BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Hargabka

Maxaad u Baahan Tahay Inaad Ogaato

(Tallaalka Hargabka, Nool, ee Sanka Laga Qaato)

2014-2015

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 luqadaha Soomaaliga iyo luqado kaleba. Eeg www.immunize.org/vis

1 Waa maxay sababta la isu tallaalayo?

Hargabka ("flu") waa cudur aad la isku qaadsiiyo oo ku faafa Mareykanka dhammaantiis jiilaal kasta, badanaa inta u dhexeysa Oktoober iyo Mey.

Hargabka waxa keena fayraska hargabka, oo waxa badiyaa lagu faafiyaa qufaca, hindhisada, ama xidhiidhka isku dhawaanta leh.

Cid kasta ayuu ku dhici karaa hargabku, hase ahaatee halista ku dhicidda hargabka ayaa ugu badan carruurta. Calaamadaha ayaa si lama filaan ah u yimaada oo laga yaabaa inay socdaan dhowr maalmood. Kuwaas waxa ka mid noqon kara:

- qandho/qadhqadhyo
- dhuun xanuun
- muruq xanuun
- daal
- qufac
- madax xanuun
- sanka oo da'a ama xirma

Hargabka ayaa ka dhigi kara dadka qaarkood ku wa aad u jiran marka loo eego kuwa kale. Dadkaan waxa ka mid ah carruurta yaryar, dadka ah da'da 65 iyo kuwa ka wayn, haweenka uurka leh, iyo dadka qaba xaaladaha caafimaad qaarkood — sida cudurrada wadnaha, sambabbada, ama kelyaha fowdooyinka habdhiska dareemayaasha ama marka difaaca jidhku yar yahay. Tallaalka hargabka ayaa gaar ahaan muhiim ugu ah dadka, iyo ciddii kasta ee ku dhawaansho ula dhaqanta.

Hargabku wuxuu u horseedi karaa oof-wareen, oo uga sii dari kara xaaladaha caafimaad ee uu qofku qabo. Wuxuu carruurta u keeni karaa shuban iyo suuxdin.

Sannad walba **kumanaan qof ayaa u dhinta hargabka gudaha Maraykanka**, iyada oo intaa in ka badanna isbitaalka la dhigo.

Tallaalka hargabka ayaa ah ka badbaadka ugu wanaagsan ee hargabka iyo ka sii xumaantiisa. Tallaalka hargabka ayaa waliba ka hortaga ku faafinta hargabka ee qof ka qof.

2 Tallaalka hargabka la diciifiyay, ee nool—LAIV, Sanka Laga Qaato Iyada oo lagu Buufiyo

Waxa lagu siinaya **Tallaalka fayraska la diciifiyay, ee nool** (loo yaqaan LAIV), oo sanka gudahiisa lagu buufiyo. "Attenuated" micnaheedu waa la diciifiyay. Fayrasyada ku jira tallaalka yaa naaqusay si ayna kuugu ridin hargabka.

Waxa kale oo jira tallaalo hargab oo la "diciifiyay" iyo kuwo "dib loo habeeyay" oo aan lahayn fayras nool. "Duritaankaan hargabka" ayaa lagu bixiyaa duritaan irbad.

Tallaallada qofka lagu duro ayaa lagu sifeeyay Bayaan Macluumaad Tallaal kale oo gaar ah.

Tallaalka hargabka ayaa lagu talinayaa in la qaato sannad kasta. Carruurta da'da 6 bilood illa 8 sano ah yaa laga yaabaa inay u baahdaan laba qiyaasood (doses) hal sano gudaheed.

Fayrasyada hargabka ayaa had iyo jeer isbeddela. Sannad kasta tallaalka hargabka ayaa loo sameeya si u uga hortago fayrasyada oo ay u badan tahay inay sababaan cudurro sannadkaas. LAIV waxa u ka hortagaa 4 fayrasyo hargab oo kala duwan. Tallaalka hargabku kama hortagi karo dhammaan xaalado kasta oo hargabka ah, laakiinwaa difaaceena ugu horreeya ee lagaga hortago cudurka.

Waxay qaadataa 2 todoobaad inuu difaacu soo baxo kaddib tallaalka, oo difaaca ayaa jirayaa dhowr bilood illaa sannad.

