

Tallaalka Hargabka (Flu) (Nool, ee Sanka Laga Qaato): Waxaad u Baahan Tahay Inaad Ogaato

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

Bayaanmo Macluumaad Tallaal oo farabadan ayaa lagu heli karaa luqadda Isbaanishka iyo luqadda kaleba. Eeg www.immunize.org/vis

1 Waa maxay sababta la isu tallaalayo?

Hargabka ("flu") waa cudur la is qaadsiyo oo ku faafa Maraykanka dhammaantiis sannad kasta, badanaa inta u dhexeysa Oktoobar iyo Meey.

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

Qof kasta ayaa qaadi kara hargabka. Hargabka ayaa si lama filaan ah dadka ugu dhaca oo hayn kara dhowr maalmood. Calaamadaha ayaa ku kala duwan da'da, laakiin waxa ka mid noqon kara:

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

Hargabka ayaa waliba u horseedi kara oof-wareen iyo infekshinno dhiig, iyo shuban iyo suuxdin carruurta. Haddii aad qabto xaalad caafimaad, sida cudurrada wadnaha ama sambabka, hargabka ayaa kagaaga sii dari kara.

Hargabka ayaa halis dheeraad ah u leh dadka qaarkood. Dhallaanka iyo carruurta sii yaryar, dadka 65 sano jir iyo kuwii ka wayn, haweenka uurka leh, iyo dadka qaba xaaladaha caafimaadka qaarkood ama leh habdhis difaac daciif ayaa halista ugu wayn leh.

Sannad walba **kumanaan qof ayaa u dhinta hargabka gudaha Maraykanka**, iyada oo intaa in ka badanaa isbitaal ka dhigo.

Tallaalka hargabka ayaa kaa:

- ilaalin kara inuu kugu dhaco hargabku, iyo
- inuu hargabku kaa sahlanaado haddii u kugu dhaco, oo
- aadan ku fidin hargabka qoyskaaga iyo dadka kaleba.

2 Tallaalka hargabka la daciifiyay, ee nool— LAIV, Sanka lagu Buufiyo

Qiyaas tallaalka hargab ayaa lagu talinayaa xilli-sannad kasta oo hargab. Carruurta da'doodu ka yar tahay 9 sano ayaa dhici karta inay u baahan karaan laba qiyaas taallal inta lagu jiro xilli hargabeedka isku midka ah. Qof kasta oo kale ayaa u baahan kaliya hal qiyaas tallaalka xilli hargab kasta.

Tallaalka hargabka la daciifiyay, ee nool (ee loo yaqaan LAIV) ayaa la siin karaa dadka caafimaadka qaba, ee aan uurka lahayn ahana **da'da 2 illaa 49 sano jir**. Waxa la siin karaa iyada oo badbaado leh xilli la mid marka tallaallada kale la siinayo.

LAIV waxa lagu buufiyaa sanka. LAIV ma uu ku jiro thimerosal ama waxyaabaha kale ee alaabta cimrigoodu lagu dheereeyo. LAIV waxaa laga sameeyaa fayras daciif lagu dhigay **mana sababo hargab**.

Waxa jira fayrasyo badan oo kuwa hargabka ah, had iyo jeerna wey isbeddelayaan. Sannad kasta LAIV ayaa loo sameeyaa ka hortagga afar fayrasyada ay u badan tahay inay sababaan cudurka xilli hargabka soo socda. Laakiin xitaa marka tallaalka uuna si sax ah ugu aaddanayn fayrasyada, waxa dhici karta inuu yeesho wax xoogaa difaac ah.

Tallaalka hargabku kama hortagi karo:

- hargabka uu keeno fayras aan tallaalka hoos iman, ama
- cudurrada u eg hargabka laakiin aan ahayn.

Waxay qaadataa 2 toddobaad inuu difaacu soo baxo kaddib tallaalka, oo difaaca ayaa jirayaa illaa xilliga hargabka lagu jiro.

3 Dadka qaarkood ma aha inay qaataan tallaalkan

Dadka qaarkood waa inayna qaadan LAIV sababaha ay ka midka yihiin da'da, xaalado caafimaad, ama sababo kaleba. Dadkaasi intooda ugu badan hase yeeshe waa inay qaataan tallaalka hargabka ee lagu duro. Bixiyaha daryeelkaaga caafimaad ayaa kaa caawin kara inaad go'aansato arrinta.

