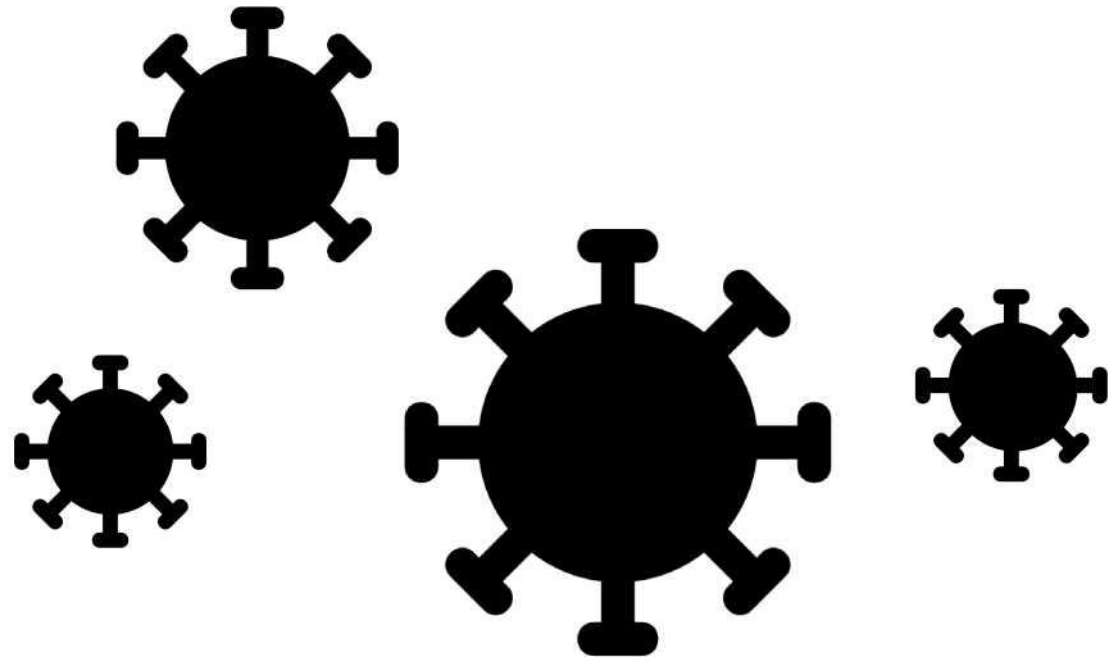
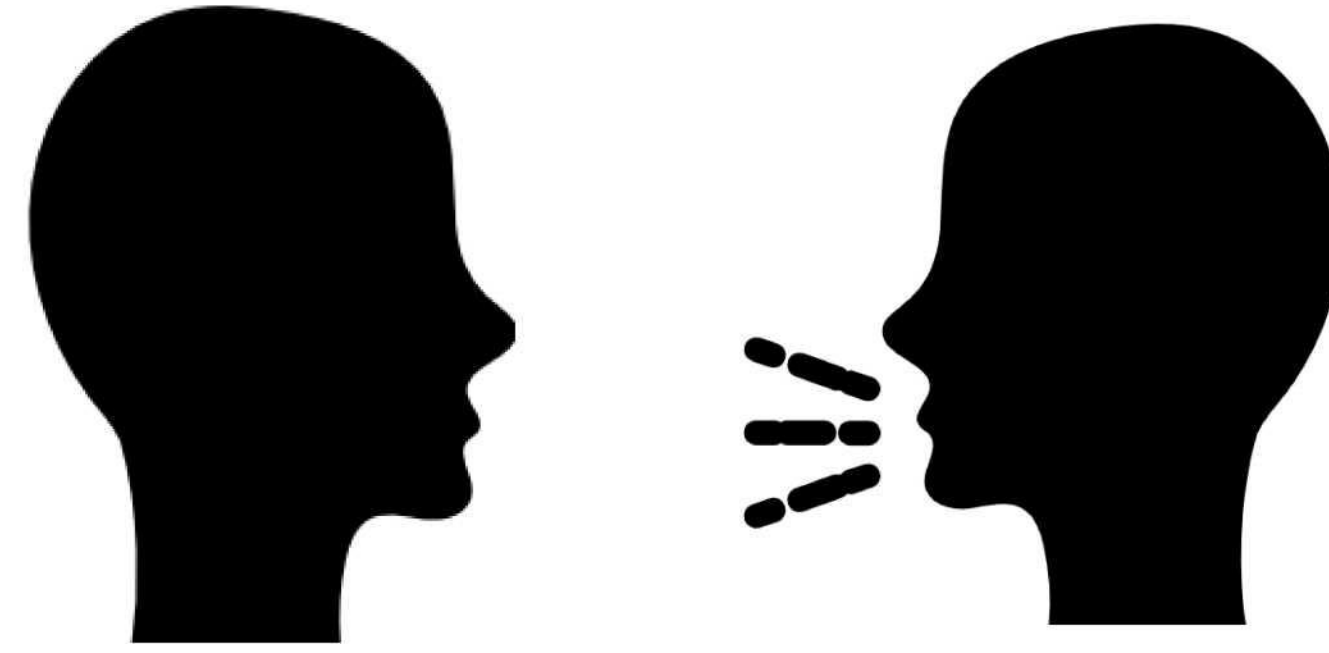


Qaamo-qashiir

Xaashida xaqiiqada



Qaamo-qashiirka waa cudur uu sababo fayraska Qaamo-qashiir.



