

Dengue Rua . Reak´ Cinha . Ar Solhako

Jao serma ba.rsa. ja.put´ din ar ina. tayom daram dinkore dengue rua. d.her pasnaok´a. Nebetar dinre dengue rua. thor.a juda. cinha n´elok´ kana, oka do d.her hor.ko bhitrire mit´ lekan digdha.i sirja.u akat´. Noa okte sontor tahe~n ja.rur.a. Disa. dohoe hoyok´a, rua. begorte dengue ho~ hoe dar.eak´a. Onate thor.a thor.a rua., hor.mo haso se et.ak´ cinha.ko n´el lenkhan ban´ thirkok´ hoyok´a.

Gharon´j ar apnar ho~ rukhia. reak´ upa.i:

-Sikr.i~c´ geger khon gharon´j ar apnar ho~ sontor tahe~n hoyok´a.

-Or.ak´ ad.epase dak´ ban´ jarowa ocoak´ hoyok´a.

-Ja~ha~n cinha. n´el lenkhan Sasthokendro calak´ hoyok´a.

-Hor.mo reak´ seba hatao la.git´ jatio sastho seba helpline 16263 nomborte phone hoyok´a.

Sontor ar aodha tahe~nge jotowak´ khon rukhia. dar.eabona. Nonkate apnar ho~ sontor tahe~nme ar et.k´ko ho~ sontor tahe~nre uskurko hoyok´a.

Dengue rua. reak´ maran´ cinha. do kana, ackage rua. d.herok´a (101-104 degree pharenhait), bohok´ haso, me~t´ haso, hor.mo haso, bec´ bec´ at.karok´a, hor.more arak´ dag se pusri leka d.aha d.oho rakabok´a.

Din`gu rua. reak´ cinha. do bar ha.t.in´a. Pa.hil cinha. ar muskilak´ cinha.ko.

Pa.hil cinha.ko: Bohok´ has oar me~t´ haso, hor.mo sir re haso (noa do mit´ leka Break Bone Fevar ko metak´ kana) ren`gec´ ban´ bujha.uk´a, hor.more lan`gage at.karok´a, hor.more arak´ dag se pusri leka d.aha d.oho rakabok´a.

Muskilak' cinha ko:

Rua thirkate muca.t're noako cinha. n'elok' khan bujha.u hoyok'a ba.r.ic' dosa sec' calak' kana. Noa okte usa.ra d.aktarak' solha hatao ja.rur.a: lac' haso, ghane ghane sahe~t' hatao, ti-jan'a rear.ok'a.

a.d.i kajak lan'ga at.karok' reak' upa.i:

Selain dak' n'u~i hoyok'a, thor.a rua. se haso la.git' Paracetamol n'u~i hoyok'a. Aspirin se Ibuprofen lekan ran jom khon sa.n'gin're tahe~n hoyok'a. Noa do hor.more ma~ya~me t.ont.a dar.eak'a. Dengue rua. bid.a.u la.git' Rajshahi Medical College Haspatalse apnar ad.epase ja~ha~n Diagnostic center kore test hoyok'a.