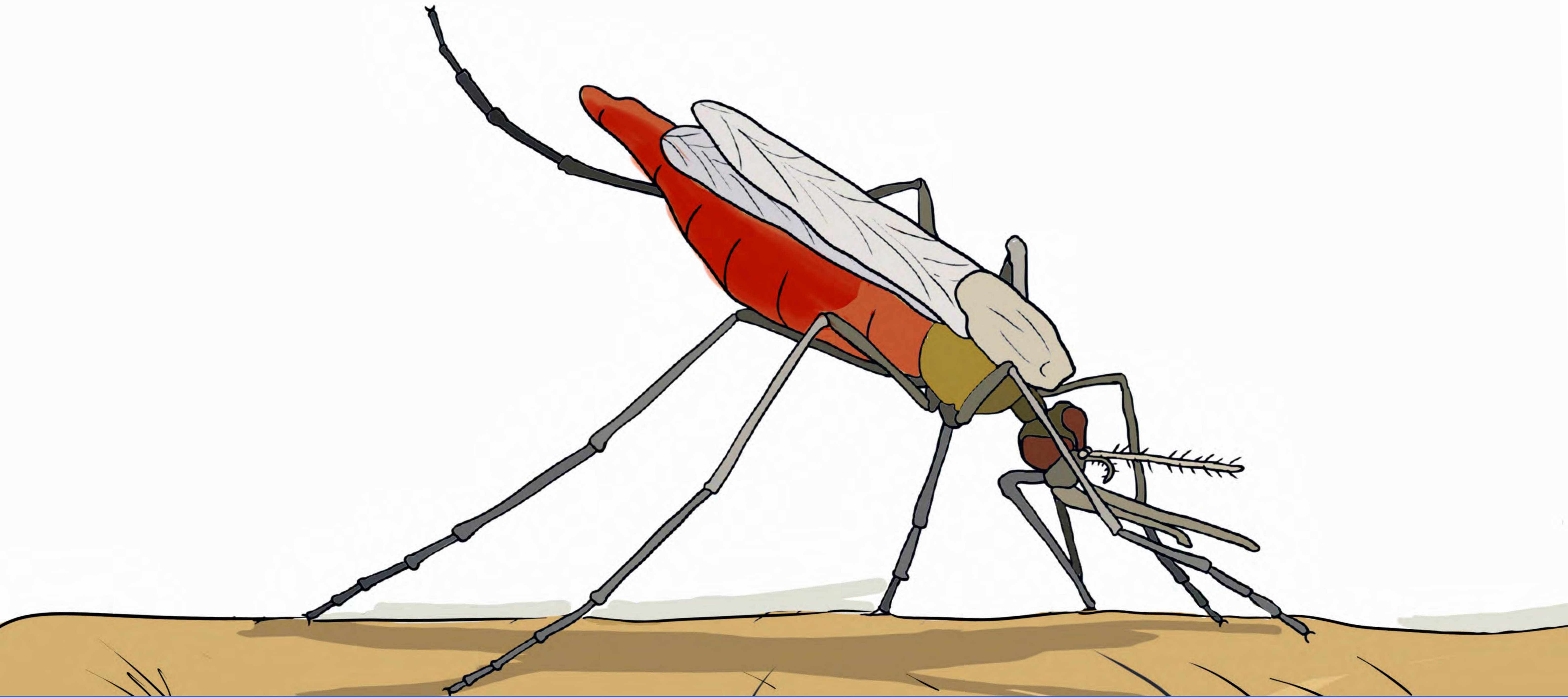
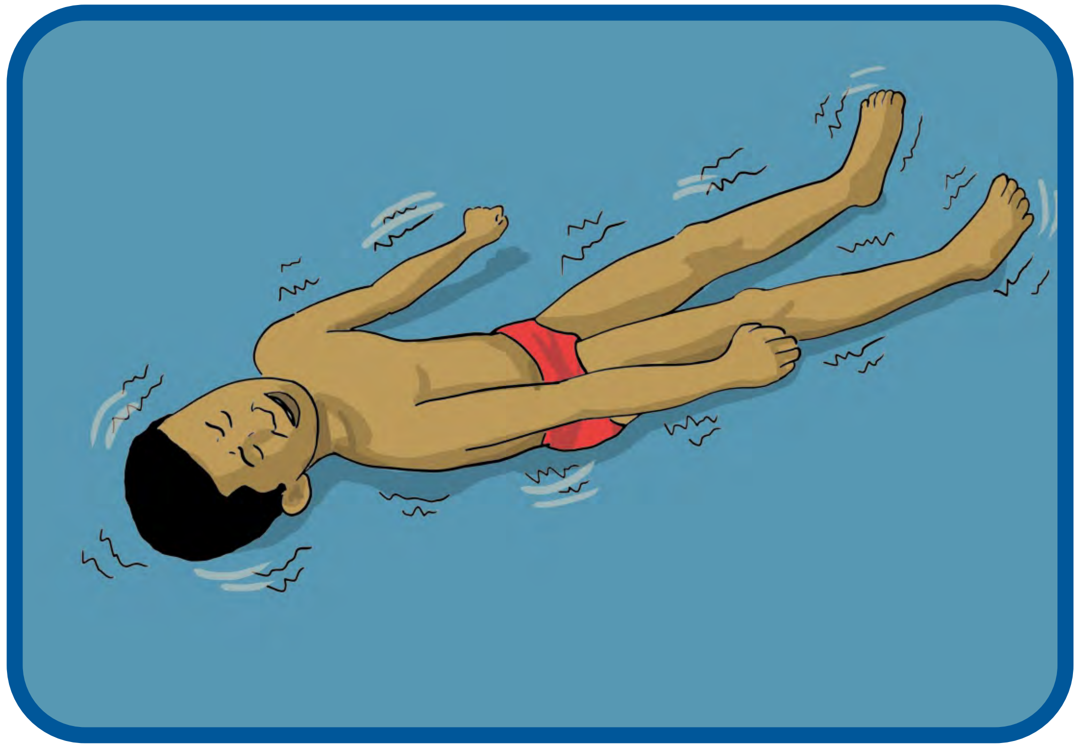


