UK Health Security Agency

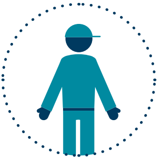
NaTHNaC

Ịzenarị ọtịta anwụnta

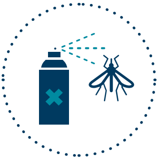
Ndụmọdụ maka ndị njem

N’ọtụtụ obodo, ọtịta anwụnta nwere ike ibusa ọrịa dịka, chikungunya, dengue, Japanese encephalitis, ịba, nje West Nile, yellow fever, na Zika. Ha nwere ike bute nnukwu ọrịa ma ụfọdụ nwere ike bute ọnwụ.

Zenarị ọtịta ahụhụ mgbe ọ bụla tinyere n’etiti ụbọchị. Ọ dị mkpa:



Kpuchie ahụ



Jiri ọgwụ na-achụ ahụhụ

Jiri ntofo

Ụmụ anwụnta na-ebusa chikungunya, dengue, nje West Nile, yellow fever na Zika na atakarị n’etiti ụbọchị yana n’oge uhuruchi.

Ụmụ anwụnta na ebusa ịba na atakarị na mgbede yana n’oge abalị.

Kedu ihe m kwesịrị ịme tupu m mebe njem?

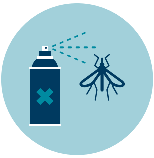
Lelee ndụmọdụ ahụike maka ebe ị na-aga, tinyere ọrịa na ihe egwu ahụike ndị ọzọ maka obodo ọ bụla na otu kacha mma iji belata ha n'iji ibe akwụkwọ ozi NaTHNaC nke obodo ahụ: **www.travelhealthpro.org.uk/countries**

Hụ nọọsụ gị ka na-arụ ọrụ, GP, onye na-edenye ọgwụ ma ọ bụ klịnịk njem, ọkachamma izu 4-6 tupu njem iji nweta ndụmọdụ ziri ezi maka njem gị.

Akwadoro ọgwụ mgbochi yellow fever maka ụfọdụ obodo, ma enwere ike ịnye ndụmọdụ mkpụrụ-ọgwụ na egbochi ịba maka ụfọdụ ebe.

Ọ bụrụ na ị nwere nsogbu ahụike, dị ime ma ọ bụ na-atụ atụmatụ ịdị ime, ọ dị oke mkpa ịnweta ndụmọdụ enyere iche tupu njem izu 6-8 tupu njem. Site na nkwado akpachapụrụ anya, ọtụtụ ụmụ nwanyị dị ime na-enwe ike ịme njem na enweghị nsogbu ahụike.

Ụzọ atọ iji zenarị ọtịta anwụnta



Ihe na achụ ahụhụ: Ọ dị mkpa iji ọgwụ na achụ ahụhụ n'etiti ụbọchị yana abalị, n'ime ụlọ yana ilo, n'anụahụ ọ bụla kpughere ekpughe.

Akwadoro ngwaahịa nwere **50% DEET** dịka nhọrọ izizi. Ọ bụrụ na anagideghi DEET, jiri ọgwụ na achụ ahụhụ nwere ngwakọ kacha si ike nwere **icaridin (20%), mmanụ eucalyptus citriodora, dị mmiri, atụgharịrị ma ọ bụ kwadoro 3-ethlyaminopropionate.**

Cheta:

- tee ọgwụ na achụ ahụhụ dịka esiri nye ntuziaka n'akwụkwọ nkọwa – tenye ọgwụ na achụ ahụhụ n'ime anụahụ, hụ na etere anụahụ niile.
- na-etegharị ọgwụ na achụ ahụhụ kwa mgbe, karịchara n'obodo enwere okpomọkụ yana ma egwuchaa mmiri
- tee ọgwụ na-achụ ahụhụ ma etechaa ude mgbochi anwụ (jiri ude mgbochi anwụ nke 30 ruo 50 SPF maka na DEET nwere ike ịme ka ude mgbochi anwụ ghara ịrụsị ọrụ ike)
- 50% DEET dị mma maka ndị dị ime na ndị na-enye nwa ara yana ụmụ ọhụrụ gafegoro ọnwa abụọ
- nweta ndụmọdụ n'aka dọkịta ma ọ bụ onye na edenye ọgwụ gị tupu ịmee njem ma ọ bụrụ na nwa gị erubeghị ọnwa 2
- jiri ọgwụ na achụ ahụhụ – adịghị ama ama ọ dịghị ebe ị na-aga.

Uwe: Ọ bụrụ na ọ kwe omume, yiri uwe nwere aka ogologo, uwe ọkpa ogologo, sketị, na uwe nwụda, sọkụsụ, na akpụkpọ ụkwụ iji kwụsị anwụnta ịta akpụkpọ ahụ gị.

Uwe ejiri Permethrin (ọgwụ mgbochi ahụhụ) were rụọ yana akwa netị na-enyekwu mgbochi megide ọtịta anwụnta.

Netị: Ọ bụrụ na ebe ibi enweghị igwe ntụ oyi ma ọ bụ ị na-arahụ ụra n'ilo, jiri netị ejiri ọgwụ mgbochi anwụnta rụọ.

Lelee netị gị maka ndọka ma tinye ọnụnụ ya n'okpuru akwa.

Enwekwara ike nwee ihe egwu sitere na ọtịta akpị na ahụhụ ndị ọzọ; otu usoro mgbochi ahụ ga-enyere aka belata ọtịta sitere na ndị a. Ozi ndị ọzọ dị na **www.travelhealthpro.org.uk**

Kedu ihe m nwere ike ịme ma ọ bụrụ na ahụ adịchaghị m?

Ịba a na-enyo enyo bụ ihe meberede ahụike na ekwesịrị iwezuga ya ma ọ bụ gwọọ ya ozugbo. Ọ bụrụ na igara obodo nwere ihe egwu ịba wee nwee ahụ ọkụ (38˚C ma ọ bụ karịa), ihe ịrịbama dịka flu ma ọ bụ ihe ịrịbama amaghị n'ime oge ma ọ bụ ka ịmechara njem, ịga anatarịrị nlekọta ahụike ngwa ngwa. Echela mgbe ịlaghachitere na UK ma ọ bụrụ na ahụ adịghị gị; nweta enyemaka ahụike na mba ofesi.

Ọrịa ofufe ndị ọzọ tinyere dengue na nje West Nile nwere ike ibute nnukwu nrịanrịa.

Ọ bụrụ na ahụ adịghị gị mgbe ịlaghachitere, gwa dọkịta gị maka njem ofesi ịgara n'afọ gara aga. Ọ bụrụ na ịgabugo na obodo anwụ, jụọ maka nlele ọbara ịba.

Ozi Ọzọ

Gaa na National Travel Health Network and Centre (NaTHNaC) **http://travelhealthpro.org.uk**

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Enwere ike ịtụ ahịa akwụkwọ efu a sitena n'iji koodu ngwaahịa MOSTRA1IG Igbo sitere na webụsaịtị Mbipụta Ahụike

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Iji tụkwuo ahịa akwụkwọ a gaa na www.healthpublications.gov.uk ma ọ bụ kpọọ ekwentị: 0300 123 1002 (elekere 8 ụtụtụ ruo elekere 6 mgbede, Monday ruo Friday).