

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Hargabka (Ifilo) (Nool, ee Sanka Laga Qaato): Waxa aad 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 farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Booqo www.immunize.org/vis

1. Maxaa la 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 jireed oo diciifay ayaa halista ugu wayn ugu jira dhibaatooyinka hargabka.

Oof-wareenka, boronkiitada, caabuqyada sanqada iyo caabuqyada dhegta waa tusaalooyinka dhibaatooyinka hargabka. Haddii aad qabto xaalad caafimaad, sida cudurrada wadnaha, kansarka ama sonkorowga, hargabka ayaa ka 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 celcelis ahaan, **kumanaan qof ayaa u dhinta hargabka gudaha Maraykanka**, oo intaa ka badan isbitaalka ayaa la dhigaa. Tallaalka hargabka wuxuu ka hortagaa malaayiin jirrooyin ah iyo booqashooyinka dhakhtarka ee la xiriira hargabka sannad kasta.

2. Tallaalka Hargabka La Diciifiyay, ee Nool

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

Tallaalka hargabka la diciifiyay, ee nool (loo yaqaano "LAIV") waa tallaalka sanka la isaga buufiyo oo la siin karo dadka aan uurka lahayn **2 illaa 49 sano jirka**.

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 looga hortago fayrasyada hargabka ay u badan tahay inay sababaan cudurka xilli hargabeedka 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 waxaa la bixin karaa isla wakhtiga tallaallada kale.

3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii qofka qaadanayo tallaalka:

- Uu **ka yar yahay 2 sano ama ka weyn yahay 49 sano jir**
- Ay **qabto uur**. Tallaalka hargabka la diciifiyay, ee nool lagulama talinayo dadka uurka leh
- Uu horey u qabay **dareen-celin xasaasiyadeed kadib marka garoojo hore ee tallaalka hargabka uu qaatay**, ama uu lahaa wax xasaasiyado daran ah, oo nolosha halis galin kara
- Uu yahay **ilmo ama qaangaar 2 ilaa 17 sano jir ah kaasoo qaadanaya asbiriin ama baddeecooyinka asbiriinka ka kooban**
- Uu leeyahay **habdhiska difaaca jirka oo diciifay**
- Uu yahay **ilmo 2 ilaa 4 sano jir ah kaasoo qaba neef ama lahaa taariikh hinraagid 12-kii bilood ee ugu dambeeyay**
- Uu **5 sano jir yahay ama ka weyn yahay uuna qabo neef**
- Uu **qaatay daawada fayraska kahortagta ee hargabka 3-dii toddobaad ee ugu dambeeyay**
- **Daryeelo qof si daran difaaca jirkiisa u diciifay kaasoo u baahan jawi badqab leh**
- Uu qabo **xaaladaha kale caafimaadka oo ku lammaan kuwaasoo dadka gelin kara halis sare oo dhibaatooyinka daran ee hargabka (sida cudurka sambabka, cudurka wadnaha, cudurka kelyaha, xanuunnada kelyaha ama beerka, xanuunada neerfaha ama xanuunada neerfaha murqaha ama cilladaha dheefshiidka)**
- Aan **lahayn beeryaro**, ama leeyahay a **beeryaro aan shaqaynayn**



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- Lagu **tallaalay aaladda maqalka**
- Uu qabay **daadashada dheecaanka neerfaha maskaxda iyo laf-dhabarta** (daadashada dheecaanka ku xeeran maskaxda, sanko, cunaha, dhegta, ama meel kale oo madaxa ah)
- Uu qabay **Ciladda Guillain-Barré** 6 toddobaad gudaheeda kadib qaadashada garoojo hore ee tallaalka hargabka

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

Bukaanada qaarkood, nooc kale oo tallaalka hargabka ah (tallaalka hargabka aan nooleyn ama dib la iskugu habeeyay) ayaa laga yaabaa inay aad ugu habboon tahay marka loo eego tallaalka hargabka la daciifiyay, ee nool.

Dadka qaba jirrooyinka sahlan/yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka yara xanuunsan ama aadka u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo kabsanayaan kahor inta aysan qaadan tallaalka hargabka.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

- Dililiq ama cabbur, hinraag, iyo madax xanuun ayaa dhici kara kadib tallaalka LAIV.
- Matagid, murqo xanuun, qandho, cune xanuun, iyo qufac ayaa ah waxdhimaalada kale suurtagalka ah.

Haddii ay dhibaatooyinkan dhacaan, waxay bilawdaan si dhakhso kadib tallaalka waana dhexdhexaad mana raagaan.

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.

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 bixiyaha daryeelka caafimaadkaaga.

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

6. Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka

National Vaccine Injury Compensation Program (Barnaamijka Qaranka ee Magdhowga Dhaawaca Tallaalka) (VICP) waa barnaamij federaalka ah oo loo abuuray si loogu siiyo magdhow dadka laga yaabo in ay wax yeelleeyeen tallaalkada qaarkood. Qaansheegashooyinka la xiriiira dhaawaca ama geerada la sheego oo ka dhalata tallaalka waxay leeyihiin waqti xaddidan oo la soo gudbiyo, taasoo noqon karta mid gaaban oo laba sano ah. Ka booqo mareegta VICP barta www.hrsa.gov/vaccinecompensation ama wac **1-800-338-2382** si aad wax uga ogaato barnaamijka iyo sida loo gudbiyo qaansheegasho.

7. Sideen wax badan u ogaan karaa?

- Waydii bixiyahaaga daryeelka caafimaadka.
- Wac waaxda caafimaadka ee deegaankaaga ama gobolkaaga.
- Booqo mareegta Food and Drug Administration (Maamulka Cuntada iyo Daawooyinka) (FDA) si aad uga hesho tilmaamaha ku jira xirmada tallaalka iyo macluumaad dheeraad ah barta www.fda.gov/vaccines-blood-biologics/vaccines.
- La xiriir Centers for Disease Control and Prevention (Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada) (CDC):
 - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Ka booqo mareegta CDC barta www.cdc.gov/flu.

Somali translation provided by the Immunization Action Coalition