Community Discussion Guide for Malaria

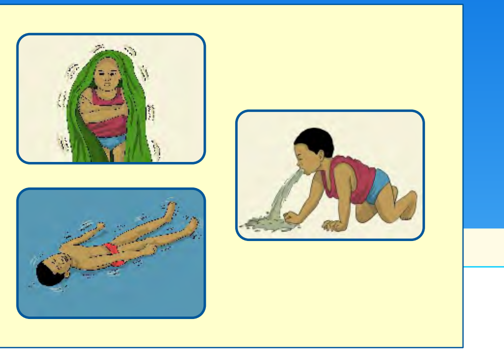
PMI U.S. PRESIDENT'S MALARIA INITIATIVE
LED BY USAID FROM THE AMERICAN PEOPLE CDC

Breakthrough ACTION FOR SOCIAL & BEHAVIOR CHANGE

Zazzabin cizon sauro: hanyar kamuwa da alamomin ciwon

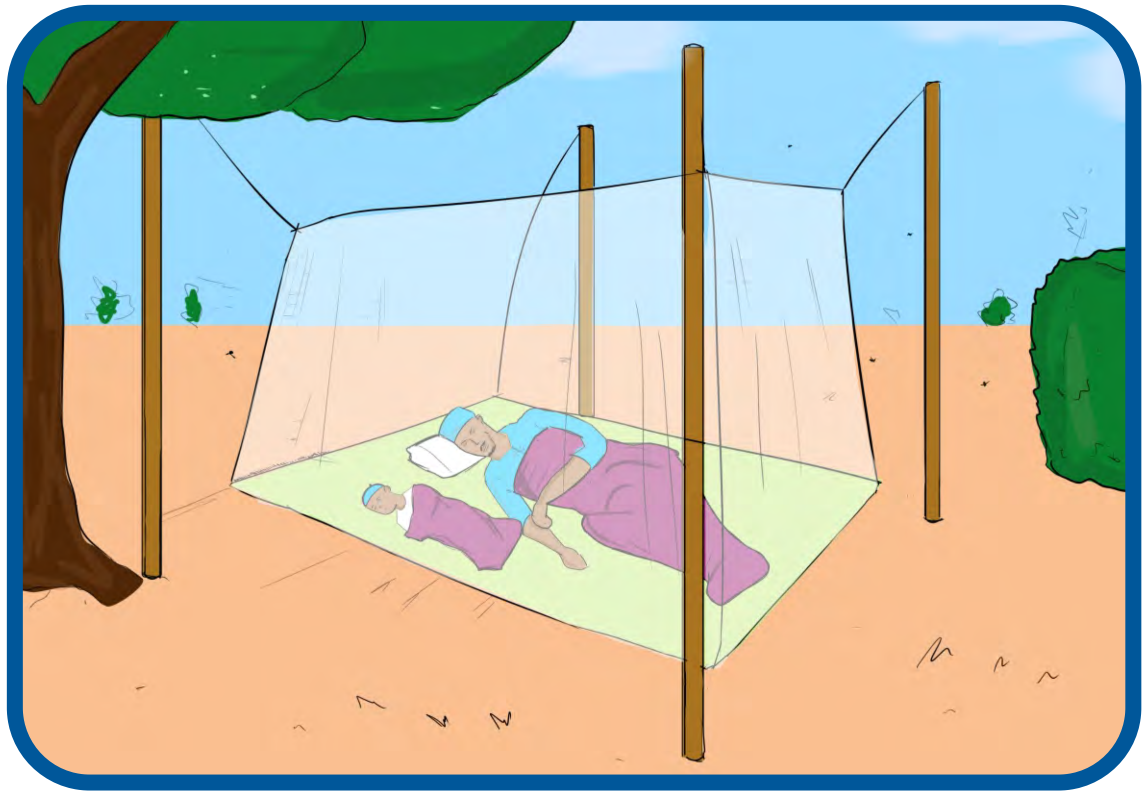


Zazzabin cizon sauro: hanyar kamuwa da alamomin ciwon



Abubuwan da ya kamata a sani	• Zazzabin cizon sauro (Maleriya) wata cuta ce da cizon sauro yake kawo ta • Idan ba a magance maleriya da sauri ba ta kan yi tsanani kuma zai iya kai ga mutuwa • Zazzabin cizon sauro (Maleriya) ta fi tsanani idan ta kama kananan yara da mata masu juna biyu (Mata masu ciki). • Ana iya kare kamuwa da zazzabin cizon sauro, ana iya yin maganin cutar kuma ana iya warkewa. • **Zazzabin cizon sauro (Maleriya) Nau'I biyu ne;** • **Zazzabin cizon sauro (Maleriya) marar Tsanani** • **Zazzabin cizon sauro (Maleriya) mai tsanani** • Zazzabin cizon sauro (Maleriya) marar Tsanani yakan zo da allamu masu dan sauki kamar zazzabi, ciwon kai, dacin baki, ciwon