

# Tallaalka Zoster ee Nool (Jir cuncunka xanuunka la jiro) (Shingles): Waxa aad 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)

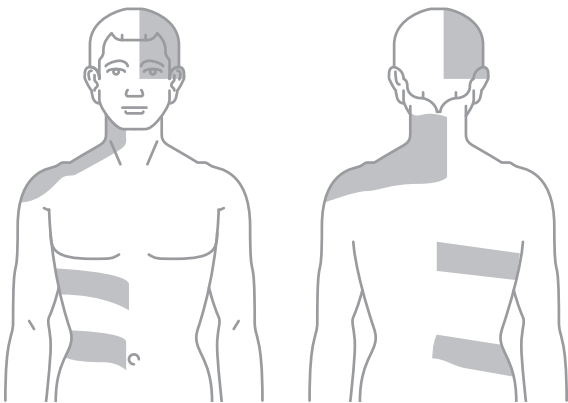
Bayaanno Macluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Booqo [www.immunize.org/vis](http://www.immunize.org/vis)

## 1 Maxaa la isu tallaalayaa?

Tallaalka zoster-ka nool/jir cuncunka xanuunka la jiro (shingles) wuxuu ka hortagi karaa shingles-ka/jir cuncunka xanuunka la jiro.

Shingles/jir cuncunka xanuunka la jiro (sidoo kale loo yaqaan herpes zoster (cuncunka zoster), ama zoster kaliya) waa maqaar ka soo-baxyo/finan cuncun leh ee maqaarka oo xanuun badan, oo badanaa leh biyo-gal/malax. Finananka cuncunka kasoke, shingles wuxuu sababi karaa qandho, madax xanuun, qarqaryo, ama calool xanuun. Iyada oo aad u sii dhif ah, shingles wuxuu u horseedi karaa hargab, dhibaatooyin maqal, indho la'aan, caabuq maskaxda ah (encephalitis), ama dhimasho.

Dhibaataada ugu badan ee shingles waa xanuunka dareemayaasha ee muddada dheer oo loo yaqaan postherpetic neuralgia (PHN). PHN waxay ka dhacdaa aagagga finanka cuncunka ee shingles uu ka soo baxay, xittaa markii uu finanka cuncunka uu boksoodo. Waxay socon kartaa bilo ama sannado kadib marka uu finanka cuncunka uu boksoodo/dhamaado. Xanuunka ka yimaada PHN wuxuu noqon karaa mid daran oo daal badan leh.



Qiyaastii boqolkii 10 ilaa 18% dadka uu ka soo baxo finanka shingles ayaa la kulmi doona PHN. Khatarta PHN ayaa sii kordha marka da'du sii weyn tahay. Qofka da'da weyn ee qaba finanka shingles wuxuu

u badan yahay in uu ku soo kordho PHN iyo lahaado xanuun badan oo muddo dheer ah oo in ka badan qofka da'da yar ee qaba shingles.

Shingles waxa sababa fayraska varicella zoster, oo ah isla fayraska keena busbuska (hablabaas). Kadib markaad qaaddo busbuska, fayrasku wuxuu ku sii jiri doonaa jirkaaga oo u sababi kara shingles waa dambe ee nolosha. Shingles uma kudbi karo qof ilaa qof kale, laakiin fayraska sababa shingles ayaa ku faafi kara oo u keeni kara busbus/hablobaas qof aan weligii ku dhicin cudurka hablobaasta/busbuska ama aan helin tallaalka hablobaasta/busbuska.

## 2 Tallaalka shingles-ka nool

Tallaalka shingles-ka nool wuxuu ku siin karaa kahortagga shingles iyo PHN.

Nooc kale oo ah tallaalka shingles, oo ah tallaalka shingles-ka ee dib-loo-habeeyey, ayaa ah tallaalka loo doorbido ka-hortagga shingles. Hasa ahaatee, tallaalka shingles ee nool ayaa laga yaabaa in loo isticmaalo xaaladaha qaarkood (tusaale ahaan haddii uu qof ka qabo xasasiyad tallaalka shingles-ka ee dib-loo-habeeyey ama uu doorbidayo tallaalka shingles-ka nool, ama haddii aan la heli Karin tallaalka shingles-ka ee dib-loo-habeeyey).

