

Cellulitis (Somali)

# Cellulitis



Cellulitis waa infakshan maqaarka ku dhaca kaas oo lagu daaweeyo antibiyootig wuxuuna caadi ahaan soo roonaadaa 2 maalmood gudahood. Si kastaba ha ahaatee, infakshan ku dhaca isha agteeda ayaa noqon kara mid aad u daran oo u baahan daaweyn degdeg ah. School sores, infakshan maqaarka ku dhaca oo aad u faafa, ayaa ah noocyo ka mid ah infakshanka cellulitis.

Cellulitis waxaa badanaa keena *Streptococcus* ama *Staphylococcus* bakteeriyada ah waxayna aad ugu badan tahay carruurta leh:

- nabarrada, qaniinyada cayayaanka ama gubashada
- xaaladaha maqaarka sida cambaarta, psoriasis ama finanka
- busbuska, nabarada loo yaqaan school sores ama ringworm.

## Calaamadaha iyo xanuunka

Calaamadaha badanaa lagu garto cellulitis waxaa ka mid ah:



Maqaarka cas, bararka, xanuunka ama kulaylka inta badan gacmaha ama lugaha (badanaa qofka laga qaniinay ama laga xagtay)



Inay la bararto malax (abscess)



Heerkulka (temperature) ka sarreeya 38 digrii



Qanjidhada bararaa (lymph nodes) ee u dhow meesha dhaawaca ama nabarka ah

Maqaarka u dhow daboolka isha (peri-orbital cellulitis) ama kubbadda isha (orbital cellulitis) ayaa sidoo kale laga yaabaa inuu ku dhaco. Calaamadaha iyo astaamaha waxaa ka mid noqon kara:

- daboolka isha oo bararsan iyo guduud uu kujiro
- haddii ay jirto aragti laba jibaaran
- xanuun ama dhibaato xagga dhaqdhaqaaqa indhaha.

## Daawaynta

Cellulitis waxaa lagu daaweeyaa antibiyootik. Inta badan carruurta waxaa la siin doonaa sharoobo antibiyootik ah ama kiniiniyaal lagu qaadan karo guriga.

Carruurta qabta infekshan aad u daran ama infekshanka indhaha ayaa laga yaabaa in lagu daaweeyo cisbitaalka ayagoo lasiinaayo antibiyootik ay ka qaadan doonaan gacantooda (dhibcaha xididada). Waxa kale oo laga yaabaa inay u baahdaan antibiyootik marka ay guriga tagaan.



## Daryeelka guriga

Waa kuwan qaar ka mid ah waxyaabaha aad sameyn karto:

- Usii ilmahaaga antibiyootika sida uu dhakhtarkaagu ku farayo
- Dhaq gacmahaaga ka hor iyo ka dib markaad taabatid meesha nabarka ah
- Ku dhiiri geli ilmahaaga inuu nasto asagoo meesha boogta ah kor u qaadayo (barkin korkeed saar) haddii ay suurtagal tahay
- Haddii meesha infekshanka leh hareeraheeda ay wasakh tahay, ku nadiifi biyo cusbo leh. Ama ku dadaal inay engagan/qalalan tahay.
- Ilmahaaga ka celi inuu taabto, xoqo ama uu dhaawaco meesha. Waxaa laga yaabaa inaad u baahato inaad faashad ku dabooshid.
- Sii ilmahaaga paracetamol (Panadol ama Dymadon) iyo ibuprofen (Nurofen) marka loo baahdo. Raac tilmaamaha ku yaal dhalada ama xirmada ay daawada ku jirto si aad u ogaatid qiyaasta saxda ah.
- Faashad ku duub meesha infekshanka leh haddii uu ilmahaagu aadayo guriga banaankiisa.
- Haddii ilmahaagu dhaawacmo, sida ugu dhakhsaha badan ugu dhaq biyo badan meel kasta oo xagatin leh.

Carruurta leh nabarrada loo yaqaan school sores waa inay joogaan guriga ama xannaanada ilaa inta daawada looga bilaabaayo. Haddii ilmahaagu uusan qabin nabarrada loo yaqaan school sores, uuna caafimaad qabo oo uusan xanuun dareemeyn, way aadi karaan iskuulka iyadoo meeshana wax lagu xirayo.

## Goorta loo baahan yahay in la arko dhakhtar

**La tasho GP-gaaga haddii ilmahaagu leeyahay meelo guduudan oo xanuun la bararsan, kulayl ama malax.**

Takhtarka ilmahaaga ayaa sida caadiga ah baari doona infekshanka cellulitis isagoo eegaya maqaarka. Infekshannada fudud uma baahno in baaritaan lagu sameeyo. Waxaa laga yaabaa inuu dhakhtarka kaa dalbado inaad sameysid baaritaan dheecaan iyo/ama baadhis dhiig haddii ilmahaagu leeyahay:

- infekshan aad u daran
- qandho
- nabarro badan ama kuwo soo noqnoqda (malax meel ku uruurtay)
- hadii antibiyootika uusan waxba ka qaban.

Ilmahaaga waxa laga yaabaa inuu u baahdo iskaanka indhaha haddii ay qabaan infekshan isha ah.

Haddii ilmahaagu qabo infekshanka loo yaqaan cellulitis, 3 maalmood ka dib marka la bilaabo antibiyootiga ku celi dhakhtarkaaga si loo eego maqaarkooda. Haddii uu maqaarku wali gaduudan yahay oo uu barar jiro ku laabo GP-gaaga marka la dhammeeyo antibiyootiga.

**Gee ilmahaaga qaybta gargaarka degdega ah ee kuugu dhow haddii:**

- isha daboolkeeda ay bararan tahay ayna gaduud tahay
- haddii ay jirto aragti laba jibaaran
- haddii ay jirto xanuun ama dhib kale marka ay dhaqdhaqaaqiyaan indhahooda
- haddii maqaarka gaduudan yahay ama barar si degdeg ah u faafaya ama aad u xanuun badan uu jiro

- haddii ay jiraan calaamadaha lagu yaqaan infekshanka maqaarka oo ay leeyihiin xaalad saameeynaysa habka difaaca jirka.

Waxaa soo saartay Waaxda Gurmada Degdegga ah, Isbitaalka Carruurta ee Queensland. Waxaan qiraynaa talooyinka macaamiisha iyo daryeelayaasha.

**Resource ID:** FS346 **Reviewed:** July 2022

**Cudur-daar:** Macluumaadkan waxaa soo saaray xirfadlayaasha daryeelka caafimaadka waxaana loogu talagalay in loo isticmaalo tilmaame kaliya iyo in lagu taageero, ee aan lagu beddelin, wadhadalka lala yeelanayo dhakhtarka ilmahaaga ama xirfadlayaasha daryeelka caafimaadka. Macluumaadka si joogto ah ayaa loo cusboonaysiiyaa, markaas fadlan hubi inaad tixraacayso nuqulkii ugu dambeeyay. Raadso la-talin caafimaad, ee markaas ku habboon, walaacyada ku saabsan caafimaadka ilmahaaga.