,sk; gps;is thjk; (POLIO)

## *,sk; gps;is thjk; vd;gJ vd;d?*

I. mJ tUtjw;fhd fhuzk; vd;d?

,sk;gps;is thjhk; itu]; vd;w xUtif Ez;Zapuhy; cz;lhFk; xU Neha; MFk;. ,J Nkhrkhd rspAld; Muk;gkhfpwJ. ,j;njhw;W Neha; jz;L tlj;jpd; xU gFjpiaAk; mirTfis fl;LgLj;Jk; euk;GfisAk; ghjpf;fpwJ (Nkhl;lhH euk;Gfs;)

II. clypd; ve;jg; gFjp ghjpf;fg;gLfpwJ?

jd;dpr;irahf ,aq;Fk; ve;j xU jiriaAk; ghjpf;fpwJ. (cjhuzk; - vYk;G jir) ngUk;ghYk; fhy;fs; ghjp;f;fg;gLfpwJ. ghjpf;fg;gLk; jirfs; glj;jpy; fhl;lg;gl;Ls;sJ.

mwpTf; $Hik> czHr;rpfs;> Foe;ijfis ngw;Wf; nfhs;Sk; jpwd;> Mfpaitfs; ghjpf;fg;gLtjpy;iy.

III. ,e;Neha; ahUf;F tUfpwJ?

,e;Neha; 1. jLg;G+rp Nghlg;glhj>

2. nflL;;g;Nghd. FspHr;rpahd epiyapy; itf;fg;lhj jLg;G kUe;Jfs; nfhLf;fg;gl;l kw;Wk;.

3. Rfhjhuk; mw;W foptiwfs; Fiwthf cs;s gFjpfspy; thOk; 5 taJf;Fl;gl;l Foe;ijfS;fF tUfpwJ.

ghz;br;Nrhp gFjpfspy; cs;s 200 Foe;ijfpsy; Fiw;ejgl;rk; xU Foe;ij rpwpjsthtJ ,sk;gps;is thjj;jhy; Jtz;l epiyia ngw;wpUf;fpwJ.

Njd;dpe;jpah KotJk; fz;fpfl;lhy; 100 Foe;ijfSlfF xU fo;eij ,sk;gps;is thjj;jhy; ghjpf;fg;gl;bUf;fpwJ.

mj;Jld; Jtz;l epiyf;fhd ve;jptj mwpFwpAk; ,y;yhky; mjpf vz;zpf;ifpayhd foe;ijf;s itu]; fpUkpfis clypy; nfhz;L;ssdH.

cjhuzkhf:-

jLg;G+rp Nghlg;glhj> ,sk;gps;is thj;ij cz;lhf;Fk; itu]; fpUkpfis nfhz;Ls;s 100 foe;ijfpsy;>

70% rjtPjk; NgH fspapdhy; (Cold) kl;Lk; mtjpg;gLfpwhHfs;

30% rjtPjk; NgH - mjpfkhf my;yJ Fiwthf - Jtz;l epiyf;fhd mwpFpwfis ngw;wpUf;fpd;wdH.

,tHfspy;

9% rjtPjk; NgH – xU thuj;jpNyh my;yJ xU khj;jpw;Fs;Nsh KotJkhf Fdkhfp tpLfpd;wdH.

9% rjtPjk; NgH - kpjkhd Jtz;l epiyia ngw;W tpLfpd;wdH.

9% tPjk; Ngh; - kpjkhdJ Kjy; Nkhrkhd Jtz;l epiyia ngw;W tpLfpd;wdh;.

3% tPjk; Ngh; - Rthrpg;gjpy;> tpOq;Ftjpy; Vw;gLk; rpukq;fspdhy; ,we;J

tpLfpd;wdh;.

IV. **,sk;gps;is thjj;jpd; ghjpg;Gfs;:**

1. **Muk;gk;:**

,sk;gps;is thjj;ij cz;lhf;Fk; itu]; fpUkpfs; kdpj clypy; tsh;tjw;F (to develop) rpy ehl;fNs vLj;Jf; nfhs;fpd;wd. ,e;j ghjpg;G (attack) xU thuk; Kjy; 3 thuk; tiu njhlh;fpwJ.

,J rspAld; (Cold) $ba fha;r;rYld; Muk;gkhfpwJ. rpy Neuq;fspy; the;jpAk; NgjpAk; Vw;glyhk;. Rpy ehl;fSf;Fg; gpwF fOj;Jg;gFjp tpiue;J tpLfpwJ. (Stiff) KJFk; %l;LfSk; typf;f Muk;gpf;fpwJ. Clypd; rpy gFjpfs; Jtz;L tpLfpd;wd.

b. **,J njhw;wf; $bajh?**

J}f;fg;gl;l Foe;ijfs; Kjy; 2-3 thuq;fspy; kl;LNk NghypNah fpUkpfis ntspg;gLj;jp kw;wth;fis ghjpf;Fk; epiyapy; cs;sdh;. NghJthf cly; CdKw;w Mdhy; NghypNah fpUkpfis ntspg;gLj;Jk; Foe;ijfspd; kyk; %yk; ,f;fpUkpfs; ntspahfp> jz;zPh;> czTg; nghUl;fSld; fyf;fpd;wd. ,e;j mRj;jkhd ePiuNah> czitNah cl;nfhs;Sk; kw;w Foe;ijfis ,e;Neha; ghjpf;fyhk;.

