

# Cudurka Molluscum

(waxaa sababa fayruska *molluscum contagiosum virus*, MCV)

## ASSALKA

Molluscum guud ahaan waa cabuuq aan dhibaato lahayn calaamaduhuna daawo la'aan ayey iskood ugu biskoodooda. Molluscum waxaa uu ahaan jiray cudur gaar ahaan caruurta ku dhici jiray, laakiin intuu koray ayuu isu baddalay cudur dadka waaweyn galmada isku qaad siiyaan.

## CALAAMADAHA IYO SAANSAANTA XANUUNKA

Waxa uu soo baxayaa 1 toddobaad ilaa 6 bilood marka caabuqa la qaado, oo dhexdhexaadku yahay 2 ilaa 3 bilood:

- Xanuun ma laha, nabro midab midabka jirka giirgiir – cadaan, dambas-caddaan, jaala ama gaduud barxan, oo jiritaankooda uu u dhaxeeyo 2 toddobaad ilaa 4 sano dhexdhexaadkuna yahay 2 sano.
- Nabaradu waxay ka soo baxaan xibanaha taranka, caloosha, bowdaha dhexdooda iyo dabada.
- Nabaradu waxay ku bilaaban karaan nabro yar yar oo kuus kuusan kuwaaso nabro waa weyn oo kuus kuusan isu baddala.
- Dadka AIDS qaba ama kuwa kale ee xaaladooda iska difaaca cudurada uu liito waxa ka soo baxaya nabaro badan.

## ISQAADSIINTA

- Xariir galmada (kan ugu badan)
- Wax yaabo aan nafta lahayn: shukumaanka iyo dharka
- Ku dabaalashda warta iyo waaskada lagu qubaysto la wadaago
- Jirka oo la is taab siiyo
- Qayb unug inta jirka laga saaray dawo lagu farsameeyay haddana jirka lagu celiyay (autoinoculation)

## CILLADAHA

- Waxaa la qaadsiin kara dadka lala galmoodo
- Haddii la qaado HIV, caabuqa molluscum waxuu noqonayaa mid aad u ba'an
- Molluscum waxaa uu sii kordhinaya qaadista cabuuqyada maqaarka

## KA HORTAGISTA

- Laga fogaado galmada siilka, afka, dabada waa si uga wanaagsan ee STD looga hortagayo.
- La iska ilaalayo is taabashada jirka qof caabuqan.
- La yareeyo dadka lala galmoodo.
- Komdomka caaga ah, marka sidii loogu tala galay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista in molluscum la qaado marka meelaha jirran la daboolo ama komdomka la isticmaalo.
- Haddii caabuqa molluscum la qaado, iska ilaali nabarka inta taabato inaad haddana meelo kale ee jirka taabato.
- Dadka lala galmoodo ee caabuqan waa in isku mar baaritaan laga qaado lana daaweeyo.

## BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaalaha caafimaad haa qaado haddii caabuq la tuhmo.
- Saaridda nabarka caabuqsan waxay dhimayaan in jirku uu dib u caabuqo iyo in aad dadk kale qaadsiiso.

Saarida nabarka caabuqsan waxa lagu gaari gaaraa marka la isticmaalo:

- Qalitaanka ama qalitaanka korontada
- Isticmaalka daawo kiimiko ah
- Isticmaalka daawo marka jirka la qaboojiyo

Ogow: Nabarda way soo noqon karaan daawda ka dib.

### MACLUUMAAD DHEERAADA, LA XARIIR:

Minnesota Department of Health  
STD and HIV Section  
(Waaxda Caafimaadka Minnesota)  
(Qaybta STD iyo HIV)  
(651) 201-5414; (651) 201-5797 TTY  
[www.health.state.mn.us/std](http://www.health.state.mn.us/std)

Minnesota Family Planning and STD Hotline  
(Qorshaynta Qoyska Minnesota iyo Khadka STD)  
1-800-783-2287 Codka/TTY;  
(651) 645-9360 (Magaalada iyo Degaanada)  
[www.sexualhealthmn.org](http://www.sexualhealthmn.org)

American Social Health Association (ASHA)  
(Iskaashtada Caafimaadka Bulshada American ka - ASHA)  
[www.ashastd.org](http://www.ashastd.org)

CDC National STD and AIDS Hotlines  
(CDC National STD iyo Khadka AIDS ka)  
1-800-CDC-INFO; 1-888-232-6348 TTY  
[www.cdc.gov/std](http://www.cdc.gov/std)