

Tallaalka Cagaarshoga B

Waxaad u Baahan Tahay Inaad Ogaato

Many Vaccine Information Statements are available in Somali and other languages. See www.immunize.org/vis
 Bayaanno Maccluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqada kaleba. Eeg www.immunize.org/vis

1 Waa maxay sababta la isu tallaalayo?

Cagaarshow B waa infekshan daran oo saameeya beerka. Waxa keena fayraska cagaarshow B. Cagaarshowga B ayaa sababi kara dhibaatooyin caafimaad oo sahlan oo qaadata dhowr toddobaad, ama waxay u horseedi kartaa jirro daran oo cimiriga oo dhan ah.

Infekshinka fayraska Cagaarshow B ayaa noqon kara mid daran ama joogto ah.

Infekshinka fayraska Cagaarshow B ee daran ayaa ah cudur muddo gaaban oo dhaca 6 bilood ee ugu horeeya gudahood ka dib marku qof u feydsamo fayraska cagaarshow B. Taasi waxay u horseedi kartaa:

- qandho, daal, abiteetka oo xumaada, lallabo, iyo/ama matagitaan
- cagaarshow (maqaarka ama indhaha oo huruud noqda, kaadi madow, saxaro midab-dhoobada oo kale ah)
- xanuun muruqyo, xubno, iyo caloosha ah

Infekshinka faayraska cagaarshowga B ayaa ah cudur muddo dheer oo dhaca marka fayraska cagaarshowga B u ku jiro jirka qofka. Dadka intooda ugu badan ee ku sii socda inay yeeshaan cagaarshowga B ee joogtada ah ayaa lahayn calaamado, laakiin wali halis oo wuxuu u horseedi karaa:

- dhaawaca beerka (cirrhosis)
- kansarka beerka
- dhimasho

Dadka sida joogtada infekshinka u leh ayaa ku faafin kara cagaarshowga B dadka kale, xitaa haddii aanay dareemin ama aanay u ekayn qof buka laftoodu. Ilaa 1.4 milyan oo qof Mareykanka gudahiisa ayaa laga yaabaa inay leeyihiin cudurka cagaarshowga B ee joogtada ah. Qiyaastii 90% dhallaanka qaada cagaarshowga B ayaa yeesha infekshinka joogtada ah oo qiyaastii 1 ka mid 4tiiba ayaa dhimata.

Cagaarshoga B waxa uu ku faafaa marka dhiig, shahwo, ama dheecaanka kale ee jirka ee leh fayraska cagaarshow B u galo jirka qof aan cudurka alahayn. Dadka ayaa ku qaadi kara fayraska marka loo maro:

- Dhalmada (Ilmaha hooyadii u cudurku hayo ayaa cudurka qaadi kara ama ka dib dhalashada)
- La wadaagga sheyada ay ka midka yihiin mandiiilaha ama cadayada qof qaba cudurka
- Xiriir taabasho leh la yeelasho dhiig ama boog furan qof qaba cudurka
- Gamo lal yeesho qof qaba cudurka
- Wadaagga irbadaha, sirinjiyada, ama qalabka kale ee daroogo isku-durka
- U feydsanka dhiigga ka yimid irbadaha duritaanka ama waxyaabaha kale ee fiqan

Sannad kasta qiyaastii 2,000 gudaha Maraykanka ayaa ku dhimata cagaarshowga B ee cudurka beerka la xiriira.

Tallaalka cagaarshoga B ayaa ka hortagi kara cagaarshoga B iyo cawaaqibtiisa, oo ay ku jiraan kansarka beerka iyo siroosis.

Hepatitis B VIS – Somali (7/20/2016)

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Tallaalka cagaarshoga B waxaa laga sameeyey qaybo ka mid ah fayraska cagaarshoga B. Ma sababi karto cudurka cagaarshoga B. Tallaalka ayaa badiyaa lagu bixiyaa 3 ama 4 duritaano ah in muddo 6 bilood ah.

Dhallaanku waa in ay qaataan qiyaasta kowaad ee tallaalka cagaarshow B markay dhashaan iyo sida caadiga ah waxay dhammaystiran doonaan taxanaha tallaalka 6 bilood markay jiraan.

Dhammaan **carruurta iyo da'yarta** ka yar 19 sano ee aan weli qaadan tallaalku waa in waliba la tallaalo.

