

# Td Vaccine

(Teetanaha Iyo  
Gawracatada)

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 luqadaha Isbaanishka iyo luqado kaleba. Waxaad eegtaa [www.immunize.org/vis](http://www.immunize.org/vis)

## Waxaad u Baahan Tahay Inaad Ogaato

### 1 Waa maxay sababta la isu tallaalayo?

**Teetanaha** iyo **gawracatada** ayaa ah cudurro daran. Maanta Maraykanka gudahiisa dhif ayay ku yihiin, laakiin dadka u cudurku qabto ayaa yeesha xaalado daran. Tallaalka Td waxa loogu isticmaalaa in dhallinyarada iyo dadka qaangaadhka ah lagaga badbaadiyo labadoodaba cudurradan.

Labaduba teetanaha iyo gawracatada ayaa ah caabuqyo ay sababaan bakteeriyadu. Gawracatada waxay ku faaftaa qof ka qof iyada oo ay u marto qufaca ama hindisada. Bakteeriyada teetanada keentaa waxay oogada ka gashaa meel jeexan, xagashada, ama dhaawaca.

**TETANO** (Qufulanka-daanka) wuxuu u horseedaa murqo giijisan iyo qalalitaan xanuun badan, badiyaana ah oogada oo idil.

- Waxay keeni kartaa giigsanka muruqyada madaxa iyo qoorta markaana ma furi kartid afkaaga, waxbana ma liqi kartid, ama mararka qaarkoodna maba neefsan kartid. Teetanaha ayaa dila qiyaastii 1 qof 10kii qof ee cudurku ku dhaco xitaa kaddib markay helaan daryeelka ugu wanaagsan ee caafimaadka.

**GAWRACATADA** (diphtheria) ayaa sababi kart in xuub qaro leh uu daboolo xagga dambe ee cunaha.

- Wuxuu keeni karaa dhibaatooyin neefsasho, baaralato, wadnaha oo shaqadiisa gaba, iyo dhimashaba.

Kahor tallaallada, illaa 200,000 oo xaalado gawracato iyo boqolaal xaaladood oo teetano ah ayaa la soo sheegi jiray Maraykanka gudahiisa sannadkiiba. Illaa intii la bilaabay tallaalitaanka, ayay soo sheegitaanka dhicitaanka xaaladaha labada cudurba hoos u dhaceen illaa 99%.

### 2 Tallaalka Td

Tallaalka Td ayaa ka celin kara tobaneeyo-jiryaasha iyo qaangaadhka teetanaha iyo gawracatada. Td waxa si caadiga ah loo bixiyaa ahaan qiyaas xoojin tallaal 10 sano kasta laakiin waxa la bixin karaa mar ka horreysa ka dibna dhaawac ama gubasho daran oo wasakh ah.

Tallaal kale, oo la yidhaahdo Tdap, oo kahortaga xiiqdheerta iyo waliba teetanaha iyo gawracatada, ayaa mararka qaarkood lagu taliyaa dhinacii tallaalka Td.

Dhakhtarkaaga ama qofka ku siinaya tallaalka ayaa ku siin kara macluumaad dheeraad ah.

Tallaalka Td waxa loo siin karaa si badbaado leh wakhti la mid ah marka la siinayo tallaallada kale.

### 3 Dadka qaarkood ma aha inay qaataan tallaal

- Qofka waligii ku yeeshay dareen-celin alerji oo noloshu halis galisay kaddib markii u qaatay qiyaas taallaal hore oo teetano ama gawracato leh, AMA alerji daran ku yeeshay qayb kasta oo ka mid ah tallaal, waa inuuna qaadan tallaalka Td. *U sheeg qofka bixinaya tallaalku wixii kasta ee xasaasiyad daran jiray.*
- Kala hadal dhakhtarkaaga haddii aad:
  - waligaa aad yeelatay *xanuun daran* ama barar kaddib qaadasho tallaal kasta leh gawracato ama teetano,
  - waligaa aad yeelatay Ciladda loo yaqaan Guillain Barré (GBS),
  - aadan si fiican dareemaynin maalinta tallaalka ballanta laguugu qabtay.

### 4 Halista dareen-celinta tallaal

Dawo kasta, oo ay tallaalladu ka mid yihiin, waxa dhici karta inay jiraan saamayno soo raaca. Kuwaas ayaa ah badiyaa ah kuwo sahlan ama iyaga ayaa iskood isaga taga. Dareen-celin daran ayaa waliba suurtagal ah laakiin waa dhif.

Dadka qaata tallaalka td badankoodu wax dhif ah kalama kulmaan.

