

## BAYAANKA MACLUUMAADKA TALLAALKA

# Tallaalka Fayraska Neef-mareenka ee RSV (Respiratory Syncytial Virus) Waxa Ay 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 luqado kaleba. Booqo [www.immunize.org/vis](http://www.immunize.org/vis)

### 1. Maxaa la isu tallaalayaa?

Tallaalka RSV wuxuu ka hortagi karaa cudurka neefmareenka hoose ee uu keeno fayraska **respiratory syncytial virus (RSV)**. RSV (Fayraska Neef-mareenka) waa caabuq caadi ah oo neefmareenka ku dhaca oo sida badan keena astaamo fudud oo sida durayga ah.

RSV (Fayraska Neef-mareenka) wuxuu ku keeni karaa xanuun da'aadda oo dhan laakiin waxaa dhici karta inuu si gaar ah halis ugu yahay dhallaanka iyo dadka da'da ah.

- RSV (Fayraska Neef-mareenka) waa sababta ugu badan ee isbitaal loo dhigo carruurta yaryar ee Maraykanka. Dhallaanka jira ilaa 12 blood da' ahaan (gaar ahaan kuwa jira 6 bilood iyo ka yar) iyo carruurta xilligii caadiga ahaa xilli ka horreeya dhashay, ama kuwa qaba cudur sambabka ama wadnaha ku dhaca oo raagay ama habdhiska difaacoogu liito, ayaa halis badan ugu jira in cudurka RSV ku noqdo mid daran.

- Caabuqyada RSV (Fayraska Neef-mareenka) waxay khatar u noqon karaan dadka waaweyn qaarkood. Dadka waawayn ee halista ugu badan ugu jira in cudurka RSV (Fayraska Neef-mareenka) ku noqdo mid daran waxa ka mid ah dadka waayeelka ah, gaar ahaan dadka waawayn ee qaba cudur ku dhaca wadnaha ama sambabka oo raagay, habdhiska dhifaaca jirka ee liita, ama xaalado caafimaad oo ku hoos jira oo kale, ama ku nool guryaha lagu xannaaneeyo dadka aan wax qabsan karin.

RSV (Fayraska Neef-mareenka) wuxuu ku faafaa in toos loo taabto caabuqa, sida faniinka qufaca ama hindhisada ee qof kale ama taabashada indhahaaga, sanakaaga, ama afkaaga. Sidoo kale waxaa faafin kara qof taabto sagxad caabuqa leh, sida siddada albaabka/handaraabka, oo haddana taabto wejigaaga.

Astaamaha caabuqa RSV (Fayraska Neef-mareenka) waxaa ku jiri kara dililiqa, baahida cunto rabitaanka oo yaraata, qufaca, hindhisada, xummada, ama hiinraagida. Dhallaanka aadka u yar, astaamaha RSV (Fayraska Neef-mareenka) waxa ka mid noqon kara xanaaq badan, dhaqdhaqaaqa oo yaraada, ama apnea (neefta oo joogtasata muddo ka badan 10 ilbiriqsi).

Dadka intooda badan waxay ku bogsadaan toddobaad ama laba toddobaad gudahooda, laakiin caabuqa RSV (Fayraska Neef-mareenka) wuxuu noqon karaa mid halis ah, kaasoo keeni kara neefta oo qofka qabata iyo ogsijiinka oo ku yaraata. RSV (Fayraska Neef-mareenka) wuxuu keeni karaa burukiito (marin-haweedyada yaryar ee sambabada oo bukooda) iyo oofwareen (caabuq ku dhaca sambabka). Fayraska RSV (Fayraska Neef-mareenka) wuxuu sidoo kale

mararka qaar horseedi karaa ka inay ka sii daraan xaaladaha caafimaad ee kale sida xiiqda/neefta, xanuunka joogtada ah ee neefsiga adkeeya (waa xanuun joogto ah oo ku dhaca sambabada oo qofka neefsiga ku adkeeya), ama wadne joogsi (marka wadunuhu tuuri kari waayo dhiig iyo ogsijiin ku filan oo jirka gaara).

Dadka da'da ah iyo dhallaanka aadka ugu xanuusada caabuqa RSV (Fayraska Neef-mareenka) waxay u baahan karaan in isbitaal la dhigo. Qaar xataa waa u dhiman karaan.

### 2. Tallaalka RSV (Fayraska Neef-mareenka)

Waxa jira laba qaab oo dhallaanka looga ilaaliyo RSV (Fayraska Neef-mareenka): tallaalka hooyadu markay uurka leedahay ay qaadato iyo unugyada difaaca jirka oo ilmaha la siiyo. Mid ka mid ah labadan qaab ayey baahan yihiin dhallaanka badankoodu si looga ilaaliyo cudurkan.

CDC waxay ku talisaa in la siiyo hal garoojo oo tallaalka RSV (Fayraska Neef-mareenka) ah **haweenka uurka leh laga bilaabo toddobaadka 32 ilaa toddobaadka 36 ee uurka** si looga ilaaliyo cudurka RSV (Fayraska Neef-mareenka) dhallaanka ka yar 6 bilood da' ahaan. Waxa lagu taliyaa tallaalkan in la qaato laga bilaabo Sibtambar ilaa Janaayo waddanka Maraykanka intiisa badan. Si kastaba ha noqotee, meelaha qaarkood (tusaale ahaan, gobollada, Hawaii, Alaska, iyo qaybo ka mid ah Florida), waqtiga tallaalku wuu kala duwanaan karaa iyadoo lagu saleynayo waqtiga sanadka ee RSV (Fayraska Neef-mareenka) uu ku faafayo aagga.

