

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaallada Ugu Horreeya ee IImahaaga:

Waxa aad 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 Af-Soomaaliga iyo luqado kaleba. Booqo www.immunize.org/vis

Tallaalada looga hadlayo bayaankan ayaa ah kuwa ay u badan tahay in la bixiyo isla waqtiga dhallaanimada iyo carruurnimada hore. Waxaa jira Bayaannada Macluumaadka Tallaalka oo gooni ah oo loogu talagalay tallaallada kale kuwaasoo si joogto ah lagula taliyo carruurta yaryar (jadeecada, qaamo-qashiirta, jadeco Jarmal, busbuska, rotafayraska, hargabka, iyo cagaarshowga A).

IImahaaga ayaa qaadanayo tallaalladaan maanta:

- Gawracatada, teetanada, iyo xiiqdheerta (DTaP) Curuka hergabka (Hib)
 Cagaarshowga B Dabaysha PCV13

(Bixiyaha: Calaamadee sanduuqyada ku habboon.)

1. Maxaa la isu tallaalayaa?

Tallaalada ayaa ka hortagi kara cudurka. Tallaalka carruurta waa lama huraan maxaa yeelay wuxuu siiyaa difaac kahor inta aysan carruurta u-baylah noqon cuduro halis gelin kara nolosha.

Gawracatada, teetanada, iyo xiiqdheerta (DTaP)

- **Gawracatada (Diphtheria, D)** ayaa horseedi karta neef-qabasho, wadne-xanuun, cuuryaannimo, ama dhimasho.
- **Tetanada (Tetanus, T)** ayaa sababta qalafsanaan xanuun leh oo murqaha. Teetanadu waxay horseedi kartaa dhibaatooyin caafimaad oo halis ah, oo ay ku jiraan awoodid la'aanta kala qaadida afka, liqid la'aan iyo neefsasho la'aan, ama dhimasho.
- **Xiiqdheerta (Pertussis, aP)**, sidoo kale loo yaqaano "whooping cough," waxay sababi kartaa qufac aan kala joogsi lahayn, oo xooggan oo ka dhiga neefsashada, wax cunidda, ama cabitaanka mid adag. Xiiqdheerta waxay noqon kartaa mid aad u daran gaar ahaan dhallaanka iyo carruurta yaryar, taasoo keenta burunkiito, gariir, dhaawac maskaxeed, ama dhimasho. Dhallinta iyo qaangaarka, waxay u keeni kartaa culaab lumin, isku celin la'aanta kaadida, suuxid, iyo jabida feeraha ee ka dhasha qufaca daran.

Hib (Nooca b) ee cudurka hargabka

Nooca b labaad ee *Haemophilus* ayaa sababi kara noocyo badan oo kala duwan oo caabuqyo ah. Caabuqyadaan waxay inta badan saameeyaan carruurta ka yar 5 sano jir balse waxay sidoo kale saamayn karaan dadka waaweyn ee leh xaalado

caafimaad qaarkood. Bakteeriyada Hib waxay sababi kartaa jirro sahlana, sida caabuqyada dhegaha ama boronkiito, ama waxay sababi karaan jirro daran, sida jirrooyinka dhiigga. Caabuqa Hib ee daran, oo sidoo kale loo yaqaano "cudurka Hib ee daran," wuxuu u baahan yahay in lagu daaweeyo isbitaal mararka qaarkoodna wuxuu sababi karaa dhimasho.

Cagaarshow B

Cagaarshowga B waa cudur beerka ku dhaco oo sababi kara jirro fudud oo soconaysa dhowr toddobaad, ama wuxuu horseedi karaa jirro daran oo abid raagta. Caabuqa cagaarshowga B ee ba'an waa jirro waqti gaaban jirta oo keeni karta qandho, daal, rabitaan la'aan cunto, lallabo, matag, cagaarshow (maqaarka ama indhaha oo jaalle noqda, kaadi madow, saxaro leh midab khafiif ah), iyo xanuunka muruqaha, kala-goosyada, iyo caloosha. Cudurka cagaarshowga B ayaa ah jirro muddo-dheer oo dhacda marka fayraska cagaarshowga B uu ku jiro jirka qofka. Dadka badankood oo sii yeesha cagaarshowga B ee ba'an ayaan lahayn astaamo, balse weli daran oo u horseedi kara dhaawaca beerka (cudurka daran ee wadnaha), kansarka wadnaha, ama dhimasho.

