

## BAYAANKA MACLUUMAADKA TALLAALKA

# Tallaalka Dabeysaha:

## 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)

Bayaanmo Macluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Booqo [www.immunize.org/vis](http://www.immunize.org/vis)

### 1. Maxaa la isu tallaalayaa?

**Tallaalka dabeysaha** wuxuu kahortagi karaa **dabeysaha**.

Dabeysaha (ama poliomyelitis) waa cudur naafonimo keena oo nafta halis geliya oo uu sababo fayraska poliovirus, kaasoo ku dhici kara qofka laf-dhabarkiisa, 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 dadka ka mid ah ayaa yeelan doonaan astaamo aad u sii daran oo saameeya maskaxda iyo xangulada lafdhabarta:

- Qodxo-qodxaha (dareenka in biinan iyo irbado lagu durayo lugaha),
- Qoorgooyaha (caabuuq ku dhaca xuubka maskaxda xangulada lafdhabarta iyo maskaxda)
- Curyaannimo (dhaqaajin la'aanta qaybaha jirka) ama gacmaha, lugaha oo daciif noqda, ama labadaba.

Curyaannimo waa astaanta aadka ugu daran ee lala xiriiriyo dabeysaha sababtoo ah waxay horseedi kartaa naafonimo joogto ah iyo dhimasho.

Ka soo reynta curyaannimada lugaha ayaa dhici karta, laakiin dadka qaarkood muruq xanuun cusub iyo daciifnimo ayaa laga yaabaa inay yeeshaan 15 illaa 40 sano kadib. Tan waxaa loo yaqaan "ciillada daba socota cudurka dabeysaha."

Dabeysaha ayaa laga ciribtiray Mareykanka, laakiin weli waxay ka jirtaa meelo kale oo adduunka ah. Sida ugu fiican ee aad naftaada u ilaalin karto oo uga dhawri karto Maraykanka cudurka dabaysha waa inay lahaadaan habdhis difaac jireed oo sarreeya (kahortag) dadka oo ka dhan ah dabaysha iyadoo loo marayo tallaal.

### 2. Tallaalka dabeysaha

**Carruurta** sida caadiga ah waa inay qaataan 4 garoojo oo tallaalka dabeysaha ah markay jiraan 2 bilood, 4 bilood, 6-18 bilood, iyo 4-6 sano.

Dadka waaweyn **badankooda** uma baahna tallaalka dabeysaha maadaama horay looga tallaalay dabaysha markay carruurta ahaayeen. Qadka qaangaarka qaarkood ayaa halis sarreysa ugu jira waana inay tixgaliyaan qaadashada tallaalka dabeysaha, oo ay ka mid yihiin:

- Dadka u socdaalaya qeybo ka mid ah adduunka
- Shaqaalaha sheybaarada ee laga yaabo inay qaadaan fayraska cudurka dabeysaha
- Shaqaalaha daryeelka caafimaadka ee dawaynaya bukaanka qaba dabeysaha
- Dadka aan tallaalneyn oo carruurtoodu qaadan doonaan tallaalka cudurka dabeysaha (tusaale ahaan, ilmaha caalamka ee la korsado ama qaxootiga)

Tallaalka Dabeysaha waxaa loo qaadan karaa tallaal kaligiis ah, ama qayb ka ah tallaalo isku jira (nooc tallaal oo ka kooban in ka badan hal tallaal oo la iska siiyo hal irbad).

Tallaalka Dabeysaha waxaa la bixin karaa isla wakhtiga tallaallada kale.



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

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### 3. La hadal bixiyahaaga daryeelka caafimaadka

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U sheeg bixiyahaaga tallaalka haddii qofka qaadanyo tallaalka:

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

Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka dabeysha booqosho mustaqbalka ah.

Dadka qaba jirrooyinka sahlan/yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka yara xanuunsan ama aadka u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo kabsanayaan kahor inta aysan qaadan tallaalka dabeysha.

Lama oga wax badan oo ku saabsan halista uga imaan karta tallaalkan qof uur leh ama naas-nuujinaysa. Si kastaba ha noqotee, tallaalka dabeysha waa la siin karaa haddii qofka uurka leh uu halis dheeraad ah ugu jiro caabuqa oo uu u baahan yahay kahortag degdeg ah.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

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### 4. Halista dareen-celinta tallaalka

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- Xanuunka goobta durritaanka oo leh gaduudasho, barar, ama xanuunka halka la iska duray ayaa dhici karta kadib tallaalka dabeysha.

Dadka ayaa mararka qaarkood miyir beela kadib marka hawlgal-caafimaad lagu sameeyo, oo ay tallaalkuna ka mid tahay. U sheeg bixiyahaaga haddii aad dareento wareer, ama wax aragtidaada isbeddesho ama dhaguhu ku guuxaan.

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.

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

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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

Somali translation provided by the Immunization Action Coalition

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 bixiyaha daryeelka caafimaadkaaga.

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. Ka booqo mareegta VAERS barta [www.vaers.hhs.gov](http://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.

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### 6. Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka

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

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### 7. Sideen wax badan u ogaan karaa?

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- 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](http://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](http://www.cdc.gov/vaccines).