CDC waxay ku talinaysaa in hal mar la qaato tallaalka RSV (Fayraska Neef-mareenka) **qof kasta oo jira 75 sano iyo ka weyn** iyo dadka waaweyn ee ah **60 ilaa 74 sano jir kuwaas oo halis dheeraad ah ugu jira cudurka RSV (Fayraska Neef-mareenka) ee daran**. Dadka waaweyn ee da'doodu u dhaxayso 60 ilaa 74 sano oo khatarta ay ku badan tahay ay ka mid yihiin kuwa qaba cudurrada wadnaha ama sambabada ee raaga, nidaamka difaaca ee daciifka ah, ama xaalado kale oo caafimaad oo joogto ah, iyo kuwa ku nool guryaha dadka da'da ah.

Tallaalka fayraska RSV (Fayraska Neef-mareenka) waxaa la bixin karaa isla wakhtiga tallaalada kale.



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### 3. La hadal bixiyahaaga daryeelka caafimaadka

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U sheeg bixiyahaaga tallaalka haddii uu qofka qaadanayo tallaalka:

- Uu horey u qabay **dareen-celin xasaasiyadeed kadib markuu qaatay garoojo hore oo ah tallaalka fayraska RSV (Fayraska Neef-mareenka)**, ama uu qaaday **xasaasiyado daran, oo nolosha halis galin kara**

Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka caabuqa RSV (Fayraska Neef-mareenka) booqasho mustaqbalka ah.

Dadka qaba jirrooyinka sahlan, 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 caabuqa RSV (Fayraska Neef-mareenka).

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

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### 4. Halista dareen-celinta tallaalka

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- Xanuun, casaansho, iyo bararka goobta tallaalka lagaa siiyo, daal (dareemid daal), xummad, madaxanuun, yalaalugo/lallabo, fuuqbox, iyo xanuun murqaha ama kala-goysyada ah ayaa dhici kara kadib tallaalka caabuqa RSV (Fayraska Neef-mareenka).

Xanuunada neerfaha ee halista ah, oo ay ku jirto cillada Guillain-Barré (GBS), ayaa la soo sheegay kadib qaadashada tallaalka caabuqa RSV (Fayraska Neef-mareenka) xilligii ay socotay tijaabada caafimaad ee dadka waayeelka ah. Waqtigan xaadirka ah, khatarta GBS ee ah ka dib tallaalka RSV (Fayraska Neef-mareenka) ee dadka da'doodu tahay 60 sano iyo wixii ka weyn lama xaqiijin karo mana la beenin karo.

Dhalitaan xilligeeda ka soo horraysa iyo cadaadiska dhiigga oo sarreeya xilliga uurka, oo ay ku jirto pre-eclampsia ayaa laga soo sheegay haweenka uurka leh ee qaatay tallaalka caabuqa RSV (Fayraska Neef-mareenka) muddadii tijaabada caafimaad socotay. Ma cadda in dhacdooyinkan uu sabab u yahay tallaalku.

Dadka ayaa mararka qaarkood miyir beela kadib marka habraacyo caafimaad lagu sameeyo, taasoo uu tallaalkuna ka mid yahay. U sheeg bixiyahaaga haddii aad dareento dawakhaad ama isbadal ku yimaada aragaaga 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.

V-Safe waa nidaam kormeero badqabka oo kuu ogolaanaya inaad la wadaagto CDC sida aad adiga ama qofka kugu xiran aad dareemaysaan kadib qaadashada tallaalka RSV (Fayraska Neef-mareenka). Waxaad ka heli kartaa macluumaad oo aad iska diiwaangelin kartaa V-safe adigoo adeegsanayo barta [vsafe.cdc.gov](https://vsafe.cdc.gov).

Somali translation provided by Immunize.org

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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 calaamadaha falcelinta xasaasiyadeed oo daran (furuuruc, wajiga oo barara iyo cuno/dhuun barar, neefsashada oo adkaata, wadnaha oo degdeg u garaacma, wareer, iyo tabbar darri), fadlan wac lambarka **9-1-1** kadibna qofka gaarsii isbitaalka kuugu dhow.

Wixii calaamado kale ah ee welwel kuu keena, wac bixiyaha daryeelka caafimaadkaaga.

Dareen-celinta halista ah waa in loo sheegaa nidaamka qaabbilsan dareen-celinta halista ah ee lagu magacaabo 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 mareegta VAERS ee [www.vaers.hhs.gov](https://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.

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

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- Weydii bixiyaha qaabbilsan daryeelkaaga caafimaadka.
- Wac waaxda qaabbilsan caafimaadka ee deegaankaaga ama gobolkaaga.
- Booqo websaytka Maamulka Cuntada iyo Daawooyinka (FDA) si aad uga heshid xirmooyinka tallaalka iyo macluumaad dheeraad ah barta [www.fda.gov/vaccines-blood-biologics/vaccines](https://www.fda.gov/vaccines-blood-biologics/vaccines)
- La xiriiir Xarumaha Xakameynta iyo Kahortagga Cudurrada (CDC):
  - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
  - Ka booqo mareegta CDC barta [www.cdc.gov/vaccines](https://www.cdc.gov/vaccines).