**c. ,sk;gps;is thjk; te;Jtpl;l epiyapy; ehk; vd;d nra;a Ntz;Lk;?**

* KUe;Jfs; gadspf;fhJ. Crpfs; Jtz;l epiyia mjpfhpf;fyhk;
* ,sk;gps;is thjj;ij cz;lhf;Fk; itu]; fpUkpfshy; Vw;glf; $ba rsp (Cold) ia nfhz;Ls;s Foe;ijf;F Crp NghLtij jtph;f;f Ntz;Lk;.
* Ey;;y Xa;T mtrpak;
* Gapw;rp mspg;gij jtph;f;f Ntz;Lk;
* FzkilAk; fhyj;jpy; ey;y czT nfhLg;gjd; %yk; Foe;ijfis gykila nra;ayhk;.
* ey;y epiyapy; (in good position) Foe;ijia itg;gjpy; %yk; (gLf;f cl;fhu) jir ,Oj;Jf; nfhz;l epiyia (Contractures) jtpHf;fyhk;. NkJthf> if> kw;Wk; fhy;fis ey;y epiyf;F (to gcod position) Kbe;jsT ePl;l (to extend-) nra;a Ntz;Lk;.

V. jirfs; vt;thW ghjpf;fg;gLfpwJ?

NghypNahtpdhy; Vw;glf;$ba thjk; jirfSf;F Jtz;l epiyia cz;lhf;FfpwJ. JirfSf;F Mizfis vLj;J nry;Yk; euk;Gfs; ,we;J tpLtjhy; me;j euk;Gfspd; Mjpfj;jpw;F cl;gl;l jirfs; rUq;Fk; jd;ikia ,oe;J tpLfpd;wd nghJthf jirf;s klq;fkhy; ,Uf;Fk; NghJ xusT tpiug;ghf ,Uf;Fk; ,e;j tpiug;Gj;jd;ikAk; ,y;yhk;y Ngha;tpLfpd;wJ. Vt;tpj mirTk; ,y;yjhy; ghjpjf;fg;g;ll jirf;s rpwpJ rpwjhf nkype;J ,Wjpapy; ,we;J tpLfpw;dwJ.

NghJthf fhy; %l;b jir ehid jl;bdhy; Vw;glf;$ba mirTfs; ,y;yhky; Nghfpd;wd.

## *,sk;gps;is thjj;jhy; Vw;gLk; ,uz;lhk; epiy gpur;rpidfs;:*

,sk;gps;is thjk; ghjpj;J ,uz;L> %d;W thuq;fSf;F gpwF njhw;Wk; jd;ik Kbe;J tpLfpwJ.

,e;j fhyj;jpy; Jtz;l epiyapy; ghjpg;G Nkhrkhf ,Uf;fhJ. ,d;Dk; rpwf;f $w Ntz;Lk; vd;why; VO khjj;jpNyNa XusT Jtz;l epiyapypUe;J kPz;L tplyhk;.

,e;j rkak; gy rpf;fy;fs;> cldbahf njhlq;f> Vw;gl tha;g;Gfs; fPNo nfhLf;fg;gl;Ls;s fhuzq;fshy; Vw;glyhk;.

m. %l;Lfspy; VjhtJ xU gf;fj;jpy; jirfspd; jpwd; rkepiy mw;w jd;ikia ngWjy;.

M. gyk; Fiwe;j %l;Lfspd; gOit jhq;Fk; epiy.

,. epw;f> elf;f ,ayhj jd;ikia ngWjy;.

<. NgUk;ghyhd ,uz;lhk; epiy gpur;rpidfshd jir Ruq;fp tpl;l epiy> Cdq;fs;> tsh;r;rpg; gpur;rpidfs; Mfpatw;iw jtph;f;f:

1. jir Ruq;fpf; nfhz;l epiyf;F vjpuhf cjtpa gapw;rpfs; mspf;f Ntz;L;k;.
2. epw;f> elf;f cjTfpd;w cgfuzq;fis mzpa Ntz;Lk;.
3. ,sk;gps;is thjj;jhy; ghjpf;fg;gl;l Foe;ijfspd; kWtho;tpw;F ,uz;lhk; epiy gpur;rpidfis jLg;gJ kpfTk; Kf;fpak; - mtruk; mtrpak;.J}ujp\;ltrkhf NghypNah ghjpj;J ntF ehl;fs; fopj;Nj mf; Foe;ijfs; ek;kplk; tUfpd;whh;fs;. VdNt> fPo;f;fz;l gpur;rpidfs; mf;Foe;ijapd; ghjpg;ghy; Vw;gl;bUf;fyhk;.

