

## BAYAANKA MACLUUMAADKA TALLAALKA

# Tallaalka Meningococcal Serogroup B (MenB): Waxaad 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 Macluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqada kaleba. Eeg [www.immunize.org/vis](http://www.immunize.org/vis)

## 1 Maxaa la iskaga tallaalayaa?

**Cudurka meningococcal** waa cudur halis ah oo keena nooc ka mid ah bakteeriyada loo yaqaan *Neisseria meningitidis*. Waxay keeni kartaa menenjajtis (infekshan ku dhaca xuubka maskaxda iyo xangulada lafdhabarta) iyo caabuqyo gala dhiigga. Cudurka Meningococcal ayaa inta badan dadka ku dhaca digniin la'aan — xitaa dadka sida kale caafimaad-qabka u ah.

Cudurka meningococcal ayaa ku faafi kara qof ka qof iyada marka la leeyahay xiriir isku dhow (qufaca ama dhunkashada) ama xiriir muddo dheer ah, gaar ahaan dadka ku wada nool reer isku mid ah.

Waxa jira ugu yaraan 12 nooc oo *N. meningitidis* ah, loona yaqaan “serogroups.” Serogroups A, B, C, W, iyo Y ayaa keena cudurka ugu badan ee meningococcal.

Qof kasta ayaa qaadi kara cudurka meningococcal laakiin dadka qaar ayaa halis dheeraad u ah, oo ay ka mid yihiin:

- Dhallaanka kayar hal sano
- Carruurta qaangaarka ku dhow iyo dhalinyarada 16 illaa 23 sano jirta
- Dadka qaba xaaladaha caafimaad qaarkood ee saameeya habdhiska difaaca jirka
- Cilmi-baarayaasha cayayaanka isha aan lagu arkin (Microbiologists) ee sida joogtada ah u faquuqa *N. meningitidis*
- Dadka halista ugu ah sabab ahaan ka dillaaca beeshooda ee cudurkan

Xataa marka la daweyyo, cudurka meningococcal ayaa dila 100 kiiba 10 illaa 15 dadka qaada cudurka. Dadka ka badbaada dhimashadana, qiyaasti 10 illaa 20 ka mid ah 100 iiba ayaa la dhibaatoon doona naafanimu ay ka mid yihiin maqal beel, dhaawac maskaxeed, waxyeello kelyo, addin goyn, dhibaatooyin habdhiska dareemayaasha, ama nabarro daran maqaarka meelaha laga jaro.

**Tallaalka Meningococcal Serogroup B (MenB)** ayaa kaa caawin kara kahortagga cudurka meningococcal ee u sababo serogroup B. Tallaalada kale ee meningococcal ayaa lagu talinayaa si looga hortago serogroups A, C, W, iyo Y.

## 2 Tallaalka Meninjajtiska ee Serogroup B

Labo tallaal oo ah serogroup B meningococcal — Bexsero® iyo Trumenba® — ayuu sharciyeeyay Food and Drug Administration (FDA) (Maamulka Cuntada iyo Dawooyinku).

Tallaaladan waxa si joogto ah lagula talinayaa dadka ah 10 sano ama ka wayn, ee halista u ah infekshinnada serogroup B meningococcal, oo ay ka mid yihiin:

- Dadka halista u ah markay sababtu dillaaca cudurka serogroup B meningococcal
- Qof kasta oo qanjidhka isbiliintu burburay ama laga saaray
- Qof kasta oo qaba xaalad dhif ah oo habka difaaca ah oo loo yaqaan “yaraanta ka-koobnaanta kabka joogtada ah”
- Qof kasta oo qaata dawada loo yaqaan eculizumab (walibana loo yaqaan Soliris®)
- Cilmi-baarayaasha cayayaanka isha aan lagu arkin (Microbiologists) ee sida joogtada ah u faquuqa *N. meningitidis*

Tallaaladan waxa kale oo waliba la siin karaa qof kasta oo 16 illaa 23 sano jira si ay u siiso difaac muddo gaaban ah oo ka hortag noocac cudurka serogroup B meningococcal ah; 16 illaa 18 sano jirayaasha ayaa ah da'aha loo doorbidayo tallaalka.

Kahor taga ugu fiican, in ka badan 1 cabir oo ah talaalka serogroup B meningococcal ayaa loo baahnaan doonaa. Tallaal isku mid ah waa in la isticmaalo dhammaan qiyaasaha tallaalka. Weyddii daryeel caafimaad bixiyahaaga arrimaha ku saabsan tirada iyo wakhtiyada qaadashada qiyaasaha, iyo baahida loo qabo xoojinta qiyaasaha.