jiki da sauransu wadda zai warke gaba daya idan an sha magani nan take • Zazzabin cizon sauro (Maleriya) mai tsanani ya banbanta kuma zai iya kai ga mutuwa, alamun zazzabin cizon sauro mai tsanani su na nan kamar haka, zazzabi mai tsanani, fisga ko karkarwa, karyewar kuzari (kasala) mai tsanani, tafiya da kyar, amai mai tsanani, numfashi da kyar, karancin fitsari ko rashin fitsari, fitsari mai duhu, canjin launin ido zuwa kamancin ruwan doruwa, alamar karancin jini da za a iya gani a hanu da lebe. • Idan ba a magance zazzabin cizon sauro (maleriya) marar tsanani nan a take ba, zai iya zama mai tsanani
Abubuwan da ya kamata a yi	• A kwana a cikin gidan sauro da aka inganta shi da magani a kowanne dare, domin kare cizon sauro wanda zai iya kawo zazzabin cizon sauro (maleriya) • A yi gaggawar kai wanda yake da zazzabin sauro mai tsanani zuwa asibiti • A kawar da duk wani abu da yake iya tara ruwa a gidanjen ku
Kira da jan hankali	• Ku kare kanku daga cizon sauro ta hanyar kwana a cikin gidan sauro da aka inganta shi da magani a koda yaushe