## *%l;Lfspy; Vw;gLk; jir ,Oj;Jf; nfhz;l epiy:*

jir ,Oj;Jf; nfhz;l epiy vd;gJ jirfs; kw;Wk; jir ehh;fs; FWfpg; (Shortened - ) NghtjhFk;. ,jd; %yk; xU %l;by; (Limb - ) Vw;gl Ntz;ba KO mirTk; jLf;fg;gLfpwJ. ,J nghJthf ghjpf;g;gl;l jirapd; vjph;Gw Mdhy; NghypNahthy; ghjpf;fg;glhj jirfspy; Vw;gLfpd;wJ. JFe;j gapw;rpfshy; ,e;epiyia jtph;j;J %l;bd; ,aw;ifahd mjpf gl;r mirit epiy epWj;jyhk;.

FzkilAk; Kjy; VO khjj;jpw;Fs; jir ,Oj;Jf; nfhz;l epiyia jLg;gJ kpfTk; mtrpakhFk;. Vndd;why; ,e;j rkaj;jpy; jhd; ngUk;ghYk; vOe;J elf;fKw;gLfpd;wdh;.

jf;f ftdpg;G nfhLf;fhtpl;lhy; mth;fSf;F epiyahd Cdq;fs; Vw;gl;L> mitfis rhpnra;a khT fl;L kw;Wk; mWit rpfpl;irfs; Njitg;gLk;.

tsUk; vYk;Gfis rhpahd epiyapy; itf;ftpy;iy vd;why; mitfs; cUf;Fiye;J tsUk;. ,jdhy; mWit rpfpl;ir nra;J cUf;Fiyit Fiwg;gJ $l fbdkhfptpLk;.

IV. **KJFjz;L tisT kw;Wk; mjd; gf;fthl;L tisT**

“RNt Nff; vd;gJ (Sway Back) / gFjpapYs;s KjnfYk;Gfs; ,aw;ifepiyia tpl mjpfkhf> tisT nfhz;Ls;s epiyahFk;. ,e;j tisT nghJthf cl;fhHe;j epiyapy; Fiwthf ,Uf;Fk;. epiyaw;w gf;fthl;L tisT> mjpfkhf xU fhy; ePsf; Fiwthy; Vw;gLfpd;wJ. VdNt jFe;j cau Vw;ghL nra;ag;gl;l fhyzpahy; ,ijf; Fiwf;fyhk;. gf;fthl;L tisT ];jpukhf tpl;lhy;> mJ “];NfhypNahrp]”; vdg;gLk;. ,J nghJthf NghypNahtpdhy; xUgf;f KJFj; jirfs; kl;Lk; tOtpoe;jpUe;jhy;> Vw;gLfpd;wJ.

];jpug;glhj kw;Wk; epiyahd KJFj; jz;L tisTfs;:-

];jpug;glhj KJFj; jz;L tisTs;s epiyahd KJFj; jz;L

Foe;ijapd; KjnfYk;gpy; vt;tpj CdKk; tisTfs; KJnfYk;gpy;

,Uf;fhJ. ,j;jifa tisT me;jf; Foe;ij cs;s Cdj;jhy; epkpHe;J epHf;Fk; nghOJ> ,Lg;G tistjhNyh> Vw;gLfpd;wd my;yJ KjnfYk;G jtpu kw;w ve;j gFjpapNyh rkepiy ,y;yhJ ,Uf;Fk; nghOJ Vw;gLfpwJ.

Cjhuzkhf xU NghypNah Foe;ijapd; XU fhy; ePsk; Fiw;ejpUe;jhy;> mJ ,Lg;ig tisj;J nfhz;Ljhd; epw;f KbAk;. MJ epw;f Ntz;Lkhdhy; KJnfYk;G gf;f Thl;by; tise;Nj jPy Ntz;Lk;. ,j;jifa Cdj;ij> Foe;ijia J}f;fpNah, my;yJ rhpepiyapy itj;Njh> epkpHj;j KbahJ. ];jpug;glhj tisit> ePsk; Fiwe;j fhypd; mbapy; cauk; nfhLj;Njh>my;yJ mf; Foe;ijia mf;Fspy; if nfhLj;J J}f;fpNah> ,y;yhky; nra;a KbAk;.

