

Ifilada Doofaarka

Xaashida Warbixinta ee loogu talagalay magan-galyo doonka, qaxootida iyo dadka kalee ajnabiga ah ee Ingiriiska jooga

Xaashidan warbixinta waxaad ka helaysaa warbixin aasaasi ah oo ku saabsan cudurka ifilada doofaarka (swine flu). Daawaynta ifilada doofaarku waa bilaash.

Waxaa muhiim ah in aad fahanto waxa aad samayn karto si aad u ilaaliso naftaada iyo qoyskaaga.

Waa maxay ifilada doofaarku?

- Nooc ifilo oo cusub oo uu keeno fayrus fudud in la qaado loona tebiyo dadka kale.
- Dadkii ugu horreeyey ee uu ku dhacay waxaa laga soo warbixiyey bishii Abriil 2009 si dhakhso badan ayuuna dunida ugu faafay.

Waa maxay calaamadaha ifilada doofaarku?

Haddii adiga ama xubin qoyskaaga ka mid ah aad qabtaan xummad ama heerkul jir oo kacsan (ka sarreeya 38oc/100.4o F) iyo laba ama in ka badan calaamadaha soo socda, waxaa laga yaabaa in aad qabtaan ifilada doofaarka:

- daal aan caadi ahayn
- madax xanuun
- sanko dareeraya
- cune xanuun
- neeftuurid ama qufac
- cunto diidis

- muruqyo xanuun leh
- shuban ama matagid

Sidee la isugu tebiyaa?

- Marka dadku ay qabaan ifilada doofaarka, waxay fayruska ku faafiyaan qufacooda ama hindhisadooda, dadka kale ayaa markaa neefsada fayruska.
- Fayruska ifiladu waxuu gacmaha iyo sagxadaha kale ku noolaan karaa ilaa 24 saacadood.

Sideen u ilaalin karaa naftayda iyo qoyskayga?

- Isticmaal naabkin nadiif ah si aad u daboosho afkaaga iyo sankaga marka aad qufacdo aanad hindhisto.
- Baaldiga qashinka ku tuur naabkinka marka ugu horreeya ee aad isticmaasho.
- Dhowr jeer gacmahaaga ku mayr saabuun iyo biyo ama dareere gacmaha lagu mayrto oo baktiiriyada dila oo si joogto ah u nadiifi sagxadaha si aad u disho fayruska.
- Soo hel saaxiibbadaada ifilada ee suurogal ah. Waxay kuwaasi noqon karaan deriska, saaxiibbada iyo qaraabada iyagu ku caawin kara haddii aad xanuunsato. Matalan, waxay kuu soo qaadi karaan daawooyin iyo cunto.
- Haddii aad magan-galyo doon tahay aanad qabto ifilada doofaarka, waa in adiga ama saaxiibkaaga ifiladu aad la xiriirtaan hayaha dacwaddaada ee Hay'adda Xuduudda ee Ingiriiska (United Kingdom Border Agency) si aad nidaam kale ugu diyaarisaan soo qaadista lacagaha taageerada, si aadan markaa adigu uga bixin degaankaaga. Waa in aad weliba la xiriirtaan hayaha dacwaddaada ama xarunta warbixin loogu tago si aad nidaam kale ugu diyaarisaan warbixinta loo tego.
- Haddii aad uur leedahay, waxyaabaha aad caadi ahaan samayso sii wado, sida dukaamaysiga, ku safridda gaadiidka dadweynaha iyo ka qayb qaadashada munaasabadaha qoysku isugu yimaaddo. Hase yeeshee, isku day in aadan u tagin qaraabada ama saaxiibbada qaba calaamado ifilo u eeg. Haddii aad og tahay in xaafaddaada dad aad u farabadan ay ku bukoonayaan, waxaa kaaga fiican in aad ka fogaato meelaha dad badan ay isugu yimaaddaan marka ay suurogal tahay.

