Daawaynta cudurkaaga

Crystal Mark 20454 Clarity approved by Plain English Campaign

Magaca Bukaanka ☐

Dhakhtarkaaga ama kal-kalaaiyahaaga caafimaad wuxuu ku talinayaa in is-daryeelkaaga ☐ **Dib-u-helid daawada la qoray antibiyootiik la bixiyay** ☐

Cudurkaaga	Caadiyan waxay soconaysaa	Sida la aad isaga daawayn karto si fiican cuduradan, hadda iyo waqtiga xiga	Goorma ayaad caawin helaysaa: La xiriir goobta GP-gaaga ama la xiriir NHS 111 (England), NHS 24 (Scotland garaac 111), ama NHS Toos (Wales garaac 0845 4647)
☐ Cudur dhegta-dhexdeeda	4 maalmood	• Aad u naso. • Cab cabitaan badan si aad uga hortagto dareemid oon. • Waydii farmashiyaha degaankaaga inuu kaala taliyo daawooyin kaa caawiya calaamadaha ama xanuunka (ama labadaba). • Xanuunku waa calaamad in jirkaagu la dagalaamayo cudurka ah iyadoo caadiyan ay iska fiicnaato inta badan. Waxaad isticmaali kartaa xanuun baabi'iyaha paracetamol (ama ibuprofen) haddii adiga ama ilmahaagu uu hayo xanuun. • Arrimaha kale ee aad samayn karto ee uu ku taliyay GP-gaaga ama kal-kaaliyahaaga caafimaad:	**1. ilaa 8. Waa calaamado aad u daran ee xanuun iyadoo ay tahay in si dhaqso ah loo qiimeeyo.** **Soo wac si talo laguu siiyo haddii aadan hubin ilaa heerka calaamaduhu ay degdeg yihiin.** 1. Haddii aad hesho madax-xanuun aad u daran oo aad xanuunsan tahay. 2. Haddii jirkaagu uu aad u qabow yahay oo uu leeyahay midab la yaab leh, ama aad yeelato cuncun aan caadi ahayn. 3. Haddii aad dareento isku qasmid ama aad leedahay cod googo'aya ama aad wareersan tahay. 4. Haddii neefsigu dhib kugu yahay. Calaamadaha waxaa ku ka mid ah: o si dhaqso ah u neefsasho o bishimaha oo buluug isku bedela iyo maqaarka ka hooseeya afka o Maqaarka u dhexeeya ama ka sareeya feeraha oo isku soo uruura ama jiidma neefsi kastaba. 5. Haddii aad hesho xabad xanuun. 6. Haddii ay kugu adag tahay wax liqiddu ama dhareerayso. 7. Haddii aad dhiig qufacdo. 8. Haddii aad dareemayso inaad aad u sii xumaanayso. **Calaamadaha aan aadka u darnayn kuwaasoo lala sugi karo ilaa ballanta GP-ga ku xiga:** 9. Haddii aadan soo hagaagayn waqtiga lagugu siiyay tabeelaha 'dambayta Caadiga ah. 10. Carruurta dhegta-dhexdeeda ka xanuunsan: haddii qoyaan ka imaanayo dhegaha ama haddii wax maqal la'aan cusub hayso. 11. Kale ....
☐ Dhuun xanuun	7 maalmood		
☐ Qabowga caadiga ah	10 maalmood		
☐ Sinusitis	18 maalmood		
☐ Qufac ama boronkiito - bronchitis	21 maalmood		
☐ Cudur kale:	.... maalmood		

Daawada u-soo-laabashada antibiyootiik in la qaato kaddib ☐ **maalmood kaliya haddii aadan fiicnayn ama ka sii darayso.**

Ka qaado: ☐ **GP-ga goobta soo dhawaynta** ☐ **GP-ga ama kal-kaaliye caafimaad** ☐ **Farmasi**

- Qabow, qufacyada inta badan, sinusitis, dhag xanuun, dhuun xanuun, iyo cudurada kale inta badan waa iska fiicnaadaan antibiyootiik la'aan, maadaama jirkaagu uu caadiyan la dagaalamo cuduradan iskiis.
- Mar kasta oo aan isticmaalno antibiyootiik, waxaa sii waynaada fursadda in bakteeriyada ay u adkaysato daawada markaas oo aysan kaddib waxba ka taraynin cuduradeena.
- Antibiyootiik wuxuu keeni karaa dhibaatooyin la socda sida cuncun, calool xanuun, shuban, qoraxda oo aan loo adkaysan, calaamado kale, ama ku jirato markaad qamro la cabto metronidazole.

Waligaa ha wadaagin antibiyootiil isla markaana mar kasta ku soo celi wixii antbiyootiik aan la isticmaalin farmashiyaha si meel ammaan ah loogu rido

Macluumaad-sidaha la sameeyay iyadoo lala kaashanayo hay'adahan xirfadlayaasha ah.

Public Health England · Royal College of General Practitioners · The British Society for Antimicrobial Chemotherapy · NHS Scotland · Royal College of Nursing · Royal Pharmaceutical Society · ips Infection Prevention Society · BIA British Infection Association