

TALLAALKA SHINGLES

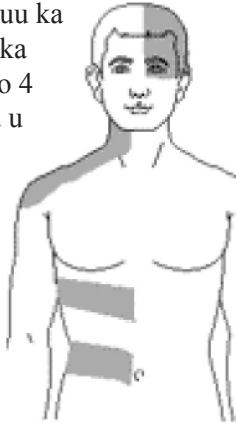
WAXAAD U BAAHANTAHAY IN AAD OGAATO

1 Waa maxay shingles?

Shingles waa furuure xanuun badan oo maqaarka ka soo baxa, badanaaba leh nabaro muuqda. Waxaa kaloo lagu magacaabaa Herpes Zoster, ama Zoster kaliya.

Furuuruca Shingles-ku badanaaba wuxuu ka soo baxaa hal dhinac oo wajiga ama jirka ah wuxuuna socdaa 2 todobaad illaa iyo 4 todobaad. Astaamaha lagu garto waxaa u weyn xanuun, kaas oo noqon kara mid daran. Astaamaha kale ee lagu garto shingles-ka waxaa ka mid noqon kara qandho/xummad, madax-xanuun, qarqaryo/qamandhaco iyo caloosha

oo kacda. Mar-mar dhif ah, infakshanka shingles-ku wuxuu keeni karaa qofka oo qabow galo ama kolbadi aaryo, dhibaatooyin la xiriira maqalka, indha beel, maskaxda oo bararta (encephalitis) ama dhimasho. 5 tii qofba 1 qof ayaa xanuun weyn isku arki kara xittaa muddo kadib marka furuurucu ka baaba'oo. Tan waxaa lagu magacaabaa **post-herpetic neuralgia**.



Shingles-ka waxaa keena fayruska ama jeermiga Varicella Zoster, waa isla fayraska keena busbuska.

Qof uu horay ugu dhacay busbus oo kali ah – ama, si dhif ah, laga tallaalay busbus – ayaa shingles ku dhici karaa. Fayrasku jirkaaga ayuu ku negaadaa, wuxuuna keeni karaa shingles sanado badan kadib.

Shingles qof qaba kama qaadi kartid. Haseyeeshee, qof aan waligiis busbus ku dhicin (ama busbus laga tallaalin) wuxuu **busbus (chickenpox)** ka qaadi karaa qof qaba shingles. Tani ma aha mid badanaaba dhacda.

Shingles wuxuu aad ugu badan yahay dadka waaweyn ee jira 50 iyo ka kor marka loo eego dadka yaryar. Waxaa kaloo uu ku badan yahay dadka habdhiska difaaca jirkoodo uu nuglaado ama u daciifo sababo cudur dartood sida kansar, ama daawooyin sida steroids ama kimotheraby.

Dalka Maraykanka sannadkiiba shingles wuxuu ku dhacaa ugu yaraan 1 milyan oo qof.

2 Tallaalka shingles

Tallaalka shingles-ka waxaa ruqsad ama shati la siiyay 2006 dii. Baaritaano tijaabo ah ee la sameeyay, wuxuu tallaalku hoos u dhigay halista ka iman karta shingles 50%. Waxaa kaloo uu wali hoos u dhigi karaa xanuunka dadka shingles-ku ku dhaco markii la talaalo kadib.

Dadka jira 60 sano ama ka wayn waxaa lagula talinayaa in ay qaataan hal dose oo ah tallaalka shingles.

3 Dadka qaarkood waa in aysan qaadan tallaalka shingles-ka ama waa in ay sugaan.

Ma aha in uu qaato tallaalka shingles-ka qofkii:

- cadaanyo daran oo nafta halis gelisa ay ku kiciyeen gelatin, antibiotic neomycin, ama maada kasta oo ku jirta tallaalka shingles-ka. U sheeg takhtarkaaga haddii ay jiraan wax cadaanyo daran kugu kiciya.
- habdhiska difaaca jirkiisu hoos u dhacay sababtuna tahay in hadda:
 - AIDS ama cudur kale oo waxyeela habdhiska difaaca jirka qabaan,
 - daawooyin lagula tacaalo kuwaas oo waxyeela habdhiska difaaca jirka, sida steroids oo in muddo ah uu dose xoog leh ka qaadanaayay,
 - kansar lagaga daawaynayo shucaac ama kimotherabi,
 - kansar waxyeela dhuuxa ama habshiska qanjirada, sida leukemia ama lymphoma qabaan.
- uur ay leedahay ama laga yaabo in ay uur qaado. Naaguhu waa in aysan uur yeelan ugu yaraan 4 todobaad kadib markii laga tallaalo shingles.

