

TALLAALKA CAGAARSHOW B

WAXAY TAHAY INAAD OGAATO

1 Waa maxay cagaarshow B?

Cagaarshow B waa xanuun halisa oo ku dhaca beerka. Waxa keena fayraska cagaarshow B (HBV). HBV wuxuu sababi karaa:

Xanuun kusoo bood ah (muddo gaaban). Kani wuxuu horseedi karaa:

- hamuum xumo
- shuban iyo matag
- tabcaanimo
- indha caseeyej (maqaarka ama indho hurdi ah)
- xanuun muruqyada, kalagoysyada, iyo caloosha ah

Xanuunka ku soo boodka ahi wuxuu ku badan yahay dadka waaweyn. Carruurta uu ku dhaco inta badan ma yeeshaan xanuun ku bood ah.

Infakshan muddo-dheer ah (muddo-dheerl). Dadka qaar waxa ay gaadhaan karaan heerka infakshanka HBV ee jiidama. Kani aad ayuu khatar u noqon karaa, inbadanna wuxuu horseedi karaa:

- dhaawaca beerka (cirrhosis)
- kansarka beerka
- geeri

Infakshanka dabada dheeraada wuxuu ku badan yahay carruurta marka loo eego dadka waaweyn. Dadka uu ku dhacay HBV waxay u gudbin karaan dadka kale, xiitaa haddii aanay u muuqan qaar buka.

- 2005, qiyaastii 51,000 oo qof ayuu ku dhacay cagaarshow B.
- Qiyaastii 1.25 milyan oo qof ayaa leh infakshanka HBV oo daba dheeraaday Maraykanka.
- Sannad kasta qiyaastii 3,000 ilaa 5,000 oo qof ayaa u dhinta seroosis ama kansarka beerka ee uu sababo HBV.

Fayraska cagaarshow B wuxuu ku gudbaa istaabashada dhiigga ama dareerayaasha kale ee qofka qaba. Qof waxa uu ku qaadi karaa isagoo:

- taabta dhiigga hooyada iyo dareerayaasha jidhka ee xilliga dhalnada;
- taabta dhiigga iyo dareeraha jidhka dillaacyada maqaarka sida qaniinyada, sarriinnada, ama caabuqa;
- taabashada walxaha yeelan kara dhiig ama dareerayaasha jidhka sida cadayga ama makiinadaha;
- galmo aan ilaashanayn oo lala qaato qof qaba cudurka;
- wadaagga irbadaha marka uu isku mudayo daroogada qofku;
- ay muddo irbad la isticmaalay shaqada marka lagu jiro.

2 Tallaalka cagaarshow B: Maxaa la isku tallaalayaa?

Tallaalka cagaarshow B waxa uu ka hortagi karaa cagaarshow B, iyo cawaaqibada halista ah ee infakshanka HBV, ooy ay ku jiraan kansarka beerka iyo siroosis.

Tallaalka soo noqnoqda ee cagaarshow B ee carruurta Maraykanku wuxuu bilaabmay 1991. Markaas kadib, dhacdooyinka la soo tabiyey ee cagaarshow B ku boodka ah ee carruurta iyo kurayda wuxuu hoos u dhacay in kabadan 95% - iyo 75% kooxaha da'aha oo dhan.

Tallaalka cagaarshow B waxa laga sameeyey qayb ka mid ah fayraska cagaarshow B. Ma sababi karo infakshanka HBV.

Tallaalka cagaarshow B inta badan waxa loo siiyaa **3 ama 4 mudid oo isdaba joog ah.** Tallaalkan taxani wuxuu bixiyaa ka ilaalin wakhti dheer ee infakshanka HBV, laga yaabaa nolosha oo dhan.

3 Ayaa ah inuu qaato tallaalka cagaarshow B waana goorma?

Carruurta iyo Kurayda

- Carruurta oo dhami waa inay helaan xirfadooda hore ee tallaalka cagaarshow Tallaalka B **markay dhashaan** oo waa in ay dhamaystiraan taxanaha tallaalka illaa 6-18 bilood jirka.
- Carruurta iyo kurayda ilaa 18 sano jirka ah ee aan helin tallaalka intay yaraayeen waa in waliba la tallaalaa.

Dadka waaweyn

- Dhammaan dadka waawayn ee aan tallaalnayn ee **khatar ugu jira qaadidda infakshanka HBV** waa in la tallaalo. Tan waxa kamida:
 - rafiiqyada galmada ee dadka uu ku dhacay HBV,
 - ragga u taga ragga,
 - dadka isku mida daroogada,
 - dadka leh wax kabadan hal rafiiq galmo,
 - dadka leh cudur ku raagay beerka ama kalida,
 - dadka kashaqeeya shaqo u bandhigan dhiigga dadka,
 - taabashada alaabada guriga ee dadka uu ku dhacay HBV,
 - deggenayaasha iyo shaqaalaha machad dadka koboc ahaan naafada ah,

- bukaanada mishiinka kalyaha lagu xidho,
 - dadka u socdaala waddamada cagaarshowgu ku badan yahay,
 - dadka leh infakshanka HIV.
- Cid kasta oo kale oo rabta in laga ilaaliyo infakshanka HBV waa la tallaali karaa.

