

Tallaalka Dib La Iskugu Daray ee Zoster (Shingles), RZV: Waxaad u Baahan Tahay Inaad Ogaato

Many Vaccine Information Statements are available in Somali and other languages. See www.immunize.org/vis

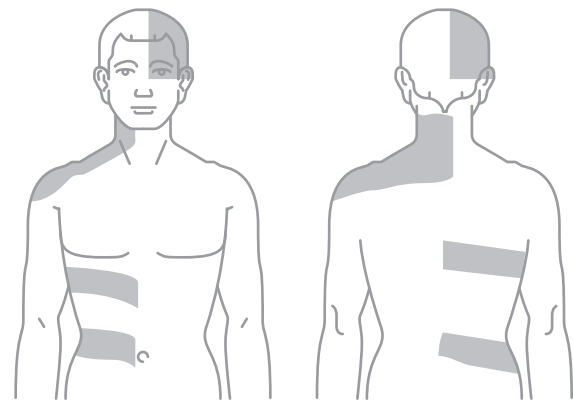
Bayaanno Macluumaad Tallaal oo badan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Booqo www.immunize.org/vis

1 Maxay tahay sababta la isku tallaalay?

Shingles (walibana loo yaqaan herpes zoster, ama zoster kaliya) ayaa ka soo-baxyo xanuun badan, oo badanaa leh biyo-gal. 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 nolasha.

Kama qaadi kartid shingles qof kale. Hase yeeshee, qof uusan ku dhicin waligiis Busbuska (ama aan qaadan tallaalka busbuska) ayaa ka qaadi kara busbus qofka leh Fayraska maqaarka ee Buruqyada ah ee Shingles.

Ka soo-baxyada shingles ayaa badanaa ka soo baxa hal dhinac oo wejiga ama jirka ah oo ku bogsada 2 ilaa 4 toddobaad gudahood. Calaamadaheeda ugu muhiimsani ayaa ah xanuun oo noqon karta mid daran. Calamaadaha kale waxa ka mid ah qandho, madax-xanuun, qarqaryo, iyo calool-xanuun. Aad ayay dhif u tahay inuu infekshinka Maqaarka Buruqyad ah Shingles u horseedi karto oof-wareen, dhibaatooyin maqal, indho la'aan, caabuq maskaxda ah (encephalitis), ama dhimasho.



Qiyaastii 1 qof marka loo ego 5tii qofba, ayuu xanuunka darani ku sii socon karaa xitaa ka dib markay ka soo baxayadu ka baab'aan. Xanuunkan muddada dheer jira ayaa loo yaqaan post-herpetic neuralgia (PHN).

Xanuunkan Maqaar ka ee Buruqyada Shingles aad ayey ugu badan dadka 50 jirka ah ama in ka wayn marka loo eego dadka da'ahaas ka yar, oo halistuna waxay sii kordhaa da'da. Waxay walibana ku badan tahay dadkuu habdhiska difaaca jirkoodu hoos u dhacay awgood sabab cudur u ka mid yahay kansarka, ama awgeed daroogooyinka (daawooyinka) isteeroydhisika ama kemotherabiga.

Ugu yaraan 1 milyan oo qof sannadkiiba dalka Maraykanka ayaa qaada cusurka shingles.

2 Tallaalka shingles (dib la iskugu daray)

Tallaalka dib la iskugu daray ee shingles ayay lagu ansixisay FDA gudihii 2017 si looga hortago shingles-ka. Tijaabooyin caafimaad ma la qaaday, waxay ahayd in ka badan 90% waxtar u lahayd ka hortagga shingles. Waxay kale oo waliba ay yarayn kartaa suurtagalnimada PHN.

Labo qiyaasood, isku kala jir 2 ilaa 6 bilood, ayaa lagula talinayaa **dadka waawayn ee da'da 50 jirka iyo kuwa ka wayn.**

Tallaalkan waxa walibana lagula talinayaa dadka waa hore qaatay tallaalka noolaha shingles (Zostavax). Ma jiro fayras nool oo ku jira tallaalkan.

3 Dadka qaarkood ma aha inay qaataan tallaalkan

U sheeg bixiyahaaga tallaalka haddii:

- **Aad yeelato xasaasiyado kasta oo daran, oo nolasha halis galinaysa.** Qofka waligii ku yeeshay waligii dareen-celin xasaasiyad oo nolasha halis galisay, kadib markii u qaatay qiyaas tallaalka la isku daray ee shingles, ama xasaasiyad daran ku yeeshay qayb kasta oo ka mid ah tallaalkan, ayaa laga yaabaa in lagula taliyo inayna is tallaalin. Weyddii bixiyahaaga daryeel caafimaad haddii aad rabto macluumaadka ku saabsan qaybaha tallaalku u ka kooban yahay.

