

Jirrooyinka dureygaueg (Influenza-like Illness) iyo Habka Calaamadahiisa ay ku Hubin Karaan Waaliddiinta iyo Daryeelayaashu

Waaliddiinta iyo daryeelayaashu waa in ay isticmaalaan su'aalahan soo socda si ay u cabiri karaan caafimaadka carruurtooda maalin walba.

Ilmahaagu miyuu qabaa:

1. Xumad (100° F ama kasii badan)? Haa Maya
(heerka xumadiisa cabir kahor inta aadan siin daawada xumadda yaraysa)
2. Cuno xanuun? Haa Maya
3. Qufac? Haa Maya

MA GURIGA AYAAN ILMAHAYGA KU HAYAA?

- Hadii aad haa tiri xumadda IYO mid ka mida calaamadaha kale, ilmahaaga guriga ku ilaali ilaa 24 saacadood laga bilaabo marka xumaddu ka tagto adiga oo aan siin daawada xumada yaraysa. Carruurta badankooda tani waxa ay qaadan kartaa 5 ilaa 7 maalmood. Waana in ilmahaagu marka uu soo laabanayo uu ka qaybqaadan karaa dugsiga. Hadii aad walaac ka qabto caafimaadka ilmahaaga ama calaamadahiisa, waxa aad wacdaa cida daryeesha caafimaadka ilmahaaga.
- Hadii ilmahaaga cida caafimaadkiisa daryeeshaa ay ku sheegto jirro kale, sida xoqodaha/ cuno-xanuun, waa in aad raacdo talooyinka ay ku siiyaan cida daryeesha caafimaadka ilmahaaga iyo habka u deggan marka dugsiga lagu celin karo.

MAXAAN U SHEEGAA DUGSIGA ILMAHAYGA?

- Hadii aad “haa” tiri xumadda IYO mid ka mida calaamadaha kale, waa in aad ku wargalisaa xafiiska imaatinka dugsiga in ilmahaaga ay hayso jirrada dureygaueg, isla markaana uu joogo guriga.
- Hadii ilmahaaga cida caafimaadkiisa daryeeshaa ay ku sheegto jirro kale, sida xoqodaha/ cuno-xanuun, ku wargali xafiiska imaatinka dugsiga ee ilmahaaga.



Vaccine-Preventable Disease Surveillance
P.O. Box 64975
St. Paul, MN 55164-0975
651-201-5414 or 1-877-676-5414
www.health.state.mn.us/immunize

Influenza-like Illness Symptom Screening Tool for Parents and Caregivers

Parents and caregivers should use the following questionnaire to assess the health status of their child on a daily basis.

Does your child have:

1. Fever (100° F or greater)? Yes No
(take temperature before giving fever reducing medicine)
2. Sore Throat? Yes No
3. Cough? Yes No



SHOULD I KEEP MY CHILD HOME?

- If you checked yes to fever AND one of the other symptoms, keep your child home for at least 24 hours after his or her fever is gone without fever reducing medicine. For many children this will be 5 to 7 days. Your child should feel well enough to participate in school before returning. If you have questions about your child's health or symptoms, call your child's healthcare provider.
- If your child has been diagnosed by a healthcare provider with a different disease, such as strep, follow your healthcare provider's recommendation and school policy for when to return to school.

WHAT SHOULD I TELL MY CHILD'S SCHOOL?

- If you checked "yes" for fever AND one of the other symptoms, tell your child's attendance office that your child is home with influenza-like illness.
- If your child has been diagnosed by a healthcare provider with a different disease, such as strep, tell your child's attendance office.



Vaccine-Preventable Disease Surveillance
P.O. Box 64975
St. Paul, MN 55164-0975
651-201-5414 or 1-877-676-5414
www.health.state.mn.us/immunize