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.