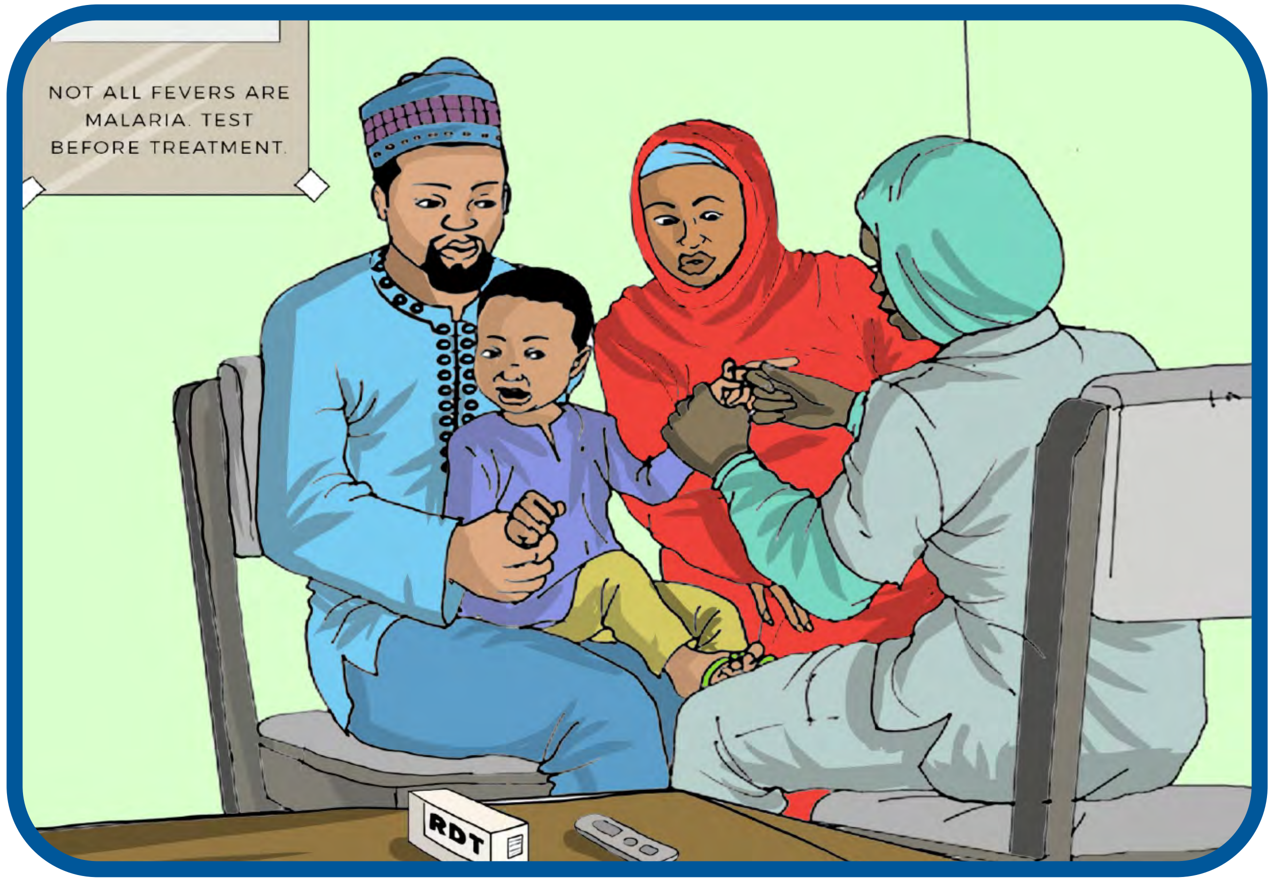
Kariya daga zazzabin cizon sauro – amfani da gidan sauro



Kariya daga zazzabin cizon sauro – amfani da gidan sauro

Abubuwan da ya kamata a sani	• Hanya ma fi sauki kuma mafi araha da zamu kare kanmu daga zazzabin cizon sauro shine kwana a gidan sauro da aka inganta shi da magani a kullum kuma a kowanne yanayi na shekara. • Kwana a gidan sauro yana kare iyali daga kamuwa da zazzabin cizin sauro, kuma yana rage barnar kudi da ake yi wajen maganin zazzabin • Sauron da ke kawo zazzabin yana cizo yawanci tun daga yamma har zuwa wayewar gari. • Idan ba'a saka kasan gidan Sauron a karkashin abin kwanciya (katifa, tabarma da sauransu) ba, sauro zai iya shigowa cikin gidan Sauron ya cije ku. • Idan ba'a dinke gidan Sauron ba lokacin da ya yage sauro zai iya shigowa ya cije ku • Bayan wacce gwammanati take bayarwa kyauta, za'a iya siyan gidan sauro a kemist ko kuma a kasuwa • Idan kuna kulawa da gidan Sauron ku zai dauki lokaci mai tsaho ana amfani da shi.
Abubuwan da ya kamata a yi	• Ku siyo gidan sauro daga kemist ko kasuwa, idan baku da wanda gwamnati ta raba kyauta • A saka shi a inuwa a waje a barshi har tsahon awa 24 kafin a saka shi a wajen kwanciya • A kwana a cikin gidan Sauron daga dare har zuwa wayewar gari.. • A nade gidan Sauron da safe don kawar da shi daga wajen yara, da yin datti da kuma kusa da wuta da dabbobi • A dinke wajen da ya yage a jikin gidan Sauron. Mu yi amfani da gidan sauron har tsahon lokacin da za'a samu wani sabo. • A wanke gidan Sauron da sabulu marar karfi (kamar sabulun wanka) sannan a ajiye a inuwa har sai ya bushe. • A tabbatar a saka kasan gidan Sauron a karkashin wajen kwanciya, ta yadda sauro ba zai iya shiga ba
Kira da jan hankali	• A kwana a gidan sauro da aka inganta shi da magani, a kowanne dare kuma a kowanne yanayi na shekara, domin kariya daga cizon sauro da yake kawo zazzabi.