Dabayl (Polio)

Dabeysha (ama poliomyelitis) waa cudur naafonimo keena oo nafta halis geliya oo uu sababo fayraska poliovirus, kaasoo ku dhici kara qofka laf-dhabarkiisa,



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taasoo keenta curyaannimo. Dadka ugu badan ee qaba dabeysaha ayaan lahayn wax astaamo ah, oo kuwa badan ayaa ka ladnaada bilaa dhibaatooyin. Dadka qaarkood waxay la kulmi doonaan dhuun xanuun, qandho, daal, lallabo, madax xanuun, ama calool xanuun. Koox yar oo dad ah ayaa yeelan doona astaamo halis ah: jir muddyo (dareemida biinan iyo cirbadaha lagu mudayo lugaha), qoorgooyaha (cudur ku dhaca daboolka laf-dhabarta iyo/ama maskaxda), ama curyaanimo (aan dhaqaajin karin qaybaha ka mid ah jirka) ama daciifnimada gacmaha, lugaha, ama labaduba. Curyaanimadu waxay horseedi kartaa naafonimo joogto ah iyo dhimasho.

Cudurka oofwareenka (Pneumococcal)

Cudurka oofwareenka waxaa laga wadaa wixii cudur ah oo ay sababto baktiiriyada oofwareenka. Baktiiriyada waxay sababi kartaa noocyo badan ee cuduro ah, oo ay ka mid tahay burunkitada, taasoo ah infakshanka sambabaha. Ka sokow oofwareenka, bakteeriyada oofwareenka waxay sidoo kale sababi kartaa caabuqa dhegta, sanko, qoorgooyaha (caabuq ku dhaca unugyada daboolka maskaxda iyo xangulada laf-dhabarta), iyo bakteeriyada (caabuqa dhiigga). Infakshanyada oofwareenka badankood waa kuwo fudud. Hasa ahaatee, qaar ayaa ka imaan kara dhibaatooyin muddo-dheer ah, sida waxyeelo gaara maskaxda ama luminta maqalka. Qoorgooyaha, bakteeriyada dhiigga, iyo oofwareenka uu sababo cudurka oofwareenka ayaa noqon kara mid khatar dhimasho leh.

2. DTaP, Hib, cagaarshowga B, dabaysha, iyo tallaalada hergabka

Dhallaanka iyo carruurta inta badan waxay u baahan yihiin:

- 5 garoojo oo ah **tallaalka gawracatada, teetanada, iyo xiiq-dheerta (DTaP)**
- 3 ama 4 garoojo oo ah **Tallaalka Hib**
- 3 garoojo oo ah **tallaalka cagaarshow B**
- 4 garoojo oo ah **tallaalka dabaysha**
- 4 garoojo oo ah **tallaalka oofwareenka (PCV13)**

Carruurta qaarkood ayaa laga yaabaa inay u baahdaan wax ka yar ama ka badan garoojooyinka caadiga ah ee tallaalada qaarkood si ay difaac buuxa u lahaadaan iyagoo ugu wacan tahay da'dooda xilliga tallaalka ama duruufo kale.

Carruurta waaweyn, kurayda, iyo dadka waaweyn ee qaba xaalado caafimaad oo gaar ah ama arrimo kale oo halis ah ayaa sidoo kale laga yaabaa in lagula taliyo inay qaataan 1 garoojo ama ka badan oo tallaaladaan ah.

Tallaaladaan waxaa loo qaadan karaa tallaalo gooni ah ahaan, ama qayb ka ah tallaalo isku jira (nooc tallaalo oo ka kooban in ka badan hal tallaalo oo laga qaato hal irbad).

3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka hadduu ilmuhu qaadanayo tallaalka:

Loogu tallagalay tallaaladaan oo dhan:

- Uu horey u qabay **dareen-celin xasaasiyadeed kadib marka garoojo hore ee tallaalka**, ama uu lahaa wax xasaasiyado daran, oo nolosha halis galin kara

Loogu tallagalay DTaP:

- Uu qabay **dareen-celin xasaasiyadeed kadib garoojo hore oo tallaalo kasta ee kahortagga teetanada, gawracatada, ama xiiq-dheerta**
- Uu galay **miyir-beel, heerka miyir oo hoos u dhaca, ama qallal daba dheeraada 7 maalmood gudahooda kadib marka la qaato garoojada hore ee tallaalo kasta oo xiiq-dheer (DTP ama DTaP)**
- Uu leeyahay **suuxdino ama dhibaato kale oo ah habdhiska dareemayaasha jirka**
- Waligii uu qabay **Ciladda Guillain Barré** (sidoo kale loo yaqaano "GBS")
- Uu qabay **xanuun daran ama barar kadib garoojada hore ee tallaalo kasta ee hortagta teetanada ama gawracatada**

Loogu tallagalay PCV13:

- Uu qabay **dareen-celin xasaasiyadeed kadib garoojo hore oo PCV13, ee tallaalkii hore ee oofwareenka ee loo yaqaano PCV7, ama tallaalo kasta oo ka kooban sunta gawracatada** (tusaale ahaan, DTaP)

Mararka qaarkood, bixiyaha daryeelka caafimaadka ilmahaaga ayaa laga yaabaa inuu go'aansado inuu dib ugu dhigo tallaalka ilaa booqosho mustaqbalka ah.

