



Uwe: Ọ bụrụ na ọ kwe omume, yiri uwe nwere aka ogologo, uwe ọkpa ogologo, sketi, na uwe nwụda, sọkusu, na akpukpo ukwu iji kwusi anwunta ita akpukpo ahụ gi.

Uwe ejiri Permethrin (ogwu mgbochi ahụhụ) were ruo yana akwa neti na-enyekwu mgbochi megide otita anwunta.



Neti: Ọ bụrụ na ebe ibi enweghi igwe ntu oyi ma ọ bụ i na-arahu ura n'ilo, jiri neti ejiri ogwu mgbochi anwunta ruo.

Lelee neti gi maka ndoka ma tinye onunu ya n'okpuru akwa.

Enwekwara ike nwee ihe egwu sitere na otita akpi na ahuhu ndi ozọ; otu usoro mgbochi ahụ ga-enyere aka belata otita sitere na ndi a. Ozi ndi ozọ di na www.travelhealthpro.org.uk



Kedu ihe m nwere ike ime ma ọ bụrụ na ahụ adichaghị m?

Iba a na-enyo enyo bụ ihe meberede ahụike na ekwesiri iwezuga ya ma ọ bụ gwoyo ya ozugbo. Ọ bụrụ na igara obodo nwere ihe egwu iba wee nwee ahụ oku (38°C ma ọ bụ karịa), ihe iribama dika flu ma ọ bụ ihe iribama amaghi n'ime oge ma ọ bụ ka imechara njem, iga anatariri nlekota ahụike ngwa ngwa. Echela mgbe ilaghachitere na UK ma ọ bụrụ na ahụ adighi gi; nweta enyemaka ahụike na mba ofesi.

Orja ofufe ndi ozọ tinyere dengue na nje West Nile nwere ike ibute nnukwu nrjanrja.

Ọ bụrụ na ahụ adighi gi mgbe ilaghachitere, gwa dokita gi maka njem ofesi igara n'afọ gara aga. Ọ bụrụ na igabugo na obodo anwu, juo maka nlele obara iba.

Ozi Ozọ

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

© Crown copyright 2022.

Enwere ike itu ahia akwukwo efu a sitena n'iji koodu ngwaahia MOSTRA1IG Igbo sitere na webusaiti Mbiputa Ahuike

1p 10K JUN 2022 (APS). Product code: MOSTRA1IG Igbo

UK Health Security Agency Gateway Number: 20211411

This leaflet is also available in Arabic, Bengali, French, Gujarati, Hausa, Igbo, Punjabi, Spanish, Swahili, Yoruba, Urdu, Xhosa and in BSL, large print, braille and Easy Read

Iji tukwuo ahia akwukwo a gaa na www.healthpublications.gov.uk ma ọ bụ kpoo ekwentị: 0300 123 1002 (elekere 8 ututu ruo elekere 6 mgbede, Monday ruo Friday).



UK Health
Security
Agency

NaTHNaC

Izenari otita anwunta

Ndumodu maka ndi njem



N'otutụ obodo, otita anwunta nwere ike ibusa orja dika, chikungunya, dengue, Japanese encephalitis, iba, nje West Nile, yellow fever, na Zika. Ha nwere ike bute nnukwu orja ma ufodu nwere ike bute onwu.

Zenari otita ahuhu mgbe o bula tinyere n'etiti ubochi. O di mkpa:



Kpuchie
ahu



Jiri ogwu
na-achụ ahuhu



Jiri
ntofo

Umụ anwunta na-ebusa chikungunya, dengue, nje West Nile, yellow fever na Zika na atakarị n'etiti ubochi yana n'oge uhuruchi.

Umụ anwunta na ebusa iba na atakarị na mgbede yana n'oge abali.

Kedu ihe m kwesiri ime tupu m mebe njem?

Lelee ndumodu ahuike maka ebe i na-aga, tinyere orja na ihe egwu ahuike ndi ozọ maka obodo o bula na otu kacha mma iji belata ha n'iji ibe akwukwo ozi NaTHNaC nke obodo ahụ:

www.travelhealthpro.org.uk/countries

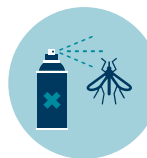
Hu nọsụ gi ka na-arụ ọrụ, GP, onye na-edenye ogwu ma o bu klinik njem, okachamma izu 4-6 tupu njem iji nweta ndumodu ziri ezi maka njem gi.

Akwadoro ogwu mgbochi yellow fever maka ufodu obodo, ma enwere ike inye ndumodu mkpuru-ogwu na egbochi iba maka ufodu ebe.

O buru na i nwere nsogbu ahuike, di ime ma o bu na-atu atumatu idi ime, o di oke mkpa inweta ndumodu enyere icha tupu njem izu 6-8 tupu njem. Site na nkwado akpachapuru anya, otutu umu nwanyi di ime na-enwe ike ime njem na enweghi nsogbu ahuike.



Uzo ato iji zenari otita anwunta



Ihe na achu ahuhu: O di mkpa iji ogwu na achu ahuhu n'etiti ubochi yana abali, n'ime ulo yana ilo, n'anahụ o bula kpughere ekpughe.

Akwadoro ngwaahia nwere **50% DEET** dika nhoro izizi. O buru na anagideghi DEET, jiri ogwu na achu ahuhu nwere ngwakọ kacha si ike nwere **icaridin (20%), mmanu eucalyptus citriodora, di mmiri, atughariri ma o bu kwadoro 3-ethylaminopropionate.**

Cheta:

- tee ogwu na achu ahuhu dika esiri nye ntuziaka n'akwukwo nkowa – tenye ogwu na achu ahuhu n'ime anahụ, hu na etere anahụ niile.
- na-eteghari ogwu na achu ahuhu kwa mgbe, karichara n'obodo enwere okpomoku yana ma egwuchaa mmiri
- tee ogwu na-achu ahuhu ma etechaa ude mgbochi anwu (jiri ude mgbochi anwu nke 30 ruo 50 SPF maka na DEET nwere ike ime ka ude mgbochi anwu ghara irusi ọrụ ike)
- 50% DEET di mma maka ndi di ime na ndi na-enye nwa ara yana umu oheru gafegoro onwa abuo
- nweta ndumodu n'aka dokita ma o bu onye na edenye ogwu gi tupu imee njem ma o buru na nwa gi erubeghi onwa 2
- jiri ogwu na achu ahuhu – adighi ama ama o dighi ebe i na-aga.