Fwpg;G:-

rpy rkaq;fspy;> ehshtl;lj;jpy; ];jpug;glhj KJFj; jz;L tisT rpwpJ epiyahd tisthf khwyhk;. Gf;fthl;L ,Lg;G tisit clYf;fhd Kl;L nfhLj;J Nkhrkhfhky; jLf;fyhk;.

ngUk;ghYk; clYf;F Kl;L nfhLf;Fk; cgfuzq;fs; KjnfYk;G tisit Fiwf;fNth> jtpHf;fNth nra;tjpy;iy. Mdhy; rpy Foe;ijfps;d KjnfYk;Gfs; ntF gytPdkhf ,Y;ejhy;> mJ cl;fhy f\;lg;glyhk;. Vnddpy;. C;fhYk; nghOJ> mjd; KjnfYk;G ntFthf tisTk;. Mj;jifa Foe;ijfSlfF cly;. Kl;L cgfuzq;fs; nfhLj;J ey;y Kiwapy; cl;fhu itf;fTk;> iffis ed;F cgNahfpf;f itf;f KbAk;.

V. vYk;G tsHr;rp:-

%d;W Kf;fpfa fhuzq;fshy; fhy; Jtz;l Foe;ijapd; tsHr;pr ghjpffg;glhyk;.

m) ,uj;j Xl;lk;

vYk;G tsHr;rpf;F ,uj;jk; vLj;Jr; nry;Yk; czT mtrpak;. MirTfs; ,y;yhj fhuzj;jpdhy; Jtz;l epiyia cila fhy;fSlfF ,uj;j xl;lk; Fiwthf nry;fopwJ. Jtz;l epiy cila fhy;f;s> Jtz;l epoy mw;w

fhy;fis tpl FspH;eJ ,Uf;Fk;.

M. **Gtp<Hg;Gj; jd;ikapd; nray; (gSit jhq;Fjy;)**

VYk;gpd; tsh;r;rpahdJ GtpaPh;g;G tpirapdhy; J}z;lg;gLfpwJ. fhy;fshy; cly; gF jhq;fg;gltpy;iy vd;why; mjd; tsh;r;rp Fiwe;J tpLk;.

**,. fhy;fspd; epiy:**

vYk;Gfs; rhpapy;yhj epiyapy; ,Uf;Fk; nghOJ> mitfs; me;j epiyf;F Vw;g jq;fs; tsh;r;rpia khw;wp nfhs;fpwJ. ,jdhy; vYk;Gfs; fz;bg;ghf cUf;Fiye;J NghfpwJ. VYk;Gfis Neuhd epiyapy; itf;ff; $ba %l;Lfis ];jpug; gLj;jf; $ba epw;fTk;> elf;fTk; cjtf; $ba cgfuzq;fs;> ,j;jifa FiwghLfis ePf;fp> ey;y tsh;r;rpf;F cWJizahfpd;wd.

**<. ,uz;lhk; epiyapy; Vw;gLk; gpur;rpidfis jLj;jy;:**

ehk; Kd;Ng Jtz;l epiyAld; $ba Foe;ijf;FVw;gLk; “rpf;fy;” gpur;rpidfs; rpy topfspy; jLf;fg;gl Ntz;baij gw;wp $wpNdhk;.

Kf;fpakhf fUj;jpy; nfhs;s Ntz;ba rpy tpguq;fs;Ruf;fkhf fPNo nfhLf;fg;l;bUf;fpwJ.

* Jir ,Oj;Jf; nfhz;l epiy kw;Wk; cUf;FiyT> Cdq;fis jLf;f Ntz;Lk;.
* Jtz;l epiy Vw;gl;l clNd rhpahd KO msT mirTfis nfhLf;ff;$ba gapw;rpfis Jtq;f Ntz;Lk;.
* XU %l;by; mjpf gl;r mirT msT Fiwtjhf njhpe;jhy; ePl;Lk; gapw;rpia jpdrhp ,uz;L %d;W jlit tPjk; xt;nthU ehSk; nra;J tu Ntz;Lk;.
* Foe;ijapd; Njitfis njhlh;ejhw; Nghy; kjpg;gPL nra;J tUjy; Ntz;L;k. Fo;eijapd; khWk; Njitf;F Vw;g> gapw;rpfis> cgfuzq;fis khw;w rhp nra;a Ntz;Lk;. NtF Fiwthd my;yJ mjpfkhd cgfuzq;fs; cjTtjw;F gjpyhf Gjpa gpur;rpidfis Njhw;Wtpf;Fk;.
* Ifj;jhq;fy; fl;ilfs; ( mf;Fis mjpfkhf mOj;jhky; ghh;j;Jf; nfhs;. ,y;yhtpl;lhy; ifAk; Jtz;L Nghfyhk;.
* Fo;eijapd; cly; FiwghL> mjd; cly;> kd> r%f tsh;r;rpia ghjpf;fhky; fhg;ghw;w Kaw;rp nra;. Mf;Foe;ijf;F tpisahl;by;> gs;spapy;> kw;Wk; ve;j NtiyapYk; Cf;fkhf <Lgl top nra;.
* Mf; Foe;ijapd; ngw;Nwhh;fSf;Fk; itj;jpa Kiwfspy; <Lgl Ntz;Lk;. Mth;fs; jtph;f;fg;gl $ba gpd; tpisTfis ed;F mwpa nra;a Ntz;Lk;.

