

## Fever and Acetaminophen (Tylenol®)

### Qandhada iyo Dawada Acetaminophen (Tylenol®)

Bukaanka \_\_\_\_\_

Haddii ilmahaaga korkiisa aad kulayl ka dareemaysid, waxa laga yaabaa inuu qabo waxa dhakhaatiirtu ugu yeedhaan “qandho”. Qandhadu inta ay leeg tahay waxay dhakhaatiirtu ku cabiraan heerkulbeeg ama termoomitir. Haddii heerkulbeeggu sheegayo 100.4° F (38° C), taas macnaheedu waxa weeye ilmahaagu waxa uu qabaa “qandho” waxana uu jidhkoodu ka diiran yahay inta uu caadiga ahaa. Taas inta badan macnaheedu waxa weeye ilmuhu waxa uu qabaa cudur. Marmarka qaarkood “qandho” ayaa ku dhacda ilmaha ka dib talaal. Marmarka qaarkood jidhkooda waxa aad ka dareemaysaa kulayl sababta oo ah xoog bay u ciyaareen ama waxay xidhan yihiin dhar badan laakiin ma jirana.

"Qandho" sideeda waxyeelo ma laha. Waxa laga yaabaa in "qandhadu" jidhka ka gargaarto inuu la dagaalamo caabuqa ama cudurka. Hase yeeshee, "qandhooyinku" waxay caruurta intooda badan ku ridaan raaxo-daro, sidaa daraadeed inta badan waxa “qandhooyinka” lagu dawweeyaa dawo la yidhaahdo Acetaminophen. Tylenol® waa magac caam ah oo loogu yeedho acetaminophen.

Sida uu yahay camalka ama firfircoonida ilmahaaga ayaa ka muhiimsan heerka qandhada. Haddii ilmuhu qabo “qandho” ah 103° F, laakiin uu faraxsan yahay, uu ciyaarayo oo uu wax cunayo, waxay u badan tahay in ilmuhu uu fiican yahay. Haddii ilmuhu uu qabo qandho ah 101° F, laakiin ay dhib ku tahay neefsashadu ama si weyn hurdo-hurdo u hayso ama aanuu xasiloonayn ama ooyayo, waxa laga yaabaa inuu aad u jiran yahay.

Ka sokow Tylenol®, waxa laga yaabaa in waxyaaban soo socda ay ilmahaaga ka caawiyaan qandhada:

- Dhar khafiif ah u labis ilmahaaga. Si khafiif ah u huwi busteyaasha.
- Isku day in ilmuhu cabo cabitaano badan.
- Ma laha dhib in shukumaan ama tuwaal qabow aad saartid foodda ama dhafaorka ilmaha. HA isticmaalin biyo qabow, baraf ama aalkolada xoqitaanka.

Fadlan *isla markiiba* wac dhakhtarkaaga marka ay jiraan mid ka mid ah calaamadahan soo socda:

- Qoor adag, madax-xanuun, ama dawakh
- Qadhqadhyo ama gariir
- Hurdo saa'id ah
- Oohin ama xasilooni la'aan saa'id ah
- Neefsashada oo dhib ah ama neefsasho sanqadh leh
- Finan cascas
- Ilmahaaga da'diisu waxay ka yar tahay 3 bilood waxana uu qabaa heerkul ka sareeya 100.4° F, (38° C)
- Qandhadu waxay ilmahaaga haysay mudo ka badan 3 maalmood
- Ilmahaaga waxa haya xanuun (xiitaa ka dib marka aad siisid Tylenol®)
- Waxa aad moodaa in ilmahaagu sii jiraday, ama waad ka walwalsan tahay

Ugu dambeyn, **MARNA** ilmahaaga ha siin asbiriin, iyada oo dhakhtarkaagu sidaas kuu sheego mooyaane. Tylenol® waxa uu yareeyaa qandhada uu keeno caabuq ama cudur ama qandhada timaada ka dib talaalada caruurta. Waxa kale oo uu gargaar ka geystaa yareynta xanuunada fudud ee uu keeno hargabka caamka ah iyo ilko-soo-bixidda.

**Dhibco** (80mg/0.8ml)

Qadar Qaadasho: Sii \_\_\_\_\_ mls 4-6 saacood kasta marka loo baahan yahay in laga nafiso qandho ama xanuun. Ha siin wax ka badan 4 qaadasho gudaha 24 saacadood.

**Hoore** (160mg/5mls)

Qadar Qaadasho: Sii \_\_\_\_\_ mls (\_\_\_\_\_ qaado shaah) 4-6 saacadood kasta marka loo baahan yahay in laga nafiso qandho ama xanuun. Ha siin wax ka badan 4 qaadasho gudaha 24 saacadood.

**Kiniinka la Calaashado** (80mg)

Qadar Qaadasho: Sii \_\_\_\_\_ kiniin 4-6 saacadood kasta saacadood kasta marka loo baahan yahay in laga nafiso qandho ama xanuun. Ha siin wax ka badan 4 qaadasho gudaha 24 saacadood.

**Kiniinka leh Xoog Caadi ah** (325mg)

Qadar Qaadasho: Qaado \_\_\_\_\_ kiniin 4-6 saacadood kasta saacadood kasta marka loo baahan yahay in laga nafiso qandho ama xanuun. Ha dhaafin wax ka badan 12 kiniin gudaha 24 saacadood.

- *Ha isticmaalin dawooyin kale oo uu ku jiro (Tylenol®).*
- *Iska ilaali aalkolada ama khamriga*

Haddii aad qabtid wax su'aalo ah oo ku saabsan dawooyinkaaga, fadlan xarunta ka wac.