**Tufafi:** Idan da hali, ku sanya riguna masu dogon hannu, dogayen wanduna ko siket, safa da takalma domin hana sauro cizon fatarku.

Tufafi da gidan sauro da aka sanya wa sinadarin famizrin (maganin ƙwari) na samar da ƙarin kariya daga cizon sauro.

**Gidan sauro:** Idan a wurin da kuke babu na'urar sanyi ko idan kuna bacci ne a waje, to ku yi amfani da gidan sauro da aka sanya wa maganin ƙwari.

Ku duba gidan sauronku domin tabbatar da cewa babu ɓaraka sannan ku cusa gefe-gefensa a ƙarƙshin katifarku.

Sannan za a iya fuskantar haɗarin cizon ƙwarƙwata da waɗansu ƙwari na daban; matakan kariya iri guda zai taimaka wajen ba da kariya daga cizonsu su ma. Akwai ƙarin bayani a kan **www.travelhealthpro.org.uk**

## Me zan yi idan na ji ba ni da lafiya?

Idan aka yi zargin akwai cutar maleriya, to lallai an samu yanayi mai buƙatar maganin gaggawa, sannan dole a yi gaggawar yin gwaji ko yin magani. Idan kun ziyarci ƙasar da ke da haɗarin maleriya sannan kuka fuskanci zazzaɓi (38˚C ko fiye) alamomin mura ko waɗansu alamomi da ba a saba da su ba yayin ko bayan dawowa daga tafiya, to dole ne a nemi magani cikin gaggawa. Idan ba ku da lafiya, to kada ku bari har sai kun dawo UK; ku nemi magani a can ƙasar waje.

Sauran cututtuka da suka haɗa da dengue da cutar West Nile su ma na iya haifar da ciwo mai tsanani.

Idan ba ku da lafiya bayan kun dawo, to ku sanar da likitanku game da tafiye-tafiyen da kuka yi zuwa ƙasashen waje cikin shekarar da ta gabata. Idan kun je wata ƙasa mai zafin yanayi, to ku buƙaci a muku gwajin jini na maleriya.

### Ƙarin bayani

Ziyarci Haɗaka da Cibiyar Kula da Lafiyar Matafiya (NaTHNaC)
**http://travelhealthpro.org.uk**

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Domin yin odar kwafe na wannan takardar bayanai, sai a ziyarci www.healthpublications.gov.ukko a kira lambar waya: 0300 123 1002 (8 na safe zuwa 6 na yamma, Litinin zuwa Juma'a).

UK Health Security Agency

NaTHNaC

# Kauce wa cizon sauro

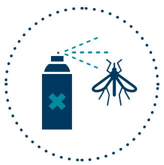
## Shawarwari ga matafiya

UKHSA_12344_Health advice for travellers leaflets – mosquito bites_06_hau.indd 1-3 18/07/2022 09:29:32

**A ƙasashe da dama, cizon sauro na iya yaɗa cututtuka kamar su chikungunya, dengue, Japanese encephalitis, maleriya, cutar West Nile, zazzaɓi, da Zika. Suna iya haifar da cuta mai tsanani sannan waɗansu daga cikinsu na iya kaiwa ga rasa rai.**

A kauce wa cizon ƙwari a kowane lokaci ko da da rana ne. Yana da muhimmanci a:

Ku rufe jikinku



Ku yi amfani da maganin korar ƙwari

Ku yi amfani da gidan sauro

Sauro da ke yaɗa chikungunya, dengue, cutar West Nile, zazzaɓin cizon sauro da Zika, yawanci na cizo ne da rana da kuma da yammaci