Tallaalka cagaarshoga B waxa lagula talinayaa inay qaataan **qaangaarayaasha** aan la tallaalin ee halista ugu jira ugu jira infekshinka fayraska cagaarshowga, oo ay ku jiraan:

- Dadka ay shuraagooda galmadu leeyihiin cagaarshowga B
- Dadka galmo firfircoonida leh ee oo aan ku jirin xiriir galmo muddada-dheer oo qof kaliya ah
- Dadka raadinaya ka baaris ama ka dawayn cudurka galmada lagu kala qaado
- Ragga xiriirka galmada la yeesha ragga kale
- Dadka la wadaaga irbadaha, sirinjiyada, ama qalabka kale ee daroogada la isku duro
- Dadka qoyska ka wada tirsan ee xiriirka isku dhowida taabashada la leh qof qaba fayraska cagaarshoga B
- Shaqaalaha daryeelka caafimaadka iyo shaqaalaha badbaadada dadwaynaha ee halista u feydsanka dhiigga ama dheecaannada jirka
- Deegganayaasha iyo shaqaalaha goobaha loogu talagalay dadka koboc ahaan naafada ah
- Dadka ku jira goobaha asluubta
- Dhibbanayaasha faraxumaynta galmada ama xad-gudubka loo geysto
- Dadka socdaalka ku taga gobollada leh heerarka sii kordhsan ee cagaarshowga B
- Dadka qaba cudurka beerka joogtada, cudurka kelyaha, cudurka HIV, ama sonkorowga
- Cid kasta ee rabta in laga ilaaliyo cagaarshowga B

Ma jiraan halisyo la yaqaan oo ah la-qaadashada cagaarshowga B tallaalada kale waqiti isku mid ah.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

3**Dadka qaarkood ma aha inay qaataan tallaalkan**

U sheeg qofka tallaalka bixinaya:

- **Haddii u qofka qaadanaya tallaaku u leeyahay dareen-celin alerjiyo nolosha halis galisa.**
Haddii aad waligaa ku yeelatay dareen-celin alerji oo nolosha halis galisay kaddib markaad qaadatay qiyaas taallaal cagaarshow B, ama alerji daran aad ku yeelatay qayb kasta oo ka mid ah tallaalkan, waxa lagugula talin doonaa inaad is-tallaalin. Weyddii bixiyahaaga daryeel caafimaad haddii aad rabto macluumaadka ku saabsan qaybaha tallaalku u ka kooban yahay.
- **Haddii qofka la tallaalayaa aanu si fiican dareemayn.**
Haddii aad qabto jirro sahlana, sida durayga, waxa dhici karta inaad qaadato tallaalka maantaba. Haddii aad u bukto si dhexdhexaad ah ama daran, waxa habboon inaad sugto illaa intaad ka bogsanayso. Dhakhtarkaaga ayaa talo ku siin kara.

4**Halista falcelinta tallaalka**

Dawo kasta, oo ay tallaalladu ka mid yihiin, waxa dhici karta inay jiraan saamayno soo raaca. Kuwaas ayaa ah badiyaa kuwo sahlana ama iyaga ayaa iskood isaga taga, laakiin falcelinta darani inay dhacdaana waa suurtagal.

Dadka qaata tallaalka Cagaarshowga B badankoodu wax dhib ah kalama kulmaan.

Dhibaatooyin yar yar ka dib tallaalka cagaarshowga B waxa ka mid ah:

- damqasho lagu yeesho meesha irbadda laga qaatay
- heerkulku markuu yahay 37.7°C (99.9°F) ama ka badan yahay

Hadday dhibaatooyinkani dhacaan, caadi ahaan waxay billaabmaan isla markaaba tallaalka kaddib waxayna socdaan 1 ama 2 maalmood.

Dhakhtarkaaga ayaa kuu sheegi kara wax intaa u dheer oo ku saabsan falcelinnadan.