## 3 Dadka qaarkood ma aha inay qaataan tallaalladan

U sheeg qofka tallaalka ku siinaya:

- **Haddii aad leedahay xasaasiyado (alerjiyo) daran, oo nolasha halis galinaysa.**  
Haddii aad waligaa ku yeelatay dareen-celin alerji oo nolasha halis galisay, kaddib markii aad qaadatay qiyaas tallaal serogroup B meningococcal, ama aad ku yeelatay alerji daran qayb kasta oo ka mid ah tallaalkan, ma aha in lagu tallaalo. *U sheeg bixiyahaaga daryeelka caafimaadka haddii aad ku yeelato xasaasiyad daran oo kasta oo aad adigu ogtahay, iyada oo ay ku jirto xasaasiyad daran ee caanaha ka yimaad dhirta.* Isaga ama iyada ayaa kuu sheegi kara ka koobnaanta tallaalka.
- **Haddii aad uur leedahay ama aad naas-nuujinayso.**  
Ma jiraan macluumaad aad u badan oo ku saabsan halista ka iman karta tallaalkan markay tahay haweenka uurka leh ama hooyada naas-nuujinaysa. Waa in la isticmaalo marka uurka la leeyahay kaliya haddii si cad loogu baahan yahay.

Haddii aad qabto jirro sahlan, sida durayga, waxa dhici karta inaad qaadata tallaalka maantaba. Haddii aad u bukto si dhexdhexaad ah ama daran, waxa habboon inaad sugto illaa intaad ka bogsanaysa. Dhakhtarkaaga ayaa talo ku siin kara.



## 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 kuwo sahlan ama iyaga ayaa iskood isaga taga, laakiin falcelin darani inay dhacdaana waa suurtagal.

In ka badan nus ka mid ah dadka qaata serogroup B ee tallaalka meningococcal ayaa yeesha **dhibaatooyin sahlan** kaddib tallaalka. Dareen-celintan ayaan socon karta 3 illaa 7 maalmood, oo ay ka mid yihiin:

- Ka damqasho, guduudasho, ama barar ku yimaad barta tallaalka
- Daal ama tabcaanimo
- Madax xanuun
- Muruq ama isgoys xanuun
- Qandho ama qarqaryo
- Lalabo ama shuban

### Dhibaatooyinka dhici kara kaddib tallaalkan:

- Dadka ayaa mararka qaarkood miyir beela kaddib hawl caafimaad marka lagu sameeyo, oo tallaalkuna ka mid tahay. Fadhiga ama jiifsadka illaa 15 daqiiqo kaddib tallaalka ayaa ka caawin karta qofka kahortagga miyir-beelka iyo dhaawacyada ay keento dhicistu. U sheeg bixiyahaaga haddii aad dareento dawakhaad, ama araggaagu isbeddelo ama dhaguhu ku guuxaan.
- Dadka qaarkood ayaa yeesha garab xanuun ka daran oo waqti dheer qaadata ka damqashada caadiga ah ee ka dambeeya duritaanka. Taas ayaa dhacda marar dhif ah.
- Dawo kasta ayaa sababi karta fcelin xasaasiyadeed daran. Falcelintan 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.

Waxa marwalba kormeer lagu hayaa badbaadada tallaallada. Macluumaad intaas dhaafsiisan intaas, booqo [www.cdc.gov/vaccinesafety/](http://www.cdc.gov/vaccinesafety/)

## 5 Ka warran haddii ay timaad dareen-celin ba'an?

### Maxay tahay inaan raadiyo?

- U fiirso wixii kasta ee adiga kaa welelsiya, sida calaamadaha dareen-celinta xasaasiyadda daran, qandhada aadka u sarreysa, dabeecad aan caadi ahayn.

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

### Maxay tahay inaan sameeyo?

- Haddii aad u malayso inay tahay **dareen-celin xasaasiyadda daran** ama xaaalad kale oo degdeg ah oo aadan sugi karin, wac 9-1-1 ama tag isbitaalka kuugu dhow. Haddii kale, wac rugtaada caafimaad.

Markaa wixii ka dambeeya, dareen-celinta waa in warbixin laga siiyaa Vaccine Adverse Event Reporting System (VAERS) (Ka Warbixinta 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](http://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 (VICP) (Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka) waa barnaamij federaal ah oo loo abuuray magdhawga dadka laga yaabo ay 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 websaaydka VICP ee [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation). Waxa jira wakhti xadaysan in la sheegto magdhaw.

## 7 Sideen wax badan u ogaan karaa?

- Wayddii daryeel bixiyahaaga caafimaad. Isaga ama iyada ayaa ku siin kara warqadda baakadda tallaalka lagu soo dhex riday ama kugula talin kara ilo kale oo aad macluumaad ka heli kartid.
- Wac waaxda caafimaadka xaafadda ama gobolkaaga.
- La xidhiidh Centers for Disease Control (CDC) (Xarumaha Xakamaynta iyo Kahortagga Cudurrada):
  - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
  - Booqo websaaydka CDC [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

## Vaccine Information Statement Serogroup B Meningococcal Vaccine

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Somali

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