

## Qoraal Muhiim ah:

MRSA waxay keeni kartaa infakshano daran oo haddaan wax laga qaban nafta halis gelin kara. Haddii adiga ama qof qoys kaaga ka tirsan dhakhtar ku sheegay in uu qabo MRSA, waxaa jira talaabooyin ay tahay in aad qaado si aad uga hortagto in cudurku ku fido qoys kaaga iyo saaxiibadaa.

Raac talooyinka oo isticmaal faydhawr fiican si aad naftaada u daryeesho. MRSA waxay keeni kartaa xanuun oogada/jirka ah iyo mid maskaxda ahba, laakiin madaxa ku hay in wax laga qaban karo.

### Markaad qabto MRSA waxyaabaha loo baahan yahay in aad xusuusato:

- Gacmahaaga marar badan nadiifi
- Naftaada daryeel; si sax ah wax u cun, jimicsi samay, sigaarka jooji, wixii nafta dhib ku ahna ka fogow.
- Maqaar kaaga si fiican u daryeel
- Infakshanada maqaarka ah ha daboolaadeen si aad uga fogaato in MRSA uu ku fido dadka kale
- La hadal dhakhtar kaaga haddaad qabto su'aalo/weydiimo ama welwel

Bogagga Internetka:

Minnesota Department of Health (Waaxda Caafimaadka ee Minnesota)  
[www.health.state.mn.us/divs/idepc/diseases/mrsa/](http://www.health.state.mn.us/divs/idepc/diseases/mrsa/)

Minnesota Antibiotic Resistance Collaborative (Wadajir uga shaqaynta cudurada adkaysiga u leh Antibiyootikada ee Minnesota)  
[www.minnesotaarc.org](http://www.minnesotaarc.org)

Xarumaha la Dagaalanka iyo ka Hortagga Cuduradda (CDC)  
[www.cdc.gov/ncidod/dhqp/ar\\_mrsa\\_ca.html](http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca.html)

Warqaddan waxaa laga soo qaatay buugyaraha Living with MRSA (Qaba MRSA) oo ay soo saartay Waaxda Caafimaadka ee Maamul goboleedka Washington, Waaxda Caafimaadka ee Degmada Tacoma/Pierce iyo Group Health Cooperative.



Minnesota Department of Health - Infectious Disease Epidemiology, Prevention and Control Division  
651-201-5414 - TDD/TTY 651-201-5797 - [www.health.state.mn.us](http://www.health.state.mn.us)



[www.minnesotaarc.org](http://www.minnesotaarc.org)

Members of MARC include Blue Cross and Blue Shield of Minnesota, HealthPartners, Medica, Minnesota Department of Health, Minnesota Medical Association, Minnesota Pharmacists Association, StratisHealth, and UCare Minnesota.



# Wax ka ogaanshaha

# MRSA

(*Staphylococcal aureus* Adkaysi u leh-Methicillin):

## Hagaha bukaanka

# Ku Saabsan MRSA

## Waa maxay MRSA maxayna u tahay wax halis ah?

Bakteeriyada Staphylococci ama “staph” si caadi ah bay ugu nooshahay maqaarka iyo sanko. Badanaaba, bakteeriyada Staph ma keento waxyeelo. Haseyeeshee, haddii ay gasho jirka gudahiisa waxay keeni kartaa infakshan. Marka antibiyootikooyinka caadiga ahi ay dili waayaan bakteeriyada staph, taa macnaheedu waxaa weeye baktiiriyadii waxay noqotay mid adkaysi u leh atibiyootikada. Staph-ka noocan ah waxaa lagu magacaabaa MRSA (Straphylococcal aureus Adkaysi u leh-Methicillin).

