

# TALAALKA PNEUMOCOCCAL CONJUGATE

## WAXAAD U BAAHANTAHAY IN AAD KA OGAATO

### 1 Maxaad isu talaalaysaa?

Infakshanka ay keento bakteeriyada *Streptococcus pneumoniae* wuxuu keeni karaan jira xun ama dhimasho. Cudurka Pneumococcal oo weerar ah wuxuu sanadkiiba dilaa qiyaastii 200 oo caruura kana da'yar 5 sano. Waa waxa ugu weyn ee keena bakteeriyada meningitis dalka Maraykanka. (Meningitis waa infakshion ku dhaca xuubka maskaxda daboola).

Sanad walba infakshion-ka pneumococcal wuxuu jiro daran ku keena ilmaha da'doodu ka yartahay 5 sano. Intaan talaalka la helin ka hor, infakshion-ka pneumococcal wuxuu sand walba sababi jiray:

- ka badan 700 oo uu ku dhaco meningitis
- 13,000 oo infakshion dhiigga ahi ku dhaco, iyo
- 5 milyan oo dhegaha infakshan ka galo

Waxaa kaloo ay keeni kartaa dhibaatooyin kale oo caafimaad, ayna ka mid yihiin:

- koolbadi aaryo (nimooniya)
- dhega-beel,
- maskaxda oo dhimanta

Ilmaha ka da'yar 2 sano waxay halis u yihiin cuduro xun.



Bakteeriyada pneumococcus waxaa qof uu qof kale ku qaadsiiyaa istaabasho.

Infectionada pneumococcal waa adagtahay sida loo daaweeyo

waayo baktiiriyadu waxay adkaysi u yeelatay daawadii lagu daawayn jiray. Tani waxayba sare u qaadaysaa muhimadda ay leedahay ka hortagga infakshanada pneumococcal.

Talaalka pneumococcal conjugate wuxuu ku caawini karaa in uu ka hortago cudurka pneumococcal khatar ah, sida meningitis iyo infakshano ku dhaca dhiigga. Hase yeeshe, infakshinada dheguhu waxay leeyihiin sababo badan, talaalka pneumococcal-na wuxuu ka hortagaa qaarkood oo kali ah.

### 2 Talaalka pneumococcal conjugate

Talaalka pneumococcal conjugate waxaa la siin karaa murjuxyada iyo saan-qaadyada. Ilmaha la talaalo markay murjuxa yihiin waxay helayaan difaac marka khatar cuduro xumi ay ku timaado.

Ilmaha koray qaarkood iyo dadka waaweyn waxay qaadan karaan talaal ka duwan oo la yiraahdo talaalka

pneumococcal polysaccharide. Waxaa jirta Vaccine Information Statement (Warqadda Warbixinta Talaalka) kale oo ay heli karaan dadka talaalkan qaadanayaa.

### 3 Yay tahay in uu qaato talaalka waana goorma?

#### • Ilmaha ka da'yar 2 sano:

Jadwalka qaadashada talaalka pneumococcal conjugate waa in 4 kuuro laga qataa, mid kastana waa in la siiyaa marka uu ilmuhu jiro da'ahan soo socda:

- ✓ 2 bilood
- ✓ 4 bilood
- ✓ 6 bilood
- ✓ 12 illaa 15 bilood

Ilmaha aan lagu talaalin da' daas wali waa qaadan karaan talaalkan. Tirada inta dose ee uu u baahanyahay waxay ku xirantahay ilmaha da' diisa. Dhakhtarkaaga waydii wixii faahfaahin dheeraad ah.

#### • Ilmaha da' doodu u dhexayso 2 sano iyo 5 sano

Waxaa iyana lagu talinayaa in talaalka pneumococcal conjugate lagu talaalo ilmaha da' doodu u dhexayso 2 iyo 5 sano oo aan horay talaalkan u qaadan halis weyna ugu sagan cudurka pneumococcal. Ilmahan waxaa ka mid ah:

- kuwa qaba cudurka sickle cell,
- kuwa beer yarada wax ka qaba ama aan beer yarada lahayn,
- kuwa qaba HIV/AIDS,
- kuwa qaba cuduro kale oo waxyeela habdhiska difaaca jirka, sida sonkorow, kansar, cudurada beerka, ama kuwa
- qaata daawooyin kale oo wax yeela habdhiskaha difaaca jirka, sida chemotherapy ama steroids, ama
- qaba cudurro ku gaamuray wadnaha ama sambabada.

Talaalkan waa in lagu talagalaa in la siiyo dhamaan ilmaha ka da' yar 5 sano, gaar ahaan kuwa halista weyn ugu jira in ay qaadaan cudurka pneumococcal. Ilmahaas waxaa ka mid ah:

- kuwa 3 sano ka da' yar
- kuwa ka soo jeeda faraca Alaska Native, American Indian ama African American, ama
- kuwa taga meelaha xanaanada caruurta.

Tirada inta kuuro ee la siinayaa waxay ku xiran tahay da' da ilmaha. Weydii dhakhtarkaaga wixii faahfaahin dheeraad ah.

Talaalka pneumococcal conjugate waxaa lala qaadan karaa talaalada kale isla mar.

