

## BAYAANKA MACLUUMAADKA TALLAALKA

# Tallaalka Hargabka (Ifilo) (Nool, ee Sanka Laga Qaato): Waxa aad 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 Maccluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Booqo [www.immunize.org/vis](http://www.immunize.org/vis)

## 1 Maxaan isu tallaalayaa?

Tallaalka hargabka wuxuu kahortagi karaa hargabka (ifilo).

**Hargabka** waa cudur la is qaadsiiyo oo ku faafa daafaha Mareykanka sannad kasta, sida caadiga ah inta u dhexeysa Oktoobar iyo Maayo. Qof kasta ayaa qaadi kara hargabka, laakiin dadka qaarkiis halis ayuu ku yahay. Dhallaanka iyo carruurta yaryar, dadka 65 sano jirka ah iyo ka wayn, haweenka uurka leh, iyo dadka qaba xaaladaha caafimaadka qaarkood ama leh habdhis difaac daciifay ayaa halista ugu wayn ugu jira dhibaatooyinka hargabka.

Oof-wareenka, boronkiitada, caabuqa sanqada iyo dhegta waa tusaalooyinka dhibaatooyinka hargabka. Haddii aad qabto xaalad caafimaad, sida cudurrada wadnaha, kansarka ama sonkorowga, hargabka ayaa kagaaga sii dari kara.

Hargabka wuxuu sababi karaa qandho iyo qarqaryo, cune xanuun, murqo xanuun, daal, qufac, madax xannuun iyo cabbur ama duuf. Dadka qaar ayaa matag iyo shuban ku dhici karaa, inkastoo tani carruurta ku badan tahay marka loo eego dadka waaweyn.

Sannad walba **kumanaan qof ayaa u dhinta hargabka gudaha Maraykanka**, oo intaa ka badana isbitaalka ayaa la dhigaa. Tallaalka hargabka wuxuu ka hortagaa malaayiin jirrooyin ah iyo booqashooyinka dhakhtarka ee la xiriira hargabka sannad kasta.

## 2 Tallaalka Fayraska La Daciifiyay, ee Nool

CDC waxay kula talinaysaa qof kasta oo jira 6 bilood ama ka weyn inuu tallaalka qaato xilli hargabeed kasta. **Carruurta 6 bilood illaa 8 sano jirta** ayaa dhici karta inay u baahdaan 2 qiyaasood inta lagu jiro hal xilli hargabeed. **Qof kasta oo kale** ayaa u baahan kaliya 1 qiyaas xilli hargabeed kasta.

Tallaalka hargabka la daciifiyay, ee nool (loo yaqaan Live, attenuated influenza vaccine, LAIV) waa tallaalka marka la isaga buufiyo oo la siin karo dadka aan uurka lahayn **2 illaa 49 sano jir**.

Waxay qaadataa illaa 2 toddobaad in ka hortaggu bilawdo kadib tallaalka.

Waxa jira fayrasyo badan oo kuwa hargabka ah, had iyo jeerna wey isbeddelayaan. Sannad kasta tallaalka hargabka oo cusub ayaa la sameeyaa si ay uga hortagaan saddex ama afar fayrasyada ay u badan tahay inay sababaan cudurka xilli hargabka soo socda. Laakiin xitaa marka tallaalka uuna si sax ah ugu dhigmeyn fayrasyadan, waxa dhici karta inuu weli yeesho waxoogaa difaac ah.

Tallaalka hargabka **ma sababo ifilo**.

Tallaalka hargabka waxa qofka la siin karaa isla wakhtiyada tallaallada kale.

## 3 La hadal bixiyaha daryeelka caafimaadkaaga

U sheeg bixiyahaaga tallaalka haddii qofka la siinayo tallaalku:

- Ka **yar yahay 2 sano ama ka weyn yahay 49 sano jir**.
- Qabo **uur**.
- Uu horey u qabay **dareen-celin xasaasiyadeed kadib marka qiyaas hore ee tallaalka hargabka uu qaatay**, ama uu lahaa wax **xasaasiyado daran, nololsha-halis galin kara**.
- Uu yahay **ilmo ama qaangaar 2 ilaa 17 sano jir ah kaasoo qaadanaya aasbiriin ama baddeecooyinka aasbiriinka ku jiro**.
- Uu leeyahay **habdhiska difaaca jirka oo daciifay**.
- Uu yahay **ilmo 2 ilaa 4 sano jir ah kaasoo qaba neef ama lahaa taariikh hinraagid 12-ka bilood ee ugu dambeeyay**.
- Uu **qaatay dawooyinka kahortagga fayraska hargabka 48-dii saacadood ee la soo dhaafay**.
- **Daryeelo qof si daran difaaca jirkiisa u waxyeelloobay** kaasoo u baahan jawi badqab leh.