MRSA waxaa ugu horayn la aqoonsaday 1960nadii waxaana badanaaba laga heli jiray isbitaalada iyo guryaha dadka lagu xannaanayeeyo. Aakhirkii 1990nadii, nooc cusub oo MRSA ah ayaa la aqoonsaday. Noocan MRSA wuxuu noqonayaa mid ku badan caruurta iyo dadka waaweyn oo aan wax dhibaato caafimaad ah qabin.

## MRSA Sidee u egtahay?

Badanaaba, MRSA waxay keentaa infakshanno maqaarka ah.

Infakshanadaanu waxay u ekaan karaan waxyaabahan soo socda midkood:

- Finan ka soo baxa maqaarka hoostiisa oo balaaran, guduudan, xanuuna leh (laguna magacaabo soo bax ama kasoo bax)
- Meel jeexan oo bararsan, kulul oo malaxi ka buuxdo
- Nabaro/bocool malaxi ka buuxdo
- Meel caaro qaniintay nabaro u eg xanuun kooduna sidaa la mid yahay (Haseyeeshee, qaniinyo caaro ama cayayaan keleba ma keenaan MRSA.)

Waxaa kaloo suurtagal ah in MRSA ay gasho qaybo kale oo jirka ah, sida dhiigga, sambabada, xubnaha, indhaha, iyo kaadida. Infakshanada noocan ahi ma badna, inkasta oo ay aad u halis badnaan karaan. Maadaama infakshanada maqaarka galaahi ay ugu badan yihiin, buugyarahanu wuxuu xoogga saarayaa iyaga.

# Bedelidda Faashadaha

## Sidee isaga bedelaa shaafadaha/faashadaha?



1. Si fiican u dhaq oo u qalaji gacmahaaga.



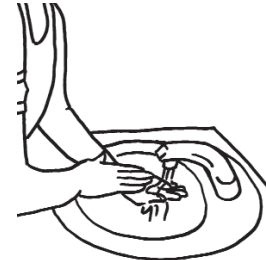
2. Gasho gacmagashiyo (gloves) la xoori karo.



3. Nabarka ka qaad shaafaddii/faashaddii hore.



4. Shaafadii/ faashaddii hore ku rid bac caag ah. Iska bixi gacmagashiyada iyagana ku rid bacda caagga ah



5. Si fiican u dhaq oo u qalaji gacmahaaga.



6. Gasho joog gacmashashi ah oo cusub, nadiifna ah.



7. Ku xir shaafadda/ faashadda cusub. Haddii uu jiro nabar dhacaamaaya, u badi shaafadaha/faashadaha si aan dhacaanku banaanka ugu soo bixin.



8. Bixi gacmagashiyada oo ku rid bac caag ah. Lingax ama xir bacda kuna rid qashin qubka caadiga ah.



9. Ku nadiifi gacmahaaga saabuun iyo biyo si fiicana u qalaji.

# Nadiifinta

## ka waran nadiifinta gurigeeyga?

- Maalin walba isticmaal jeermi baabi'iyaha loo isticmaalo guryaha ama milan biliij/warankiilo ah si aad ugu nadiifiso meelaha dushooda la taataabto
- U feejignow waxyaabaha badanaaba la taataabto – meelaha nalalka laga daaro, meelaha iridaha la qabto, taleefoonada, musqulaha, meelaha weelka ama wajiga lagu dhaqdo, waaskada qubaysiga iyo jikada/kushiinka meelaha wax la saarsaaro
- Ku masax jeermis baabi'iyaha dusha meelaha ama waxyaabaha aad isticmaashay qalajina

Jeermis baabi'iyaha la isticmaalayo:

- Waxaad isticmaali kartaa jeermi baabi'iyaha kasta oo aad ka gadato dukaanka ayna dushooda ku taal “disinfectant”, ha ilaawin in aad akhrido tilmaamaha ku qoran oo aad raacdo sida loo isticmaalayo
- Adigu suubi milan ka kooban biliij iyo biyo:
  - Dhalo wax lagu buufiyo ku qas laba qaadshaah oo biliij ah iyo qiyaastii litir biyo ah dushana kaga qor “milan biliij ah”
  - Mar kasta oo aad isticmaalayso milanka biliijka ah waa in uu noqdaa mid cusub waayo biliijku waa uumi baxaa milanka harayna wax qabad fiican maleh.
  - Mama biliij ha ku qasin kiimikooyin kale oo wax lagu dhaqo, gaar ahaan ammooniya
  - Milinka biliijka ka fogay caruurta hana ku shubin dhalooyin lagu qaldi karo in ay ku jiraan wax la cabbo.

