

Hargab calooleed iyo Fuuqbaxa Carruurta

Maanta cunugaaga waxaa laga soo daweeyey hargab calooleed (“hargabka caloosha”). Hargabka caloosha waxaa sababa fayruus ama cunto sumaysan. Astaamaha waxay isugu jiraan hunqaac (matag) iyo shuban (dabacsanaan, saxaro biyood).

Astaamahan waxay sababi karaan fuuq-bax (biyaha iyo macdanta oo jirka ka luma). Si tani looga hortago, waa in aad ku buraarujisaa cunugaaga in uu si joogto ah u cabo cadad yar oo qulqul ah.

Umaleyn mayno in cunugaadu u baahan yahay in uu isbitaalka sii joogo. Waxa aan aaminsanahay in cunugaagu badbaado u tahay inuu guriga joogo. Halkani waxaa ku qoran jawaabaha su'aalaha guud ee ku saabsan xanuunkan.

Waxaa lagu soo talo jeediyey dareeraha cad ee caruurta

Da'doodu ka hooseyso 1 sano jir:

- Pedialyte
- Astaamaha kale ee shirkada qulqulka fuuq-celinta afka laga qaato (Walgreen, Target, CVS; oo loo iibiyo sidii hoore ahaan, budo ama qaboojiye qasacadeysan

Haddii aad tahay qof dhaga la' ama maqalka kugu adag yahay, fadlan noo sheeg. Waxaan bixinnaa adeegyo lacag la'aan ah kana mid yihiin Turjubaanno luuqadda dadka dhagaha la' (ASL iyo SEE), Turjubaanno luuqadda Ingiriiska oo akbriya bishimmaha, TTY, Sammeecado taleefoon, qalab wax lagu qorto, iyo qalab qoraal ah.

Gastroenteritis and Dehydration in Children

Today your child was treated for gastroenteritis (“stomach flu”). The stomach flu is caused by a virus or food toxin. Symptoms include vomiting (throwing up) and diarrhea (loose, watery stools).

These symptoms may cause dehydration (loss of water and minerals). To prevent this, you must urge your child to drink small amounts of fluid on a regular basis.

We do not think your child needs to stay in the hospital. We believe that it is safe for your child to go home. Here are answers to some common questions about this illness.

Suggested clear liquids for children

Under the age of 1 year:

- Pedialyte
- Other brands of oral rehydration fluids (Walgreens, Target, CVS; sold as liquid, powder or freezer pops).

Da'doodu ka weyn yihiin 1 sano jir:

- Pedialyte
- Half-strength Gatorade (½ Gatorade oo ½ biyo isku qasan).
- Waxaad isku dayi kartaa hoore kale oo cad. Kuwa ugu wanaagsan waxa ay ka kooban yihiin, maadooyinka soodiyam iyo botaashiyam.

Sidee baad ku daweesaa hargab calooleedka?

Mararka qaar fayruus ayeynu ka baarnaa ama si aan u aragno in uu cunugaagu fuuqbaxay. Uma qorno daawooyinka jeermiska dila waayo kuma shaqeeyaan fayruuska hargabka. Daawooyinkan waxay keliya ku shaqo leeyihiin hurgumaha sababa jeermis (bakteeriyada). Carruurta inta badan way ku ladnaadaan 2 ilaa 5 maalmood.

Sidee baad uga hortagtaa fuuqbaxa?

Siyaabaha ugu wanaagsan ee looga hortago biyo luminta jirka ka baxa waa in la cabaa in ku filan nooc qulqulka ka mid ah oo sax ah. Haddii uu cunugaagu aad u fuuqbaxay ama uusan cabi karin in ku filan, waxaan u u baahan karnaa in aan siino qulqul oo loo marsiinayo IV (faleebo yar oo laga gelinayo xididka)

Over the age of 1 year:

- Pedialyte
- Half-strength Gatorade (mixture of ½ Gatorade with ½ water).
- You may try other clear liquids. The best ones contain sugar, sodium and potassium.

How do you treat stomach flu?

Sometimes we will test for a virus or to see if your child is dehydrated. We do not prescribe antibiotics because they do not work on the flu virus. These medicines only work on infections caused by germs (bacteria). Children usually get better in 2 to 5 days.

How do you prevent dehydration?

The best way to prevent loss of water from the body is to drink enough of the right kind of fluids. If your child is very dehydrated or cannot drink enough, we may need to give fluids through an IV (small tube that is placed in a vein).

Waa maxay waxyaabaha aan cunugeyga siinayo ee cabid iyo cunidba ah?

Hadduu cunugaagu hunqaacayo oo ay la jiraan ama aysan la jirin shuban)

1. Ugu horreyn, sii cunugaada kabo yar oo dareere cad ah, oo gaaraya 1 qaado yar ilaa 5 daqiiqad kasta.
2. 2 saacadood kadib oo dareere cad ah, sii cunugaada cadad yar oo caanaha naaska ah ama caanaha lasoo warshadeeyey. Haku darin biyo dheeri ah caanaha naaska ama kuwa warshadeysan.
3. Hadduu cunugaadu cunayo cunto adag, ugu dar cadad yar oo cunooyinka baraxa ah. Kuwani waxaa ku jiri kara, badarka sida burka, baastada, baradho la riiqay, khudaar la kariyey, bariis, buskut qalalan, ciirta ama maraq-tufaax.
4. 24 saac kadib, ku celi cunugaaga cuntada sida gaarka ah loo sameeyo iyo jadwal quudin ah.

