

# Tallaalka Cagaarshowga A

## 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 luqada kaleba. Eeg [www.immunize.org/vis](http://www.immunize.org/vis)

### 1 Waa maxay sababta la isu tallaalayo?

Cagaarshowga A waa cudur beerka ku dhaca oo daran. Waxa sababa fayraska cagaarshow A (HAV). HAV waxa u ku faafaa qof ka qof iyada oo laga qaado taabashada xaarka (saxarada) dadka cudurka qaba, taas oo si fudud u dhici karta haddii aanu qof sida habboon isagu ama iyadu u dhaqan gacmaha. Waxa kale oo aad ka qaadi kartaa cagaarshowga A cunto, biyo, ama sheyada ku faddaroobay HAV.

Calaamadaha cagaarshowga A waxa mid noqon kara:

- qandho, daal, abiteetka oo xumaada, lallabo, matagitaan, iyo/ama xanuun xubno
- calool xanuun daran iyo shuban (badiyaa carruurta), ama
- cagaarshow (maqaarka ama indhaha oo huruud noqda, kaadi madow, saxaro midab-dhoobado oo kale ah).

Calaamadahan ayaa inta badan soo baxa 2 ilaa 6 toddobaad ka dib u feydsanka oo inta badan jiri doona wax ka yar 2 bilood, in kasta oo dadka qaarkood jirradu hayn doonto ilaa 6 bilood in gaaraysa. Haddii aad qabto cagaarshowga A waxa dhici karta inaad aad u jirrato oo aad shaqayn kari weydo.

Carruurta inta badani ma yeeshaan calaamadaha, laakiin badi qaangaarku wey yeeshaan. Waad faafin kartaa HAV adiga oo aan yelaan calaamado.

Cagaarshowga A wuxuu sababi karaa hawlgabka beerka iyo dhimasho, inkasta oo ay taasi tahay dhif oo ay ku dhacdo inta ugu badan dadka 50 sano jir ama ka wayn ah iyo dadka qaba cudurrada kale beerka, sida cagaarshowga B ama C.

#### Tallaalka cagaarshowga A ayaa ka hortagi kara

**cagaarshowga A.** Tallaallada cagaarshowga A ayaa lagu talinayay Maraykanka gudahiisa laga soo bilaabo 1996. Markaa slaga soo bilaabo, tirada xaaladaha laga warbixiyo sannad kasta Maraykanka gudahiisa ayaa hoos uga dhacay qiyaastii 31,000 xaaladood ilaa in ka yar 1,500 xaaladood.

### 2 Tallaalka cagaarshowga A

Tallaalka cagaarshow A ayaa ah tallaalka fayrasku aan noolayn (la dilay). Waxaad u baahan doontaa **2 qiyaasood** oo loogu talagalay badbaadinta muddo dheer jirta. Qiyaasahan waa in la bixiyaa ugu yaraan muddo 6 bilood isku kala jirta.

Carruurta ayaa si joogto ah loo tallaalaa inta u dhexeysa sannadka dhalshadooda koowaad iyo ka labaad (12 illaa 23 bilood jir). Carruurta ka sii waawayn iyo da'yarta aan qaangaarin ayaa qaadan kara tallaalka 23 bilood ka dib. Dadka waawayn ee aan hore loo tallaalin ee raba in laga difaaco cagaarshowga A ayaa sidoo kale qaadan kara tallaalka.

Waa inaad qaadata tallaalka cagaarshowga A haddii:

- aad u socdaalayso dalalka cagaarshowga A u ku badan yahay,
- aad tahay nin la seexda ragga kale,
- aad isticmaalid daroogada sharci darrada ah,
- aad qabto cudurka beerka joogtada ah sida cagaarshowga B ama cagaarshowga C,
- lagugu dawaynayo walax-xinjirowga xufan,
- aad ka shaqayso xoolaha cudurka cagaarshowga A qaba ama shaybaar cilmibaaris A cagaarshow, ama
- aad filayso inaad xiriir dhow la yeelato qof aad korsanayso oo dalalaka caalamaka kale ka yimid ee cagaarshowga A u ku badan yahay

Weyddiiso bixiyaha daryeelka caafimaadkaaga haddii aad rabto macluumaad dheeraad ah oo ku saabsan midkoodna kooxahaas.

Ma jiraan halis la yaqaan oo ay leedahay la qaadashada tallaalka cagaarshowga A tallaalada kale waqti isku mid ah.