Dadka waa weyn ee ah da'da 60 jirka iyo ka weyn ee hela tallaalka shingles ee nool waa inay helaan 1 qiyaas, oo loo siinayo durniin ahaan.

Tallaalka shingles waxaa laga yaabaa in la bixiyo isla wakhtiga la bixinayo tallaallada kale.

**3****La hadal bixiyahaaga daryeelka caafimaadka**

U sheeg bixiyahaaga tallaalka haddii qofka la siinayo tallaalka:

- Uu horey u qabay **dareen-celin xasaasiyadeed kadib marka qiyaas hore ee tallaalka shingles-ka nool uu qaatay, ama tallaalka varicella**, ama uu lahaa wax **xasaasiyado daran, nolosha-halis galin kara**.
- Uu leeyahay **habdhiska difaaca jirka oo liita**.
- Ay **leedahay uur, ama ay u malaynayso inay uur leedahay**.
- Uu **hadda uu layhay dhacdo ah shingles**.

Xaaladdaha qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka shingles booqosho mustaqbalka ah.

Dadka qaba jirrooyinka sahlan/yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka dhexdhexaad ahaan u xanuunsan ama aad u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo kabsanayaan/boksoonayaan inta aan la siin tallaalka shingles.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

**4****Halista dareen-celinta tallaalka**

- Guduudashada, xanuunka, bararka, ama cuncunka meesha la duray iyo madax xanuun ayaa dhici kara kadib tallaalka shingles-ka nool.

Si dhif ah, in tallaalka shingles-ka nool sababi karo finanka cuncun ah ama shingles.

Dadka ayaa mararka qaarkood miyir beela kadib marka hawl-gal-caafimaad lagu sameeyo, oo ay tallaalkuna ka mid tahay. U sheeg bixiyahaaga haddii aad dareento wareer, ama wax aragtidaada isbeddesho ama dhaguhu ku guuxaan.

Sida dawo walba ee kale, waxaa jira fursad suurtagalkeedu aad u yar yahay in uu tallaalka sababo dareen-celin xasaasiyad ah ee daran, dhaawacyo kale ee halis ah, ama dhimasho.

DCH-1340SO

AUTH: P. H. S., Act 42, Sect. 2126.

Translation provided by the Immunization Action Coalition

**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 dareen-celin xasaasiyadeed ah oo daran (firiiric, waji iyo cuno/dhuun barar, neefsashada oo adkaata, wadnaha oo degdeg u garaacma, wareer, iyo tabbar dari), wac **9-1-1** iyo gey qofka isbitaalka kuugu dhow.

Wixii calaamado kale ah ee welwel kuu keena, wac bixiyahaaga daryeelka caafimaadka.

Dareen-celinta halista ah waa in loo sheegaa Vaccine Adverse Event Reporting System (VAERS) (Nidaamka Warbixinta Dhacdada Daran ee Tallaalka). Bixiyahaaga daryeelka caafimaadka ayaa badanaa gudbin doona warbixintan, ama adiga laftaada ayaa sidaa sameyn kara. Booqo website-ka VAERS ee **www.vaers.hhs.gov** ama wac **1-800-822-7967**. *VAERS waxaa kaliya loogu talagalay wargelinta dareen-celinta, oo shaqaalaha VAERS ma bixiyaan talo caafimaadeed.*

**6****Sideen wax badan u ogaan karaa?**

- Waydii bixiyahaaga daryeelka caafimaadka.
- Wac waaxda caafimaadka ee deegaankaaga ama gobolkaaga.
- La xirii Centers for Disease Control and Prevention (CDC) (Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada):
  - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
  - Booqo website-ka CDC's ee **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). Shakhsiyaadku ama dadku waxa ay xaq u leeyihiin in ay bixiyahooda daryeelka caafimaad ka codsadaan in aanu Diiwaanka u gudbin warka.

Vaccine Information Statement

**Live Zoster Vaccine**

Somali

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