Qof ay si xun u hayso jirro fudud, sida hargab, waa suurtagal in la tallaalo. Laakiin qof kasta oo ay si xun u hayso jirro dhexdhexaad ah ama daran caadi ahaan waa in uu sugaa tallaalka inta uu ka bogsanaayo. Dadkaan waxaa ka mid ah qof kasta oo heer kulka jirkiisu yahay 101.3° ama ka kor.

4**Waa maxay khataraha ka iman karaa tallaalka shingles?**

Tallaal, sida daawooyinka kaleba, waxaa suurtagal ah in uu keeni karo dhibaatooyin daran, sida cadaanyo ba'an ama daran oo uu kiciyo. Haseyeeshee, halista uu tallaalka ku keeni karo dhib weyn, ama dhimasho, aad bay u yartahay.

Ma jiraan dhibaatooyin daran oo lala xiriiriyay tallaalka shingles.

Dhibaatooyinka Fudud

- Meesha ibradda tallaalka lagu muday oo guduudata, xanuunta, bararta ama xajimoota (qiyaastii 1 qof 3 dii qofba)
- Madax-xanuun (qiyaastii 1 qof 70 kii qofba).

Sida tallaalkada oo dhan, tallaalka shingles si aad u fiican ayaa loola socdaa haddii uu keeno wax aan caadi ahayn ama dhibaatooyin daran.

5**Ka waran haddii uu kiciyo cadaanyo dhexdhexaad ah ama daran?****Maxaan ku gartaa?**

- Xaalad kasta oo aan caadi ahayn, sida cadaanyo daran oo uu kiciyo ama qandho badan. Haddiise uu cadaanyo daran kiciyo, waxay dhacaysaa waa dhowr daqiiqo illaa saacad gudahood marka qofka la tallaalo kadib. Calaamadaha aad ku garan kartid in uu cadaanyo daran kiciyay waxaa ka mid noqon kara neefsaashada oo dhib noqota, tabar yari, xabeeb ama xiiqlayn, wadnaha oo dhakhso u garaaca, furuuruc xajiin ama cuncun leh, dawakh, midabka oo is bedela, ama cunaha oo barara.

Maxaan sameeyaa?

- **Wac** takhtar, ama qofka isla markiiba takhtar u gee ama u hel..
- **U sheeg** takhtarka waxa dhacay, taariikhda iyo wakhtiga sidaasi dhacday, iyo goortii qofka la tallaalay.
- **Weydiiso** daryeel bixiyahaaga ama takhtarkaaga si aad u wariso cadaanyada uu kiciyay adigoo buuxinaya foomka Vaccine Adverse Event Reporting System (VAERS) (waa foom lagu gudbiyo dhibta talaalku keenay). Ama waxa aad warbixintan ku gudbin kartaa bogga internetka ee VAERS ahna www.vaers.hhs.gov, ama adigoo wacaya **1-800-822-7967**.

VAERS talo caafimaad ma bixiso.

6**Sidee baan wax intaa ka badan u ogaan karaa?**

- Waydii daryeel bixiyahaaga ama daryeel bixiye kale ee caafimaad. Waxay ku siin karaan warqadda la socota tallaalka ama waxay kuu sheegi karaan ilo kale oo aad warbixin ka heli kartid.
- La xiriir Xarumaha la ka Hortagga iyo la Dagaalanka Cudurada (Centers for Disease Control and Prevention [CDC]):
- Wac **1-800-232-4636 (1-800-CDC-INFO)**

ama

- Tag/booqo bogga internetka ee CDC ahan www.cdc.gov/vaccines



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



Vaccine Information Statement
Shingles (10/06/09) - Somali 42 U.S.C. § 300aa-26

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