

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Hib

Hargabka Haemophilus
(Nooca b)

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 farabadan ayaa lagu heli karaa luqadaha Isbaanishka iyo luqado kaleba. Waxaad eegtaa www.immunize.org/vis

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Waa maxay sababta la isu tallaalayo?

Haemophilus influenzae nooca b (Hib) waa cudur daran oo ay keento bakteeriyadu. Caadi ahaan wuxuu ku dhacaa carruurta ka yar d'ada 5ta sanno. Waxa kale oo u ku dhici karaa dadka qaangaadhka ah ee leh xaalado caafimaad qaarkood.

Ilmahaagu wuxuu ku qaadi karaa cudurka Hib ag joogidda carruurta kale ama dadka gaangaadhka ah ee qaba bakteeriyada ee aan ogayn inay qabaan. Jeermigu wuxuu ku faafaa qof ka qof. Haddii jeermigu uu ku hakado sanko iyo cunaha ilmaha, waxay u badan tahay inuuna ilmuhu jirran. Laakiin mararka qaarkood jeermigu wuxuu ku faafaa sambabada ama qulqulka dhiigga, oo markaas cudurka Hib wuxuu sababi karaa dhibaatooyin daran. Kaas waxa loo yaqaan cudurka Hib ee daran.

Intii ka horreysay tallaalka Hib, cudurka Hib wuxuu ahaa sababta ugu horreysa ee bakteeriyada qoorgooyaha ku dhacda carruurta ka yar da'da 5 sanno ee ku nool Maraykanka. Qoorgooyuhu waa infakshan ku dhaca xuubka maskaxda daboolka iyo xangulada lafdhabartaba. Waxay keeni kartaa dhaawac maskax iyo dhego-beel. Cudurka hib ayaa waliba u horseedi kara:

- oofwareen (kolba-aariyo)
- dhuunta oo u bararta si daran, oo laga neefsan kari waayo
- caabuqa dhiigga, xubnaha, lafaha, iyo dheeha wadnaha
- dhimasho

Kahor ka tallaalka Hib, illaa 20,000 oo carruur oo ka yar da'da 5 sanno ayaa Maraykanka qaadi jirtay cudurka Hib, oo qiyaastii illaa 3% – 6% ayaa dhiman jirtay.

Tallaalka Hib ayaa ka hortagi kara cudurka Hib. Illaa intii la bilaabay tallaalka Hib, tirada xaaladaha baahsan ee cudurka Hib ayaa yaraaday illaa in ka badan 99%. Carruur aad u badan ayaa qaadi lahaa haddaan joojino tallaalka.

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Tallaalka Hib

Waxa jira dhowr noocyo tallaal Hib oo wat magacyo kala duwan. Ilmahaaga ayaa qaadan doona 3 ama 4 qiyaasta dawada ah, iyada oo ay ku xiran tahay hadba tallaalka la isticmaalo.

Qiyaaso tallaalka rotavirus ayaa lagu talinayaa da'aha kuwan ah:

- Qiyaasta Kowaad: 2 bilood markay jiraa
- Qiyaasta Labaad: 4 bilood markay jiraan
- Qiyaasta Saddexaad: 6 bilood marka jiraan (haddii loo baahdo, iyada oo ay ku xidhan nooca tallaalka)
- Qiyaasta Ugu Dambeysa/
Xoojiyaha ah: 12–15 bilood markay jiraan

Tallaalka Hib waxa loo siin karaa wakhti la mid ah marka la siinayo tallaallada kale.

Tallaalka Hib waxa lagu siin karaa iyada oo qayb ahaan ka mid ah iskujir tallaal. Tallaallada iskujirka ah ayaa laga sameeya laba ama in ka badan oo ah noocyo tallaal oo la iskudaray iyada oo ah ah hal irbad, markaa halkaa tallaal ayaa ka hortagi kara in ka badan hal cudur.

Carruurta ka wayn da'da 5ta sanno iyo dadka qaangaadhka ahi caadi ahaan uma baahna tallaalka Hib. Laakiin waxa laga yaabaa in loogu tali ee qaba yo carruurta waawayn ama dadka qaangaadhka ah ee aan lahayn qanjirka isbiliinka ama leh cudurka unugga kahor qalliinka marka laga saarayo isbillinka ama waxa ka dambeeya ku tallal dhuux laf. Waxa kale oo laga yaabaa in loogu taliyo dadka 5 illaa 18 sanno jirta ee qaba HIV. Faahfaahinteeda weyddiso dhakhtarkaga.

Dhakhtarkaaga ama qofka ku siinaya tallaalka ayaa ku siin kara macluumaad dheeraad ah.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

3**Dadka qaarkood ma aha inay qaataan tallaalkan**

Tallaalka Hib waa in aan la siin dhallaanka ka yar da'da 6 toddobaad.

