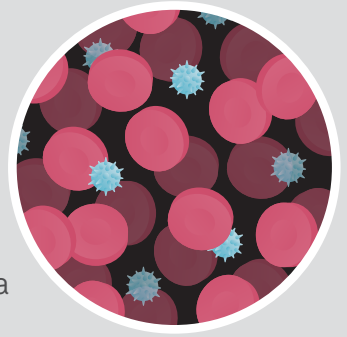


Caabuqa Dhiiga:

Waxa Loo Baahan Yahay In Laga Ogaado

Bloodborne Pathogens (Caabuqa Dhiiga, BBPs) waxaa weeye jeermisyo ku faafa dhiiga iyo dheecanada kale ee dhiiga. Jeermisyadan waxaa keena xanuunada daran sida Joonista ama HIV, markaa waa daruuri in la ogaado sida loo amaan qabayo.



Kahor tagga

- Daawaynta dhamaan dhiiga ama dheecanada dhiiga hadii ay qabaan caabuq.
- Marwalba xidho golofis marka aad ka shaqaynayso dhiiga ama dheecanada jidhka. Oggow sida sida amaanka ah ee loo daadinayo golofisyada https://www.redcross.org/content/dam/redcross/atg/PDFs/Take_a_Class/Bloodborne-Pathogens-Fact-and-Skill-Sheets.pdf?srsId=AfmBOop5pOSzS-0e-OiWQGBRGbfvhl4wTxu-rK7iI57Fa0MP2gKF5se
- Ku farxalo badanaa saabuun iyo biyo.
- Ku dabool naburta afka kala haya baandheej.
- Waligaa ha wadaagina irbadaha ama shayada shakhsi ahaaneed, sida makiinadaha.



Isku gudbinta (Sida BBPs U Faafto)

- BBPs waxay ku faafaan caabuq dhiig ama dheecanada marka uu galo dhiiga ruux kale.
- Toos u taabashada: Dhiiga leh caabuqa ama dheecaanka jidhka ee hal ruux marka uu galo ruux kale jidhkii, sida dhiiga leh caabuqa oo ku daata indhaha.
- Si dadban u gaadhitaanka: Maqaarka ruuxa oo taabta shay leh dhiig ama dheecaan jidh oo caabuq qaba, sida qaaditaanka baandheej leh dhiig ama dheecaan uu lahaa ruux.
- Candhuufta ruuxa kasoo duusha: Ruuxa oo neefsada candhuufta kasoo duusha ruuxa qaba xanuunka, sida marka uu qufaco ama hin.
- Xanuunada ay cayayaanku gudbiyaan: Maqaarka ruuxa waxaa dalooliya shay caabuq leh, sida qaniinyada.



Xakamaynta Caabuqa (Amaan Qab)

- Isticmaal golofiska iyo agabka badbaadada marka aad caawinayso ruux dhiigaya.
- U nadiifi si wanaagsan dhiiga daatay adiga oo isticmaalaya jeermis dile ama 10% biyo jaafeel leh. Sida loo qaso jaafeesha, eeg tilmaamaha ku yaala caaga dushiisa. Hadii ayna ku oolin tilmaamo, waxa aad isku qasi kartaa adiga oo adeegsanaya 1/3 koob oo jaafeel ah oo ku shubaya galaan kasta oo biyo heerkulka caadiga ah leh.
- Waxa aad ku ridaa waxkasta oo leh dhiiga bac.
- Daadinta shayada leh afka, sida irbad, weelal gaar ah (caadiyan weel caag ah oo cas oo leh dabool oo ay ku sumadaysan tahay dheecaan sun ah leh).
- Raac shuruucda amaanka goobta shaqada si aad u ilaaliso naftaada iyo dadka kale.



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Daawaynta

- Caabuqyada BBP ee qaar, sida Joonista C, waa la dawayn karaa ama waa laga dawaysmaa. Kuwo kale, sida HIV, waxay leeyihiin dawooyin ka caawin kara dadka inay nolol dheer, oo caafimaad qabta noolaadaan.
- Markasta oo aad wakhti hore qaadato dawooyinka, waxaa sii dhaamaysa natiijada.
- Ku maydh naburka, iyo maqaarka uu soo gaadhay caabuqu biyo iyo saabuun.
- Hadii uu dhiiga ama dheecaanka qaba caabuqu uu ku daato afkaaga ama sankaa, biyo raaci meesha.
- Hadii uu ku daato indhahagaa, ku dhaq biyo nadiif ah, saline ama dawo sterile mudo 20 daqiiqo ah.
- Hadii adeegyada emergency medical services (caafimaadka gurmada degdega ah, EMS) loo baahdo, waxa aad gaadhsiisaa waxa dhacay shaqaalaha caafimaadka. U sheeg dhacdada shaqaalaha kiiska ee ku qoran.
- Duwaan geli dhacdada adiga oo qoraya faahfaahinta waxa dhacay.



Shaybaadhka

Shaybaadhka dhiiga waxaa laga eegi karaa caabuqyada BBP. Hadii uu kusoo gaadho wax leh caabuq, isla markaba waa inaad is baadhaa. Marka hore, BBPyo badan ma muujiyaan wax astaamo ah, markaa shaybaadhka ayaa muhiim ah.



Sirhaynta

Duwaanada caafimaadka, oo ay kamid yihiin natiijooyinka shaybaadhka BBP, waa sir. Laguuma ogola inaad bixiso xaalad caabuqa ee ilmaha. Hadii adiga ama ilmaha aad daryeesho uu qabo BBP, waxa aad weli leedahay xuquuq iyo badbaado. Loo shaqeeyayaasha iyo dugsiyadu ma wadaagi karaa macluumaadkaaga caafimaadka caafimaadka ogolaanshahaaga la'aantii.



Khayraadka dheeraadka ah

Caabuqa Dhiiga – CY25 Shahaadada Waxbarashada Onlaynka ah: <https://cpe.socialwork.uw.edu/alliance-courses/content/bloodborne-pathogens-cy25-certification-elearning>