

# Tallaalka Pneumococcal Polysaccharide

## Waxaad u Baahan Tahay Inaad Ogaato

Many Vaccine Information Statements are available in Somali and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Bayaanno Macluumaad Tallaal oo farabadan ayaa lagu heli karaa AF-Soomaaliga iyo luqado kaleba. Eeg [www.immunize.org/vis](http://www.immunize.org/vis)

### 1 Waa maxay sababta la isu tallaalayo?

Tallaalka ayaa ka ilaalin kara dadka waayeelka ah (iyo qaar ka mid ah carruurta iyo da'yarta qaangaadhka ah) **cudurka pneumococcal**.

Cudurka pneumococcal waxa sababa baakteeriyo ku faafi karta qof ka qof marka isku dhawaansho la yeesho. Waxay keeni kartaa infekshin dhegaha ah, oo waliba waxay u horseedi kartaa infekshanno ka sii daran oo ah:

- Sambabbada (oofwareen),
- Dhiigga (bacteremia), iyo
- Xuubka maskaxda daboolka iyo xangulada lafdhabarta (qoorgooye). Qoorgooyaha ayaa sababa dhegobeel iyo dhaawac maskaxeed, oo waa lagu dhiman karaa.

Qof kasta ayaa qaadi kara cudurka pneumococcal, laakiin carruurta ka yar da'da 2da sanno, iyo dadka qaba xaaladaha caafimaad qaarkood, dadka qaangaarka ah ee ka wayn da'da 65 sanno, iyo kuwa sigaarka cabba ayaa halis ugu wayn u leh.

Qiyaastii 18,000 oo dad waayeel ah ayaa sannad kasta ku geeriyooda cudurka pneumococcal Maraykanka gudahiisa.

Ku dawaynta infekshinnada pneumococcal benesiliinta iyo dawooyinka ayaa waxtar lahaa. Laakiin nooca qaarkood ee cuudurka ah ayaa u adkaysi u yeeshay dawooyinkan. Taas ayaa xitaa ka dhigaysa ka hortagga jirrada, ee tallaalka, wax aad u muhiim ah.

### 2 Tallaalka Pneumococcal polysaccharide (PPSV23)

Tallaalka Pneumococcal polysaccharide (PPSV23) ayaa dadka ka ilaalisa 23 nooc oo bakteeriyada pneumococcal ah. Kama ilaalinayso dhammaan cudurka pneumococcal.

PPSV23 waxa lagula talinayaa:

- Dadka waayeelka ah ee ah 65 jirka iyo kuwa ka wayn,
- Qof kasta oo 2 illaa 64 sanno jira ee qaba xaaladaha qaarkood ee dhibaatooyinka caafimaadka nuddada-dheer ah,
- Qof kasta oo 2 illaa 64 sanno jira oo leh nidaam dhifaac diciifsan,
- Qaangaarka jira da'da 19 illaa 64 sanno ee cabba sigaarka ama qaba neefta.

Dadka inta ugu badan ayaa kaliya u baahn hal qiyaas oo PPSV. Qiyaas labaad ayaa lagula tallinayaa kooxaha u leh halista sare qaarkood. Dadka ah 65 jir iyo kuwa ka wayn ayaa ha inay qataan qiyaas xitaa haddii ay qaateen hal ama in ka badan qiyaasaha tallaalka kahor intayna noqon 65 jir.

Daryeel caafimaad bixiyahaaga ayaa kaa siin kara macluumaad dheeraad ah arrimaha ku saabsan talooyinkan.

Inta ugu badan ee ah dadka qaangaarka ah ee caafimaadka qaba ayaa yeesho difaaca gudahooda 2 illaa 3 toddobaad laga soo bilaabo qaadashada tallaaalka.

### 3 Dadka qaarkood ma aha inay qaataan tallaalkan

- Qof kasta oo ku yeeshay xasaasiyad dareen-celin daran oo nolosha halis galisay qiyaas tallaalka PPSV ayaa ah inayna qaadan qiyaas tallaalka kale.
- Qof kasta oo ku yeeshay xasaasiyad daran waxyaabaha uu PPSV ka kooban yahay ayaa ah inayna qaadan. U sheeg daryeel bixiyahaaga haddii aad qabto innaba xasaasiyado daran.
- Dadka si dhexdhexaad ah ama si daran u buka marka ballanta talaalka loo qabtay ayaa laga yaabaa in laga codsado inay sugaan inta ay ka soo kabanayaan kahor inatana qaadan tallaalka. Dadka xanuunkoodu sahlan yahay ayaa caadi ahaan la tallaali karaa.
- Carruurta ka yar da'da 2 sanno ma aha inay qaataan tallaalkan.
- Wax caddayn ah uma hayno inuu PPSV waxyeello u leeyahay midkoodna qofka dumarka ah ee uurka leh ama uurjiifkeedaba. Hase yeeshe, taxadar ahaan, haweenka u baahan tallaalka ayaa ah in la tallaalo inta aanay uuraysan, haddii ay suuragal tahay.

## 4 Halista dareen-celinta 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 falcelin darani inay dhacdaana waa suurtagal.

Illaa nus dadka qaata tallaallada PPSV ayaa yeesha dhinac-ka-saamaynno khafiif ah, sida bartii tallaalka laga siiyay oo guduudata ama damqata, oo kaga tagta illaa laba maalmood.

In ka yar 1 marka loo eego 100kii qofka ayaa yeesha qandho, muruq xanuun, ama dareen-celinno ka daran oo meelaha ku dhow tallaalka ah.

### Dhibaatooyinka dhici kara kaddib tallaalka:

- Dadka ayaa mararka qaarkood miyir beela kaddib hawl caafimaad marka lagu sameeyo, oo tallaalkuna ka mid tahay. Fadhiga ama jiiifsadka 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 dhagahaagi yeero.
- Dadka qaarkood ayaa yeesha garab xanuun daran oo ay ku adkaataa inay gacanta dhaqaajiyaan gacanta halkii tallaalka laga siiyay. Taas ayaa dhacda marar dhif ah.
- Dawo kasta ayaa sababi karta dareen-celin xasaasiyadeed daran. Dareen-celin 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/](http://www.cdc.gov/vaccinesafety/)

## 5 Maxaa dhacaya haddii ay waxyeello ka yimaaddiin?

### Maxay tahay inaan raadiyo?

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

Calaamadaha **ficil-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 bilaabanta sida caadiga ah dhowr daqiiqo illaa dhowr saacadood kaddib tallaalka.

### Maxay tahay inaan sameeyo?

Haddii aad u malayso inay tahay dareen-celin xasaasiyadda daran ama xaaalad kale oo degdeg ah oo aan la sugin 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 (VAERS). Dhakhtarkaaga ayaa xereyn kara warbixintan, ama adiga laftaada ayaa sidaas samayn kara adiga oo u mara degelka VAERS ee ku yaal [www.vaers.hhs.gov](http://www.vaers.hhs.gov), ama adiga oo waca **1-800-822-7967**.

*VAERS ma bixiso talo caafimaad.*

## 6 Sidee baan macluumaad intaas dhaafsiisan ku ogaan karaa?

- Weyddii dhakhtarkaaga. 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 xiriir Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC):
  - U wac **1-800-232-4636 (1-800-CDC-INFO)** ama
  - Booqo degelka CDC ee ku taal [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

Vaccine Information Statement  
**PPSV Vaccine**

4/24/2015

Somali

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