TALAALKA CAGAARSHOWGA A

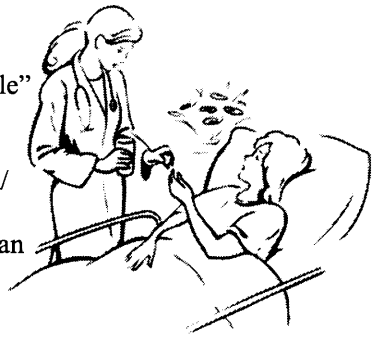
WAXAAD U BAAHAN TAHAY IN AAD OGAATO

1. Waa maxay cagaarshowga A (hepatitis A)?

Cagaarshowga A waa cudur beerka ku dhaca oo halis ah waxaana keena fayraska/jeermiga cagaarshowga A (HAV). HAV waxaa laga helaa saxarada dadka qaba cagaarshowga A. Waxaa badanaaba uu ku fidaa istaabasho gaar ah iyo cunid cunto ama cabid biyo uu ku jiro HAV.

Cagaarshowga A wuxuu keeni karaa:

- Jiro fudud oo ah "Inflawenza-oo kale"
- Cagaarshow (maqaarka iyo indhaha oo huruud/ jaale noqda)
- Calool xanuun ba'an iyo shuban



Badanaaba dadka uu Cagaarshowga A ku dhoco isbitaal baa la dhigaa (qiyaastii 5tii qofba 1 qof).

Mararka qaarkood, dadku waa u dhintaan cagaarshowga A (qiyaastii 3-5 dhimasho 1,000 kii qofba oo uu ku dhaco).

Qofkii qaba cagaarshowga A si fudud ayuu u qaadsiin karaa dadka ay isku hoyga yihiin.

Talaalka cagaarshowga A wuxuu ka hortegi karaa cagaarshowga A

2. Waayo Qofka ay Tahay in uu Qaato Talaalka Cagaarshowga A Goormase?

QOFMA?

Dadka qaarkii waa in si caadi ah looga talaalaa cudurka cagaarshowga A.

- Caruurta 1 sano (12 illaa 23 bilood) jirka ah.
- Dadka 1 sano jirka ah ama ka weyn oo u dhoofaya ama ka shaqaynaya wadamada uu si aad ama si meel dhexaad ah uga jiro cagaarshowga A, sida kuwa kuyal Bartamaha ama Koonfurta Amerika, Mexico, Aasiya (Japan maahee), Afrika, iyo bariga Yurub. Wixii warbixin dheeraad ah booqo **www.cdc.gov/travel**.
- Caruurta iyo da'yarta illaa 18 jirka ah oo ku dhex nool gobolo ama bulshooyin si caadi ahba talaalka looga dhaqan geliyo maadaama cudurku aad uga jiro.
- Nimanka nimanka kale u galmooda.
- Dadka isticmaala daroogada suuqa.
- Dadka qaba cudur beerka ku gaamuuray.
- Dadka lagu daaweeyo waxyaabo dhiigga xinjirta ka ilaalsha.
- Dadka ka sheqeeya meel ay joogaan primates (sida dadka, daayeerka iyo koroowga) oo qaba HAV ama ka sheqeeya shaybaaro lagu sameeyo cilmi-baaris HAV.

Dadka kale ayaa laga talaali karaa cacaarshowga A markay jiraan xaalado gaar ah:

- Talaalka cagaarshowga A waxaa lagula talin karaa caruurta ama da'yarta dhex jooga bulshooyin cagaarshowga A uu ka dilaacay.

Ma jirto ruqsad lagu talaali karo Cagaarshowga A caruurta da'doodu ka yartahay 1 sano.

GOORMA?

Caruurta talaalka u horeeya waa in la siiyaa markay jiraan 12-23 oo bilood. Caruurta aan la talaalin maalinta ay 2 jirsadaan waxaa la talaali karaa booqashooyinka dambe.

Dadka dhoofaya, talaalka u horeeya waa in lagu duraa ugu yaraan hal bil ka hor inteeyan socon si ay difaaca ugu fiican ugu helaan talaalka.

> Dadka talaalka qaata bil ka yar intayan dhoofin/socdaalin waxaa lagu duri karaa irbad la yiraahdo "immune globulin" (IG). IG waxay isla markaas siisaa difaac.

Dadka kale, talaalka cagaarshowga A waxaa loo bilaabi karaa mar kasta oo qofku halis u yahay cudurka.

Labo kuuro oo talaal ah ayaa qofka ugu filan difaac daa'im ah. Labadaa kuuro talaalka ah waa in ay isu jiraan ugu yaraan 6 bilood.

Talaalka cagaarshowga A waxaa lala qaadan karaa talaalo kale marka la qaadanayo.

