

BAYAANKA MACLUUMAADKA TALLAALKA

SOMALI

Tallaalka Pneumococcal Conjugate (PCV13)

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 AF-Soomaaliga iyo luqado kaleba. Eeg www.immunize.org/vis

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Waa maxay sababta la isu tallaalayo?

Tallaalka ayaa ka ilaalin kara carruurta iyo dadka waaweyn **cudurka pneumococcal** .

Cudurka pneumococcal waxa sababa baakteeriyo ku faafi karta qof ka qof marka isku dhawaansho la yeesho. Waxay keeni kartaa infekshin dhegaha ah, oo waliba waxay u horseedi kartaa infekshino ka sii daran oo ah:

- Sambabbada (oofwareen),
- Dhiigga (bacteremia), iyo
- Xuubka maskaxda daboolaa iyo xangulada lafdhabarta (qoorgooye).

Oofwareenka Pneumococcal ayay badiyaa qaadaan dadka qaangaarka ah. Qoorgooyaha Pneumococcal ayaa keeni kara dhegabeel iyo waxyeello maskax, oo waxay dishaa 1 ilmo markay yihiin 10ka qaada.

Qof kasta ayaa qaadi kara cudurka pneumococcal, laakiin carruurta ka yar da'da 2da sano iyo dadka qaangaarka ah ee ka wayn da'da 65 sano, dadka qaba xaaladaha caafimaad qaarkood, iyo kuwa sigaarka cabba ayaa halista ugu wayn u leh.

Kahor jiritaanka tallaalka, Maraykanka waxa lagu arki jiray:

- in ka badan 700 oo xaalado qoorgooye ah,
- qiyaastii 13,000 infakshinno dhiigga ah,
- qiyaastii 5 milyan oo ah infekshannada dhegaha, iyo
- qiyaastii 200 oo geeri ah

carruurta ka yar 5 sannad kasta ee u ku dhaco cudurka pneumococcal. Tan iyo markii tallaalka la helay, cudurka daran ee pneumococcal ee carruurta ayaa hoos ugu dhacday illaa 88%.

Qiyaastii 18,000 oo qaangaarka waayeeleka ah ayaa sannad kasta ku geeriyooda cudurka pneumococcal Maraykanka gudahiisa.

Ku dawaynta cudurrada pneumococcal benisiliinta iyo dawooyinka ayaan lahayn waxtarkii ay lahaan jreen waayadii hore, sababta oo ah noocyo qaarkood ka mid ah cudurka ayaa u adkaysta dawooyinkan. Taas ayaa xitaa ka dhigaysa ka hortagga jirrada, ee tallaalka, waxaad u muhiim ah.

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Tallaalka PCV13

Tallaalka Pneumococcal conjugate (loo yaqaan PCV13) ayaa dadka ka ilaaliya 13 nooc oo bakteeriyada pneumococcal ah.

PCV13 ayaa sida caadiga ah la siiyaa carruurta 2, 4, 6, iyo 12–15 bilood da'doodu tahay. Waxa kale oo waliba lagula talinayaa qof kasta oo 2 illaa 64 sano jira ee qaba xaaladaha qaarkood, iyo qof kasta oo ah da'da 65 sano iyo kuwa ka waynba. Dhakhtarkaaga ayaa ku siin doona faahfaahinta.

3

Dadka qaarkood ma aha inay qaataan tallaalkan

Qof kasta oo waligii ku yeeshay xasaasiyad falcelin daran oo nolosha halis galisay qiyaas tallaalkan ah, ama tallaalka pneumococcal oo hore loona yaqaan PCV7, ama tallaalka kasta oo ka kaboon diphtheria toxoid (tusaale ahaan, DTaP), waa inayna qaadan PCV13.

Qof kasta oo ku leh xasaasiyad daran wax kasta oo ay ka kooban tahay PCV13 waa inayna qaadan tallaalka. *U sheeg dhakhtarkaaga haddii qofka la tallaalayo u leeyahay xasaasiyado daran.*

Haddii qofka ballan jadwalka ugu jira in la tallaalo uuna si fiican daramayn, daryeel-bixiyahaaga ayaa laga yaabaa inuu dib ballan ugu qabto tallaalka maalin kale.