Qofka waligii ku yeeshay dareen-celin alerji oo nolosha halis galisay, kaddib markii u qaatay qiyaas taallaal Hib oo hore, AMA alerji daran ku yeeshay qayb kasta oo ka mid ah tallaalkan, waa inuuna qaadan tallaalka Hib. *U sheeg qofka bixinaya tallaalku wixii kasta ee xasaasiyad daran jiray.*

Dadka sida sahlan u jirran ayaa qaadan kara tallaalka Hib. Dadka aadka u xanuunaysa waxaa habboon inay sugaan illaa intay ka bogsanayaan. Kala hadala daryeel caafimaad bixiyaahaga haddii uuna qofka qaadanaya tallaalku uuna si fiican daramynin maalinta tallaalka ballanta loogu qabtay.

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 ah kuwo sahlan ama iyaga ayaa iskood isaga taga. Dareen-celin daran ayaa waliba suurtagal ah laakiin waa dhif.

Dadka qaata tallaalka Hib badankoodu wax dhib ah kalama kulmaan.

Dhibaatooyinka fudud ee soo raaca marka tallaalka Hib la qaato:

- guduudasho, kul, ama meesha tallaalka oo bararta
- qandho

Dhibaatooyinkani ma badna. Hadday dhacaan, caadi ahaan waxay billaabmaan isla markaaba tallaalka kaddib waxayna socdaan 2 ama 3 maalmood.

Dhibaatooyinka dhici kara kaddib tallaalka kasta:

Dawo kasta ayaa sababi karta dareen-celin xasaasiyadeed oo 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.

Carruurta waawayn, tobaneeyo-jirayaasha, iyo dadka qaangaadhka ah ayaa sidoo kale laga yaabaa inay dhibaatooyinkan ku yeeshaan kaddib tallaalka kasta:

- Dadka ayaa mararka qaarkood miyir beela kaddib hawl caafimaad marka lagu sameeyo, oo tallaalkuna ka mid tahay. Fadhiga ama jifsfadka 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.

Waxa marwalba kormeer lagu hayaa badbaadada tallaallada. Macluumaad intaas dhaafsiisan intaas, booqo www.cdc.gov/vaccinesafety/

Translation provided by the Immunization Action Coalition

5**Maxaa dhacaya haddii ay waxyeello ka yimaaddiin?****Maxay tahay inaan raadiyo?**

- U firso wixii kasta ee adiga kaa wewelsiiya, sida calaamadaha **dareen-celinta xasaasiyadda daran** qandhada aad u sarreysa, dabeecadda isbeddelaysa.

Calaamadaha dareen-celin xasaasiyadda daran waxa ka mid ah xasaasiyad jidhka ah, wajiga iyo cunaha oo barar, neefta oo ku qabata, wadnaha oo degdeg kuu garaaca, dawakhaad, iyo tabcaanimo. Taasi waxay bilaabantaa sida caadiga ah dhowr daqiiqo illaa dhowr saacadood kaddib tallaalka.

Maxay tahay inaan sameeyo?

- Haddii aad u maleyso inay tahay ficil-celinta xasaasiyadda daran am xaalad degdeg ah oo aan la sugin karin u wac 9-1-1 ama qofka gee isbitaalka kuugu dhow. Haddii kale, u wac dhakhtarkaaga.
- Markaa wixii ka dambeeya, ficil-celinta waa in waxbixin laga siiyaa Nidaamka Dhacdada Daran ee Tallaalka (VAERS). Dhakhtarkaaga ayaa xereyn kara warbixintan, ama adiga laftaada ayaa sidaas samayn kara adiga oo u mara websaadka VAERS ee ku yaal www.vaers.hhs.gov, ama adiga oo waca **1-800-822-7967**.

VAERS ma bixiso talo caafimaad.

6**Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (National Vaccine Injury Compensation Program)**

Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (VICP) waa barnaamij federaal ah oo loo abuuray magdhowga dadka laga yaabo inay wax yeelleeyeen tallaallada qaarkood.

Dadka rumaysan inuu tallaalka dhaawacay waxay wax ka ogaan karaan barnaamijka iyo sida loo xereysanayo cabasho iyagoo waca **1-800-338-2382** ama booqda websaydka VICP ee www.hrsa.gov/vaccinecompensation. Waxa jira wakhti ku xadaysan in la sheegto magdhow.

7**Sidee baan macluumaad intaas dhaafsiisan ku ogaan karaa?**

- Weyddii dhakhtarkaaga. Isaga ama iyada ayaa ku siin kara waraaqda la soo galiyay baakada tallaalka ama kugula talin kara ilo kale oo aad macluumaad ka heli kartid.
- Wac waaxda caafimaadka xaafadda ama gobolkaaga.
- La xiriiir Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC):
 - U wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Booqo websaadka CDC ee ku taal www.cdc.gov/vaccines

Vaccine Information Statement

Hib Vaccine

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Somali

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