Carruurta qaba jirrooyin yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Carruurta yara xanuunsan ama aadka u xanuunsan waa inay caadi ahaan sugaan illaa ay soo kabsanayaan kahor inta aan la tallaalin.

Bixiyaha daryeelka caafimaadka ilmahaaga ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

Loogu tallagalay tallaaladaan oo dhan:

- Xanuun, guduudasho, barar, kuleyl, xanuunka ama adkaanshaha goobta tallaalka laga qaato ayaa dhici karaan kadib tallaalka.

Loogu talagalay Tallaalka DTaP, tallaalka Hib, tallaalka cagaarshowga B, iyo PCV13:

- Qandho ayaa dhici kartaa tallaalka kadib.

Loogu talagalay DTaP:

- Buuqsanaan, daal, rabitaan la'aan cunto, iyo matagid ayaa mararka qaarkood dhacaan kadib tallaalka.
- Dareen-celin aadka u sii daran, sida qallalka, oohinta aan joogsaneyn ee socota 3 saacadood ama ka badan, ama qandho sareysa (in ka badan 40.5 °C [105 °F]) ayaa u dhici kara wax aad uga yar badanaa kadib tallaalka DTaP. Marar dhif ah, tallaalku waxaa ka dambeeya bararka gacanta ama lugta oo dhan, gaar ahaan carruurta yara weyn marka ay qaataan garoojada afaraad ama shanaad.

Loogu tallagalay PCV13:

- Rabitaan la'aan cunto, buuqsanaan (xanaaq), dareemid daal, madax-xanuun, iyo qarqaryo ayaa dhici karaan kadib tallaalka PCV13.
- Carruurta yaryar ayaa halis kordhaysa ugu jiri karaan suundino ay sababto qandho kadib qaadashada PCV13 haddii la bixiyay isla xilligii tallaalka hargabka ee aan fayrasyada kale kahortagin. Weydii bixiyahaaga daryeelka caafimaadka macluumaad dheeraad ah.

Sida dawo walba ee kale, waxaa jira fursad suurtagalkeedu aad u yar yahay in uu tallaalka 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. Haddii aad aragto calaamado dareen-celin xasaasiyadeed ah oo daran (firiiric, waji iyo cuno/dhuun barar, neefsashada oo adkaata, wadnaha oo degdeg u garaacma, wareer, iyo tabbar dari), wac 9-1-1 iyo gey qofka isbitaalka kuugu dhow.

Wixii calaamado kale ah ee welwel kuu keena, wac bixiyahaaga daryeelka caafimaadka.

Dareen-celinta halista ah waa in loo sheegaa Vaccine Adverse Event Reporting System (Nidaamka Warbixinta Dhacdada Daran ee Tallaalka) (VAERS). Bixiyahaaga daryeelka caafimaadka ayaa badanaa gudbin doona warbixintan, ama adiga laftaada ayaa sidaa sameyn kara. Booqo website-ka VAERS ee www.vaers.hhs.gov ama wac 1-800-822-7967. VAERS waxaa kaliya loogu talagalay wargelinta dareen-celinta, oo shaqaalaha VAERS ma bixiyaan talo caafimaad.

6. Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka

National Vaccine Injury Compensation Program (Barnaamijka Qaranka ee Magdhawga Dhaawaca Tallaalka) (VICP) waa barnaamij federaalka ah oo loo abuuray si loogu siiyo magdhow dadka laga yaabo in ay wax yeelleeyeen tallaalka qaarkood. Qaansheegashooyinka la xiriira dhaawaca ama geerada la sheego oo ka dhalata tallaalka waxay leeyihiin waqti xaddidan oo la soo gudbiyo, taasoo noqon karta mid gaaban oo laba sano ah. Ka booqo mareegta VICP barta www.hrsa.gov/vaccinecompensation ama wac 1-800-338-2382 si aad wax uga ogaato barnaamijka iyo sida loo gudbiyo qaansheegasho.

7. Sideen wax badan u ogaan karaa?

- Waydii bixiyahaaga daryeelka caafimaadka.
- Wac waaxda caafimaadka ee deegaankaaga ama gobolkaaga.
- Booqo mareegta Food and Drug Administration (Maamulka Cuntada iyo Daawooyinka) (FDA) si aad uga hesho tilmaamaha ku jira xirmada tallaalka iyo macluumaad dheeraad ah barta www.fda.gov/vaccines-blood-biologics/vaccines.
- La xiriir Centers for Disease Control and Prevention (Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada) (CDC):
 - Wac 1-800-232-4636 (1-800-CDC-INFO) ama
 - Ka booqo mareegta CDC barta www.cdc.gov/vaccines.

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