

Tallaalka HPV (Human Papillomavirus): Waxaad u Baahan Tahay Inaad Ogaato

Many Vaccine Information Statements are available in Somali and other languages. See www.immunize.org/vis

Bayaanno Macluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Eeg www.immunize.org/vis

1 Waa maxay sababta la isu tallaalayo?

Tallaalka HPV ayaa kahortaga infekshinka noocyada fayraska human papillomavirus (HPV) ee ku lug leh kansarro badan, kana midka yihiin:

- **kansarka makaanka afkiisa** ee dheddigga,
- **kansarka siilka iyo agagaarahiisa** ee dheddigga,
- **kansarka dabada** ee deddigga iyo labka,
- **kansarka dhuunta** ee deddigga iyo labka, iyo
- **kansarka goodhaha** ee labka.

Intaa waxa u dheer, tallaalka HPV oo kahortaga noocyada HPV ee keena **buurooyinka xubinta taranka** ee labadaba dheddigga iyo labkaba ku dhacda.

Maraykanka gudahiisa, qiyaastii 12,000 oo haween ah ayaa qaada kansarka makaanka afkiisa sannadkii, oo qiyaastii waxa ku dhinta 4,000 oo haween ah. Tallaalka HPV ayaa kahortagi kara inta ugu badan xaaladahan kaansar ee makaanka afkiisa ku dhaca.

Laakiin tallaalku beddel uma aha ka eegista kansarka makaanka afkiisa. Tallaalkani ma difaacayo dhammaan noocyada HPV ee keeni kara kansarka makaanka afkiisa. Haweenku waa inay wali helaan baadhista Pap ee joogtada ah.

Sida caadiga ah caabuqa HPV ayaa ku yimaad galmada, iyo dadka intooda badani ay caabuqa qaadi doonaan mar ka mid ah noloshooda. Qiyaastii illaa 14 milyan oo dad Maraykan ah, oo ay ku jiraan tobaneeyo-jirayaashu, ayuu ku dhacaa sannad kasta. Intooda ugu badan infekshanada ayaa iskood iska tagi doona oo aan geysan doonin dhibaatooyin daran. Laakiin kumanaan haween iyo ragba leh ayaa ka qaada fayraska HPV kansar iyo cudurro kale.

2 Tallaalka HPV

Tallaalka HPV waxa ansixisay FDA (Food and Drug Administration) oo CDC-da ayaa kula talinaysa labadaba labka iyo dheddigga inay qaataan. Waxa sida caadiga ah la siiyaa da'da 11 ama 12 sanno jir, laakiin waxa la siin karaa laga bilaabo da'da 9 sanno illaa 26 sanno.

Da'yarta jirta 9 ilaa 14 sano intooda ugu badan ayaa ah inay u qaataan tallaalka HPV taxane qiyaaso-laba ah oo qiyaasuhu u kala dhexeeyaan 6-12 bilood. Dadka ku

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bilaaba tallaalka HPV 15 sano jirka iyo inta ka wayn ayaa ah inay u qaataan tallaalka taxane qiyaaso-saddex ah oo qiyaasta labaad lagu siiyo 1-2 bilood kadib qiyaasta ugu horraysa oo qiyaasta saddexaadna lagu siiyo 6 bilood kadib qiyaasta ugu horraysa. Waxa jira dhowr ka reebban talooyinkan da'da. Daryeel caafimaad bixiyahaaga ayaa kaa siin kara macluumaad dheeraad ah.

3 Dadka qaarkood ma aha inay qaataan tallaalkan

- Qof kasta oo ku yeeshay xasaasiyad dareen-celin daran (nolosha halis gelinaysa) qiyaas tallaalka HPV ayaa habboon inuuna qaadan qiyaas tallaalka kale.
- Qof kasta oo ku leh xaasaasiyad daran (nolosha halis gelinaysa) qayb kasta oo ka tirsan tallaalka HPV ayaa ah inayna qaadan tallaalka.

U sheeg dhakhtarkaaga haddii aad ku yeelatay wax kasta oo xasaasiyad daran ah oo aad adigu ogtahay, iyadoo ay ku jirto xasaasiyad daran oo ka yimaad khamiirka.