### Intee mar/jeer ayaan wax nadiifiyaa?

Waxaa muhiim ah in aad maalin walba nadiifiso. Gaar ahaan waxyaabaha ama meelaha aad dushooda badanaaba taabato.



# Kala qaadiddka MRSA

## Sidee baan ku qaaday MRSA?

Qof kasta waa qaadi karaa MRSA. Waxaad ku qaadi kartaa MRSA adigoo taabta shay ama qof bakteeriyadu kor kiisa saarantahay ka dibna taabta maqaar kaaga ama sankaa.

Siyaabo aad u qaadi karto MRSA:

- Taabasho aad taabato qof maqaarkiisu qabo infakshanka MRSA
- Istimmaal aad isticmaasho shayada u gaarka ah qof qaba MRSA, Sida tuwaalada/shukumaanada, dharka la isku dhaqo, dharka ama qalabka cayaartoyda
- Taabasho aad taabato waxyaabo, sida taleefoonada dadka ka dhexeeya ama meelaha iridaha la qabto, oo bakteeriyada MRSA ay dul saarantahay markaa ka dibna aad taabato san kaaga ama nabar furan/jeexan, jeexdin yar oo ay warqadi ku jeexday, iwm.

Waxaa sare u qaadaysaa suurtagalnimada aad ku qaadi karto MRSA haddii:

- Aad aad u isticmaasho antibiyootikada
- Aad qaadato antibiyootiko aan dhakhtar kuu qorin
- Aadan raacin tilmaamaha dhakhtar kaaga markaad qaadanayso antibiyootiko (tusaale ahaan haddii aad joojiso qaadashada atibiyootikada adigoo aan dhamaysan intii lagu soo qoray)
- Aad tahay qof maqaar kiisa nabaro dilaac ah ama xoqid badani ku timaado (Maqaar kaaga ayaa shaqadiisu tahay in uu kaa difaaco infakshanada. Marki maqaarku dhaawacmo bakteeriyada staph baa geli karta taasoo kordhinaysa halista aad u tahay infakshan.)

### Waxaa jira laba siyaabood oo MRSA aad u qabi karto.

1. **Waxaad qabi kartaa infakshan markaa jira.**  
Infakshan markaa jira macnaheedu waa in astaamo aad leedahay. Tani badanaaba waa kasoobax malaxi ku jirto, nabar ku xanuunaya, ama nabar dilaacsan oo guduudan infakshana ku jiro, bararsan, ama malaxi ka buuxdo.
2. **Waxaad noqon kartaa cudur-side.**  
Haddii aad tahay cudur-side ma lihid astaamo aad arki karto, laakiin wali waxaad qabtaa bakteeriyada MRSA oo ku nool san kaaga ama maqaar kaaga. Haddii aad tahay cudur-side, Dhakhtarkaagu wuxuu ku oran karaa waxaa tahay mid la degay (colonized). Ereyadaan - “Cudur-side” iyo “mid la degay” – waa isku macne

# ogaanshaha MRSA waxa keena

## Waligay ma qabayaa MRSA?

Dad badan oo qaba infakshan jira ayaa si wax ku ool ah looga daaweeyay, oo ka bogsaday MRSA. Haseyeeshee, mararka qaarkood MRSA markii la daaweeyo waa ka baxaa qofka ka dibna dib ayuu u soo noqdaa cudurkii dhawr goor. Haddii infakshanada MRSA ay soo noqnoqdaan, dhakhtar kaaga ayaa kaa caawini kara in aad ogaato sababaha ay kuugu soo noqnoqonayaan.