4 Ayey tahay INAYNA qaadan tallaalka cagaarshow B?

- Cid kasta oo u leh xasaasiyada halis ah, sida **yeesta keega, ama walax kasta oo ka mid ah tallaalka**, waa in aanu helin tallaalka cagaarshow B. U sheeg bixiyahaaga haddaad leedahay wax xasaasiyad daran ah.
- Cid kasta oo u lahayd dareen-celin xaasaasiyadeed oo halis ah **qiyaas hore oo tallaalka cagaarshaw B** waa in ayna helin qiyaas kale.
- Cid kasta oo **si dhexdhexaad ah ama halis ah u xanuusada** marka qiyaas tallaalka ah loo diyaariyo waa in ay sugaan sida saxda ah illaa ay ka bogsanayaan ka hor inta ayna helin tallaalka.

Bixiyahaagu wuxuu ku siin karaa macluumaad badan oo ku saabsan digniinanahan.

Haweenka uurka leh ee u baahan ka ilaalinta infakshanka HBV waa la tallaali karaa.

5 Halisaha tallaalka cagaarshow B

Cagaarshow B waa tallaalka aad u bedqaba. Dadka badankoodu wax dhiba kalama kulmaan.

Kuwan soo socda oo **dhibaatooyin yar yar ah** ayaa la soo sheegay:

- Caabuqa halkii laga muday (ilaa 1 qof 4 qof).
- Heer kul 99.9°F ama ka sarraysa (illaa 1 qof 15-kii qofba).

Dhibaatooyin halis ah aad ayay u yar yihiin. Dareen-celin xasaasiyadeed oo daran ayaa la rumaysan yahay inay dhacaan hal mar ilaa 1.1 milyan qiyaaso tallaalka.

Tallaalku, sida daawooyinka kasta ee kale, **wuxuu** sobabi karaa dareen-celin halis ah. Laakiin halista tallaalka keenaya waxyeelo halis ah, ama geeri, aad ayey u yar tahay. In kabadan 100 milyan oo qof ayaa ku helay tallaalka cagaarshow B Maraykanka dhexdiisa.

6 Kawaran hadduu jiro dareen-celin dhexdhexaad ah ama daran?

Maxay tahay inaan raadiyo?

- Wixii xaalad aan caadi ahayn, sida xummad sare ama isbeddelo habdhaqan. Calaamadaha dareen-celin

xasaasiyadeed halista ah waxa ku jiri kara neefsiga oo adkaada, xabeeb ama hiin-raag, cuncun, cawlaan, daciif, garaaca wadnaha oo degdeg ah ama dawakh.

Maxay tahay inaan sameeyo?

- **Wac** dhakhtar, ama u gee qofka markiiba dhakhtarka.
- **U sheeg** dhakhtarkaaga waxa dhacay, taariikhda iyo wakhtiga uu dhacay, iyo marka tallaalka la siiyay.
- **Waydii** dhakhtarkaaga, ama kalkaaliye caafimad ama qaybta caafimaadka si ay u soo sheegaan dareen-celinta iyaga oo buuxinaya foomka Dhacdada Dhibaataada Tallaalka ee Habka Waramidda (VAERS).

Ama waxaad ku fayl garayn kartaa warbixintan websaaydka VAERS www.vaers.hhs.gov, ama adiga oo waca 1-800-822-7967.

VAERS ma bixiyo talo caafimaad.

7 Barnaamijka Magdhowga Dhaawaca Tallaalka ee Qaranka

Dhacdada ah in adiga ama ilmahaagu uu u leeyahay dareen-celin halis ah tallaalka, waxa loo abuuray barnaamij heer fadaraal ah si looga caawiyo lacagta bixinta daryeelka kuwa ku waxyeeloobay.

Si aad u hesho faahfaahin ku saabsan Barnaamijka Magdhowga Dhaawaca Tallaalka Qaranka, u wac 1-800-338-2382 ama booqo bartooda internetka ee ku taal www.hrsa.gov/vaccinecompensation.

8 Sideen u ogaan karaa wax ka sii badan?

- Waydii dhakhtarka ama kalkaalisadaada. Waxay ku siin karaan galinta busqadda tallaalka ama kuu soojeedin karaan ilo kale oo macluumaad.
- Wac waaxda caafimaadka xaafadda ama gobolka.
- La Xidhiidha Xarumaha Xakamaynta iyo Kahortagga Cudurada (CDC):
 - Wac **1-800-232-4636 (1-800-CDC-INFO)**
 - Booqo CDC websites-kan:
www.cdc.gov/ncidod/diseases/hepatitis
www.cdc.gov/vaccines
www.cdc.gov/travel



U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



Vaccine Information Statement
Hepatitis B (7/18/07) - Somali 42 U.S.C. § 300aa-26

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