

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Zoster ee Noolaha ah (Shingles), ZVL: Waxaad u Baahan Tahay Inaad Ogaato

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

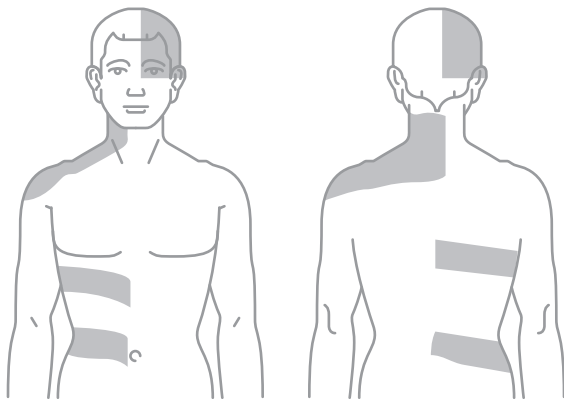
Bayaanno Macluumaad Tallaal oo badan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Booqo www.immunize.org/vis

1 Waa maxay shingles?

Shingles (walibana loo yaqaan herpes zoster, ama zoster kaliya) ayaa ka soo-baxyo xanuun badan, oo badanaa leh biyo-gal. Shingles waxa sababa fayraska varicella zoster, oo ah isla fayraska keena busbuska (hablabaas). Kadib markaad qaaddo busbuska, fayrasku wuxuu ku sii jiri doonaa jirkaaga oo u sababi kara shingles waa dambe nolosha.

Kama qaadi kartid shingles qof kale. Hase yeeshee, qof aan qaadin Busbus (ama aan qaadan tallaalka busbuska) ayaa ka qaadi kara busbus qofka leh Shingles oo ah Fayras Maqaarka ku dhaco.

Ka soo-baxyada shingles ayaa badanaa ka soo baxa hal dhinac oo wejiga ama jirka ah oo ku bogsada 2 ilaa 4 toddobaad gudahood. Calaamadaheeda ugu muhiimsani ayaa ah xanuunka oo noqonkara karta mid daran. Calamaadaha kale waxa ka mid ah qandho, madax-xanuun, qarqaryo, iyo calool-xanuun. Aad ayay dhif u tahay inuu infekshinka buruqyadu u horseedi karto oof-wareen, dhibaatooyin maqal, indho la'aan, caabuq maskaxda ah (encephalitis), ama dhimasho.



Qiyaastii 1 qof marka loo ego 5tii qofba, ayuu xanuunka darani ku sii socon karaa xitaa ka dib markay ka soo baxayadu ka baab'aan. Xanuunkan muddada dheer jira ayaa loo yaqaan post-herpetic neuralgia (PHN).

Buruqyada Shingles waxey aad ugu badan dadka 50 jirka ah ama in ka wayn marka loo eego dadka

da'ahaas ka yar, oo halistuna waxay sii kordhaa da'da. Waxay walibana ku badan tahay dadkuu habdhiska difaaca jirkoodu hoos u dhacay awgood sabab cudur u ka mid yahaykansarka, ama awgeed daroogooyinka (daawooyinka) isteeroydhisika ama kemotherabiga.

Ugu yaraan 1 milyan oo qof sannadkiiba dalka Maraykanka ayaa qaada buruqyada (shingles).

2 Tallaalka shingles (nool)

Tallaalka shingles ee noolaha ayay ansixisay FDA gudahii 2006. Tijaabooyin caafimaad mar la qaaday, tallaalka ayaa hoos u dhigay halista shingles ilaa 50% dadka ah 60 jirka iyo inta ka wayn. Waxay yarayn kartaa suurtagalnimada PHN, oo ay hoos uga dhigi kartaa xanuunka dadka qaarkood ee wali qaadi akra shingles kadib marka la tallaalo.

