabahan soo socda samee haddii matag ama saxaro wasakhayso qalabka guriga ama sagxadda:

- qoyaanka badan tiish ku qallaji
- si fiican meesha ugu dhaq biyo iyo oomo/taydh
- goobta biyo nadiif ah ku rushee
- daa goobtu ha qallashee
- iska tuur ama si fiican u maydh wixii gacmogashi ama qalab ah ee la isticmaalay
- dhaq oo qallaji gacmahaaga

Haddii matag ama saxaro wasakhayso gogosha ama dhar, intaad awoodo musqusha kaga soo jaf. Dabadeed alaabada ku dhaq meel gaar ah oo biyo kulul ku jiraan.

## Hababka kale ee loo joojiyo faafitaanka shubanka

Ilmahaaga ka jooji dugsigu, rowdada, ama xannaanada illaa intay ugu yaraan ka soo wareegayso 48 saacadood ka dib markii u dambeysay ee ay shubmeen ama matageen.

Talooyinkan soo socda ayaa kaalmo ka geysan kara yareynta faafitaanka shubanka:

### Ha sameyn

- × dad xanuunsanaya yaanay cuntada diyaarin
- × Ha u ogolaan ilmahaaga xanuunsanaya yaanu la wadaagin shukumaanada dadka kale