Sauro da ke yaɗa maleriya yawanci na cizo ne da yamma ko da dare

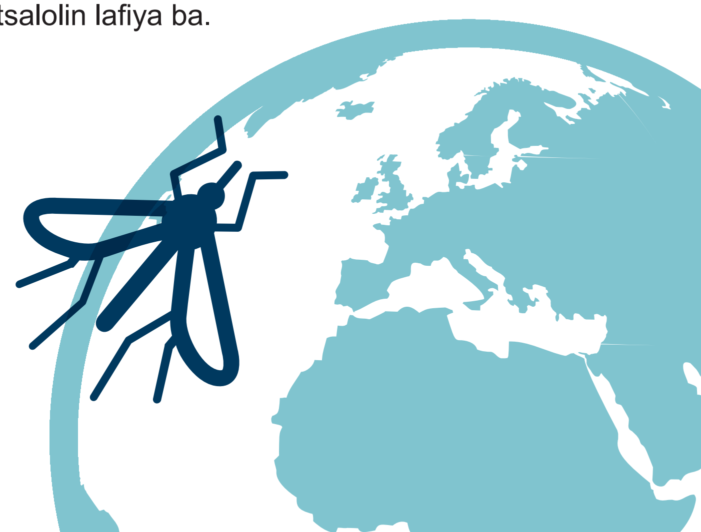
## Me ya kamata in yi kafin tafiya?

Yi amfani da shafukan bayanan ƙasashe na NaTHNaC domin duba shawarwari game da lafiya dangane da wurin da za ku je, ciki har da bayanai kan cuta da sauran haɗurra da suka shafi lafiya na kowace ƙasa da hanya mafi dacewa da za ku iya kauce musu: **www.travelhealthpro.org.uk/countries**

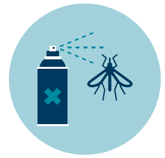
Ku tuntuɓi nas ɗinku, GP, masanin magunguna ko asibitin matafiya cikin satuka 4-6 kafin ku yi tafiya domin samun shawarwari da suka dace game da tafiyar da za ku yi.

An ba da shawarar yin rigakafin zazzaɓin cizon sauro yayin zuwa waɗansu ƙasashe, sannan za a iya ba da shawarar amffani da magungunan maleriya domin samun kariya daga maleriya a waɗansu wurare.

Idan kuna da matsalolin lafiya ko kuna da juna biyu ko kuma kuna shirin ɗaukar juna biyu, to yana da matuƙar muhimmanci ku samu shawarwarin gabanin tafiya cikin satuka 6-8 kafin yin tafiya. Ta hanyar yin shiri yadda ya kamata, mata masu juna biyu da dama sun samu damar yin tafiya ba tare da fuskantar matsalolin lafiya ba.



## Hanyoyi uku na kare kai daga cizon sauro



**Maganin korar ƙwari:** Yana da muhimmanci ku yi amfani da maganin korar ƙwari dare da rana, a cikin ɗaki da waje, a shafa a duk wurin da fata ke waje.

Ana ba da shawarar yin amfani da samfurin da ke da **50% na sinadarin DEET** a matsayin zaɓin farko. Idan ba a ji daɗin amfani da sinadarin DEET ba, to a yi amfani da maganin korar ƙwari da ke da mafi ƙarfin haɗin sinadarai na ko dai **icaridin (20%), man eucalyptus citriodora, jiƙaƙƙe, wanda aka sarrafa ko 3-ethlyaminopropionate.**

**A tuna:**

- a shafa maganin korar sauro kamar yadda aka umurta a jikin takardar maganin – a shafa maganin korar sauro a kan fata, a tabbatar da ko'ina ya samu
- a riƙa sake shafa maganin korar ƙwari akai-akai, musamman a ƙasashe masu zafi ko bayan kammala iyo
- a shafa maganin korar ƙwari bayan an shafa man tare rana (a yi amfani da man tare rana da ya kai 30 zuwa 50 SPF kasancewar sinadarin DEET na iya rage ƙarfin man tare rana.
- kashi 50% na sinadarin DEET ba shi da illa ga masu juna biyu da masu shayarwa da kuma jarirai da suka haura watanni biyu
- kafin ku yi tafiya, ku nemi shawara daga wurin likitanku ko masanin magunguna idan jaririnku bai kai wata biyu ba
- ka tafi tare da maganin korar ƙwari – don gudun ko a za a samu ƙarancinsu a wurin da za ka je