Cudurrada qaarkood ee **ayna** sababin fayraska hargabku ayaa badiyaa lagu khaldamaa inay yihiin haragab. Tallaalka hargabka ayaan ka hortagi doonin cudurradaas. Waxa kaliya ee ay ka hortagtaa hargabka.

LAIV ayaa la siin karaa dadka **2 illaa 49 sano da'doodu tahay**. Waxa la siin karaa iyada oo badbaado leh xilli la mid marka tallaallada kale la siinayo.

LAIV ma uu ku jiro thimerosal ama waxyaabaha kale ee alaabta cimrigoodu lagu dheereeyo.

3 Dadka qaarkood ma aha inay qaataan tallaalkan

Waxaad u sheegtaa qofka tallaalka ku siinaya:

- **Haddii aad yeelato xasaasiyado (alerjiyo) daran, oo nolasha halis galinaysa**, oo ay ka mid yihiin (tusaale ahaan) alerji aad ku leedahay jelatinka ama antibayootiga. Haddii aad waligaa ku yeelatay dareen-celin alerji oo nolosha halis galisay, kaddib markii aad qaadatay qiyaas tallaal hargab, ama aad ku yeelatay alerji daran qayb kasta oo ka mid ah tallaalkan, ma aha in lagu tallaalo.
- **Haddii waligaa horay ay kuugu dhacday cudurka Guillain-Barré Syndrome** (xanuun daran oo baraalis leh, oo sidoo kale loo yaqaan GBS). Dadka qaarkood ee ku dhacay GBS waa inayna qaadan tallaalkan. Taas ayaa ah in lagala hadlo dhakhtarkaaga.
- **Haddii aad qabto dhibaatooyin caafimaad muddo dheer ah**, sida dibaatooyinka qaarkood ee ay ka midka yihiin wadnaha, neefsashada, kelyaha, beerka, ama habdhiska dareenka, dhakhtarkaaga ayaa kaa caawin kara go'aaminta haddii ay tahay inaad qaadato LAIV.

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Centers for Disease Control and Prevention

- **Haddii aad qaadatay wax kasta oo tallaallo kale ah 4tii toddobaad ee la soo dhaafay, ama haddii aanad si fiican u dareemaynin.** Waxa badiyaa iska caadi ah inaad qaadato tallaalka hargabka markaad qabto xanuun sahlan, laakiin waxa laga yaabaa in lagugula taliyo inaad sugto intaad ka bogsanayso. Laakiin waa inaad ku soo noqotaa markaad ladnaato.
- **Waa inaad qaadato irbad durista hargabka halkii sanka gudahiisa lagaga buufin lahaa haddii aad:**
  - uur leedahay
  - u difaaca nidaamkaagu u diciif noqday
  - aad alerji ku leedahay ukunta
  - tahay ilmo yar oo leh dhibaatooyin neef ama hiinraag
  - tahay ilmo ama tobaneeyo jir qaata terabiga asbiriinta muddada dheer
  - aad siin doonto daryeel, ama aad booqan doonto qof, 7da cisho ee soo socda oo ugu baahan daryeel gaar ah nidaamka difaaca oo aad diciif u ah awgeed (weyddii bixiyahaaga daryeelka caafimaadka)
  - qaaday dawooyinka ka-hortagga fayraska hargabka 48kii saacadood ee la soo dhaafay

Qofka ku siinaya tallaalka ayaa ku siin kara macluumaad dheeraad ah.

4 Halista dareen-celinta tallaalka

Tallaalka, sida dawo kastaba, waxa dhici karta inay jiraan saamayn soo raaca. Kuwaas ayaa ah badiyaa ah kuwo sahlan ama iyaga ayaa iskood isaga taga.

Dhibaatooyinka dhici kara kaddib tallaal kasta:

- Dareen-celinta alerjiga daran ee ka yimaad tallaalka ayaa aad dhif u ah, iyada oo lagu qiyaaso inay ka yar tahay 1 milyankii tallaallo. Hadday dhacdaba, badiyaa waa gudaheeda dhowr daqiiqado illaa dhowr sacaadoood kaddib qaadashada tallaalka.