Swine Flu

Information Sheet for asylum seekers, refugees and other foreign nationals in the UK

This information sheet gives you basic information about the swine flu illness. Treatment for swine flu is free.

It is important that you understand what you can do to protect yourself and your family.

What is swine flu?

- A new form of flu caused by a virus which is easy to catch and to pass on to others.
- The first cases were reported in April 2009 and it has spread quickly around the world.

What are the symptoms of swine flu?

If you or a member of your family has a fever or high temperature (over 38°C / 100.4°F) and two or more of the following symptoms, you may have swine flu:

- unusual tiredness
- headache
- runny nose
- sore throat
- shortness of breath or a cough
- loss of appetite

- aching muscles
- diarrhoea or vomiting

How is it transmitted?

- When people have swine flu, they spread the virus by coughing or sneezing, other people then breathe in the virus.
- The flu virus can live on hands and other surfaces for up to 24 hours.

How can I protect myself and my family?

- Use a clean tissue to cover your mouth and nose when you cough and sneeze.
- Throw away the tissue into a bin after one use.
- Wash your hands with soap and water or an antibacterial hand gel often and clean down surfaces regularly to kill the virus.
- Identify possible flu friends. These could be neighbours, friends and relatives who can help you if you get ill. For example, they could collect medicines and food for you.
- If you are an asylum seeker and have swine flu, you or your flu friend should contact your United Kingdom Border Agency case owner to make alternative arrangements for the collection of support payments, so that you don't have to leave your accommodation. You should also contact your case owner or the reporting centre to make alternative reporting arrangements.
- If you are pregnant, carry on doing the things that you normally do, such as going shopping, travelling on public transport and attending family gatherings. However, try and avoid visiting family or friends who are suffering flu-like symptoms. If you know of a large number of people falling ill in your neighbourhood, you may prefer to avoid crowded places where possible.

Waa maxay tallaalka ifilada doofaarku?

Tallaallada (mudis dadka ka ilaalisa in ay fayruska qaadaan) ka hortaga ifilada doofaarka ayaa la ansixiyey in la isticmaalo waxaanay takhaatiirta xaafaduhu iminka siinayaan dadka ku jira kooxaha mudnaanta leh ee soo socda:

- Dadka waaweyn iyo carruurta lix bilood ka weyn ee qaba xaalad cudur oo muddo badan soo jirtay sida:
 - cudurka dabadheeraad ah ee sanbabbada
 - cudurka dabadheeraad ah ee wadnaha
 - cudurka dabadheeraad ah ee kelyaha
 - cudurka dabadheeraad ah ee beerka
 - cudurka dabadheeraad ah ee dareemeyaasha jirka
 - cudurka macaanka
- Haweenka uur leh
- Dadka la nool qof nidaamkiisa difaaca dabiiciga ah ee jirka uu cudur waxyeelleeyey, matalan qof fayruska HIV laga soo helay ama kansar loo siiyo daawayn kiimikeed (chemotherapy).

Haddii aad u aragto in aad ku jirto mid ka mid ah kooxahaas dad, la xiriiir takhtarka xaafaddaada isna qor si aad tallaalka u hesho.

Barnaamijka tallaalka waa la ballaarinayaa si loogu soo daro carruurta lix bilood ah ama ka weyn kana yar shan sano. Waxuu kaasi bilaabmi doonaa marka la wada gaaro dhammaan kooxaha mudnaanta leh ee ugu horreeya.

Dadka kale waxaa loo tallaali karaa hadba sida aqoon dheeraad ah looga samaysto fayruska iyo tallaalka.

Sida aad takhtar u heli karto

Takhtarka xaafaddaada waxaa loo yaqaanaa Takhtarka Guud (General Practitioner) ama GP. Kiliniigga GP-ga waxaa loo yaqaanaa xafiiska takhtarka ama xarunta caafimaadka.

