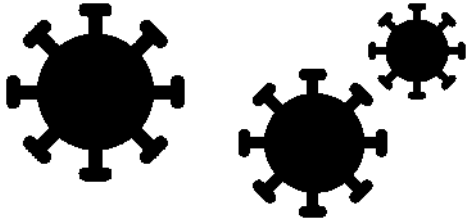
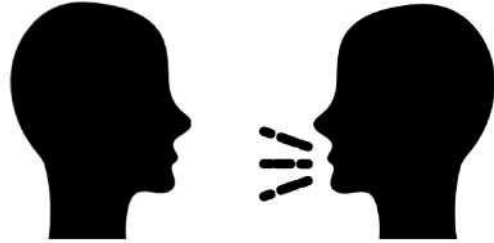


Influenza (Grippe)

Lokasa ya Makambo ya Bosolo



Influenza, oyo babengaka mingi "grippe," eutaka na bavirus ya grippe oyo ezwamaka na zolo, mongongo mpe mimpululu. Grippe ekoki kopesa maladi makasi mpe mikakatano oyo ekoki koboma mpona bato misusu.

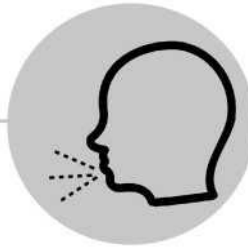


Grippe epalanganaka na moto na moto, mingi na kosukosu to kosala itie. Moto akoki kozwa grippe na kosimba esika oyo ezali na virus ya grippe, mpe nsima kosimba monoko to zolo.

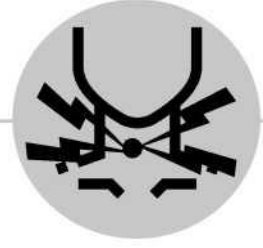
Bilembeteli mpe Bilembo oyo Emonanaka Mingi



Fievre



Kosukosu ya kokauka



Mongongo mpasi



Mutu mpasi



Bampasi ya Misisa



Kolemba nzoto Makasi

Bilembeteli mpe bilembo ya grippe ezali fievre, kosukosu ya kokauka, mongongo mpasi, moto mpasi, mpasi ya misisa mpe mpasi, zolo ya kotanga to kokangama, mpe kolemba nzoto makasi. Bana bakoki kozala na bilembo misusu lokola koyoka mposa ya kosanza, kosanza, mpe pulupulu. Mbala mingi bilembeteli mpe bilembo ebandaka mokolo moko to minei nsima ya kokutana na yango, na mwa mikolo mibale.



Solola na monganga na yo soki okanisi ete ozali na grippe. Nkisi ya kobundisa mikrobe ekoki kozala nzela ya kosalisa mpe esalisaka mpenza soki obandi yango na kati ya mikolo mibale nsima ya kobela.

Kopekisa Grippe

Maine CDC epesi toli ya kosala lolenge babengaka "Grippe Te Mpo Na Yo" (No Flu 4 You):



Zwa mangwele
ya grippe mbula
na mbula



Sukola maboko na
yo na sabuni mpe
na mai



Tikala na Ndako
Ntango Ozali
Kobela



Zipa kosukosu na yo

1. Zwa Mangwele ya Grippe Mbula Na Mbula

- Oyo ezali lolenge moko ya malamu koleka mpona kopekisa grippe.
- Obatelami na grippe na poso mibale nsima ya kozwa mangwele.
- Ezali na basouches ya bavirus ya grippe ebele mpe ebongwanaka mbula na mbula. Yango wana ezali ntina mingi kozwa mangwele ya grippe mbula na mbula.

2. Sukola Maboko

- Ba virus ya grippe ekoki kofanda likolo ya bisika mpe kougela ngonga mibale kino mwambe.

3. Tikala na Ndako Ntango Ozali Kobela

- Mikolo oyo bazali nzoto kolongono bakoki kopesa bato misusu maladi kobanda mokolo moko liboso tii mikolo mitano nsima ya komona bilembo.

4. Zipa Kosukosu Na Yo

- Ntango moto oyo azali na grippe azali kokosola to kosala itie, matanga yango ekoki kokweya na monoko to na zolo ya bato misusu.

Grippe Novel



- Grippe Novel elakisi basouches ya grippe oyo ekeseni na bavirus ya grippe ya moto oyo ekomaka eleko na eleko.
- Bavirus ya Grippe Novel ezwaka bato te, kasi bainfections ya bato ya mbala na mbala ekoki kosalema.
- Grippe Novel epalanganaka uta na banyama kino na bato. Mingi ya ba cas ya grippe novel esalemaka na bokutani ya bato na bangulu to bandeke.
- Mingimingi, bilembo ya grippe novel ekokani na grippe ya eleko.

Mpona Koyeba Makambo Misusu, Kende na:



1. www.maine flu.gov
2. www.cdc.gov/flu

Okoki mpe kobenga Maine CDC na 1-800-821-5821.