- Tallaalka HPV lagulama talinayo haweenka uurka leh. Haddii aad ogaatid inaad uur lahayd markii lagu tallaallay, ma jirto sabab aad ku filanayso inay wax dhibaatooyin ahi ay ku yimaaddiin adiga ama ilmahaagaba. Qof kasta oo dumar ah ee ogaata inay uur lahayd markay qaadatay tallaalkan HPV ayaa lagu dhiirgelineyaa inay kala xidhiidho diiwaangalinta soosaaraha ee loogu talagalay tallaalka HPV ee marka uurka la leeyahay lambarka 1-800-986-8999. Haweenka naas-nuujinaya ayaa la tallaali karaa.
- Haddii aad qabto jirro sahlan, 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 sahlan ama iyaga ayaa iskood isaga taga, laakiin falcelinta darani inay dhacdaana waa suurtagal.



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

Dadka qaata tallaalka HPV badankoodu wax dhib ah oo daran kalama kulmaan.

Dhibaatooyin sahlan ama dhexdhexaad ah inta ka dambaysa qaadashada tallaalka HPV:

- Dareen-celin ah gacanta meesha tallaalka laga qaatay:
 - Damqasho (qiyaastii 9 qof 10kiiba)
 - Casaan ama barar (qiyaastii 1 qof 3diiba)
- Qandho (Xummad):
 - Sahlan (37.8° C/100° F) (qiyaastii 1 qof 10kiiba)
 - Dhexdhexaad ah (38.9° C/102° F) (qiyaastii 1 qof 65kiiba)
- Dhibaatooyinka kale:
 - Madax-xanuun (qiyaastii 1 qof 3dii qofba)

Dhibaatooyinka dhici kara kaddib tallaalka kasta oo duritaan ah:

- 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 qofka kahortagga miyir-beelka iyo dhaawacyada ay keento dhicistu. U sheeg dhakhtarkaaga haddii aad dareento wareer, ama araggaagu isbeddelo ama dhagahaagu yeeraan.
- Dadka qaarkood ayaa yeesha garab xanuun daran oo ay ku adkaataa dhaqaajiyaanta gacantu halkii tallaalka laga siiyay. 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 si aad u hesho, booqo: www.cdc.gov/vaccinesafety/.

5 Maxaa dhacaya haddii ay waxyeello ka yimaaddiin?

Maxay tahay inaan raadiyo?

U firso wixii kasta ee adiga kaa welehsiya, sida calaamadaha dareen-celinta xasaasiyadda daran, qandhada aadka u sarreysa, dabecad aan caadi ahayn.

Calaamadaha **dareen-celinta xasaasiyadda daran** ayay ka mid yihiin furuuruc cuncun leh, waji iyo cuno barar, neefta oo ku qabata, wadnaha oo degdeg kuu garaaca, dawakhaad, tabcaanimo. Taasi waxay bilaabantaa sida caadiga ah dhowr daqiiqo illaa dhowr saacadood kaddib tallaalka.

Translation provided by the Immunization Action Coalition

Maxay tahay inaan sameeyo?

Haddii aad u maleyso inay tahay **dareen-celin xasaasiyad daran** ama xaalad kale oo degdeg ah oo aan la sugi karin, wac 9-1-1 ama tag isbitaalka kuugu dhow. Haddii kale, u wac dhakhtarkaaga.

Markaa wixii ka dambeeya, dareen-celinta waa in warbixin laga siiyaa Nidaamka Dhacdada Daran ee Tallaalka (Vaccine Adverse Event Reporting System, VAERS). 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

Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (National Vaccine Injury Compensation Program, VICP) 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 iyadoo waca **1-800-338-2382** ama booqda websaydka VICP ee www.hrsa.gov/vaccinecompensation. Waxa jira wakhti xadaysan in la sheegto magdhow.

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Sidee ayaan macluumaad dheeraad ah ku ogaan karaa?

- Wayddii daryeel bixiyahaaga caafimaad. Isaga ama iyada ayaa ku siin kara warqadda baakadda tallaalka lagu soo dhex riday ama kugula talin kara ilo kale oo aad macluumaad ka heli kartid.
- Wac waaxda caafimaadka xaafadda ama gobolkaaga.
- La Xidhiidh Xarumaha Xakamaynta iyo Kahortagga Cudurrada (Centers for Disease Control and Prevention, CDC):
 - Wac telefoonka **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Booqo bogga internetka ee CDC ee ku taal www.cdc.gov/hpv

Vaccine Information Statement HPV Vaccine

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Somali

42 U.S.C. § 300aa-26

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