

Hargabka (flu) Faafa

Hargabka faafa waa nooc hargab cusub oo caalamka ku faafa ee keena xanuun dheeraad ah iyo geeri kaasoo ka duwan hargabka xilliyada caadiga ah.

Faafiddu waxay dhacdaa marka uu cudur ku faafo dhowr waddan oo uu saameeyo dad badan. Si cudur loogu tixgeliyo in uu faafo waa in si fudud uu dadka u kala qaadi karo, oo xanuun badan keena, oo aysan dadweynuhu qabin wax ka diffaaca.

Bulshadaada Inta uu Jiro Hargabka Faafa



Hargabka faafa waxaa uu keeni karaa xanuunno dheeraad ah iyo geeri oo ka badan hargabka caadiga ah waxaana uu kala goyn karaa hawlaha caadiga ah ee shaqada iyo dugsiga.

Sida aad ugu Diyaar Garoobi Karto Hargabka Faafa

Gacmahaaga oo aad si joogta ah u dhaqdo ayaa ka mid ah qaababka ugu fiican ee aad uga badbaadi karto in aad xanuunsato, oo uu ku jiro hargabka. Marka uu jiro hargabka faafa waxaa fiican in aad gurigaaga joogto oo aad in muddo ah dadka ka fogaato. Si aad ugu diyaar garowdo waxaad gurigaaga ku diyaarsataa qalabka xaaladda degdegga.



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