Waa in aad is qorto GP ku yaalla xaafaddaada haddii aadan taas hore u samaynin, si aad u heli karto daryeel caafimaadeed haddii aad u baahato.

Haddii aad magan-galyo doon tahay, oo aadan qornayn GP, hawlwadeenka taageerada ee bixiyaha degaankaaga ee kaa caawiyey in aad u soo guurto degaankaaga ayaa warbixin kaa siin kara GP-yada xaafaddaada.

Macluumaadka xiriirka ee GP-yada waxaa laga heli karaa buugaagta telefoonnada iyo maktabadaha dadweynaha. Macluumaadka GP-yada Inland waxaad weliba ka heli kartaa bogga internetka ee Xulashooyinka NHS (NHS Choices) oo ah www.nhs.uk GP-yada Skotland iyagana halkan www.show.scot.nhs.uk/organisations. Macluumaadka GP-yada xaafadaha ee Wales waxaa laga heli karaa halkan www.nhsdirect.wales.nhs.uk iyo www.nidirect.gov.uk Waqooyiga Ayrland (Northern Ireland) gudihisa.

Waxa aad samaynayso haddii aad u malaynayso in aad ifilada doofaarka qabto

- Joog degaankaaga oo nasoo.
- Hubi in aad cabto biyo badan.
- Haddii aad xummad leedahay, ha xiranin dhar aad u farabadan hana huwanin busteyaal aad u farabadan. Waxaad weliba qaadan kartaa daawooyinka baarasatamool ama ibuprofen (raac tilmaanbixinta ku taalla baakadka). Haddii uur leedahay, waxaa lagugula talinayaa daawada baarasatamool.

Wac takhtarka xaafaddaada haddii aad 'haa' kaga jawaabto waxyaabaha soo socda mid ka mid ah ama ka badan:

- Miyaad qabtaa cudur daran oo dahsoon ama miyaad daawo u qaadataa cudur kaloo daran?
- Miyaad uur leedahay?
- Qofka xanuunsanayaa ma waxa weeyaan ilme hal sano ka yar?
- Miyay xaaladdaadu si kadis ah aad uga sii dartay?
- Miyay xaaladdaadu weli ka sii daraysaa toddoba maalmood ka dib (ama shan maalmood wixii ilme khuseeya)?

Haddii aad Inland ku nooshahay oo aad 'maya' kaga jawaabtay su'aalaha kore dhammaantood:

- Haddii aad dhawaan magan-galyo dalbatay oo aad ku nooshahay degaanka ugu horreeya ee Hay'adda Xuduudda ee Ingiriiska, kooxda caafimaadka ama kooxda taageerada u sheeg haddii aad xanuunsanayso, si ay kuu caawin karaan.

What is the swine flu vaccination?

Vaccinations (an injection to protect people from catching the virus) against swine flu have been approved for use and are being given by local doctors to people who are in the following priority groups:

- Adults and children over six months of age who have a long-term health condition including :
 - chronic lung disease
 - chronic heart disease
 - chronic kidney disease
 - chronic liver disease
 - chronic neurological disease
 - diabetes
- Pregnant women
- People who live with someone who has an impaired immune system caused by an illness, for example someone who is HIV positive or is having chemotherapy for cancer.

If you believe you are in one of these groups of people, contact your local doctor and register with them to receive the vaccine.

The vaccination programme is being extended to include children from six months and over and under five years. This will start once all the initial priority groups have been targeted.

Other people may be vaccinated as more is learned about the virus and the vaccine.

How to find a doctor

Your local doctor is called a General Practitioner or GP. The GP's clinic is called a surgery or a health centre.

You should register with a GP in your area if you have not already done this, so that you can get medical care if you need it.

If you are an asylum seeker, and are not registered with a GP, your accommodation provider support worker who helped you to move into your accommodation can give you information about your local GPs.