Jadwalka lagula talinayo tallaalka nool ee shingles ee nool waa hal qiyaas oo keliya **qaangaarka 60 jirka ah iyo inta ka waynba.**

3 Dadka qaarkood ma aha inay qaataan tallaalkan

U sheeg bixiyahaaga tallaalka haddii:

- **Aad yeelato xasaasiyado kasta oo daran, oo nolasha halis galinaysa.** Qofka dareen-celin xasaasiyad oo nolosha halis galisay, kadib markii u qaatay qiyaas tallaalka nool ee shingles, ama xasaasiyad daran ku yeeshay qayb kasta oo ka mid ah tallaalkan, ayaa laga yaabaa in lagula taliyo inayna is tallaalin. Weyddii bixiyahaaga daryeel caafimaad haddii aad rabto macluumaadka ku saabsan qaybaha tallaalku u ka kooban yahay.
- **Aad uur leedahay ama laga yaabo inaad yeelato.** Haweenka uurka lihi waa inay sugaan qaadashada tallaalka nool ee shingles illaa iyo intayna uur lahaanin. Haweenku waa inay iska ilaaliyaan inay uur qaadaan ugu yaraan 1 bil kadib markay qaataan tallaalka nool ee shingles.

- **U leeyahay difaaca jirka oo daciif ah** sabab cudur awgeed (sida kansarka ama AIDS) ama daawayno caafimaad (sida shucaaca, terabiga difaaca jirka, qiyaas sare oo isteeruydhs ama kemotherabi).
- **Haddii aadan si fiican dareemeynin.** Haddii aad qabto jirro sahlan, sida durayga oo kale, waxaad qaadan kartaa 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 saamayn dhinac ka soo raac ah.

Kadib tallaalka nool ee shingles mrkuu qaato, qofka ayaa laga yaabaa inuu la kulmo:

- Gaduudasho, damqasho, barar ama cuncun barta duritaanka
- Madax xanuun

Dhacdooyinkaas ayaa badiyaa ah kuwo sahlan ama iyaga ayaa iskood isaga taga.

Waa dhif, in tallaalka nool shingles sababi karo friiric ama shingles.

Waxyaabaha kale ee dhici kara tallaalkan kadib:

- Dadka ayaa mararka qaarkood miyir beela kadib marka hawlgal-caafimaad lagu sameeyo, oo ay tallaalkuna ka mid tahay. Fadhiga ama jiifsadka ilaa 15 daqiiqo ayaa ka caawin karta qofka ka hortagga miyir-beelka iyo dhaawacyada ay keento dhicitaanku. U sheeg bixiyaaga haddii aad dareento dawakhaad, ama araggaagu uisbeddelo ama dhaguhu ku guuxaan.
- Dadka qaarkood ayaa yeesha xanuun garab oo noqon kara mid ka daran oo muddo dheer soconaya marka loo eego damqashada caadiga ah ee ka dambaysa duridda tallaalka. Taas ayaa dhacda marar dhif ah.
- Dawo kasta ayaa sababi karta fal-celin xasaasiyadeed daran. Falcelintan oo kale ee ka timaad tallaalka ayaa lagu qiyaasaa 1 dhacdo milyankii qiyaasoodba, oo waxay dhici doontaa dhowr daqiiqo illaa dhowr saacadood gudahood tallaalka kadib.

Sida dawo kasta oo kale, ayay jirtaa calaf suurtagalkeedu aad u yar yahay 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/

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Ka warran haddii ay jirto dhibaato darani?

Maxaa ila habboon inaan u fiirsado?

- Waa in aad u fiirsato wixii kasta ee adiga kaa wewelsiiya, sida calaamadaha dareen-celinta xasaasiyadda daran, qandhada aadka u sarreysa, dabeecad aan caadi ahayn.

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

Maxaan sameeyaa?

- 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, wac daryeel bixiyahaaga caafimaadka haddii.

Markaa wixii ka dambeeya, dareen-celinta waa in warbixin laga siiyaa Vaccine Adverse Event Reporting System (VAERS) oo ah (Nidaamka 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.

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Sidee ayaan macluumaad dheeraad ah ku ogaan karaa?

- Weyddii daryeel bixiyahaaga caafimaadka. 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 deegaankaaga ama gobolkaaga.
- La xidhiidh Centers for Disease Control and Prevention (CDC) (Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada):
 - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Booqo websaydtki CDC ee ku taal www.cdc.gov/vaccines

Vaccine Information Statement Live Zoster Vaccine

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Somali

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