

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Tdap

(Teetanaha, Gawracatada iyo Xiiqdheerta)

Waxaad u Baahan Tahay Inaad Ogaato

Bayaanno Macluumaad Tallaal oo farabadan ayaa lagu heli karaa luqadaha Isbaanishka iyo luqado kaleba. Waxaad eegtaa www.immunize.org/vis

Hojas de Información Sobre Vacunas están disponibles en Español y en muchos otros idiomas. Visite <http://www.immunize.org/vis>

1 Waa maxay sababta la isu tallaalayo?

Teetanaha, gawracatada iyo xiiqdheerta ayaa noqon kara cudurro daran, xitaa tobaneeyo-jirka iyo dadka qaangaarka ahba. Tallaalka Tdap ayaa inaga ilaalin kara cudurradan.

TETANO (Qufulanka-daanka) wuxuu u horseedaa murqo giijisan iyo qalalitaan xanuun badan, badiyaana ah oogada oo idil.

- Waxay keeni kartaa giigsanka muruqyada madaxa iyo qoorta markaana ma furi kartid afkaaga, waxbana ma liqi kartid, ama mararka qaarkoodna maba neefsan kartid. Tetanaha ayaa dila qiyaastii 1 qof 5-tii qof ee cudurku ku dhaco.

GAWRACATADA (DIPHTHERIA) ayaa sababi karta in xuub qaro leh uu daboolo xagga dambe ee cunaha.

- Wuxuu keeni karaa dhibaatooyin neefsasho, baaralato, wadnaha oo shaqadiisa gaba, iyo dhimashaba.

XIIQDHEER AMA KIX ayaa sababta qufac daran oo muddo dheer socda oo keeni kara dhibaato neefsasho, matag, iyo hurddada oo qas gasha.

- Waxa kale oo ay keeni kartaa miisanka oo hoos u dhaca, isku-siideyn kaadi ama saxaro, feedhaha oo dilaaca. Illaa 2 ka mid ah 100-kii tobaneeyo-jir iyo 5 ka mid ah 100-kii qaangaar ee qaba xiiqdheerta ayaa la dhigaa isbitaalka ama yeesha xaalado ka-dar ah, oo ay ka mid yihiin oof-wareen ama dhimashaba.

Cudurradan waxa sababa bakteeriyo. Gawracatada iyo xiiqdheerta waxay ku faafaan qof ka qof iyada oo ay u marto qufaca ama hindisada. Teetanadu waxay oogada ka gashaa meel jeexan, xagashada, ama dhaawaca.

Kahor tallaallada, Mareykanka ayay soo mari jireen sannadkii illaa 200,000 xaalado gawracato iyo xiiqdheer iyo boqolaal xaaladood oo teetano ah. Illaa markii tallaalladu ay bilaabmeen, teetanaha iyo gawracata ayaa hoos u dhacay illaa 99% iyo xiiqdheerta oo iyaduna hoos u dhacay 80%.

2 Tallaalka Tdap

Tallaalka Tdap ayaa ka celin kara tobaneeyo-jiryaasha iyo qaangaarka teetanaha, gawracatada iyo xiiqdheerta. Hal qiyaas oo Tdap ayaa sida caadiga ah loo siiyaa da' da 11 ama 12. Dadka aan ku Tdap da' daas waa inay sida ugu dhakhsaha badan ee suurtagalka ah ku helaan.

Tdap ayaa gaar ahaan muhiim u ah hawl-yaqaannada daryeelka-caafimaadka iyo qof kasta oo ku dhawaansho la leh ilmaha ka yar 12-ka bilood.

Haweenka uurka lehi waa inay helaan qiyaas Tdap muddo kasta ouur, si looga ilaaliyo ilmaha dhasha ah xiiqdheerta. Dhallaanka sabiga ah ayaa halis u ah arrimo ka dar halis daran, oo nafta halis galisa oo ka timaad xiiqdheerta.

Tallaal la mid ah, oo loo yaqaan Td, ayaa ka hortagta teetanaha iyo gawracatada, laakin kama hortago xiiqdheerta. Qiyaas xoojin Td ah ayaa lagu talinayaa 10-kii sano ee kasta. Tdap waxa lagu bixin karaa iyada oo ka mid ah kuwan xoojinta ah haddii aadan horayba u qaadan qiyaas. Tdap ayaa waliba la bixin karaa kadib markay qofka si xun meeli u jeexanto ama u gubato si looga hortago teetanaha.

Dhakhtarkaaga ayaa macluumaad dheeraad ah kaa siin doona.

Tallaalka Tdap waxa si badbaado leh loo bixin karaa xilli la mida ah tallaallada kale.

3 Dadka qaarkood ma ah inay qaataan tallaalkan

- Haddii aad waligaa ku yeelatay fal-celin alerji nolasha halis galisay, kadib markaad qaadatay qiyaas taallaal teetano, gawracatada iyo xiiqdheerta, ma ha inaad qaadato Tdap. U sheeg dhakhtarkaaga haddii aad qabto innaba xasaasiyado daran.
- Haddaad miyir beel ku noqoto, ama suuxdinno badan aad ku gasho gudahooda 7 maalmood kadib qaadashada qiyaas carruurnimo ee DTP, ama DTaP, waa inaad qaadan Tdap, haddii la helo sabab kale oo aan ahayn tallaalka mooyee. Wali waad qaadan kartaa Td.
- Kala hadal dhakhtarkaaga haddii aad adigu:
 - aad leedahay suuxdin ama dhibaato kale oo ah xagga qaabka dareenka,
 - haddaad yeelatay xanuunsi daran ama barar kadib tallaalka leh gawracatada, teetanaha iyo xiiqdheerta
 - waligaa ad yeelatay xanuunka loo yaqaan Guillain-Barré Syndrome (GBS)
 - aadan sii fiican dareensanayn maalinta ballanta tallaalka la qabtay.