Contact details for GPs are available in telephone directories and from public libraries. You can also find details of GPs in England on the NHS Choices website at www.nhs.uk and of GPs in Scotland on www.show.scot.nhs.uk/organisations. Details of local GPs in Wales can be found through www.nhsdirect.wales.nhs.uk and at www.nidirect.gov.uk for GPs in Northern Ireland.

What to do if you think you have swine flu

- Stay in your accommodation and rest.
- Make sure you drink lots of water.
- If you have a fever, don't wear too many clothes or blankets. You can take paracetamol or ibuprofen (follow the instructions on the pack). If you are pregnant, paracetamol is recommended.

Telephone your local doctor if you answer 'yes' to one or more of the following:

- Do you have a serious underlying illness or take medication for another serious illness?
- Are you pregnant?
- Is the person who is sick a child under one year old?
- Has your condition suddenly got much worse?
- Is your condition still getting worse after seven days (or five days for a child)?

If you are living in England and you have answered 'no' to all the questions above :

- If you have recently claimed asylum and are living in United Kingdom Border Agency initial accommodation, tell the health team or support team if you are unwell, so they can help you.
- Contact the National Pandemic Flu Service. This is an internet and telephone service currently operating in England which allows you to check your symptoms for swine flu and get treatment if necessary. If you do not speak English, you can ask an English-speaking friend to contact the Flu Service for you.

- La xiriir Adeegga Qaran ee Ifilada Safmar ah (National Pandemic Flu Service). Kaasi waa adeeg internetka iyo telefoonka lagu isticmaalo oo iminka laga hawlgeliyo Inland kaasoo kuu suurtoogelinaya in aad iska eegto calaamadaha ifilada doofaarka oo aad daawayn hesho haddii aad u baahato. Haddii aadan af Ingiriisiga ku hadlin, qof aad saaxiibbo tihii oo Ingiriisiga ku hadla ayaad weydiisan kartaa in uu kuu waco Adeegga Ifilada.

Si aad u isticmaasho Adeegga Qaran ee Ifilada Safmar ah:

- Wac **0800 1 513 100** (kaasi waa bilaash haddii aad isticmaasho telefoonka guriga laakiin lacag ayaa lagaa qaadi doonaa haddii aad isticmaasho telefoonka gacanta)
- Internetka ka isticmaal halkan **www.direct.gov.uk/pandemicflu**
- Haddii maqalku kugu adag yahay, waxaad isticmaali kartaa adeegga telefoonka qoraalka ee ah **0800 1 513 200**
- Marka aad wacdo **0800 1 513 100** ama booqato bogga internetka, Adeegga Qaran ee Ifilada Safmar ah waxaa lagaa weydiin doonaa:
 - Taariikhdaada dhalashada
 - Calaamadaha cudur ee aad iminka qabto
 - Haddii aad qabto cudurro daran
 - Summadaada boostada (postcode)
- Adiga ama qofka aad saaxiibbo tihii ee Ingiriisiga ku hadla waxaad u baahan doontaan qalin iyo warqad si aad u qorataan wixii warbixin ah.

Haddii Adeegga Qaran ee Ifilada Safmar ah lagaaga soo helo ifilada doofaarka:

- Waxaa laguugu deeqi doonaa daawada fayruska ka hortagta ee bilaash ah ee loo yaqaanno Tamiflu ama Relenza. Daawada fayruska ka hortagta kaama wada daawayn doonto cudurka laakiin waxay kaa caawin doontaa in aad dhakhso uga raysato. Dadka intooda ugu badan waxay si buuxda ugu bogsadaan 7 ilaa 10 maalmood gudahood. Waxaa muhiim ah in aad daawaynta dhammaystirsato.
- Waxaa lagu siin doonaa ‘lambar rukhsayn’ (authorisation number) waana in saaxiibkaaga ifiladu daawada ka soo qaado Bar Laga soo qaado

Daawada fayruska ka hortagta (Antiviral Collection Point) oo gaar ah. Waxaa lagu sheegi doonaa barta daawada laga soo qaado ee kuugu dhow. Waa in uusan daawada soo doonin qof kastoo qaba ifilada doofaarku.