Qaamo-qashiirka waxa uu fidaa marka qof cudurka qaba uu qufaco ama hindhiso ama marka uu qofku taabto sagxad qabta cudurka oo uu kadibna taabto indhaha, sanko ama afka.

Astaamaha iyo Calaamadaha



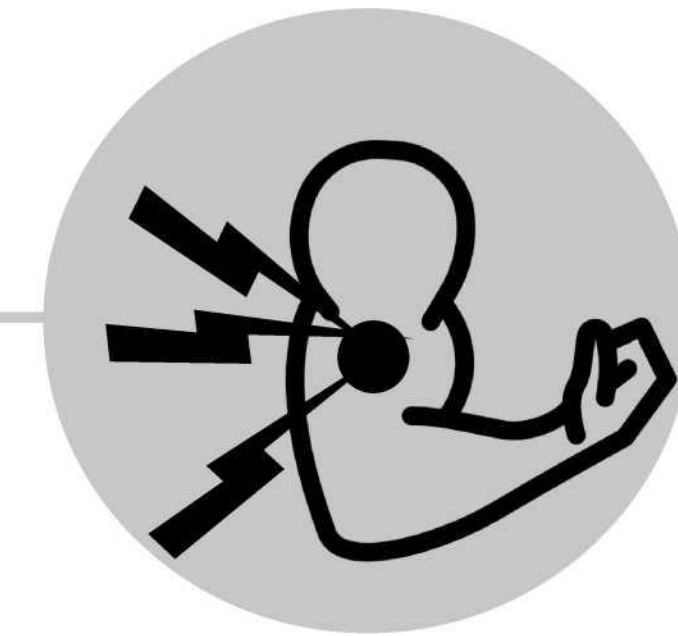
Qanjirro bararsan



Xumad



Qandho Madax-xanuun



Muruqyo Xanuun

Astaamaha iyo calaamadaha ugu badan waa qandho, madax-xanuun, murqo xanuun, daal, iyo cunto-xumo, oo ay ku xigto qanjirraha mid ka mid ah hoosta dhinaca dhag ama labada dhegoodba oo bararo oo jilco. Qiyaastii kala bar dadka uu ku dhaco qaamo-qashiirka ayaa leh astaamo iyo calaamado fudud ama maba laha. Dhibaatooyinka ay keento waxaa ka mid ah casaanka iyo bararka xiniinyaha ragga, bararka ugxanta haweenka, bararka maskaxda ama xuub daboolaya xudunta lafdhabarta, soo dhicidda uurka, iyo dhagool noqoshada.

Astaamaha iyo calaamadaha badanaa waxay bilaabmaan 16-18 maalmood ka dib u baylihidda, laakiin waxay u dhaxayn karaan 12-25 maalmood. Qaamo-qashiirta wuxuu ku faafi karaa dhawr maalmood ka hor inta aanu bararka qanjirka bilaabmin ilaa 5 maalmood kadib. Qofka waa in la karantiilaa 5 maalmood ka dib qaamo-qashiirka

Kahortagga



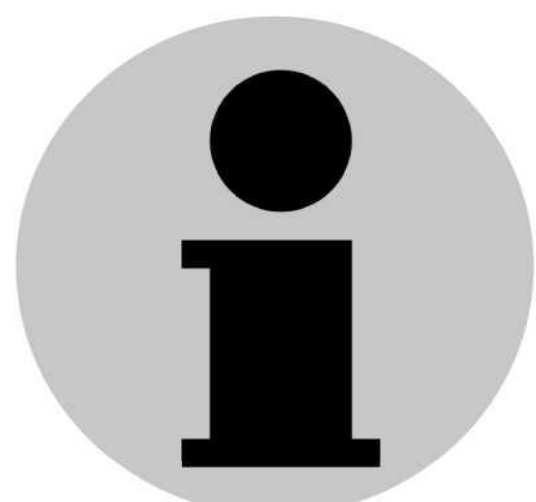
- Qaadashada tallaalka qaamo-qashiirka (badanaa loo yaqaan MMR) ayaa ah habka ugu wanaagsan ee looga hortago qaamo-qashiirka.



- Gacmahaaga ku dhaq saabuun
- Ha wadaagin maacuunta cuntada
- Nadiifi sagxadaha la wadaago had iyo jeer

Ma jirto daaweyn gaar ah oo loogu talagalay qaamo-qashiirka.

Wixii Macluumaad Dheeraad Ah



Kala xiriir dhakhtarkaaga ama Xarunta Xakamaynta iyo Kahortagga Cudurrada Maine lambarka 1-800-821-5821 haddii aad u malaynayso inaad qabtid qaamo-qashiir ama aad rabto macluumaad dheeraad ah.

Waxaad sidoo kale booqan kartaa www.cdc.gov/mumps.