***tUk; Kd; jLg;gNj rpwe;j kUj;Jtk;:-***

**,sk; gps;is thjj;jij jLf;Fk; tpjk;**

* xt;nthU Foe;ijf;Fk; gpwe;j 8 khjj;jpw;Fs; %d;W jlit NghypNah

nrhl;L kUe;J nfhLf;f Ntz;Lk. Kjy; jlit nfhLf;Fk; kUe;J Foe;ij

gpwe;j clNd nfhLg;gJ rhyr; rpwe;jJ.

* rhpahd FspHe;j epiyapy; njhlHe;J itf;fg;gl;l NghypNah nrhl;L kUe;J> jiy rpwe;j ghJfhg;ig mspf;Fk;.
* Kbe;j tiuapy; Foe;ijfSf;F tha; topahf jLg;G kUe;J nfhLf;fg;gl Ntz;Lk;.; nfhLf;fg;gLk; NghypNah nrhl;L kUe;jpy;> Neha; vjpHf;Fk fpUkpfs; capUld; cs;sd. vdNt mjpf mstpyhd Foe;ijfSf;F ,J nfhLf;fg;gl;lhy;> mJ kw;w nrhl;L kUe;J nfhLf;f;gglhj Foe;ijfSf;Fk; gutp mth;fSf;Fk; Neha; vjpHg;G rf;jp nfhLf;Fk;.
* NghypNah kUe;J vg;nghOJk; FspH rhjdg; ngl;bapNyNa ,Uf;f Ntz;Lk;. CgNahfg; gLj;Jk; nghOJ kl;LNk mjid ntspNa vLf;f Ntz;Lk;. ,y;yhtpl;lhy;> mJ tYtpoe;J NghFk;.
* jLg;G kUe;J nfhLf;fTk;> mjid Kiwahf ghJfhf;fTk;> rKjhaj;jpd; cjtpia ehl Ntz;Lk;> jLg;G kUe;ij ghJfhf;f> filf;fhuHfs; my;yJ jdpg;gl;l tPl;L FspHrhjdg; ngl;bia cgNahfg; gLj;jpf; nfhs;syhk;. Mdhy; mjw;F mtHfspd; KO xj;Jiog;Gk; mtrpak;
* ey;y gyd; fpilf;f Foe;ijf;F [PuNkh> rspNah> tapw;Wg;Nghf;Nfh>

,y;yhj nghOJ jLg;G kUe;ij nfhLf;f Ntz;Lk;.

Foe;ij gpwe;J 6 khjk; tiuapYk; jLg;G kUe;J nfhLf;fhky; ,Ue;jhy;> mJ cly; eyk; ,y;yhky; ,Ue;jhYk;> jLg;G kUe;ij nfhLf;f Ntz;Lk;. mJ NtW ve;j itu]; tpahjpAk; nfhz;bUe;jhy;> NghypNah jLg;G kUe;J gydspf;fhky; Nghfyhk;. VdNt %d;W jlit Fwpg;gpl;lthW nfhLf;f

Ntz;Lk;. Foe;ijapd; cly; epiy rhpahdJk;> jpUk;gTk; xU Cf;Ftpg;G jtizahf> NghypNah nrhl;L kUe;ij nfhLf;f Ntz;Lk;.

tsUk; ehLfspy; cgNahfg; gLj;jg;gLk; NghypNah nrhl;L kUe;Jfspy; %d;wpy; xU gq;F Foe;ijia milA Kd;G tPhpakw;W tpLfpd;wd vd;W fzf;fplg;gLfpd;wJ. VdNt> jLg;G kUe;J nfhLf;fg;gl;l Foe;ijfSf;Fk; fPNo $wg;gLk; jLg;G Kiwfis ifahs Ntz;Lk;.

* vt;tsT fhyk; KbANkh> mt;tsT fhyj;jpw;F Foe;ijf;F jha;g; ghy; nfhLf;f Ntz;Lk;. Vnddpy; jha;g;ghypy; NghypNahTf;F vjpuhd rf;jpaspf;Fk; “Mz;bghbfs;” (antibodies) cs;sd.

jha;ghypd; Kyk; fpilf;Fk; vjpHg;G rf;jpahy;> nghJthf Foe;ijf;F 8 khjj;jpw;F Kd; NghypNah tUtjpy;yiy.

