

# Sida hoos loogu dhigo halisaha fiditaanka xanuunka C. ee guriga

*Clostridium difficile* (C. difficile ama C. diff) waa bakteeriyada (jeermis) kaasoo keeni kara astaamaha sida bari xanuunka iyo shubanka. Bakteeriyada waxaa laga helaa saxarada (xaarka), sidaas awgeed waa muhiim inaad dhaqdaa gacmahaaga aadna nadiifisaa gurigaagasi aad ujooyiso faafitaanta jeermiska C. diff ee gurigaaga. Markaad guriga joogto, waxaad raaci kartaa qaab nololeedkaaga caadiga ah. Waxaad kunoqon karta shaqada kadib markaad ladnaato ama marka shubanku joogsado. Qoyska iyo saaxiibada, ayna kujiraan caruurta, ayaa kuu imaan kara. Dadka ay ubadan tahay inuu kudhaco xanuunka C. diff waa dadka dhawaan qaatay daawooyinka qalajiyaasha. Halkaan waxaad kahelaysaa dhawr waxyaabood oo aad kuyarayn karto fursadaha faafitaanka C. diff ee gurigaaga.



## Dhamayso daawadaada qalajiyaasha

- Dhamayso xataa hadaad ladnaato.
- Uqaado sidii dhakhtarkagu kuugu qoray.
- Waa muhiim inaad usheegto dhakhtarkaaga inaad qabto C. diff.



## Kudhaq gacmahaaga saabuun iyo biyo

- Markasta dhaq, gaar ahaana hadii gamahaaga xaar taabteen
- Saabuunta iyo biyuhu waa qaabka ugu fiican ee jeermiska C. diff lagu saari karo.
- Dadka kula nool iyo dadka kuu imanaaya waa inay dhaqaan gacmahooda:
  - Kahor iyo kadib markay cuntada diyaarinayaan
  - Kadib markay musqusha galaan
  - Kadib markay musqusha dhaqaan
  - Kadib markay taabtaan maryo wasaq ah



## Nadiifi oo jeermiska kadil gurigaaga

- Dhaq dharkaaga iyo alaabta lagu seexdo si kala baxsan hadii xaar/wasaq ay kutaalo.
  - Kudhaq biyo kulul markaad wax dhaqaysid; daawada wax nadiifisa kudar markaad ubaahato.
  - Waxyaabaha aad dhaqdo kuqalaji qorax kulul.
- Isticmaal waxyaabaha guriga jeermiska looga dilo ama adoon isticmaalin daawada nadiifinta (markasta raac tilmaamaha kuqoran daawada) ama nadiifiye kudaraya (hal dhimic o nadiifiye ilaa toban biyo ah kudar).
- C. diff wuxuu kunoolaana karaa dusha shayga mudo dheer. Si aad usaarto C. diff, nadiifi meelaha/waxyaabaha inta badan gurigaga la isticmaalo si joogto ah sida musqusha, siinka, shaawarka, tuubada, qasabadaha, remoodyada, kumbuyuutarada keeyboorkooda /shaahada lataabto, iyo taleefanada.



## Goorma ayaan wacayaa dhakhtarkayga?

- Waxaa jira fursad ah in C. diff uu kugusoo noqon karo. Wac dhakhtarkaaga hadaad isku aragto staamaha C. diff sida shuban, qandho, ama xanuunka barida.



Minnesota Hospital Association





# Be A Germ-Buster

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## WASH YOUR HANDS