**Dhibaatooyinka fudud** ee soo raaca marka tallaalka Td la qaato:

(*Aan qofka ka dhexgalin waxqabadyada*)

- Xanuun laga dareemo meesha irbadda laga qaatay (8 qof 10kiiba)
- Guduud ama barar lagu yeesho barta tallaalka laga qaatay (qiyaastii 1 qof 4tii qofba)
- Qandho sahlan (waa dhif)
- Madax-xanuun (qiyaastii 1 qof 4tii qofba)
- Daal (qiyaastii 1 qof 4tii qofba)

**Dhibaatooyin Dhexdhexaad ah** kaddib tallaalka Td:

(*Ka dhexgashay waxqabadyada, laakiin uma baahnayn wax ka qabasho caafimaad*)

- Xummad ka sarreysa 102°F (aad bey u yar tahay)

**Dhibaatooyin Daran** kaddib tallaalka Td:

(*Aan karti u yeelan fulinta waxqabadyada caadiga ah; u baahan wax ka qabasho caafimaad*)

- Bararitaan, xanuun daran, dhiigitaan iyo gacanta oo guduud ka noqota meesha tallaalka laga qaatay (naadir).



## Dhibaatooyinka dhici kara kaddib tallaalka:

- Dadka ayaa mararka qaarkood miyir beela kaddib hawl caafimaad marka lagu sameeyo, oo ay tallaalkuna ka mid tahay. Fadhiga ama jiifsadka illaa 15 daqiiqo kaddib tallaalka ayaa ka caawin qofka kahortagga miyir-beelka iyo dhaawacyada ay keento dhicistu. U sheeg dhakhtarkaaga haddii aad dareento dawakhaad, ama araggaagu isbeddelo ama dhaguhu kuguuxaan.
- Dadka qaarkood ayaa yeesha garab xanuun daran oo ay ku adkaataa inay gacanta dhaqaajiyaan gacanta halkii tallaalka laga siiyay. Taas ayaa dhacda marar dhif ah.
- Dawo kasta ayaa sababi karta dareen-celin xasaasiyadeed oo daran. Dareen-celin 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 waxyeello ka yimaaddiin?

### Maxay tahay inaan raadiyo?

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

Calaamadaha calaamadaha daren-celinta xasaasiyadda daran waxa ka mid ah xasaasiyad jidhka ah, wajiga iyo cunaha oo barara, neefta oo ku qabata, wadnaha oo degdeg kuu garaaca, dawakhaad, iyo tabcaanimo. Taasi waxay bilaabantaa sida caadiga ah dhowr daqiiqo illaa dhowr saacadood kaddib tallaalka.

### Maxay tahay inaan sameeyo?

- Haddii aad u maleyso inay tahay ficil-celinta xasaasiyadda daran am xaalad degdeg ah oo aan la sugin karin u wac 9-1-1 ama qofka gee isbitaalka kuugu dhow. Haddii kale, u wac dhakhtarkaaga.
- Markaa wixii ka dambeeya, ficil-celinta waa in waxbixin laga siiyaa Nidaamka Dhacdada Daran ee Tallaalka (VAERS). Dhakhtarkaaga ayaa xereyn kara warbixintan, ama adiga laftaada ayaa sidaas samayn kara adiga oo u mara websaydka VAERS ee ku yaal [www.vaers.hhs.gov](http://www.vaers.hhs.gov), ama adiga oo waca **1-800-822-7967**.

*VAERS ma bixiso talo caafimaad.*

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

Translation provided by the Immunization Action Coalition

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## Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (National Vaccine Injury Compensation Program)

Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (VICP) waa barnaamij federaal loo abuuray magdhawga dadka laga yaabo ay wax yeelleeyeen tallaallada qaarkood.

Dadka rumaysan inuu tallaalka dhaawacay waxay wax ka ogaan karaan barnaamijka iyo sida loo xereysanayo cabasho iyadoo waca **1-800-338-2382** ama booqda websaydka VICP ee [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation). Waxa jira wakhti ay ku xadaysan in la sheegto magdhaw.

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## Sidee ayaan intaas wax dhaafsiisan ku ogaan karaa?

- Weydii dhakhtarkaaga. Isga ama iyada ayaa ku siin kara waraaqda la soo galiyay baakada tallaalka ama kugula talin kara ilo kale oo aad macluumaad ka heli kartid.
- Wac waaxda caafimaadka xaafadda ama gobolkaaga.
- La xiriir Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC):
  - U wac **1-800-232-4636 (1-800-CDC-INFO)**
  - Booqo websaydka CDC ee ku yaal [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). Shakhsiyaadku ama dadku waxa ay xaq u leeyihiin in ay bixiyahooda daryeelka caafimaad ka codsadaan in aanuu Diiwaanka u gudbin warka.

Vaccine Information Statement

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Somali

42 U.S.C. § 300aa-26

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