U sheeg bixiyaha haddii adiga ama qofka la tallaalayo:

- u qabo xasaasiyado, ay ku jirto xasaasiyadda ukunta, ama waligii dareen-celin xaasaasiyad u ku yeeshay tallaalka hargabka.
- waligii u yeeshay Ciladda Guillain Barré (waliba loo yaqaan GBS).
- u leeyahay dhibaato muddo dheer ah wadnaha, neefsashada, kelyaha, beerka, ama hab-difaaca jirka.
- neef ama neefsashada oo ku adag, ama u yahay ilmo leh dhacdooyin neef qururflayn.
- uur ay leedahay.
- u yahay ilmo ama kuwa qaangaarka ku dhow ee qaata asbiriinta ama asbiriin wax ay ku jirto.
- u difaaca nidaamkaagu u daciif noqday.
- ay booqan doonaan ama u daryeeli doonaan qof, 7 maalmood ee soo socota, kuwaas oo u baahan jawi dhowran (tusaale ahaan, kaddib marka dhuuxa la beddelayo)

Mararka qaarkood LAIV waa in dib loo dhigo. U sheeg bixiyaha haddii adiga ama qofka la tallaalayo:

- aadan caafimaad dareemaynin. Tallaalka ayaa dib loo dhigan karaa illaa inta laga bogsanayso.

- haddii lagu siiyay wax tallaah ah 4tii toddobaad ee la soo dhaafay. *Tallaallada* nool ee la bixiyo iyaga oo isku dhow-dhow ayaa laga yaabaa inayna si fiican u shaqayn.
- aad qaadatay dawooyinka ka-hortagga fayraska hargabka 48kii saacadood ee la soo dhaafay.
- haddii u sanku ku cabudhsan yahay.

4 Halista dareen-celinta tallaalka

Dawo kasta, oo ay tallaalladu ka mid yihiin, waxa dhici karta inay jiraan saamayno soo raaca. Kuwaas ayaa ah badiyaa kuwo sahlan ama iyaga ayaa iskood isaga taga, laakiin dareen-celinta darani inay dhacdaana waa suurtagal.

Dadka qaata tallaalka LAIV badankoodu wax dhib ah kalama kulmaan. Dareen-celinta LAIV ayaa laga yaabaa inay u ekaato hargab sahlani inuu ka hyo.

Dhibaatooyinka laga warbixiyay kaddib marka la qaatay LAIV:

Carruurta iyo da'yarta 2-17 sano jirta:

- sanku oo dareera/sanku oo xirma
- qufac
- qandho
- madax xanuun iyo muruq xanuun
- khurufaynta hawo mareenka
- calool xanuun, matagitaan, ama shuban

Dadka qaangaadhka ah ee da'doodu u dhexeyso 18-49:

- sanku oo dareera/sanku oo xirma
- dhuun xanuun
- qufac
- qarqaryo
- daal/tabardarro
- madax xanuun

Dhibaatooyinka dhici kara kaddib tallaah kasta:

- Dawo kasta ayaa sababi karta dareen-celin xasaasiyadeed daran. Dareen-celintan oo kale ee ka timaad tallaalka ayaa aad dhif u ah, iyada oo lagu qiyaaso in ka yar 1 milyankii qiyaasoodba, oo waxay dhici doontaa dhowr daqiiqo illaa dhowr saacadood gudahood tallaalka kaddib.

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

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

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.

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Maxaa dhacaya haddii ay waxyeello ka yimaaddiin?

Maxay tahay inaan raadiyo?

- U firso wixii kasta ee adiga kaa wewelsiiya, sida calaamadaha daren-celinta xasaasiyadda daran, qandhada aad u sarreysa, dabeecadda isbeddelaysa.

Calaamadaha calaamadaha daren-celinta xasaasiyadda daran waxa ka mid ah xasaasiyad jidhka ah, wajiga iyo cunaha oo barara, neefta oo ku qabata, wadnaha oo degdeg kuu garaaca, dawakhaad, iyo tabcaanimo. Taasi waxay bilaabmi doontaa dhowr daqiiqo illaa dhowr saacadood kadib tallaalka.

Maxay tahay inaan sameeyo?

- Haddii aad u maleyso inay tahay ficil-celin alerji daran ama xaalad kale oo degdeg ah oo aan la sugi karin, wac 9-1-1 ama qofka gee isbitaalka ugu dhow. Haddii kale, u wac dhakhtarkaaga.
- Dareen-celinta waa in warbixin laga siiyaa Nidaamka 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.

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

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

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

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Sidee baan macluumaad dheeraad ah ku ogaan karaa?

- Weyddii daryeel bixiyahaaga caafimaad. Isaga ama iyada ayaa ku siin kara warqadda baakadda tallaalka lagu soo dhex riday ama kugula talin kara ilo kale oo aad macluumaad ka heli kartid. **1-888-767-4687**
- Wac waaxda caafimaadka xaafadda 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

Live Attenuated Influenza Vaccine

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Somali

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42 U.S.C. § 300aa-26

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