- Uu 5 sano jiro ama ka weyn yahay uuna qabo neef.
- Uu qabo xaaladaha kale caafimaadka salka ku haya kuwaasoo dadka gelin kara halis sare oo dhibaatooyinka daran ee hargabka (sida  **cudurka sambabka, cudurka wadnaha, cudurka kelyaha, xanuunnada kelyaha ama beerka, xanuunada neerfaha ama xanuunada neerfaha iyo murqaha ama dheefshiidka**).
- Uu qabay cillada **Guillain-Barré Syndrome** 6 toddobaad gudaheeda kadib qiyaasta hore tallaalka hargabka.

Xaaladdaha qaarkood, bixiyaha daryeelka caafimaadkaaga ayaa laga yaabaa inuu dib ugu dhigo tallaalka hargabka booqosho mustaqbalka ah.

Bukaanada qaarkood, nooc kale oo tallaalka hargabka ah (tallaalka hargabka aan nooleyn ama dib la iskugu habeeyay) ayaa laga yaabaa inay aad ugu habboon tahay marka loo eego tallaalka hargabka la daciifiyay, ee nool.

Dadka qaba jirrooyinka sahlan, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka xanuunka dhexdhexaadka ama daran qaba waa inay sida caadiga ah sugaan illaa ay ka soo bosanayaan inta aan la siin tallaalka hargabka.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

#### 4 Halista dareen-celinta tallaalka

- Duuf ama cabbur, wareer iyo madax xanuun ayaa dhici kara kadib LAIV.
- Matagid, murqo xanuun, qandho, cune xanuun iyo qufac ayaa ah waxdhimaalada kale suurtagalka ah.

Haddii ay dhibaatooyinkan dhacaan, waxay bilawdaan si dhakhso kadib tallaalka waana dhexdhexaad mana raagaan.

Sida dawo walba ee kale, waxaa jira fursad suurtagalkeedu aad u yar yahay oo uu tallaalku sababo dareen-celin xasaasiyad ah ee daran, dhaawacyo kale ee halis ah, ama dhimasho.

#### 5 Maxaa dhacaya haddii ay jirto dhibaato halis ah?

Dareen-celin xasaasiyadeed ayaa dhici karta kadib marka qofka la tallaalay ka tago rugta caafimaadka.

Translation provided by the Immunization Action Coalition

Haddii aad aragto calaamado falcelin xasaasiyadeed ah oo daran (firiiric, waji iyo cuno barar, neefsashada oo adkaata, wadnaha oo degdeg u garaacma, dawakhaad, iyo tabbardari), wac **9-1-1** oo gey qofka isbitaalka kuugu dhow.

Wixii calaamado kale ah ee welwel kuu keena, wac bixiyaha daryeelka caafimaadkaaga.

Dareen-celinta halista ah waa in loo sheegaa Nidaamka Warbixinta Dhacdada Daran ee Tallaalka (Vaccine Adverse Event Reporting System, VAERS). Dhakhtarkaaga ayaa badanaa gudbiya warbixintan, ama adiga laftaada ayaa sameyn kara. Booqo websaydka VAERS [www.vaers.hhs.gov](http://www.vaers.hhs.gov) ama wac **1-800-822-7967**. VAERS waxaa kaliya loogu talagalay wargelinta dareen-celinta, oo hawlwadeenada VAERS ma bixiyaan talo caafimaad.

#### 6 Barnaamijka Qaranka ee Magdhowga Dhaawaca Tallaalka

Barnaamijka Qaranka ee Magdhowga Dhawaca Tallaalka (National Vaccine Injury Compensation Program, VICP) waa barnaamij federaalka ah oo loo abuuray si loogu siiyo magdhow dadka laga yaabo in ay wax yeelleeyeen tallaallada qaarkood. Booqo websaydka VICP [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation) ama wac **1-800-338-2382** si aad wax uga ogaato barnaamijka iyo sida loo gudbiyo qaansheegasho. Waxa jira wakhti xadadan si loo soo diiwaangeliyo cabasho magdhow ah.

#### 7 Sidee baan wax dheeraad ah u baran karaa?

- Weydii bixiyahaaga daryeelka caafimaadka.
- Wac waaxda caafimaadka ee deegaankaaga ama gobolkaaga.
- La xiriir Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada (Centers for Disease Control and Prevention, CDC):
  - Wac telefoonka **1-800-232-4636** (**1-800-CDC-INFO**) ama
  - Booqo websaydka CDC [www.cdc.gov/flu](http://www.cdc.gov/flu)

Vaccine Information Statement (Interim)  
**Live Attenuated Influenza Vaccine** Somali



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