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4 Halista fal-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 falcelin darani inay dhacdaana waa suurtagal.

Muddooyin suuxdin kooban ayaa dhici karta inay ka dambeeyaan tallaallitaanka, ayada oo markaa keenta dhaawacyo ka yimaad dhicataanka. Fadhiisi ama jiiifsiga illaa 15 daqiiqo ayaa kaa caawin karta ka hortagga kuwaas. U sheeg dhakhtarkaaga haddii aad dawakh ama wareer aad dareento, ama araggaagu isbeddelo ama dhagahaagu guuxaan.

Dhibaatooyin sahlan oo ka dambeeya Tdap

- Barta tallaalka laga qaatay (illaa 3 markay yihiin 4 tobaneeyo-jire ama 2 markay yihiin 3 qaangaare)
- Casaan ama barar lagu yeesho barta tallaalka laga qaatay (qiyaastii 1 qof 5-tii qofba)
- Xummad sahlan oo ugu yaraan ah 100.4°F (illaa qiyaastii 1 marka la eego 25-kii tobaneeyo-jir ama 1 marka la eego 100-kii qaangaare)
- Madax-xanuun (qiyaastii 3 ama 4 qof markay yihiin 10-kii qof)
- Tabcaanimimo (qiyaastii 1 qof markay yihiin 3 ama 4 qof)
- Lallabo, matag, shuban, calool-xanuun (illaa 1 qof 4-tii tobaneeyo-jir ama 1 markay yihiin 10 qaangaare)
- Qadhqadhyo, jidh-xanuun, xubnaha oo damqada, furuuruc, qanjidhada oo barara (ma badna)

Dhibaatooyin sahlan oo ka dambeeya Tdap

- Barta tallaalka laga qaatay oo xanuunta (illaa qiyaastii 1 qof 5-tii tobaneeyo-jir ama 1 qof 100-kii qaangaareyaal)
- Guduudasho ama meesha tallaalka laga siiyay oo bararta (illaa qiyaastii 1 qof 16-kii tobaneeyo-jir ama 1 qof 25-kii qaangaareyaal)
- Qandho ka badan 102°F (illaa 1 qof 100-kii tobaneeyo-jir iyo 1 ka mid ah 250-kii qaangaareyaal)
- Madax xanuun (qiyaastii 3-dii ka mid ah 20 tobaneeyo-jir ama 1 ka mida 10-kii qaangaareyaal)
- Lallabo, matag, shuban, calool-xanuun (illaa 1 ama 3 qof 100-kiiba)
- Barar ah cududda oo dhan meesha tallaalkaga lagu duray (ilaa 3 qof 100-kiiba).

Dhibaatooyin daran ka dib Tdap

- Bararitaan, xanuun daran, dhiigitaan iyo gacanta oo guduud ka noqota meesha tallaalka laga qaatay (naadir).

Ficil-celin xasaasiyad daran ayaa dhici karta kadib qaadashada tallaalka (ku dhawaad in ka yar 1 milyankii qiyaasaha tallaalka).

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 aanu Diiwaanka u gudbin warka.

5 Maxaa dhacaya haddii ay waxyeello ka yimaaddiin?

Maxaa ila habboon inaan u fiirsado?

- U fiirso wixii kasta ee adiga kaa wewelsiyya, 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 tabcaanimimo. Taasi waxay bilaabmi doontaa dhowr daqiiqo illa dhowr saacadood kadib tallaalka.

Maxaan sameeyaa?

- Haddii aad u maleyso inay tahay ficil-celinta xasaasiyadda daran am xaalad degdeg ah oo aan la sugi karin u wac 9-1-1 ama qofka gee isbitaalka kuugu dhow. Haddii kale, u wac dhakhtarkaaga.
- Markaa waxa ka dambeeya, ficil-celinta waa in warbixin laga siiyaa Nidaamka Dhacdada Daran ee Tallaalka (Vaccine Adverse Event Reporting System, VAERS). Dhakhtarkaaga ayaa xereyn kara warbixintan, ama adiga laftaada ayaa sidaas samayn kara adiga oo u mara degelka VAERS ee ku taal www.vaers.hhs.gov, ama adiga oo waca **1-800-822-7967**.

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

Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (Vaccine Injury Compensation Program, VICP) waa barnaamij federaal 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 iyadoo waca **1-800-338-2382** ama booqda websaaydka VICP ee www.hrsa.gov/vaccinecompensation.

7 Sideen wax dheeraad ah uga ogaan karnaa?

- Weydii dhakhtarkaaga. 1-888-767-4687
- Wac waaxda caafimaadka deegaankaaga ama gobolkaaga.
- La xiriir Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC):
 - U wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Booqo degelka CDC ee ku taal www.cdc.gov/vaccines

Vaccine Information Statement (Interim)

Tdap Vaccine

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42 U.S.C. § 300aa-26

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