VdNt> jha;g;ghy; nfhLg;gjd; %yk; NghypNahTf;F vjpuhd jLg;G rf;jpia mjpf ehl;fSf;Fg; ngw KbAk;.

jha;g;ghy; NghypNah cl;gl njhw;W Neha;fSf;F vjpuhd jLg;G rf;jpia mspf;fpd;wJ. Foe;ijfSf;F> kpf mtrpakhdy; kl;LNk Crp Nghl Ntz;Lk; Crp NghLtjhy; Nyrhd NghypNah tpahjp> Kw;wp> if fhy;fis ghjpf;fyhk;. ,d;W fhzg;gLk; NghypNah Nehahspfspy; %d;wpy; xUtUf;F Crp Nghl;l gpd;dNu> if fhy;fs; ghjpf;fg;gl;lljhf fzf;nfLf;fg;gl;Ls;sJ. Crp NghLtjhy;> NghypNahthy;> ghjpf;fg;gl;l Foe;ijapd; iffhy; Jtz;L tplyhk;.

**ePq;fSk; cly; Cdk; Vw;glhky; jLf;f KbAk; vg;gb?**

(1) nghJkf;fis xUq;fpizj;J Nkw;$wpa jLg;G Kiwfis - kUe;ij midtUk; cgNahfpf;f Cf;fg;gLj;j Ntz;Lk;

(2) jha;ghy; nfhLg;gij Mjhpg;gJ

(3) mj;jpahtrpa epiyapy; kl;LNk Crpfis cgNahfpg;gJ Nghd;w fUj;Jf;fis mtHfspilNa gug;g cjtyhk;.

**Neha;j; jLg;G ml;ltid**

**fUTw;w ngz;fSf;F**

,uz[d;dp jLg;G - 1 ,uz[d;dp jLg;G - 2 (Cf;Ftpg;G)

(fUTw;w gpwF> $ba tpiutpy;) (,uz[d;dp jLg;G - 1 Nghl;l xU

khjj;jpw;Fg; gpwF)

**Foe;ijfSf;F**

**Kjy; Mz;by; (1-12 khjq;fs;)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| t.vz; | jLg;G+rp nrhl;L kUe;J | nfhLf;fg;gl Ntz;ba fhyk; | | | | |
| 1. | gprp[p | gpwe;jTld; | - | - | - | |
| 2. | bgpb | 1 1/2khjk; | 2 1/2khjk; | 3 1/2khjk; | 1 ½ tajpy; Cf;Ftpg;G (Booster doze) | |
| 3. | ,sk;gps;is thjk; | gpwe;jTld | 1 1/2khjk; | 2 1/2khjk; | 9 khjk; | 1 1/2tajpy;(Booster doze); |
| 4. | jl;lk;ik | Gpwe;j 9-tJ khjj;jpy; | - | - | - | |

DPT (bgpb)

D – Diptheria njhz;il milg;ghd;

P – Percusis ff;Fthd; ,Uky;

T – Tetanus Toxoid. uz[d;dp

1. vy;yh jLg;G kUe;JfisAk; chpa rkaj;jpy; Nghl;Lf; nfhs;Sq;fs;.
2. VjhtJ xU jtiz jLg;G kUe;J nfhLf;f> jhkjkhdhy; $l mijf; fl;lhak; ngw;Wf; nfhs;s Ntz;Lk;. ,J gw;wp Rfhjhu Copahplk; MNyhrid Nfl;fTk;.
3. VjpH ghHf;fg;gLk; gpurtj; Njjpf;F Fiwe;jJ xU khjj;jp;w;F Kd;G ,uz[d;dp jLg;G Crp - 2 (cf;Ftpg;G) Nghlg;gl Ntz;Lk; vd;gij kwthjPHfs;.
4. Foe;ij gpwe;jTld; gp. ]p. [p Nghlg;gl Ntz;Lk;.

**nghJthd Cdk; jLg;G Kiwfs;:**

Cdk; jLf;fg;gl Ntz;Lkhdhy;> Cdk; Cz;lhtjw;fhd fhuzj;ij fz;lwptNj rhyr; rpwe;jJ. Cdk; Vio> gzf;fhud; vd;w ghFghL ,d;wp vtUf;Fk; Vw;glyhk;. Cdk; nghJthf tWikf; Nfhl;by; ,Ug;gtHfisNa mjpfk; ghjpf;fpwJ.

XU cWg;G nray; ,oe;J NghFk; NghJ Cdk; Vw;gLfpwJ. fhy;> iffspy; ,e;j Cdk; ntspg;gilahfj; njhptjhy; Cdj;ij fz;Lzu KbfpwJ. Cdk; kdjpy; $l Vw;glyhk;. kdpjd; kd NehahspahFk; NghJ> gy fhuzq;fshy; Cd epiy Vw;gLfpwJ.

euk;G kz;lyk; ghjpg;Gf;Fs;shtjhy; Cd epiy Vw;gLfpwJ. %is> jz;Ltlj;ij ikakhff; nfhz;L euk;G kz;lyk; ,aq;FfpwJ. ,e;j ikag;gFjpNahL jirfSk;> jirahy; ,af;fg;gLk; vYk;GfSk; ,izf;fg;gl;Ls;sd. %is> jz;Ltlj;ij> jirfNshL> rpW rpW euk;Gfs; ,izf;fpd;wd. %is> jz;L tlj;jpy; ,Ue;J tUk; czHTfs; ,e;j rpW euk;Gfs; %ykhf jirfSf;F mDg;gg;gLtjhy;> jirfs; ,aq;Ffpd;wd. euk;G kz;ly ghjpg;ghy;> czHTfs; jirfisg; Ngha; milahJ ,Ug;gjhy; jirfs; nray; ,oe;J Ngha; nkyptila Cdk; Vw;gLfpwJ.