Daukan mataki nan take na neman kulawa



Daukan mataki nan take na neman kulawa

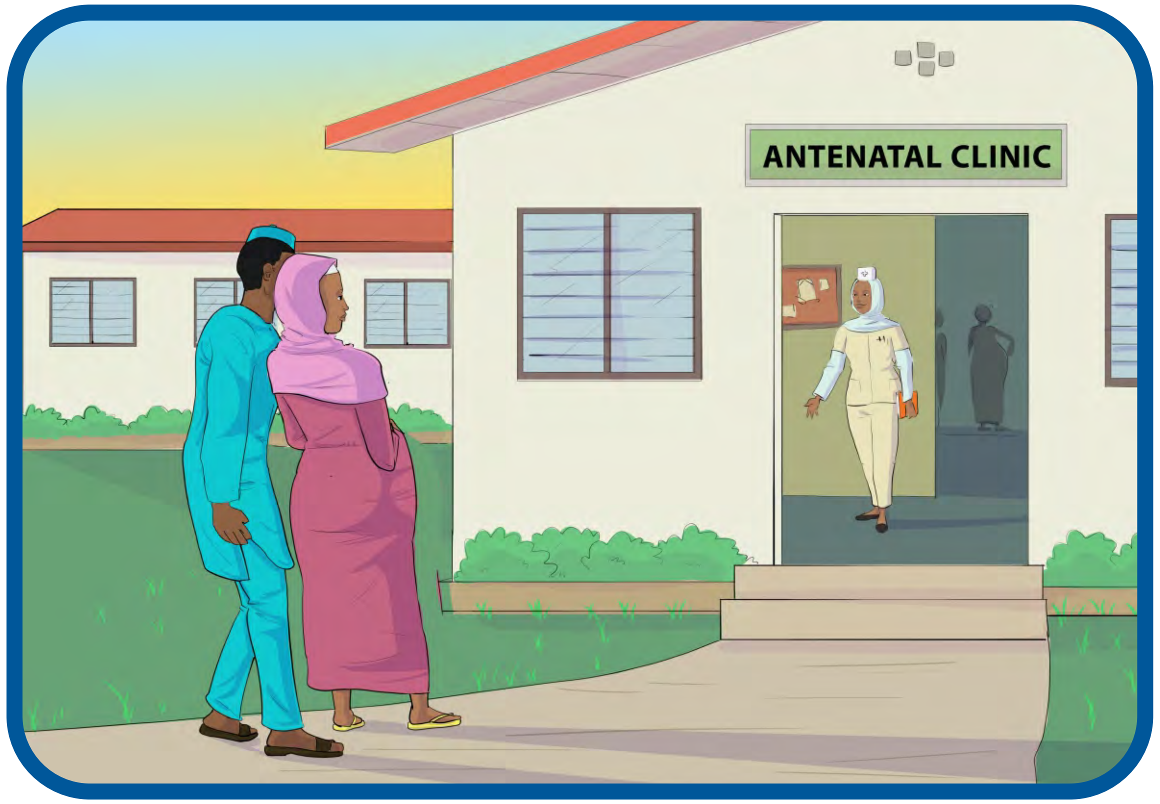
Abubuwan da ya kamata a sani	• Zazzabi wata alama ce da ke nuna cewa akwai wata matsala a jikin mutum, sabods haka yana da muhammaci da zarar an kamu da zazzabi, aje asibiti. • Idana an je asibiti da gaggawa, ma'aikatan asibitin zasu san rashin lafiyar da take damun mutum sannan kuma zasu bayar da maganin da ya dace. • Ba kowanne zazzabi ne, zazzabin cizon sauro ba. Wasu cututtukan ma suna zuwa da zazzzabi misali mura, taipod da kuma cututtuka masu yaduwa. • Hanyar da za'a iya ganewa ko zazzabin cizon sauro ne ko ba shine bane, ita ce hanyar yin gwajin zazzabin cizon sauro. • Gwajin zazzabin cizon sauro yana da kyau sosai kuma sakamakon da ake samu daidai n
Abubuwan da ya kamata a yi	• Da zarar an kamu da zazzabin a yi gaggawar zuwa asibiti da wuri. • Ma'aikatan asibiti zasu yi gwajin zazzabin cizon sauro a asibitin idan an je, ayi hakuri a jira sakamakon gwajin, baya daukan dogon lokaci. • Ma'aikatan asibitin zasu bayar da maganin zazzabin cizon sauro, idan gwajin ya tabbatar da zazzabin cizon sauro ne. idan gwajin bai tabbatar da zazzabin cizon sauro ne ba, zasu duba wasu cututtukan.
Kira da jan hankali	• A je asibiti da gaggawa da zarar an kamu da zazzabi