Dhibaatooyinka fudud ee laga warbixiyay kaddib marka la qaato LAIV:

Carruurta iyo da'yarta 2-17 sano jirta:
- sanka oo dareera, sanka oo xirma ama qufac
- qandho
- madax xanuun iyo muruq xanuun
- hiinraagga
- calool xanuun ama matag ama shuban mararka qaarkood ah

Dadka qaangaadhka ah ee da'doodu u dhexeyso 18-49:
- sanka oo dareera ama sanka oo xirma
- dhuun xanuun
- qufac, qarqaryo, daal/diciifnimo
- madax xanuun

LAIV waxaa laga sameeyaa fayras diciif laga dhigay **mana sababo hargab.**

Sida dawo kasta oo kale, ayay jirtaa calaf suurtagalkeedu aad u yar tahay oo tallaalku sababo dhaawac halis ah ama dhimashaba.

Waxa marwalba kormeer lagu hayaa badbaadada tallaallada. Macluumaad intaas dhaafsiisan intaas, booqo **www.cdc.gov/vaccinesafety/**

DCH–1237SO

Translation provided by the Immunization Action Coalition

AUTH: P.H.S., Act 42, Sect. 2126.

5 Maxaa dhacaya haddii ay waxyeello ka yimaaddiin?

Maxaa ila habboon inaan u fiirsado?
- U fiirso wixii kasta ee adiga kaa wewelsiiya, sida calaamadaha fal-celinta xasaasiyadda daran, qandhada aad u sarreysa, dabeecadda isbeddelaysa.

  Calaamadaha ficil-celinta xajiinta/ alerjiyada daran waxaa ka mid ah xasaasiyad jidhka ah, waji iyo cune barar, neefta oo ku qabata, wadnaha oo degdeg kuu garaaca, dawakhaad, iyo tabcaanimo. Taasi waxay bilaabmi doontaa dhowr daqiiqo illa dhowr saacadood kadib tallaalka.

Maxaan sameeyaa?
- Haddii aad u maleyso inay tahay ficil-celin alerji daran ama xaaalad kale oo degdeg ah oo aan la sugin karin, wac 9-1-1 ama qofka gee isbitaalka kuugu dhow. Haddii kale, u wac dhakhtarkaaga.
- Markaa waxa ka dambeeya, ficil-celinta waa in warxbixin laga siiyaa Ka Warbixinta Dhacdada Daran ee Tallaalka (VAERS). Dhakhtarkaaga ayaa ah inuu xereeyo warbixintan, ama adiga laftaada ayaa sidaas samayn kara adiga oo u mara websaytka VAERS ee ku taal **www.vaers.hhs.gov**, ama adiga oo waca **1-800-822-7967**.

VAERS ma bixiso talo caafimaad.

6 Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (National Vaccine Injury Compensation Program)

Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (VICP) waa barnaamij federaal loo abuuray magdhowga dadka laga yaabo ay wax yeelleeyeen tallaallada qaarkood.

Dadka rumaysan inuu tallaal dhaawacay waxay wax ka ogaan karaan barnaamijka iyo sida loo xereysanayo cabasho iyagoo waca **1-800-338-2382** ama booqda websaaydka VICP ee **www.hrsa.gov/vaccinecompensation**. Waxa jira wakhti ay ku xadaysan in la sheegto magdhow.

7 Sidee baan macluumaad intaas dhaafsiisan ku ogaan karaa?

- Weyddii daryeel bixiyahaaga caafimaad. 1–888–767–4687
- Wac waaxda caafimaadka deegaankaaga ama gobolkaaga.
- La xiriir Xarumaha Xakamaynta iyo Ka hortagga Cudurrada (CDC):
  - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
  - Booqo websaytka CDC ee ku taal www.cdc.gov/**flu**

Vaccine Information Statement (Interim)

Live Attenuated Influenza Vaccine

08/19/2014 Somali

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42 U.S.C. § 300aa-26

Si ay bixiyeyaasha daryeel caafimaad u helaan xaaladda saxda ah ee warka talaalka, qiimeynta warka, iyo jadwalka/kaltanka loogu taliyay talaalada mustaqbalka, waxa warka loo diri doonaa Michigan Care Improvement Registry (Diiwaanka Hagaajinta Daryeelka Michigan). Shakhsiyaadku ama dadku waxa ay xaq u leeyihiin in ay bixiyahooda daryeelka caafimaad ka codsadaan in aanuu Diiwaanka u gudbin warka.