

## Tallaalka Hargabka (Ifilo), Fayraska Aan Nolayn (Inactivated) ama Dib La Iskugu Habeeyay (Recombinant): Waxaad u baahan 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 Maxaan isu tallaalayaa?

**Tallaalka hargabka** wuxuu kahortagi karaa **hargabka (ifilo)**.

**Hargabka** waa cudur la is qaadsiiyo oo ku faafa daafaha Mareykanka sannad kasta, sida caadiga ah inta u dhexeysa Oktoobar iyo Maayo. Qof kasta ayaa qaadi kara hargabka, laakiin dadka qaarkiis halis ayuu ku yahay. Dhallaanka iyo carruurta yaryar, dadka 65 sano jirka ah iyo ka wayn, haweenka uurka leh, iyo dadka qaba xaaladaha caafimaadka qaarkood ama leh habdhis difaac diciifay ayaa halista ugu wayn ugu jira dhibaatooyinka hargabka.

Oof-wareenka, boronkiitada, caabuqa sanqada iyo dhegta waa tusaalooyinka dhibaatooyinka hargabka. Haddii aad qabto xaalad caafimaad, sida cudurrada wadnaha, kansarka ama sonkorowga, hargabka ayaa kagaaga sii dari kara.

Hargabka wuxuu sababi karaa qandho iyo qarqaryo, cune xanuun, murqo xanuun, daal, qufac, madax xannuun iyo cabbur ama duuf. Dadka qaar ayaa matag iyo shuban ku dhici karaa, inkastoo tani carruurta ku badan tahay marka loo eego dadka waaweyn.

Sannad walba **kumanaan qof ayaa u dhinta hargabka gudaha Maraykanka**, oo intaa ka badana isbitaalka ayaa la dhigaa. Tallaalka hargabka wuxuu ka hortagaa malaayiin jirrooyin ah iyo booqashooyinka dhakhtarka ee la xiriira hargabka sannad kasta.

### 2 Tallaalka hargabka

CDC waxay kula talinaysaa qof kasta oo jira 6 bilood ama ka weyn inuu tallaalka qaato xilli hargabeed kasta. **Carruurta 6 bilood illaa 8 sano jirta** ayaa dhici karta inay u baahdaan 2 qiyaasood inta lagu jiro hal xilli hargabeed. **Qof kasta oo kale** ayaa u baahan kaliya 1 qiyaas xilli hargabeed kasta.

Waxay qaadataa illaa 2 toddobaad in ka hortaggu bilawdo kadib tallaalka.

Waxa jira fayrasyo badan oo kuwa hargabka ah, had iyo jeerna wey isbeddelayaan. Sannad kasta tallaalka hargab oo cusub ayaa la sameeyaa si ay uga hortagaan saddex ama afar fayrasyada ay u badan tahay inay sababaan cudurka xilli hargabka soo socda. Laakiin xitaa marka tallaalka uuna si sax ah ugu dhigmeyn fayrasyadan, waxa dhici karta inuu weli yeesho waxoogaa difaac ah.

Tallaalka hargabka **ma sababo ifilo**.

Tallaalka hargabka waxa qofka la siin karaa isla wakhtiyada tallaallada kale.

### 3 La hadal bixiyaha daryeelka caafimaadkaaga

U sheeg bixiyahaaga tallaalka haddii qofka la siinayo tallaalku:

- Uu horey u qabay **dareen-celin xasaasiyadeed kadib marka qiyaas hore ee tallaalka hargabka uu qaatay**, ama uu lahaa wax xasaasiyado daran, **nolasha-halis galin kara**.
- Waligii u qabay **Ciladda Guillain Barré** (sidoo kale loo yaqaan GBS).

Xaaladdaha qaarkood, bixiyaha daryeelka caafimaadkaaga ayaa laga yaabaa inuu dib ugu dhigo tallaalka hargabka booqosho mustaqbalka ah.

Dadka qaba jirrooyinka sahlan, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka xanuunka dhexdhexaadka ama daran qaba waa inay sida caadiga ah sugaan illaa ay ka soo bosanayaan inta aan la siin tallaalka hargabka.

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**

- Danqashada, gaduudashada, iyo bararka marka irbada la isku duro, qandho, murqo xanuun, iyo madax xanuun ayaa dhici kara kadib tallaalka hargabka.
- Waxa laga yaabaa inay jirto halis yar oo kor u qaada cudurka Ciladda Guillain Barré (Guillain-Barré Syndrome, GBS) kadib tallaalka fayraska aan nooleyn ee hargabka (irbada ifilada).

Carruurta yaryar ee qaata irbada hargabka iyo waliba tallaalka oofwareenka (PCV13), iyo/ama tallaalka DTaP wakhti isku mid ah ayaa laga yaabaa in wax yar u badan tahay inay yeeshaan suuxdin (qallal) ay keento qandhadu. U sheeg bixiyaha daryeelka caafimaadkaaga haddii u ilmo qaadanaya tallaalka hargabku ay waligii suuxdin ku dhacday.

Dadka ayaa mararka qaarkood miyir beela kadib marka hawlgal-caafimaad lagu sameeyo, oo ay tallaalkuna ka mid tahay. U sheeg bixiyaaga haddii aad dareento dawakhaad, ama araggaagu uisbeddelo ama dhaguhu ku guuxaan.

Sida dawo walba ee kale, waxaa jira fursad suurtagalkeedu aad u yar yahay oo 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 calaamado falcelin xasaasiyadeed ah oo daran (firiiric, waji iyo cuno barar, neefsashada oo adkaata, wadnaha oo degdeg u garaacma, dawakhaad, iyo tabbardari), wac **9-1-1** oo gey qofka isbitaalka kuugu dhow.

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

Dareen-celinta halista ah waa in loo sheegaa Nidaamka Warbixinta Dhacdada Daran ee Tallaalka (Vaccine Adverse Event Reporting System, VAERS). Dhakhtarkaaga ayaa badanaa gudbiya warbixintan, ama adiga laftaada ayaa sameyn kara.

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Booqo websaydka VAERS [www.vaers.hhs.gov](http://www.vaers.hhs.gov) ama wac **1-800-822-7967**. VAERS waxaa kaliya loogu talagalay wargelinta dareen-celinta, oo hawlwadeenada VAERS ma bixiyaan talo caafimaad.

**6****Barnaamijka Qaranka ee Magdhowga Dhaawaca Tallaalka**

Barnaamijka Qaranka ee Magdhowga Dhawaca Tallaalka (National Vaccine Injury Compensation Program, VICP) waa barnaamij federaalka ah oo loo abuuray si loogu siiyo magdhow dadka laga yaabo in ay wax yeelleeyeen tallaallada qaarkood. Booqo websaydka VICP [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation) ama wac **1-800-338-2382** si aad wax uga ogaato barnaamijka iyo sida loo gudbiyo qaansheegasho. Waxa jira wakhti xadadan si loo soo diiwaangeliyo cabasho magdhow ah.

**7****Sidee baan wax dheeraad ah u baran karaa?**

- Weydii bixiyahaaga daryeelka caafimaadka.
- Wac waaxda caafimaadka ee deegaankaaga ama gobolkaaga.
- La xiriir Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada (Centers for Disease Control and Prevention, CDC):
  - Wac telefoonka **1-800-232-4636** (**1-800-CDC-INFO**) ama
  - Booqo websaydka CDC [www.cdc.gov/flu](http://www.cdc.gov/flu)

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.

Vaccine Information Statement (Interim)  
**Inactivated Influenza Vaccine** Somali



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