

Xaqqiida Cudurada Galmada (STD)

Pubic Lice (“Crabs”) and Scabies-Som

Injirta Shuunka iyo Cadhada (Isnadaamiska)
(Injirta Shuunka nooca lice-ka waxa keena cayayaanka loo yaqaan *Phthirus pubis*,
nooca crab louse-ka iyo Isnadaamiska waxa keena *Sarcoptes scabiei*)

CALAAMADAHA LAGU GARTO

Calaamadaha Injirta Shuunka iyo Cadhada (Isnadaamiska):

- Cuncun aad u daran
- Mararka qaarkood injirta waxa lagu arki karaa meelaha timaha leh ee jirka intiisa kake

ISU GUDBINTA

Injirta Shuunka iyo Isnadaamiska waxaa Fidiya:

- Galmoodka
- Jirka oo si aad isugu dhaw isu taabta
- Tuwaallada, musqusha meesha lagu fariisto, gogosha, iyo dharka ay injirtu gaartay

DHIBAATOYINKA KA YIMAADA CUDURKAN

Haddii Aan la Daaweeyn:

- Injirtu waxay ka soo fidi kartaa shuunka ayadoo ku fidaysa meelaha kale ee timaha leh
- Xubnaha qoysku way is qaadsiiin karaan isnadaamiska

KA HORTAGGA

Talooyin ku saabsan sida loo Yareeyo Fiditaanka Injirta Shuunka iyo Isnadaamiska:

- U tag dhakhtarkaaga si aad baaritaan u samaysid haddii aad ka shakido inaad cudurka qaadday
- Yaree dadka ay galmadu idinka dhaxayso
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurkan
- Dadka ay galmadu idinka dhaxayso waa in ayagana la daaweeyaa
- Iska ilaali inaad qof qaba injirtan la wadaagto sariir ama shukumaan ama dhar

DAAWEYNTA

Daaweynta Injirta Shuunka iyo Isnadaamiska:

- Waxaa lagu dili karaa daawada ku habboon ee dhakhtarku qoro
- Ku dhaq dharka oo dhan iyo gogosha biyo kulul
- Ku nadiifi vacuum alaabta guriga (furniture)
- Is daaweeya isku mar adiga iyo dadka ay galmadu idinka dhaxayso

OGOW: In daawada ka dib qofku dib cudurka u qaadi karo.

WIXII WARAR DHEERAADA, LA XIRIIR:

Infectious Disease Epidemiology, Prevention and Control Division
STD and HIV Section
Minnesota Department of Health
P.O. Box 64975
St. Paul, MN 55164-0975
(651) 201-5414; (651) 201-5797 TTY
www.health.state.mn.us

Khadka Teleefonka ee Qorshaynta Qoyska iyo Cudurada Galmada (STD) ee Minnesota (Minnesota Family Planning and STD Hotline) 1-800-783-2287 Teleefonka caadiga ah /TTY (651) 645-9360 (Magaalada iyo nawaaxigeeda)(Metro) www.stdhotline.state.mn.us

Khadka Taleefonada Hay'adda Qaranka CDC Qaybta Qaabilsan Cudurada STD iyo AIDS (CDC National STD and AIDS Hotlines) 1-800-232-4636; 1-888-232-6348 TTY www.cdc.gov