### 3 Dadka qaarkood ma aha inay qaataan tallaalkan

U sheeg qofka tallaalka ku siinaya:

- **Haddii aad leedahay xasaasiyado (alerjiyo) daran.** Haddii aad waligaa ku yeelatay dareen-celin alerji oo nolosha halis galisay, kaddib markaad qaadatay qiyaas taallaal cagaarshow A, ama alerji daran aad ku yeelatay qayb kasta oo ka mid ah tallaalkan, waxa lagugula talin doonaa inaad is-tallaalin. Weyddii bixiyahaaga daryeel caafimaad haddii aad rabto macluumaadka ku saabsan qaybaha tallaalka u ka kooban yahay.
- **Haddii aadan caafimaad daremeynin.** Haddii aad qabto jirro sahlan, sida durayga, waxa dhici karta inaad qaadata tallaalka maantaba. Haddii aad u bukto si dhexdhexaad ah ama daran, waxa habboon inaad sugto illaa intaad ka bogsanayso. Dhakhtarkaaga ayaa talo ku siin kara.

## 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.

Dadka qaata tallaalka sonkorowga A badankoodu wax dhib ah kalama kulmaan.

**Dhibaatooyinka yar yar** ka dib tallaalka cagaarshowga A waxaa ka mid ah:

- damqasho, guduudasho, ama barar ku yimaad barta tallaalka
- qandho-hoose
- madax xanuun
- daallannan

Hadday dhibaatooyinkani dhacaan, caadi ahaan waxay billaabmaan isla markaaba tallaalka kaddib waxayna socdaan 1 ama 2 maalmood.

Dhakhtarkaaga ayaa kaaga shegi kar wax intaa u dheer falcelinadan.

**Dhibaatooyinka dhici kara kaddib tallaalkan:**

- Dadka ayaa mararka qaarkood miyir beela kaddib hawl caafimaad marka lagu sameeyo, oo tallaalkuna ka mid tahay. Fadhiga ama jiiifsadka illaa 15 daqiiqo kaddib tallaalka ayaa ka caawin qofka kahortagga miyir-beelka iyo dhaawacyada ay keento dhicistu. U sheeg bixiyahaaga haddii aad dareento dawakhaad, ama araggaagu isbeddelo ama dhaguhu ku guuxaan.
- Dadka qaarkood ayaa yeesha garab xanuun ka daran oo waqti dheer qaadata ka damqashada caadiga ah ee ka dambeeya duritaanka. Taas ayaa dhacda marar dhif ah.
- Dawo kasta ayaa sababi karta fcelin 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 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/](http://www.cdc.gov/vaccinesafety/).

## 5 Maxaa dhacaya haddii ay dhibaatooyin darani ka yimaaddiin?

**Maxay tahay inaan raadiyo?**

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

Calaamadaha **daren-celinta xasaasiyadaha daran** waxa ka mid noqon kara, wajiga iyo cunaha oo barara, neefta oo ku qabata, wadnaha oo degdeg kuu garaaca, dawakhaad, iyo tabcaanimo. Taasi waxay bilaabmi doontaa dhowr daqiiqo illa dhowr saacadood kaddib tallaalka.

Translation provided by the Immunization Action Coalition

**Maxay tahay inaan sameeyo?**

- Haddii aad u maleyso inay tahay **dareen-celin xasaasiyad daran** ama xaaalad kale oo degdeg ah oo aan la sugin karin, u wac 9-1-1 ama qofka gee isbitaalka kuugu dhow. Haddii kalese, wac rugta caafimaadka.

Markaa waxa ka dambeeya, ficil-celinta waa in warxbixin laga siiyaa Vaccine Adverse Event Reporting System (VAERS) (Ka Warbixinta Dhacdada Daran ee Tallaalka). Dhakhtarkaaga ayaa ah inuu xareeyo warbixintan, ama adiga laftaada ayaa sidaas samayn kara adiga oo u mara websaytka VAERS ee ku taal [www.vaers.hhs.gov](http://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 (VICP) (Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka) 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](http://www.hrsa.gov/vaccinecompensation). Waxa jira wakhti xadaysan in la sheegto magdhow.

## 7 Sidee baan macluumaad dheeraad ah ku ogaan karaa?

- Weyddii daryeel bixiyahaaga caafimaad. Isaga ama iyada ayaa ku siin kara warqadda baakada 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 Centers for Disease Control (CDC) (Xarumaha Xakamaynta iyo Kahortagga Cudurrada):
  - U wac **1-800-232-4636 (1-800-CDC-INFO)** ama
  - Booqo degelka CDC ee ku taal [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

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). Shakhshiyaadku ama dadku waxa ay xaq u leeyihiin in ay bixiyahooda daryeelka caafimaad ka codsadaan in aanuu Diiwaanka u gudbin warka.

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Vaccine Information Statement  
**Hepatitis A Vaccine**

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Somali



42 U.S.C. § 300aa-26