

# IDRS Infectious Disease Reporting System

Disease Reporting 24 Hours a Day

Columbus Public Health and Franklin County Public Health

## GIARDIASIS

Giardiasis waa cudur uu sabab u yahay barasiitka *Giardia lamblia*, kaasoo ku nool mindhicirka dadka iyo xoolaha. Waa mid ka mid ah ee badanaa sababta u ah cudurka laga qaado biyaha waddanka Mareykanka.

### Calaamadaha

Caadi ahaan, calaamadaha giardiasis waxay bilowdaan 1 ilaa 2 todobaad kaddib marka la qaado. Wuxuu lahaan karaa:

- Shuban biyo-biyo ah, oo qurmoon. Marmar saxarada (xaarka) waa sida subagga, wuuuna sabbeeyaa. Dhacdooyinka shubanka waxay isbaddalaan caloosha fadhida.
- Dhuuso
- Cunto xumo
- Majuujinta caloosha
- Waxaa kaloo la socon kara qandho, labbolabbo, mattag iyo madax xanuun
- Waxaa dhici karto in dadka qaar qabaan Giardia hase ahaatee waxaa dhici karta in aysan muujinin calaamadaha. Badanaa cudurka wuxuu gaaraa qiyaas ahaan 2 ilaa 6 todobaad.

### Gudbinta

- Barasiitka waxaa caadi ahaan laga heli karaa balliyada qaar, killiyada, iyo ceelasha. Waxaa dhici karto in dadka biyahaan cabba liqaan barasiitka kaddibna qaadaan cudurka. Dadka lugeeeya iyo kuwa taga xeryaha waxay ku jiraan halis haddii ay cabbaan biyahaan.
- Kaddib marka qofka ama xoolaha qaadaan cudurka Giardia, barasiitka wuxuu ku noolaadaa mindhicirka kaddibna wuxuu raaci karaa saxarada (xaarka). Shay kasta oo xariir la sameeya saxarada (xaarka) qof ama xoolo qaaday cudurka waxaa soo gaari kara wasakhda barasiitka Giardia.
- Dadka waa xanuunsan karaan kaddib marka ay si lama filaan ah u liqaan Giardia ka soo raacay meelaha fidsan ee wasakhda soo gaartay (sida alaabta taala musqulada, miisaska loogu labbiso caruurta, baaldiyada xafaayadda, ama alaabta ilmaha ku cayaarto) ama gacmaha. Caruurta ku jirto qorshaha xanaanada cunugga, khaas ahaan caruurta gaartay da'da xafaayadda waxay halis uga jiraan giardiasis, sababtaan awgeed.
- Giardiasis wuxuu ku badan yahay waddamada qaar, khaas ahaan kuwa aan qabin siistemyo wanaagsan ee loogu talagalay dadweynaha xaggaa nadiifinta biyaha iyo nadaafadda. Muxaafiriinta tagta meelahaan waxay ku jiraan halis sare in ay qaadaan giardiasis.
- Dadka waxay kaloo giariasis qaadi karaan haddii ay soo gaarto saxarada (xaarka) aadanaha marka ay isu tagaan.

### Daweynta

- Bixiyaha daryeelka caafimaadka ayaa ku weydiin doono in aad dhowr cad ka soo gudbisid saxarada (xaarka) si loo ogaado haddii aad qaaday cudurka. Bacdamaa baarista Giardia adkaan karto, waxaa dhici karto in lagaa codsado in aad soo gudbisid dhowr cad muddo dhowr maalin.
- Waxaa la heli karaa dawooyinka la qoro si loo daweeyo dadka qaba giardiasis. Caadi ahaan, dadka qaba calaamadaha keliya ayaa u baahan in la daweeyo; haddii aysan tagin xanaanada cunugga ama ka hawl gelin shaqo ay Guarida u gudbin karaan dadka kale.

### Ka Hortagga

- Si wanaagsan isaga dhaq gacmaha kaddib marka aad isticmaashid musqusha, marka aad baddashid xafaayadda, iyo ka hor inta aadan diyaarinin cuntada iyo ka hor inta aadan cunin. Gacmaha oo si wanaagsan leysaga dhaqo waa sida ugu fiican oo looga hortaggo faafidda cudurka.
- Nadiifi meelaha wasakhda soo gaartay (fadhiga saxarada, musqulada, meelaha lagu baddalo xafaayadda) adiga oo adeegsada saabuun iyo biyo, kaddibna isticmaala buufiyaha dukaamada ee lagu dillo jeermiga ama isticmaala millanka dilla jeermiga (bleach). Ku qalaji hawada.
- Ha cabbin biyo aan la nadiifin oo laga keenay balliyada, killiyada, ama wabiyada Waxaa kaloo dhici karto in biyaha ceelka leeyahiin giardia. Haddii aad u malleysid in qoyskaada uu cudur ka qaaday biyaha ceelka, ku fakar in la baaro ceelka.

### Macluumaad Dheeraad ah

Dadka qaba giardiasis ee taga xarunta xanaanada cunugga ama ka shaqeeya adeegga raashinka, daryeelka bukaanka, ama xanaanada cunugga waa in ay joogaan guriga ilaa shubanka ka dhamaado kaddibna qaataan antibiyootiko ku habboon muddo 72 saac.

**Dhamaan macluumaadka waa guud mana loogu talogalin in loo isticmaalo in lagu baddalo waanada qofka aqoonta leh.**



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