

BAYAANKA MACLUUMAADKA TALLAALKA**Tallaalka Pneumococcal Polysaccharide (PPSV23): 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

1 Maxaa la isu tallaalayaa?

Tallaalka pneumococcal polysaccharide (PPSV23) wuxuu ka hortagi karaa cudurka pneumococcal.

Cudurka pneumococcal waxaa laga wadaa wixii cudur ah oo ay sababto baktiiriyada pneumococcal. Baktiiriyadaa waxay sababi kartaa noocyo badan ee cuduro ah, oo ay ka mid tahay pneumonia, taasoo ah infakshanka sambabaha. Baktiiriyada pneumococcal waa mid ka mid ah waxyaalaha badanaa sababa pneumonia.

Marka laga reebo pneumonia, baktiiriyada pneumococcal waxay sidoo kale sababtaa:

- Infakshanada dhagaha
- Infakshanada sanko
- Meninjaaytis (infakshanka ku dhaca xuubka maskaxda daboolo iyo xangulada lafdhabarta)
- Bacteremia (infakshanka dhiiga)

Qof kasta ayaa qaadi kara cudurka pneumococcal, laakiin carruurta ka yar da'da 2da sano iyo dadka leh xaalado caafimaadeed ee gaar ah, dadka waa weyn ee ah da'da 65 sano ama ka weyn, iyo dadka sigaarka cabba ayaa halista ugu wayn u leh.

Infakshanyada pneumococcal waa kuwo khafiif ah/yar. Hasa ahaatee, qaar ayaa ka imaan kara dhibaatooyin muddo-dheer ah, sida waxyeelo gaara maskaxda ama luminta maqalka. Meninjaaytis, bacteremia, iyo pneumonia oo uu sababo cudurka pneumococcal ayaa noqon kara wax khatar dhimasho leh.

2 PPSV23

PPSV23 wuxuu kaa ilaalin 23 nooc ee ah baktiiriyada sababta cudurka pneumococcal.

PPSV23 waxa lagula talinayaa:

- Dhammaan **dadka waa weyn ee 65 jirka ah ama ka weyn,**
- Qof kasta **ee 2 jir ah ama ka weyn ee leh xaalado caafimaadeed ee gaar ah oo horseedi karta halis kordheysa ee ah cudurka pneumococcal.**

Dadka inta badan kood ayaa kaliya u baahan hal qiyaas ee ah PPSV23. Qiyaas labaad ee ah PPSV23, iyo nooc kale ee ah tallaalka pneumococcal loo yaqaano PCV13, ayaa loogu talinayaa kooxaha leh halis-sare ee gaar ah. Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

Dadka ah 65 jir ama ka wayn ayaa ah inay qataan qiyaas ah PPSV23 xittaa haddii ay horey u qaateen hal ama qiyaaso ka badan ee ah tallaalka kahor inta aysan gaarin 65 jir.

3 La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii qofka la siinayo tallaalka:

- Uu horey u qabay **dareen-celin xasaasiyadeed kadib marka qiyaas hore ee PPSV23 uu qaatay,** ama uu lahaa wax **xasaasiyado daran, noloshahalis galin kara.**

Xaaladdaha qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka PPSV23 booqosho mustaqbalka ah.



Dadka qaba jirrooyinka sahlan/yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka dhexdhexaad ahaan u xanuunsan ama aad u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo kabsanayaan/boksoonayaan inta aan la siin PPSV23.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

4 Halista dareen-celinta tallaalka

- Guduudasho ama xanuun meesha irbada lagu duray, dareenka daalka, qandho, ama xanuunka murqaha ayaa dhici kara kadib PPSV23.

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.

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 (VAERS) (Nidaamka Warbixinta Dhacdada Daran ee Tallaalka). 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 caafimaadeed.

6 Sideen wax badan u ogaan karaa?

- Waydii bixiyahaaga daryeelka caafimaadka.
- Wac waaxda caafimaadka ee deegaankaaga ama gobolkaaga.
- La xiriir Centers for Disease Control and Prevention (CDC) (Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada):
 - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Booqo website-ka CDC's ee www.cdc.gov/vaccines