Dhibaatooyinka dhici kara kaddib tallaalkan:

- Dadka ayaa mararka qaarkood miyir beela kaddib hawl caafimaad marka lagu sameeyo, oo tallaalkuna ka mid tahay. Fadhiga ama jiifsadka illaa 15 daqiiqo kaddib tallaalka ayaa ka caawin karta qofka kahortagga miyir-beelka iyo dhaawacyada ay keento dhicistu. U sheeg bixiyahaaga haddii aad dareento dawakhaad, ama araggaagu isbeddelo ama dhaguhu ku guuxaan.
- Dadka qaarkood ayaa yeesha garab xanuun ka daran oo waqti dheer qaadata ka damqashada caadiga ah ee ka dambeeya duritaanka. Taas ayaa dhacda marar dhif ah.
- Dawo kasta ayaa sababi karta fcelin xasaasiyadeed daran. Falcelintan oo kale ee ka timaad tallaalka ayaa aad dhif u ah, iyada oo lagu qiyaaso in ka yar 1 milyankii qiyaasoodba, oo waxay dhici doontaa dhowr daqiiqo illaa dhowr saacadood gudahood tallaalka kaddib.

Sida dawo kasta oo kale, ayay jirtaa calaf suurtagalkeedu aad u yar tahay oo tallaalku sababo dhaawac halis ah ama dhimashaba.

Waxa marwalba kormeer lagu hayaa badbaadada tallaallada. Macluumaad intaas dhaafsiisan intaas, booqo www.cdc.gov/vaccinesafety/.

Translation provided by the Immunization Action Coalition

5**Maxaa dhacaya haddii ay dhibaatooyin darani ka yimaaddiin?****Maxay tahay inaan raadiyo?**

- U firso wixii kasta ee adiga kaa wewelsiiya, sida calaamadaha daren-celinta xasaasiyadda daran, qandhada aad u sarreysa, dabecadda isbeddelaysa.
Calaamadaha **daren-celinta xasaasiyadaha daran** waxa ka mid noqon kara, wajiga iyo cunaha oo barara, neefta oo ku qabata, wadnaha oo degdeg kuu garaaca, dawakhaad, iyo tabcaanimo. Taasi waxay bilaabmi doontaa dhowr daqiiqo illa dhowr saacadood kaddib tallaalka.

Maxay tahay inaan sameeyo?

- Haddii aad u maleyso inay tahay **daren-celin xasaasiyad daran** ama xaalad kale oo degdeg ah oo aan la sugin karin, u wac 9-1-1 ama qofka gee isbitaalka kuugu dhow. Haddii kalese, wac rugta caafimaadka.

Markaa waxa ka dambeeya, ficil-celinta waa in warxbixin laga siiyaa Vaccine Adverse Event Reporting System (VAERS) (Ka Warbixinta Dhacdada Daran ee Tallaalka). Dhakhtarkaaga ayaa ah inuu xereeyo warbixintan, ama adiga laftaada ayaa sidaas samayn kara adiga oo u mara websaytka VAERS ee ku taal www.vaers.hhs.gov, ama adiga oo waca **1-800-822-7967**.

VAERS ma bixiso talo caafimaad.

6**Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (National Vaccine Injury Compensation Program)**

National Vaccine Injury Compensation Program (VICP) (Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka) waa barnaamij federaal ah oo loo abuuray magdhowga dadka laga yaabo ay wax yeelleeyeen tallaallada qaarkood.

Dadka rumaysan inuu tallaalka dhaawacay waxay wax ka ogaan karaan barnaamijka iyo sida loo xereysanayo cabasho iyaga oo waca **1-800-338-2382** ama booqda websaaydka VICP ee www.hrsa.gov/vaccinecompensation. Waxa jira wakhti xadaysan in la sheegto magdhow.

7**Sidee baan macluumaad dheeraad ah ku ogaan karaa?**

- Weyddii daryeel bixiyahaaga caafimaad. Isaga ama iyada ayaa ku siin kara warqadda baakada tallaalka lagu soo dhex riday ama kugula talin kara ilo kale oo aad macluumaad ka heli kartid.
- Wac waaxda caafimaadka xaafadda ama gobolkaaga.
- La xiriir Xarumaha Xakamaynta iyo Centers for Disease Control (CDC) (Kahortagga Cudurrada):
- U wac **1-800-232-4636 (1-800-CDC-INFO)** ama
- Booqo degelka CDC ee ku taal www.cdc.gov/vaccines.

**Vaccine Information Statement
Hepatitis B Vaccine**

7/20/2016

Somali

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42 U.S.C. § 300aa-26