



UK Health
Security
Agency



NaTHNaC

Kauce wa cizon sauro

Shawarwari ga matafiya



A kasashe da dama, cizon sauro na iya yada cututtuka kamar su chikungunya, dengue, Japanese encephalitis, maleriya, cutar West Nile, zazzabi, da Zika. Suna iya haifar da cuta mai tsanani sannan wadansu daga cikinsu na iya kaiwa ga rasa rai.

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



Ku rufe jikinku



Ku yi amfani da maganin korar kwari



Ku yi amfani da gidan sauro

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

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

Me ya kamata in yi kafin tafiya?

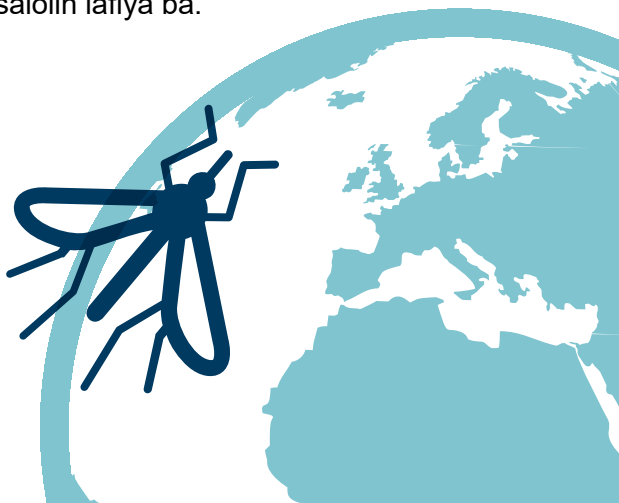
Yi amfani da shafukan bayanan kasashe na NaTHNaC domin duba shawarwari game da lafiya dangane da wurin da za ku je, ciki har da bayanai kan cuta da sauran haɗurra da suka shafi lafiya na kowace kasa da hanya mafi dacewa da za ku iya kauce musu:

www.travelhealthpro.org.uk/countries

Ku tuntubi nas dɪnku, 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 zazzabin cizon sauro yayin zuwa waɗansu kasashe, 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 kwari: Yana da muhimmanci ku yi amfani da maganin korar kwari dare da rana, a cikin daki 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 zabin farko. Idan ba a ji dadin amfani da sinadarin DEET ba, to a yi amfani da maganin korar kwari da ke da mafi karfin hadin sinadarai na ko dai **icaridin (20%), man eucalyptus citriodora, jikakke, 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 rika sake shafa maganin korar kwari akai-akai, musamman a kasantse masu zafi ko bayan kammala iyo
- a shafa maganin korar kwari 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 karfin 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 kwari – don gudun ko a za a samu karancinsu a wurin da za ka je



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 kwari) na samar da karin 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 kwari.

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

Sannan za a iya fuskantar hadarin cizon kwarkwata da wadansu kwari na daban; matakan kariya iri guda zai taimaka wajen ba da kariya daga cizonsu su ma. Akwai karin 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 bukatar maganin gaggawa, sannan dole a yi gaggawar yin gwaji ko yin magani. Idan kun ziyarci kasar da ke da hadarin maleriya sannan kuka fuskanci zazzabi (38°C ko fiye) alamomin mura ko wafansu 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 kasar waje.

Sauran cututtuka da suka hada 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 tafiyen-tafiyen da kuka yi zuwa kasashen waje cikin shekarar da ta gabata. Idan kun je wata kasa mai zafin yanayi, to ku bukaci a muku gwajin jini na maleriya.

Karin bayani

Ziyarci Hadaka 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.uk a kira lambar waya: 0300 123 1002 (8 na safe zuwa 6 na yamma, Litinin zuwa Juma'a).