**Cdk; Vw;gl fhuzq;fs;:**

1. fHg;gkhd fhyj;jpy; Nghjpa Cl;lr;rj;J cz;zhik rpRtpd; tsHr;rpia ghjpf;Fk;. ,jdhy; Fiwe;j vil nfhz;l Foe;ij gpwf;fpwJ. vil Fiwthf gpwf;Fk; Foe;ijfSf;F %is ghjpg;G Vw;gl;L Cdk; Vw;gl mjpf tha;g;Gfs; cs;sd. fHg;g fhyj;jpy; Kjy; ehd;F khjj;jpy; jhd; Foe;ijapd; cly; cWg;Gfs; rPuhf tsHr;rp mile;J tUk;. mr;rkak; Nghjpa Cl;lr;rj;J rpRtpw;F fpilf;fhJ Nghdhy; gpwf;Fk; NghJ Foe;ij Cdkhfg; gpwf;f tha;Gfs; cs;sd.
2. kpfTk; neUq;fpa nrhe;jq;fspy; (mf;fh kfis> khkd; kfis> mj;ij kfid) jpUkzk; nra;J nfhs;tjhy; nghJthf Foe;ijfs; rpy Fwpg;gpl;l Cdj; jd;ikNahL gpwf;fpd;wd. %is ghjpg;G> fhy;fs; tise;jpUj;jy;> ,jaj;jpy; xl;il> rUk Neha; KjypaitfNshL Foe;ijfs; gpwf;fpd;wJ.
3. Foe;ij gpwf;Fk; NghJ rpy rkaq;fspy; rpy tpgj;Jfs; elg;gJz;L. Foe;ij gpwg;G top FWfyhf ,Uf;Fk;NghJ> my;yJ ifNah> fhNyh> Kjypy ntspg;gLk;NghJ euk;G kz;lyk; my;yJ rpW> rpW euk;Gfspy; mOj;jk; my;yJ fhaq;fs; Vw;gl;L Cdk; Vw;gyhk;.
4. Foe;ij gpwe;j gpd;Gk;> Foe;ijfSf;F Nghjpa Cl;lr;rj;Jf;fs; fpilg;gjpy;yiy. FLk;g fl;L;ghL nra;ag;glhj FLk;gq;fspy; mjpf Foe;ijfs; ,Ug;gJ xU fhuzk;> ek; ehl;by; Cl;lr;rj;J FiwtpdhYk;> tapw;Wg; Nghf;fhYk;> gy Foe;ijfs; ,we;J tpLfpd;wd. tapw;Wg; Nghf;F rkaj;jpy; clypy; cs;s ePuhdJ mjpfkhf ntspNawp tpLtjhy; %is ghjpf;fg;gl;L Cdk; Vw;glyhk;.
5. Foe;ij gUtj;jpy; Nghlg;gl Ntz;ba jLg;G Crpfs; Nghlg;glhjjhy; bg;jPhpah> ff;Fthd; ,Uky;> Nghd;w Neha;fs; Vw;gl;L> Foe;ijfs; mjpf tpirNahL ,Uktjhy; %is ghjpg;G Vw;gl;L Cdk; Vw;gl tha;Gfs; cs;sd.
6. XU MNzh> xU ngz;Nzh> rpfnul;> kJ> Nghij nghUl;fSf;F mbikhfp ,Ue;jhy;> ,tHfSf;Fg; gpwf;Fk; Foe;ijfs; vil FiwNthL Cdkhfg; gpwf;fpd;wd. fHg;gfhyj;jpy; khj;jpiu> kUe;Jfis kUj;Jthpd; MNyhrid ,d;wp rhg;gpLk; ngz;fSf;F gpwf;Fk; Foe;ijfs; Cdkhfg; gpwf;fpd;wd.
7. njhopw;rhiyfspy; ,Ue;J tUk; tp\g;Gif> Rfhjhukw;w Rw;Wg;Gwk; ,itfshy;> fhw;W khRgLj;jg;gLfpwJ. ,j;jifa fhw;iw Rthrpf;Fk; fHggpzpfSf;F gpwf;Fk; Foe;ij %is ghjpg;G Vw;gl;L Cdkhf gpwf;f tha;Gfs; cs;sJ.
8. nfhba tp\j;jd;ik nfhz;l nghUl;fis> ehk; cz;Zk; czTg; nghUl;fNshL fye;J> fyg;glk; nra;J tpw;fpwhHfs;. ,j;jifa fyg;glk; nra;ag;gl;l nghUl;fis fHg;gkhd ngz;fis cz;gjhy; Foe;ij Cdkhfg; gpwf;fpwJ>
9. kpd;rhuk; jahhpf;fTk;> njhopw;rhiyfs; ,af;fTk;> mZrf;jpia cgNahfpf;fpd;whHfs;. ,d;W cyfpy; mZFz;L jhahpf;fg;glhj ehL:fNs ,y;iy. ,e;j mZtpdhy; Vw;gLk; fjpHtP;rR> kdpj Fyj;jij ghjpf;fpd;wJ. ,e;j fjpHtPr;rhy; ghjpf;fg;gl;l fHg;gkhd ngz;fSf;F gpwf;Fk; Foe;ijfs; CdkhfNt gpwf;fpdwd.
10. rpy Neha;fspdhy; euk;G kz;lyk; my;yJ jz;Ltlk; my;yJ rpW> rpW euk;Gfs; ghjpg;gpw;Fs;shfp Cd epiy Vw;gLfpwJ.