4

Halista falcelinta 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 falcelinta darani inay dhacdaana waa suurtagal.

Dhibaatooyinka laga soo warramay ka dib PCV13 ayaa ku kala duwanaa da'da iyo qiyaasta tallaalka taxanaha ah. Dhibaatooyinka ugu badan ee laga soo warramay carruurta:

- Ku dhawaad qayb ahaan carruurta ayaa lulmooda ka dib tallaalka, ama ayaan nafsad u yeelan wax inay cunaan ama ku yeeshay guduudasho ama damqasho barta tallaalka laga siiyay.



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- Qiyaastii 1 markay yihiin 3 ayaa barar ku yeeshay barta tallaalka laga siiyay.
- Qiyaastii 1 markay yihiin 3 ayaa qandho sahlan yeeshay, oo ku dhawaad 1 markay yihiin 20 ayaa yeeshay qandho ka sarreysa 102.2°F.
- Illaa qiyaastii 8 marka loo eego 10 ayaa noqday dhirifsanaan.

Dad qaangaar ah ayaa ku warramay xanuun, guduudasho iyo meesha irbadda lagag dhuftay oo bararta; walibana qandho sahlan, tabcaanimo, madax xanuun, qadhqadhyo, ama muruq xanuun.

Carruurta yaryar ee isla mar la qaadata tallaalka oof-wareenka (PCV13) iyo tallaalka hargabka fayraska aan noolayn ayaa laga yaabaa inay halis dheeraad ah u yeeshaan suuxdinta ay keento qandhadu. Weyddiiso dhakhtarkaaga macluumaad dheeraad ah.

Dhibaatooyinka dhici kara kaddib tallaalka kasta:

- Dadka ayaa mararka qaarkood miyir beela kaddib hawl caafimaad marka lagu sameeyo, oo tallaalkuna ka mid tahay. Fadhiga ama jiifsadka illaa 15 daqiiqo kaddib tallaalka ayaa ka caawin qofka kahortagga miyir-beelka iyo dhaawacyada ay keento dhicistu. U sheeg dhakhtarkaaga haddii aad dareento wareer, ama araggaagu isbeddelo ama dhagahaagu yeeraan.
- Carruurta sii waawayn iyo dadka qaangaar ah qaarkood ayaa yeesha garab xanuun daran oo ay ku adkaataa inay gacanta ka dhaqaajiyaan halka tallaalka laga siiyay. Taas ayaa dhacda marar dhif ah.
- Dawo kasta ayaa sababi karta falcelin xasaasiyadeed daran. Falcelintan 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 si aad u hesho, booqo www.cdc.gov/vaccinesafety/

5 Maxaa dhacaya haddii ay waxyeello ka yimaaddiin?

Maxay tahay inaan raadiyo?

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

Calaamadaha calaamadaha falcelinta 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.

Translation provided by the Immunization Action Coalition

Maxay tahay inaan sameeyo?

- Haddii aad u maleyso inay tahay ficil-celinta xasaasiyadda daran am xaalad degdeg ah oo aan la sugin karin u wac 9-1-1 ama qofka gee isbitaalka kuugu dhow. Haddii kalese, wac dhakhtarkaaga.

Falcelinta waa in warbixin laga siiyaa Nidaamka Dhacdada Daran ee Tallaalka (Vaccine Adverse Event Reporting System, 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 (The National Vaccine Injury Compensation Program)

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

Dadka rumaysan inuu tallaalka dhaawacay waxay wax ka ogaan karaan barnaamijka iyo sida loo xereysanayo cabasho iyaga oo waca **1-800-338-2382** ama booqda websaaydka 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.
- Wac waaxda caafimaadka xaafadda ama gobolkaaga.
- La xiriir Xarumaha Xakamaynta iyo Kahortagga Cudurrada (Centers for Disease Control and Prevention, CDC):
 - U wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Booqo degelka CDC ee ku taal www.cdc.gov/vaccines

ÖÖPEJII UUA/SEWPIA/PA/ÄÄBÄGÄ/ÄÄGÄ/ÄÄGÄ

Vaccine Information Statement PCV13 Vaccine

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Somali

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Si ay bixiyeyasha 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 aanu Diiwaanka u gudbin warka.