Ingantaccen maganin zazzabin cizon sauro

Ingantaccen maganin zazzabin cizon sauro

Abubuwan da ya kamata a sani	• Fara shan maganin zazzabin cizon sauro da zarar gwajin ya tabbatar da akwai zazzabin zai hana zazzabin ya zama mai tsanani • ACT shine kadai maganin da yake magance zazzabin cizon sauro • Idan ana so maganin yayi amfani, to a tabbatar an shanye maganin gaba daya koda kuwa an fara jin sauki. • Idan yaro yayi amai a cikin minti 30 bayan shan maganin, to a sake bashi maganin ya sha.
Abubuwan da ya kamata a yi	• A fara shan maganin zazzabin cizon sauro da zarar gwaji ya tabbatar da cewa akwai zazzabin • A sha maganin ACT domin yin maganin zazzabin cizon sauro • A shanye maganin ACT gaba daya, ko da kuwa an fara samun sauki • Kar a ajiye maganin ACT zuwa wani lokaci don an fara samun sauki. • A sake bayar da maganin idan yaro ya sha yayi amai a cikin minti 30, a koma asibiti domin sake samun wani ACT din.
Kira da jan hankali	• Idan gwaji ya tabbatar da cewa akwai zazzabin cizon sauro to a sha maganin ACT kadai kuma a tabbata an shanye maganin gaba daya

Kariya daga zazzabin cizon sauro ga mace mai juna biyu



Kariya daga zazzabin cizon sauro ga mace mai juna biyu

Abubuwan da ya kamata a sani	• Da zarar mace ta gane ta samu juna biyu, ya kamata ta je asibiti. Zuwa asibiti da wuri zai sa Ma'aikatan asibitin su kula da yadda yaron yake girma a ciki da kuma lafiyar uwa. • Zazzabin cizon sauro yana da hatsari ga mace mai juna da kuma jaririn da ke cikinta • Shan maganin SP yana bayar da kariya daga kamuwa da zazzabin cizon sauro a lokacin goyon ciki • Yana da kyau miji ya raka matar sa zuwa awon ciki a asibiti.
Abubuwan da ya kamata a yi	• Ya kamata mace mai juna biyu ta je asibiti yin awo da zarar ta san cewa tana da ciki, kuma ta ci gaba da zuwa asibitin har zuwa haihuwa. • Kowacce mace mai juna biyu zata sha SP (Maganin kariya daga zazzabin cizon sauro) a gaban ma'aikatan asibiti • Ya kamata mace mai juna biyu ta kwana a cikin gidan sauro da aka inganta shi da magani, a kowanne dare kuma a ko wanne yanayi na shekara • Yana da kyau magidanta su tallafawa matan su, kuma su raka matan su awo a asibiti.
Kira da jan hankali	• A fara awo da zarar mace ta gano tana da ciki, a je awo koda yaushe, a sha SP (maganin kariya daga zazzabin cizon sauro) sannan a kwana a gidan sauro da aka inganta shi da magani a kowanne dare kuma a kowanne yanayi na shekara

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FOR A
MALARIA-FREE
NIGERIA

Play Your Part

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