

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.