BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Cagaarshowga A:

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 cagaarshowga A ayaa kahortagi kara **cagaarshowga A**.

Cagaarshowga A waa cudur beerka ku dhaca oo daran. Sida caadiga ah waxa lagu kala qaadaa isku dhowaanshaha, taabashada qof cudurka qaba ama marka qofku isaga oo aan is ogeyn ka soo qaado fayraska walxaha, cuntada, ama cabitaannada ay wasakhaysay saxaro (xaar) yar oo ka yimid qof cudurka qaba.

Inta badan dadka qaangaarka ah ee qaba cagaarshowga A waxay leeyihiin astaamo, oo ay ku jiraan daal, cunto xumo, calool xanuun, lallabo, iyo cagaarshow (maqaarka ama indhaha oo jaalle noqda, kaadi madow, saxaro leh midab khafiif ah). Caruurta badankood ee ka yar 6 sano ma yeeshaan astaamo.

Qofka qaba cagaarshowga A wuxuu u gudbin karaa cudurka dadka kale xitaa haddii uusan lahayn wax astaamaha cudurka ah.

Badi dadka qaada cagaarshowga A waxay dareemaan xanuun muddo-dhowr oo toddobaad ah, balse caadi ahaan si buuxda ayay u bogsadaan mana yeeshaan dhaawac beerka ee joogtada ah. Marar dhif ah, cagaarshowga A wuxuu sababi karaa shaqo-gabka beerka iyo dhimasho; tani waxay aad ugu badan tahay dadka ka weyn 50 sano iyo dadka qaba cudurrada kale ee beerka.

Tallaalka Cagaarshowga A ayaa cudurkan ka dhigay mid aad ugu badneyn gudaha Maraykanka. Si kastaba ha ahaatee, dillaacida cudurka cagaarshowga A ee dadka aan la tallaalin weli wuu dhacaa.

2. Tallaalka cagaarshowga A

Carruurta waa in la siiyo 2 garoojo oo tallaalka cagaarshow A:
- Garoojada koowaad: 12 ilaa 23 bilood jir
- Garoojada labaad: ugu yaraan 6 bilood kadib garoojada koowaad

Dhallaanka 6 ilaa 11 bilood jir ee u safraya meel ka baxsan Maraykanka marka lagu taliyay kahortagga cagaarshowga A waa in la siiyaa 1 garoojo oo ah tallaalka cagaarshowga A. Ilmahaan waa inay weli qaataan 2 garoojo oo dheeraad ah ee da'aada lagu taliyay si loo helo kahortagga muddada dheer.

Carruurta waaweyn iyo kuwa qaangaarka ah 2 ilaa 18 sano jir oo aan horay loo tallaalin waa in la tallaalo.

Dadka waawayn ee aan hore loo tallaalin ee raba in laga difaaco cagaarshowga A ayaa sidoo kale qaadan kara tallaalka.

Tallaalka Cagaarshowga A ayaa sidoo kale lagula talinayaa dadka soo socda:
- Socotada caalamiga ah
- Ragga xiriirka galamada la yeesha ragga kale
- Dadka isticmaala daawooyinka la isku duro ama kuwa aan la isku durin
- Dadka leh halis ugu jira inay shaqada ka qaadaan cudur
- Dadka filaya inay u dhowaadaan ilmaha la korsado ee caalamiga ah
- Dadka hoy-laaweyaasha ah
- Dadka qaba cudurka HIV
- Dadka qaba cudurka beerka ee raagay

Intaas waxaa dheer, qofka aan horay u qaadan tallaalka cagaarshow A oo ka ag dhowaado qof qaba cagaarshow A waa inuu qaataa tallaalka cagaarshow A sida ugu dhakhsaha badan iyo 2 toddobaad gudahooda kadib u-baylah noqoshada.

Tallaalka cagaarshowga A waxa la siin karaa xilli la mid ah sida tallaallada kale.

3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii qofka qaadanayo tallaalka:
- Uu horey u qabay **dareen-celin xasaasiyadeed kadib marka garoojo hore ee tallaalka cagaarshowga A uu qaatay**, ama uu lahaa wax **xasaasiyado daran, oo nolosha halis galin kara**

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo cagaarshowga A ilaa booqosho mustaqbalka ah.

Dadka uurka leh ama naasnuujinaya waa in la tallaalo haddii ay halis ugu jiraan inay qaadaan cagaarshowga A. Uurka ama naasnuujinta ma ahan sababo looga fogaado tallaalka cagaarshowga A.

Dadka qaba jirrooyinka sahlan/yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka yar xanuunsan ama aadka u xanuunsan waa inay caadi ahaan sugaan illaa ay ka soo kabsanayaan inta aan la siin tallaalka Cagaarshowga A.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

- Xanuunka ama guduudashada goobta tallaalka laga qaatay, qandho, madax-xanuun, daal, ama rabitaan la'aan cunto ayaa dhici karaan kadib qaadashada tallaalka cagaarshowga A.

Dadka ayaa mararka qaarkood miyir beela kadib marka hawlgal-caafimaad lagu sameeyo, oo ay tallaalkuna ka mid tahay. U sheeg bixiyhaaga 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 tallaal 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 bixiyahaaga daryeelka caafimaadka.

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. 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 caafimaad.*

6. Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka

National Vaccine Injury Compensation Program (Barnaamijka Qaranka ee Magdhowga Dhawaca Talaalka) (VICP) waa barnaamij federaalka ah oo loo abuuray si loogu siiyo magdhow dadka laga yaabo in ay wax yeelleeyeen tallaallada qaarkood. Qaansheegashooyinka la xiriira 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/vaccines.

Somali translation provided by the Immunization Action Coalition

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.

DCH-0452SO AUTH: P. H. S., Act 42, Sect. 2126.