- **Aad uur leedahay ama naas nuujinayso.** Ma jiraan macluumaad badan oo ku saabsan isticmaalka tallaalka dib la iskugu daray ee shingles ee ku saabsan e haweenka uurka leh ama naasnuujinaya. Bixiyahaagaaga daryeelka caafimaad ayaa kugula talin kara inaad dib u dhigato tallaalka.
- **Haddii aadan si fiican dareemeynin.** Haddii aad qabto jirro sahlan, sida durayga oo kale, waxaad qaadan kartaa 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 saamayn dhinac ka soo raac ah.

Kadib marka tallaalka dib la iskugu daray ee shingles, qof ayaa laga yaabaa inuu la kulmo:

- Xanuun, gaduudasho, damqasho, ama barar barta lagu duritaanka
- Madax xanuun, murqo xanuun, qandho, qarqaryo, daal

Tijaabooyin caafimaad, ayay dadka badankood yeesheen gacan danqasho leh xanuun sahlan ama dhexdhexaad ah tallaalka kadib, oo qaarkood ay ku yeesheen guduudasho iyo barar meesha laga tallaalay. Dadka qaarkood ayaa dareemay daal, muruq xanuun, madax xanuun, qandho, qarqaryo, calool xanuun, ama lallabo. Qiyaastii 1 qof oo ka mid ah 6 oo qaatay tallaalka dib la iskugu daray ee zoster ayaa kala kulmay waxyeelo dhinac ka raac ah oo sameeyay qabashada hawlaha caadiga ah. Calaamadaha oo iskood kaaga tagay in qiyaastii ah 2 ilaa 3 maalmood. Saamaynada dhinac ka raac ah kale ayay ku badnaayeen dadka d'ada yar.

Wali waa inaad qaadataa qiyaasta labaad ee tallaalka dib la iskugu daray ee zoster xitaa haddii aad leedahay mid ka mid ah falcelinadan kadib qiyaasta ugu horreysa.

Waxyaabaha kale ee dhici kara tallaalkan kadib:

- Dadka ayaa mararka qaarkood miyir beela kadib marka hawlgal-caafimaad lagu sameeyo, oo ay tallaalkuna ka mid tahay. Fadhiga ama jiifsadka ilaa 15 daqiiqo ayaa ka caawin karta qofka ka hortagga miyir-beelka iyo dhaawacyada ay keento dhicitaanku. U sheeg bixiyahaaga haddii aad dareento dawakhaad, ama araggaagu uisbeddelo ama dhaguhu ku guuxaan.

- Dadka qaarkood ayaa yeesha xanuun garab oo noqon kara mid ka daran oo muddo dheer soconaya marka loo eego damqashada caadiga ah ee ka dambaysa duridda tallaalka. Taas ayaa dhacda marar dhif ah.
- Dawo kasta ayaa sababi karta fcelin xasaasiyadeed daran. Falcelintan oo kale ee ka timaad tallaalka ayaa lagu qiyaasaa 1 dhacdo milyankii qiyaasoodba, oo waxay dhici doontaa dhowr daqiiqo illaa dhowr saacadood gudahood tallaalka kadib.

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 Ka warran haddii ay jirto dhibaato darani?

Maxaa ila habboon inaan u fiirsado?

- U fiirso wixii kasta ee adiga kaa wewelsiiya, sida calaamadaha dareen-celinta xasaasiyadda daran, qandhada aadka u sarreysa, dabeecad aan caadi ahayn.

Calaamadaha **dareen-celinta xasaasiyadda daran** ayay ka mid yihiin firiiric cuncun leh, waji iyo cuno barar, neefta oo ku qabata, wadnaha oo degdeg kuu garaaca, dawakhaad, tabcaanimo. Taasi waxay bilaabantaa sida caadiga ah dhowr daqiiqo illaa dhowr saacadood kaddib tallaalka.

Maxaan sameeyaa?

- Haddii aad u maleyso inay tahay **dareen-celin xasaasiyad daran** ama xaalad kale oo degdeg ah oo aan la sugi karin, wac 9-1-1 ama tag isbitaalka kuugu dhow. Haddii kale, wac daryeel bixiyahaaga caafimaadka haddii.

Markaa wixii ka dambeeya, dareen-celinta waa in warbixin laga siiyaa Vaccine Adverse Event Reporting System (VAERS) oo ah (Nidaamka Dhacdada Daran ee Tallaalka). 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, or by calling **1-800-822-7967**.

VAERS ma bixiso talo caafimaad.

6**Sidee ayaan macluumaad dheeraad ah ku ogaan karaa?**

- Weyddii daryeel bixiyahaaga caafimaadka. 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 deegaankaaga ama gobolkaaga.
- La xidhiidh Centers for Disease Control and Prevention (CDC) (Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada): **1-888-767-4687**
 - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Booqo websaydtki CDC ee ku taal **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 aanuu Diiwaanka u gudbin warka.

Vaccine Information Statement
**Recombinant Zoster
Vaccine**

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