**4****Ilmaha qaarkood ma aha in ay qaataan talaalka pneumococcal conjugate ama waa in ay sugaan.**

Ilmaha qaarkood ma aha in ay qaataan talaalka pneumococcal conjugate haddii hadda ka hor dose ay ka qaateen talaalku ku kiciyay cadaanyo ba'an (naf tooda halis gelisay), ama wax talaalka ku jira uu cadaanyo ba'an ku kiciyay. U sheeg dhakhtar kaaga haddii ilmahaaga marna talaal uu cadaanyo ba'an ku kiciyay ama uu qabo wax cadaanyo ba'an ah.

Ilmaha qaba jirooyin fudud, sida hargab, waxaa laga yaabaa in la talaalo. Laakiin ilmaha qaba jiro dhexdhexaad ah ama daran waa in ay sugaan talaalka illaa ay ka bogsanayaan.

**5****Waa maxay khataraha ka iman kara talaalka pneumococcal conjugate?**

Daraasado la sameeyay (ku dhawaad 60,000 oo dose), talaalka pneumococcal conjugate waxaa lagu sheegay in uu kiciyay cadaanyo fudud.

- Illaa iyo 1 canug 4 tiiba ayaa lagu arkaa guduud, danqasho, ama barar meeshii laga talaalay.
- Illaa iyo 1 canug 3 diiba ayaa lagu arkay qandho ka badan 100.4 darajo oo Fahrenheit, iyo illaa 1 cunug 50 kiiba qandho daran (ka badan 102.2 darajo Fahrenheit).
- Ilmaha qaarkood waxay noqdeen kuwo fiigsan ama hurdaysan, ama cuntaday ka go'een.

Illaa iyo hadda wax xiriir ula yeelaya in talaalkani kiciyo cadaanyo dhexdhexaad ah ama ba'an ma jiraan. Hase yeeshee, Talaalku, sida daawa kasta, wuxuu keeni karaa dhibaatooyin daran, sida cadaanya ba'an uu kiciyo. Halista uu talaalkani ku keeni karo dhib weyn, ama dhimasho aad by u yartahay.

**6****Ka waran haddii dhib dhexdhexaad ah ama daran ay timaado?****Maxaan ku gartaa?**

Fiiri xaalad kasta oo aan caadi ahayn, sida cadaanyo ba'an oo kacda, qandha daran ama dabeecadda qofka oo isbedesha.

Talaalkasta waa ku yartahay in uu kiciyo cadaanyo ba'an. Haddiibase ay dhaceeyso, waxay u badan tahay in ay dhacdo dhawr daqiiqo illaa dhawr saac talaalka marka lagu duro ka dib. Calaamadaha waxaa ka mid ah:

- neefsashada oo dhibta
- furuuruc xanuun leh
- codka oo xirma ama xiiq-layn
- tabar-darro
- cunaha oo barara
- midabka oo isbedela
- wadnaha oo aad u garaaca
- wareer

**Maxaan sameeyaa?**

- **Dhakhtar** wac, ama qofka isla markiiba dhakhtar u gee.
- **U sheeg** dhakhtar kaaga waxa dhacay, saacadda iyo maalinta sidaasi dhacday, iyo waqtigii talaalka la qaatay.
- **Waydii** dhakhtarkaaga, kalkaalisada caafimaad, ama waaxda caafimaadka si aad u wariso dhibka talaalku keenay adigoo buuxinaaya foomka Vaccine Adverse Event Reporting System (VAERS).

Ama waxaad warbixintan ku gudbin kartaa bogga internetka ee VAERS ee [www.vaers.hhs.gov](http://www.vaers.hhs.gov), ama adigoo wacaya 1-800-822-7967.

*VAERS talo caafimaad ma bixiso.*

**7****Barnaamijka Qaranka ee Magdhawga Dhaawaca Talaalka**

Haddii lama filaan ay dahcdo oo adiga ama ilmahaaga uu talaalku ku kiciyo cadaanyo ba'an, waxaa la sameeyay barnaamij fadaraalku ku caawinaayo in lagu daboolo kharajka daryeelka qofka dhibaataadu ka soo gaartay talaalka.

Wixii faahfaahin ah ee ku saabsan National Vaccine Injury Compensation Program (Barnaamijka Qaranka ee Magdhawga Dhaawaca Talaalka), wac **1-800-338-2382** ama booqo boggooda internetka ee [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation).

**8****Sidee wax intaa ka badan u ogaan karaa?**

- **Weydii** dhakhtar kaaga. Waxay ku siin karaan warqadda la socota talaalka ama waxay kuu sheegi karaan ila kale oo aad warbixin ka heli karto.
- **Wac** waaxda caafimaadka ee xaafaddaada ama maamul goboleedka (state).
- **La xiriir** Xarumaha ka Hortagga iyo La Dagaalanka Cudurada [Centers for Disease Control and Prevention (CDC)]:
  - Wac **1-800-232-4636 (1-800-CDC-INFO)**
  - Booqo boga internetka ee Barnaamijka Tallaalka Qaranka ee CDC ee: [www.cdc.gov/nip](http://www.cdc.gov/nip)



**Wasaaradda Caafimaadka iyo Arrimaha Bulshada ee U.S**  
Xarunta ka Hortagga iyo la Dagaalanka Cudurada  
Barnaamijka Talaalka Qaranka

Vaccine Information Statement  
Pneumococcal Conjugate (9/30/02) - Somali 42 U.S.C. § 300aa-26

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