## Haddaan qabo MRSA, ma waxaan u baahnahay in aan suubiyo wax gaar ah marka aan tago rug caafimaad ama isbitaal?

Haddii uu marna weligaa kugu dhacay infakshan jira ee MRSA ama aad ahayd cudur-side, waa in aad u sheegtaa dadka caafimaad kaaga hawl-wadeenada ka ah. Waa gacma dhaqanayaan waxayna gashanayaan gacmagashiyo marka ay ku daryeelayaan. Waxaa suurtagal ah in ay dharkooda qamiis (gown) ka dul gashadaan iyo in ay afka iyo sanko duubtaan.

Haddii aad joogto isbitaal ama guryaha dadka lagu xannaaneeyo, waxaa suurtagal ah in qolkaaga albaabkiisa la dhigo kaar ay ku qorantahay "Special Precautions" (Taxadar gaar ah). Kaarkani wuxuu shaqaalaha ku caawinayaa in ay sameeyaan taxadar dheeraad ah si looga hortago fididda MRSA. Dadka ku soo booqanaaya waxaa laga yaabaa in lagu amro in ay iska jiraan in ay taabtaan maqaarka infakshanka qaba iyo taxadara kale sida xirasho gacmagashiyo ama in la gashado qamiisyo (gowns) marka lagu soo booqanaayo.

## Ma jiraa baaritaan lagu garto MRSA?

Ma aha in lagaa baaro MRSA in aad qabto infakshan jira ma ahee. Haddii aad qabto infakshan maqaarka ah, waxaa laga yaabaa in dhakhtar kaagu uu muunad ka qaado meesha si loo helo nooca bakteeriyada kugu keenaysa infakshanka. Tan waxaa lagu magacaabaa baaritaan loo qaadayo jeermis abuuris. Markaa ka dib shaybaarka ayaa helaya antibiyootikada ugu fiican bakteeriyada aad qabto.

Haddii infakshanka MRSA ee aad qabto uu yahay mid soo noqnoqonaya, waxaa laga yaabaa in dhakhtar kaagu baaritaan ku sameyo adiga iyo xubnaha ka tirsan qoyskaaga si loo fiiriyo haddii aad tihiin cudur-sideyaal. Haddii sidaani dhacdo, dhakhtarku wuxuu ka qaadayaa jeermis abuuris sanko ama meelaha kale ee MRSA laga heli karo.

# Dhar Dhaqidda

## Ma u baahnahay in aan taxadaro markaan dharka dhaqaayo?

Haa. Dharka rasan/ wasakhda ah iyo gogoshuba waa fidin karaan bakteeriyada MRSA.

- Markii aad taabanayso dharka la dhaqayo iyo go'yaashaadaba, dharka wasakhda ah ka fogay jirkaaga iyo dharkaagaba si aad uga hor tagto in bakteeriyadu dharkaaga gaarto.
- Si aad u taabato dharka la dhaqaayo oo uu ku yaalo/ba'san yahay dhacaan jirka ka yimid, sida dhacaan ka yimid boog, kaadi ama saxaro, gasho gacmagashi la xoori karo
- Si dhakhso ah dharka la dhaqaayo ugu rid mishiinka dhaqa ama bac caag ah illaa iyo inta laga dhaqayo
- Dhar kaaga ku dhaq biyo qandac ah ama kulul, adeegso billij hadday kuu suurtoowo
- Dharka ku qalaji qalajiye diiran ama kulul hubina in dharku gebi ahaan qalalay
- Nadiifi gacmahaaga ka dib markii aad taabato go'yaal ama dhar rasan/wasakh ah iyo ka hor inta aadan taaban dhar nadiif ah oo la dhaqay, xittaa haddii aad xirnayd gacmagashiyo
- Xoor gacmagashiyada markaad iska saarto ka dib (dib ha u isticmaalin gacmagashi aad iska bixisay) gacmahaagana nadiifi