3. Dadka qaarkiis waa in ayan qaadan talaalka cagaarshowga A ama waa in ay sugaan.

- Qof kasta oo **talaal hore uu ku kiciyay xasaasiyad /alerji** aad u ba'an/daran (oo naftiisa halis gelisay) ka dib markii laga talaalay cagaarshowga A waa in uusan qaadan mid kale.
- Qof kasta oo **xasaasiyad/alerji** aad u ba'an (oo naftiisa halis gelisay) **kaga kacday wax kasta oo talaal ku jira** waa in uusan qaadan talaalka. U sheeg dhakhtarkaaga haddii wax xasaasiyad aad u ba'an ay kugu kacdo. Talaalada cagaarshowga A oo dhan waxaa kujira maadada alum qaarkoodna waxaa ku jira maadada 2-phenoxyethanol.
- Qof kasta oo ay ku dhacdo jiro **dhexdhexaad ah ama daran** wakhtiga talaalka loo balamiyay waa in uu sugaa intuu ka bogsanaayo. Weydii dhakhtarkaaga ama kalkaalisada caafimaadka. Dadka jiro fudud qaba badanaaba waa qaadan karaan talaalka.
- U sheeg dhakhtarkaaga haddii aad **uur** leedahay. Lama go'aamin in talaalka cagaarshowga A uu ammaan u yahay dumarka uurka leh iyo in kale. Haseyeeshee, wax cadaynaya ma jiraan in uu wax yeelo ku keeni karo dumarka uurka leh iyo uur ku jirkaba. Khatartu, hadayba jirto, waxaa loo malaynayaa in ay hoosayso.

4. Waa maxay dhibaatooyinka uu keeni karo talaalka cagaarshowga A?

Talaalku, sidii daawa kaleba, waxaa suurta gal ah in uu keeno dhibaatooyin culus, sida in uu kiciyo xasaasiyad ba'an. Khatarta uu talaalka cagaarshawga A ku keeni karo dhib culus, ama dhimasho aad bay u yartahay.

Qaadashada talaalka cagaarshowga A baa ka amaansan cudarka oo kugu dhaca.

Dhibaatooyin fudud

- xanuun meeshii irbadda lagu muday *(qiyaastii1 qof 2dii qof oo waaweynba, iyo illaa1 cunug 6dii ilmoodba)*
- Madax xanuun *((qiyaastii1 qof 6dii qof oo waaweynba, iyo illaa1cunug 25kii ilmoodba)*
- cunto cunid la'aan *(qiyaastii 1 cunug 12kii ilmoodba)*
- daal *(qiyaastii 1 qof 14kii qof oo waaweynba)*

Haddii dhibaatooyin kaanu dhacaan, badanaaba waxay ku egyihiin 1 illaa 2 maalmood

Dhibaatooyinka aad u ba'an/daran

- Xasaasiyad ku kacda oo daran, dhawr daqiimo ama dhawr saac durmada ka dib *(aad bay u yartahay)*

5. Ka waran haddii uu keeno Waxyeelo dhexdhexaad ah ama ba'an?

Maxaan ku gartan karaa?

- Xaalad kasta oo aan caadi ahayn, sida qandho saraysa ama hab-dhaqanka qofka oo isbedela. Astaamaha lagu garto in xasaasiyad ba'an ay qofka ku kacday waxaa ka mid aa neefsashada oo dhibta, xabeeb ama xiiq-xiiq ay ka yeerayso, furuuruc, midabka oo isbedela, tabardaro, wadnaha oo aad u garaaca ama madax wareer

Maxaan Sameeyaa?

- **Wac** dhakhtar, ama islamarkiiba qofka dhakhtar u gee.
- **U sheeg** dhakhtarkaaga waxa dhacay, maalinta iyo wakhtiga wax dhaceen, iyo marka lagu talaalay.
- **Waydii** dhakhtar kaaga, kalkaalisa caafimaad, ama waaxda caafimaadka si aad u wariso waxyeelada ku gaaray adigoo diiwaangelinaaya foomka Vaccine Adverse Event Reporting System (VAERS).

Ama waxaad warbixintan ka diiwaan gelin kartaa shabakadda internetka VAERS www.vaers.hhs.gov, ama adoo wacaya 1-800-822-7967.

VAERS ma bixiso talo caafimaad.

6. The National Vaccine Injury Compensation Program (Parnaamijka Qaranka ee Magdhowga Waxyeelada Talaalka)

Haddii talaalku adiga ama ilmahaaga uu ku keeno waxyeelo daran, waxaa la sameeyay barnaamij federaal ah si loo bixiyo kharashka ku baxay daryeelka caafimaad ee dadka waxyeeladu talaalka ka soo gaartay.

Wixii warbixin ah oo ku saabsan The National Vaccine Injury Compensation Program, wac 1-800-338-2382 ama booqo shaqakadda internetka www.hrsa.gov/vaccinecompensation.

7. Wax Intaa ka badan sidee u ogaan karaa?

- Weydii dhakhtar kaaga ama kalkaalisa caafimaad. Waxay ku siin karaan xirmo waraaqo ah oo ka hadlaya talaalka ama waxay kuu sheegayaan ilo kale oo aad warbixin ka hesho.
- Wac dhakhtarkaaga ama waaxda caafimaadka ee gobolkaaga
- La xiriir Centers for Disease Control and Prevention (CDC):
  - Wac **1-800-232-4636 (1-800-CDC-INFO)**
  - Booqo shabakadda internetka ee CDC: **www.cdc.gov/hepatitis** or **www.cdc.gov/nip**

DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Immunization Program

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