mj;jifa Neha;fspy; rpy>

1. NghypNah
2. njhONeha;
3. %isf;fha;r;ry;
4. ghy;tpid Neha;
5. jl;lk;ik
6. ff;Fthd; ,Uky;
7. %isapy; fl;b
8. %isapy; uj;j frpT
9. jir jsHr;rp Neha;

Nkw;$wpa Neha;fspd; tpisthf Cdk; Vw;gLfpwJ.

11. rpy tpgj;Jf;fshYk;> Cd epiy Vw;gLfpwd;wd. mitfs;>

m. thfd tpgj;Jf;fs;

M. jP tpgj;Jf;fs;

,. njhopw;rhiyapNyh my;yJ kw;wgb Vw;gLk; rhjhuz tpgj;Jf;fs;.

**jLf;Fk; Kiwfs;:**

1. jha; fHg;gfhyj;jpy; Nghjpa Cl;lr;rj;Js;s czitAk;> itl;kpd;fs; epuk;gpa czitAk; cz;L> uj;j Nrhif Neha; tuhJ ghHj;Jf; nfhs;s Ntz;Lk;.
2. jha; fHg;gfhyj;jpy; 6>7>8 khjj;jpy; uz [d;dp Neha; tuhJ jLg;G Crp Nghl;Lf; nfhs;s Ntz;Lk;.
3. neUq;fpa nrhe;jj;jpy; jpUkzk; nra;ahJ ,Uf;f Ntz;Lk;.
4. Foe;ijfSf;F jf;f rkaj;jpy; jLg;G Crpfs; Nghl Ntz;Lk;.
5. tsUk; Foe;ijfSf;F Gujk;> khT> nfhOg;G rj;Jf;fs; cztpy; rhptu fye;J nfhLf;f Ntz;Lk;. itl;lkpd;fs; fye;j czT nghUl;fisAk; nfhLf;f Ntz;Lk;.
6. Rpfnul;> kJ Nghijg;nghUl;fs; ,tw;iw fz;bg;ghf jtpHf;f Ntz;Lk;.
7. Rw;Wg;Gwk; J}a;ikahf ,Uf;f Ntz;Lk;.
8. fopT ePH tPl;ilr; Rw;wp Njq;fhJ ghHj;Jf; nfhs;s Ntz;Lk;.
9. <f;fs;> nfhRf;fs; tsHtijj; jLf;f Ntz;Lk;.
10. cz;Zk; nghUl;fs; vg;NghJk; %b itf;fg;gl Ntz;Lk;.
11. nfhjpj;j ePiuNa Fbf;f Ntz;Lk;.
12. iffis ed;whf Nrhg;Gg; Nghl;Lf; fOtpa gpd;dNu rhg;gpl Ntz;Lk;.
13. ,Uky;> Jk;ky;> te;jhy; iffisf; nfhz;L tha;> %f;if Jzpahy; my;yJ iffshy; %bf; nfhs;s Ntz;Lk;.
14. njhopw;rhiyfs; cs;s ,lk; kpfTk; neUf;fkhd tPLfs; cs;s gFjpfis tpl;L mfd;W ey;y fhw;Nwhl;lk; cs;s ,lj;jpy; FbNaw Ntz;Lk;.
15. rhiy tpjpfis Kiwg;gb filgpbf;f Ntz;Lk;. rhiy tpjpfis rhpahdgb filgpbj;jhy;> tpgj;Jf;fis jtpHf;fyhk;. ,jdhy; Cdkpd;wp thoyhk;.