Monkeypox – MPX

Kodi monkepox (MPX) ndichani ?

Monkeypox (MPX) ndi matenda oyambitsidwa ndi kachilombo kotchedwa monkeypox kochokera kunyani amene amafala pakati pa anthu. M'mbuyomo matendawa anali zigawo zochepa zokha pa dziko lapansiri, koma pano akufalikira kuzigawo zina.

Zizindikiro zikulu-zikulu za matenda a monkeypox
Anthu amene ali ndi matendawa amatha kukhala ndi

- Zotupa pathupi
- Kutentha kwa thupi ndi
- Kuwawa kwa thupi.

Zizindikiro zing'ono-zing'ono za matenda a monkeypox
Anthu ena amatha kukhalaso ndi

- Zilonda zapakhosi
- Kukhotsomola
- Kumva kufooka
- Kumva kutopa kwambiri.

Ziphuphu zimaoneka ngati zotupa zodzadzana ndi madzimadzi. Ziphuphuzi nthawi zambiri zimayamba pa lilime kapena m'kamwa ndipo zimafalikira kuzigawo zina zathupi kuphatikizirapo kumaso ,zikhatho ,zamanja, mikono, zilonda m'mapazi ndi kumaliseche. Ziphuphuzi zimaphulika manja ndi miyendo, komaso mbali zina zonse zathupi. Munthu atha kukhala nako kachilombo kamatendawa kwa masabata awiri osaonetsa zizindikiro.

Anthu ambiri amene atenga kachilomboka amachira pakatha masabata awiri kapena anayi. Ziphuphuzi zimakhala zowawa kwambiri, ndipo zimayamba kuyabwa, ndikuphulika kuyamba zilonda ndipo zimapola. Ngati mwazikanda, ziphuphzi zimachedwa kupola ndi kusiya zipsera.

Kodi kachilombo ka Monkeypox kamafalikira motani?

Kachilombo ka Monkeypox kamatha kulowa m'thupi kudzera m'maso, m'phuno pakamwa kapena paliponse pamene khungu ladulidwa kapena kukandika. Kachilomboka kamafala pamene madzimadzi amene ali pachotupacho afalikira kupita kwa munthu wina. Ngakhale ziphuphu zimene zawuma zimatha kukhalaso ndi kachilomboka.

Kachilomboka kamafala munjira izi :

- **Kukhudzana Mwachindunji :** Kukhudzana ndi munthu amene ali ndi kachilomboka, ngakhale popatsana moni, kukumbatirana, kupsopsonana, kuvina, kugonana ndi kuwongolana thupi.
- **Kusakhudzana mwachindunji :** Kubwerekana zogonera, zopukutira, zovala, ziwiya, lamya za m'manja, sapato kapena zithu zina zomwe zimatha kukhudzana ndi madzi a zilonda zamunthu amene akudwala matendawa.

Kachilombo a Monkeypox kamalowa m'thupi mwamunthu popuma(Kukhosomola, chifine, ndi kupuma) ngati munthu wakhala nthawi yayitali makamaka nthawi yosachepera maola atatu moyandikana munthu odwala matendawa.

Kodi matendawa amagwira ndani ?

Wina aliyense angathe kutenga matendawa ngati matendawa abuka m'dera lanu. Ana ndi anthu amene chitetezo chawo chathupi ndichochepa mphamvu amakhala pachiopsezo chotenga matendawa. Anthu amene analandila katemera wa nthomba (ofanana, koma osaposa kachilombo ka monkey pox) amakhala otetezekako kuti sangatenge kachilomboka.

Chithandizo

Chidziwitso : Thirani dzanja limodzi ndi kapu imodzi ya oatmeal

Matendawa amatha kuthandizidwa kunyumba potenga nthawi yambiri pakugona ndi kumwa zinthu zamadzi zochuluka ndipo matendawa amachoka okha pa masabata awiri kapena anayi. Panado amatha kuchepetsa kupweteka kwa mutu ndi kuwawa kwa ziphuphu. Kuti muchepetse kuyabwa kwa ziphuphu pathupi :

- Sambitsani khungu la zilonda ndi madzi ozizila kapena omwe mwathiramo oatmeal.
- Khalani kaye kuti thupi liume mutangomalia kusamba kumene. Izi ndizabwino ngati thupi likuoneka lonyowa.
- Ikanipo kalamayini pathupi panu kangapo patsiku kuti muletse kuyabwa. Ngati kuyabwa kukupititlira gwirirtsani ntchito 1% ya kilimu wa hydocortisone pakhungu lanu.
- Ikanipo mafuta atengo wa nimu kuti muchepetse kutupoa pathupi lanu.
- Lisiyeni thupi poyera kuti phweya uliumitse. Pamene muli pafupi ndi anthu, mvalani zovala zabwino zomwe zimapanga thupi lanu kuti lilandire phweya koma lili lotseka.

Katemera ndi kusagwirizana kwake

- Makatemera awiri omwe adakonzedwa pothetsa nthomba a ACAM2000 ndi JYNNEOS (Odziwikaso kuti ivamune kapena imvanex) amathaso kugwira ntchito kulimbana ndi monkeypox. Anthu amene chitetezo chayo chotsika komaso ndi oyembekezera asagwirirtse nawo ntchito ACAM2000.
- Anthu amene amakhala ndi kugwira ntchito malo odzadzana kumene kuli kachilomboka komaso azachipatala amene akuthandiza anthu odwala Monkeypox ayenera kulandira katemera. Mayiko olemera akugula katemera kuti azingomusunga. Katemera ayenera kugawidwa kwa aliyense amene akumufuna m'malo momangosungira anthu olemera.

Thetsana kufala kwa kachilombo ka monkeypox

- Anthu odwala matendawa ayenera kuyikidwa malo awokha m'paka zilonda zawo zitatha zonse.
- Ngati mwakumana ndi munthu amene akudwala matendawa mvalani chotchinga kumaso, chomwe chimatchinga bwino pakamwa ndi phuno yanu.
- Mvalani zotseka manja pamene mukuchapa zofunda kapena zogonera za munthu amene akudwala matendawa. Pewani kugwedeza zovala zodetsedwa. Ikani zovalazo posiyana ndi zizake, gwiritsani ntchito nmkhwala ndi madzi otentha, ngati alipo. Ziyanikeni padzuwa. Mvulani zotseka manja bwinobwino kuopa kutenga kachilomboka.
- Tsukani ziwiya ndi sopo ndi madzi otentha. Ndikupewaso kubwerekana ziwiya.
- Sambani manja kawirikawiri ndi sopo ndi madzi kapena chinachake chomwe chili chokhudzana ndi mowa. Muzikonda kusamba manja nthawi zonse mukamabwerera kunyumba, pamene mwachoka kokasamba, musanandye ndi pamene mwamaliza kukhosomola kapena kugwira m'phuno mwanu. Pewani kugwira khope yanu musanasambe manja.

Anthu othandziza anthu odwala matendawa ayenera kumvala zodzitetezera zokwanira, monga zotchinga kumaso, zotchinga manja, zotseka kumaso ndi zovala zopangidwa ndi kotoni ngati akukhala nthawi yawo yambirir ndi anthu odwala matendawa.