- Lambarka rukhsaynta ka sokow, saaxiibkaaga ifiladu waa in uu muujiyo caddaynta aqoonsiga ee laftigiisa iyo adiga (ama qofka ifilada doofaarka qaba, haddii uusan kaasi adiga ahayn). Haddii aad magan-galyo doon tahay, waxay taasi noqon kartaa kaarka ARC (Kaarka Diiwaangelinta Codsiga) ama Warqadda Xaqiijinta ee Caadiga ah (Standard Acknowledgement Letter) (SAL) ee aad ka heshay Hay’adda Xuduudda ee Ingiriiska, ama baasaboortu, biilka gaaska ama korontada, laysinka baabuurta ama kaarka bangiga ama deynka.
- Saaxiibkaaga ifilada ayaa loo sheegi doonaa sida habboon in aad u qaadata daawooyinka fayruska ka hortagta marka uu daawada kuu soo qaado.
- Haddii aad adeeggaas isticmaasho taasi ma saamayn doonto dalbashada magan-galyada ee kuu socota.

Haddii aad ku nooshahay Wales, Skotland ama Waqooyiga Ayrland

Haddii aad ku nooshahay Wales oo aad qabto calaamadaha ifilada doofaarka, la xiriir GP-gaaga. Si aad warbixin guud u hesho NHS Direct (Toos) ee Wales ka soo wac **0845 46 47**.

Haddii aad ku nooshahay Skotland oo aad qabto calaamadaha ifilada, la xiriir GP-gaaga ama NHS 24 oo lambarkoodu yahay **08454 242424**.

Haddii aad ku nooshahay Waqooyiga Ayrland oo aad qabto calaamadaha ifilada, la xiriir GP-gaaga ama khadka caawinta ifilada doofaarka ee Waqooyiga Ayrland oo ah **0800 0514142**.

To use the National Pandemic Flu Service:

- Telephone **0800 1 513 100** (this is free if you use a landline telephone but you will be charged if you use a mobile telephone)
- Use the internet at **www.direct.gov.uk/pandemicflu**
- If you have problems hearing, you can use a textphone service on **0800 1 513 200**
- When you ring **0800 1 513 100** or visit the website, the National Pandemic Flu Service will ask for :
 - Your date of birth
 - Your current symptoms
 - If you have any serious medical conditions
 - Your postcode
- You or your English-speaking friend will need a pen and paper to write down any information.

If you are diagnosed with swine flu through the National Pandemic Flu Service:

- You will be offered free antiviral medication called Tamiflu or Relenza. Antiviral medication will not cure you but should help you get better sooner. Most people recover fully within 7 to 10 days. It is important that you complete the course of treatment.
- You will be given an 'authorisation number' and your flu friend will have to collect the medicine from a specific Antiviral Collection Point. You will be told the nearest collection point. Anyone with swine flu must not collect the medicine.
- As well as the authorisation number, your flu friend will need to show some proof of identification for themselves and for you (or the person who has swine flu, if this isn't you). If you are an asylum seeker, this could be an ARC card or Standard Acknowledgement Letter (SAL) issued by the United Kingdom Border Agency, or a passport, gas or electricity bill, driving licence or a bank or credit card.

- Your flu friend will be told how you should take the antivirals when they collect your medication.
- Any asylum claim will not be affected if you use this service.

If you live in Wales, Scotland or Northern Ireland

If you live in Wales and have swine flu symptoms, contact your GP. For general information call NHS Direct Wales on **0845 46 47**.

If you live in Scotland and have swine flu symptoms, contact your GP or NHS 24 on **08454 242424**.

If you live in Northern Ireland and have swine flu symptoms, contact your GP or the Northern Ireland swine flu helpline on **0800 0514142**.