

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Fayraska RSV (Fayraska Caabuqyada Neefmareenka): Waxa Ay Tahay Inaad Ogaato

Many Vaccine Information Statements are available in Somali and other languages. See www.immunize.org/vis

Bayanno Macluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Booq 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 waa fayraska caadi ah oo neefmareenka ku dhaca oo sida badan keena astaamo fudud oo sida durayga ah.

RSV sida badan wuxuu ku faafaa in toos loo taabto fayraska, sida goboda qufaca ama hindhisada ee qof kale ee taabta indhahaaga, sankaa, ama afkaaga. Sidoo kale wuxuu ku faafaa inaad taabato sagxad fayraska leh, sida siddada albaabka/handaraabka, oo haddana inaad taabato wejigaaga adigoo gacmaha iska dhaqin.

RSV wuxuu ku keeni karaa xanuun da'ada oo dhan laakiin waxaa dhici karta inuu si gaar ah halis ugu yahay dhallaanka iyo dadka da'da ah. Dhallaanka iyo dadka da'da ah ee qaba xaalad caafimaad oo joogto ah sida xanuunada wadnaha ama sambabka, habdhiska difaaca oo liita, ama kuwaasoo deggan guryaha dadka u baahan daryeel caafimaad ama kuwa u baahan in la xannaaneeyo, ayaa halista ugu badan ugu jira inay aad ugu xanuusdaan fayraska RSV iyo dhibaatooyinka ka dhasha.

Astaamaha caabuqa RSV waxaa ku jiri kara dililiqa, baahida cunto rabitaanka oo yaraata, qufaca, hindhisada, xummada, ama hiinraagida. Dadka intooda badan waxay ku bogsadaan toddobaad ama laba toddobaad gudahooda, laakiin fayraska RSV wuxuu noqon karaa mid halis ah, kaasoo keeni kara neefta oo qofka qabata iyo ogsijiinta oo ku yaraata. Fayraska RSV 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 fayraska RSV waxay u baahan karaan in isbitaal la dhigo. Qaar xataa waa u dhiman karaan.

2. Tallaalka fayraska RSV

CDC waxay ku talisaa **dadka da'doodu tahay 60 jir iyo wixii ka wayn** inay qaadan karaan hal garoojo oo tallaalka fayraska RSV ah, iyadoo laga duulayo wada-hadalada dhexmara bukaanka iyo bixiyaha daryeelka caafimaadka.

Tallaalka fayraska RSV waxaa la bixin karaa isla wakhtiga tallaalada kale.

3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii uu qofka qaadanayo tallaalka:

- Uu horey u qabay **dareen-celin xasaasiyadeed kadib markuu qaatay garoojo hore oo ka mid ah tallaalka fayraska RSV**, ama uu qaaday wax **xasaasiyado daran ah, oo nolosha halis galin kara**

Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka fayraska RSV 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 fayraska RSV.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.



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

4. Halista dareen-celinta tallaalka

- Xanuun, casaansho, iyo bararka goobta tallaalka lagaa siiyo, daal (dareemid daal), xummad, madaxanuun, yalaalugo/lallabo, shuban, iyo xanuun murqaha ama kala-goosyada ah ayaa dhici kara kadib tallaalka fayraska RSV.

Xaaladaha dareemayaasha jirka oo halis ah, oo ay ku jirto cillada Guillain-Barré (GBS), ayaa marar aad u yar la soo sheegaa kadib qaadashada tallaalka fayraska RSV xilligii ay socotay tijaabada caafimaad. Ma cadda in tallaalku sabab u ahaa dhacdooyinkan.

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 yimaado aragaaga ama dhaguhu ku guuxaan.

Sida dawo walba ee kale, waxaa jira fursad suurtagalkeedu aad u yar yahay in uu tallaalku 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 calaamadaha falcelinta xasaasiyadeed oo daran (firiiric, 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 magacaaabo Nidaamka Warbixinta Dhacdada Daran ee Tallaalka (Vaccine Adverse Event Reporting System, VAERS). Bixiyahaaga daryeelka caafimaadka ayaa badanaa gudbin doona warbixintan, ama adiga laftaada ayaa sidaa sameyn kara. Booqo mareegta VAERS ee www.vaers.hhs.gov ama wac **1-800-822-7967**. VAERS waxaa loogu talagalay oo kaliya u soo sheegida falcelinada, isla mar ahaantaana xubnaha shaqaalaha ee VAERS awood uma lahan inay bixiyaan talo caafimaad.

6. Sideen wax badan u ogaan karaa?

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

Somali translation provided by Immunize.org