## Hadba intee goor baan bedelaa dharka iyo go'yaasha?

- Bedel go'yaashaada iyo tuwaalada/ shukumaanada ugu yaraan halmar todobaadkiiba
- Dhar kaaga bedel maalin walba
- Ha ku celin dhar wasakh ah/rasan ama aad markaa xiratay armaajada ama khaanadaha illaa la dhaqo



# Daryeelidda Naftaada

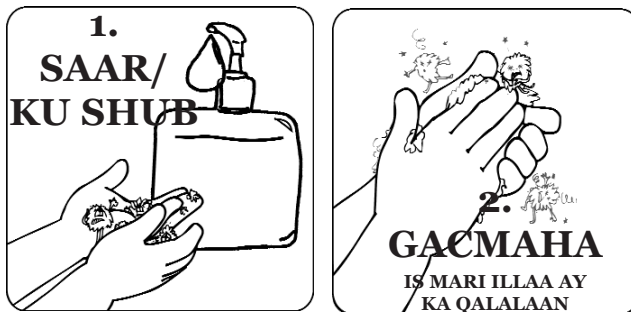
## Ma waxbaa ku jaban sida aan gacmaheyna u dhaqayo?

Haa. Si aad bakteeriyada u baab'iso dhaq gacmahaaga ugu yaraan 20 ilbiriqsi. Raac tilmaamahaan:



## Sidee ugu nadiifiyaa gacmahayga nadiifiye ka soo jeeda/ku saleysan aalkolo?

Isticmaal in ku filan in ay gaarto gacmahaaga korkooda oo dhan.



# Daawaynta MRSA

## Sidee MRSA loo daaweeyaa?

MRSA waa in uu mar walba dhakhtar daaweeyaa. Waa muhiim in aad raacdo tilmaamaha lagugu daaweynaayo ee dhakhtar kaagu ku siiyo.

Haddii aad qabto infakshan markaas jira, dhakhtar kaagu wuxuu dooran karaa in lagugu daaweeyo mid ama ka badan waxyaabahan soo socda:

1. Antibiyootiko lagu siiyo
2. Infakshionka oo malaxda laga daadiyo
3. In la dhimo tirada staph-ka ee saran maqaar kaaga ama ku jirta san kaaga

### 1. Antibiyootiko lagu siiyo

MRSA waxay adkaysi u leedahay antibiyootikooyin badan marka dhib ayay noqon kartaa in la daaweeyo. Haseyeeshee, waxaa jira antibiyootiko lagu daawayn karo MRSA infakshankana baabi'inaysa. Dhakhtar kaaga ayaa laga yaabaa in uu abuuritaan ku sameeyo jeermiga infakshan kaaga oo shaybaar lagu baaro bakteeriyada si loo helo antibiyootikada adiga kuugu fiican. Haddii dhakhtar kaagu ku siiyo antibiyootiko, u qaado sida lagu yidhi oo kali ah. Ha joojin qaadashada daawada waqti hore, xittaa haddaad dareento in aad roonaatay ama haddii infakshan kaagu u muuqdo in uu bogsaday. Kiniiniyada yar ee ugu dambeeya ayaa dila jeermiga ugu adkaysiga badan. Marna ha qaadan antibiyootiko aan dhakhtar kaagu kuu qorin. (estafilococos pueden entrar y aumentar su riesgo de infectarse).