Ha siin cabitaanada maadada kafeenta ku jiraan (caleenta shaaha qaar, sodhada, PowerAde iyo qaxwaha) ama cunto ay sokorta ama dufunta ku badan tahay. Waa ay ka hunqaacinaysaa shubankuna wuu sii darsanayaa.

Hadduu cunugaagu shuban keliya qabo (hunqaac jirin)

1. Sii cunugaada qulqul dheeri ah. U bilow naas nuujinta, caanaha ama kuwa warshadeysan. Haku darin biyo dheeri ah caanaha naaska ama kuwa warshadeysan.

What should I give my child to eat and drink?

If your child has vomiting (with or without diarrhea)

1. At first, give your child small sips of clear liquids, about 1 teaspoon about every 5 minutes.
2. After 2 hours of clear liquids, give your child small amounts of breast milk, milk or formula. Do not add extra water to breast milk or formula.
3. If your child eats solid foods, begin to add small amounts of bland foods. These may include cereal, bread, noodles, mashed potatoes, cooked vegetables, rice, crackers, yogurt or applesauce.
4. After 24 hours, return to your child's normal diet and feeding schedule.

Do not give drinks with caffeine (some teas, soda, PowerAde and coffee) or foods with lots of sugar or fat. They will make vomiting and diarrhea worse.

If your child has diarrhea only (no vomiting)

1. Give your child extra liquids. Start with breast milk, milk or formula. Do not add extra water to breast milk or formula.

2. Hadduu cunugaagu raashiin adag cuno, u bilow in aad ugu darto cadad yar oo cunooyinka baraxa ah (eeg lambar 3 bogga koowaad).
3. Hadduu shubanku daran yahay, sii qulqul badan oo dheeri ah.
4. 24 saac kadib, ku celi cunugaaga cuntada sida gaarka ah loo sameeyo iyo jadwal quudin ah.
5. Waxaad isku dayi kartaa adigoo quudiya cunugaaga ciir keligood (oo la macmalay) ama badeeco ka timid bakhaarka daawada sida Culturelle ama Florastor Kids.

Miyey jiraan daawooyin kale oo caawin kara?

- Hadeysan u cuntamin, sii acetaminophen Tylenolka Carruurta). Carruurta ka weyn 6 bilood waxay qaadan karaan ibuprofen (Motrinka Carruurta) ama Tylenol.
- Wixii shuban ah, ha isticmaalin daawada bakhaarka ku keydsan (Imodium ama Pepto-Bismol).

Miyaa kuwa kale laga qaadi karaa fayruus?

Haa. Si loo joojiyo faafka fayruuska, gacmahaaga dhaq ka hor inta aadan wax cunin iyo kadib markaad bedelayso xafaayada. Weliga haku xafaayad bedelin goob ay u dhowdahay meelaha cuntada aad ku diyaariso. Xitaa, hubso in uu cunugaaga helo talaalka rotafayruus, oo sababa hargab calooleed.

2. If your child eats solid foods, begin to add small amounts of bland foods (see number 3 on the first page).
3. If the diarrhea is severe, give plenty of extra fluids.
4. After 24 hours, return to your child's normal diet and feeding schedule.
5. You may try feeding your child plain yogurt (with active cultures) or products from the drug store such as Culturelle or Florastor Kids.

Are there any medicines that may help?

- For discomfort, give acetaminophen (Children's Tylenol). Children over 6 months may have ibuprofen (Children's Motrin) or Tylenol.
- For diarrhea, do not use drug-store medicines (Imodium or Pepto-Bismol).

Can others get the virus?

Yes. To stop the spread of the virus, wash your hands before you eat and after changing a diaper. Never change a diaper near an area where you prepare food. Also, make sure your child gets the shot for rotavirus, a common cause of stomach flu.

Ku celi waaxda gargaarka degdega isla markiiba haddaad ogaato:

- Af qalalan
- Marka uu ooyayo oo ilimo la'aan ama indhuhu ay quustaan
- Jirka oo tabar daran ama itaal dari
- Maskax boodboodada madaxa cunuga oo u eg inay quusatay
- Kaadi yari ama maba jirto
- Hunqaaca ama shubanka oo dhiig ku jira (oo u eg casaan ama madow)
- Qalal ama “saracyo”
- Cunuga waa mid aad u hurdo ama darandarid badan
- Xanuunka caloosha oo sii darsada
- Xumada cusub oo ka badan 102°F (38.8°C) marka afka laga qaado.

Gargaarka deg-dega, ka wac 911

Wixii macluumaad dheeri ah:

Wac qadka la taliyaha kalkaalisada: 612-672-1065 ama

Booqo www.pemguidelines.org

Return to the emergency department right away if you notice:

- Dry mouth
- No tears when crying or eyes are sunken
- Limp body or weakness
- The soft spot on baby's head looks sunken
- Little or no urine (pee)
- Blood in the vomit or diarrhea (looks red or black)
- Seizures or “fits”
- Child is very sleepy or confused
- Pain in belly that gets worse
- New fever over 102°F (38.8°C) when taken by mouth.

In an emergency, call 911.

For more information:

Call the nurse advisors' line: 612-672-1065 or

Visit www.pemguidelines.org