### Haddii dhakhtar kaagu ku siiyo antibiyootiko:

U qaado sidii laguugu soo qoray oo kali ah. Horay ha u joojin, xittaa haddaad dareento in aad roonaatay. Kiniiniyada yar ee ugu dambeeya ayaa dila jeermiga ugu adkaysiga badan



## 2. Infakshanka oo malaxda laga daadiyo

*Adiga naftaadu sidan ha samayn.* Waa khatar weyn in aad majuujiyo ama aad wax ku muddo maqaarka infakshanka leh waayo bakteeriyada ayaad gudaha maqaarka u sii riixi kartaa taasoo uga daraysa infakshanka. Dhakhtar kaaga ayaa furaya boogta dhacaankana ka daadinaaya. Ka dib markii infakshanka dhacaanka laga daadiyo, waa in aad ku dabooshaa shaafad/faashad nadiif ah, oo qalalan, illaa ay ka bogsato.

## 3. In la dhimo tirada staph-ka ah ee saaran maqaar kaaga ama ku jira san kaaga

Tani waxay ka hortegi kartaa fididda MRSA haddii aad qabto infakshan jira ama haddii aad tahay cudur-side.

Si loo yaraeeyo tirada staph-ka ee jirkaaga saaran waxaa laga yaabaa in dhakhtar kaagu, muddo gaaban:

- Kuu sheego in aad maalin walba ku qubaysato saabuun disha bakteeriyada
- Uu kuu qoro boomaato/buumaato aad sanku gudahiisa mariso dhowr maalmood
- Uu kuu qoro kiniini antibiyootiko ah (kiisaska qaarkood)

La xiriir dhakhtar kaaga haddii:

- Aad isku aragto wax ah astaamo cusub oo infakshanka MRSA la xiriira inta daawadu kuu socoto ama daaweynta ka dib sida qandha cusub, ama qandho aan tegayn
- Infakshanku ka daro
- Infakshanku uusan bogsanayn
- Infakshanku soo noqdo
- Aad wediimo/su'aalo qabto

# Ka hortagga fididda MRSA

## Maxaan samayn karaa si aan uga hortago in infakshan kaygu dadka kale ku fido?

- Ku nadiifi gacmahaaga badanaaba saabuun iyo biyo ama gacma nadiifiye ka soo jeeda aalkolo
- Ku qubeyso berkedda ama tuubada kore marar badan, hubi in aad saabuun jir kaaga ku dhaqdo marka aad qubaysanayso.
- Dhaq go'yaashaada iyo tuwaaladaada ugu yaraan hal mar todobaadkiiba
- Maalin walba bedel dhar kaaga dhaqna intaadan mar kale xiran
- Cidna hala wadaagin tuwaalada, dharka la isku dhaqo, sakiinta lagu xiirto, ama waxyaabaha kale ee gaarka ah
- Haddii maqaar kaaga meeli dilaacdo ama ay xoqanto, ku dhaq saabuun iyo biyo markaa ka dibna ku dabool shaafad/faashad
- Boogaha ha taaban; haddii aad taabato boog, gacmahaaga dhaq isla markiiba
- Ku dabool nabar kasta oo infakshan leh shaafad/faashad isla markaana gacmahaaga nadiifi ka dib markii aad shaafadda/faashadda boogta saartay
- Gasho dhar aad ka dulmariso shaafadahaaga iyo boogahaaga, hadday kuu suurtowdo
- Maalin walba nadiifi gurigaaga meelaha isticmaal kooda lagu noqnoqdo (musqulaha, bastadaha/meelaha wax la saaro, iwm.) kuna nadiifi kiimikooyinka guryaha lagu nadiifiyo
- Ha ka qayb qaadan ciyaaraha dadka jirkoodu is taabto illaa aad bogsato
- Ha aadin gym dadka ka dhexeeya, meelaha la isku uumiyo oo dhididka la isaga saaro (sauna), waaskooyinka kulul ama meelaha lagu dabaasho illaa boogahaagu bogsadaan

## Tuwaalada/shukumaanada cidna ha la wadaagin.

Isticmaal shukumaan kuu gaar ah. Sumaday/calaamaday ama dhig meel gaar ah oo aysan dadka kale ka isticmaali karin.

