

Tallaalka Hargabka, Fayraska Aan Nolayn (Inactivated) ama Dib La Iskugu Habeeyay (Recombinant): 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 farabadan ayaa lagu heli karaa luqadda Isbaanishka iyo luqado kaleba. Eeg www.immunize.org/vis

1 Waa maxay sababta la isu tallaalayo?

Hargabka (“flu”) waa cudur la is-qaadsiyo oo ku faafa Maraykanka dhammaantiis sannad kasta, badanaa inta u dhexeysa Oktoobar iyo Meey.

Hargabka waxa keena fayraska hargabka, oo waxa badiyaa lagu faafiyaa qufaca, hindhisada, ama xidhiidhka isku dhawaanta leh.

Qof kasta ayaa qaadi kara hargabka. Hargabka ayaa si lamafilaan ah dadka ugu dhaca oo hayn kara dhowr maalmood. Calaamadaha ayaa ku kala duwan da’da, laakiin waxa ka mid noqon kara:

- qandho/qarqaryo
- dhuun xanuun
- muruq xanuun
- daal
- qufac
- madax xanuun
- sanko oo da’da ama xirma

Hargabka ayaa waliba u horseedi kara oof-wareen iyo infekshinno dhiig, iyo shuban iyo suuxdin carruurta. Haddii aad qabto xaalad caafimaad, sida cudurrada wadnaha ama sambabka, hargabka ayaa kagaaga sii dari kara.

Hargabka ayaa halis dheeraad ah u leh dadka qaarkood. Dhallaanka iyo carruurta yaryar, dadka 65 sano jir iyo ka wayn, haweenka uurka leh, iyo dadka qaba xaaladaha caafimaadka qaarkood ama leh habdhis difaac diciifay ayaa halista ugu wayn leh.

Sannad walba **kumanaan qof ayaa u dhinta hargabka gudaha Maraykanka**, iyada oo intaa in ka badanaa isbitaalka la dhigo.

Tallaalka hargabka ayaa kaa:

- ilaalin kara inuu kugu dhaco hargabku, iyo
- inuu hargabku kaa sahlanaado haddii u kugu dhaco, oo
- aadan ku fidin hargabka qoyskaaga iyo dadka kaleba.

2 Tallaallada hargabka ee fayraska aan nolayn (Inactivated) ama kuwa dib la iskugu habeeyay (Recombinant)

Qiyaas tallaalka hargab ayaa lagu talinayaa xilli-sannad kasta oo hargab. Carruurta 6 bilood illaa 8 sano jirta ayaa dhici karta inay u baahdaan laba qiyaas tallaalka muddada xilli hargabka isla midka ah. Qof kasta oo kale ayaa u baahan kaliya hal qiyaas tallaalka xilli hargab kasta.

Tallaalka hargabka aan nolayn qaarkood ayaa leh qaddar aad u yar oo ah ilaaliye-cunto merkuri-ku-saleysan loona yaqaan thimerosal. Daraasado ayaan muujin in thimerosalka ku jira tallaalladu ay waxyeello leeyihiin, laakiin waxa la heli karaa tallaallo aan lahayn thimerosal.

Kuma jiraan fayras hargab nool tallaallada hargabka. **Iyagu ma sababi karaan hargabka.**

Waxa jira fayrasyo badan oo kuwa hargabka ah, had iyo jeerna wey isbeddelayaan. Sannad kasta tallaalka hargab oo cusub ayaa la sameeyaa si ay uga hortagaan saddex ama afar fayrasyada ay u badan tahay inay sababaan cudurka xilli hargabka soo socda. Laakiin xitaa marka tallaalka uuna si sax ah ugu aaddanayn fayrasyada, waxa dhici karta inuu yeesho woxoogaa difaac ah.

Tallaalka hargabku kama hortagi karo:

- hargabka uu keeno fayras aan tallaalka hoos iman, ama
- cudurrada u eg hargabka laakiin aan ahayn.

Waxay qaadataa 2 toddoobaad inuu difaacu soo baxo kaddib tallaalka, oo difaaca ayaa jirayaa illaa xilliga hargabka lagu jiro.

3 Dadka qaarkood ma aha inay qaataan tallaalka

U sheeg qofka tallaalka ku siinaya:

- **Haddii aad leedahay xasaasiyado (alerjiyo) daran, oo nolasha halis galinaysa.** Haddii aad waligaa ku yeelatay dareen-celin alerji oo nolosha halis galisay, kaddib markaad qaadatay qiyaas taallaalka hargab, ama alerji daran aad ku yeelatay qayb kasta oo ka mid ah tallaalka, waxa lagugula talin doonaa inaad is-tallaalin. Inta ugu badan, noocyada tallaalka hargabka, laakiin aan ahayn kuligood, ayaa leh qaddar aad u yar oo ah burootiinka ukunta.
- **Haddii aad waligaa ku yeelatay Ciladda Guillain Barré (walibana loo yaqaan GBS).** Dadka qaarkood ee leh taariikhda GBS ayaa ah inayna qaadan tallaalka. Taas ayaa ah in lagala hadlo dhakhtarkaaga.
- **Haddii aadan caafimaad dareemeynin.** Waxa badiyaa iska caadi ah inaad qaadato tallaalka hargabka markaad qabto xanuun sahlana, laakiin waxa laga yaabaa in lagu weyddiiyo inaad soo noqoto markaad ladnaato.



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

4 Halista dareen-celinta tallaalka

Dawo kasta, oo ay tallaalladu ka mid yihiin, waxa dhici karta inay jiraan saamayno soo raaca. Kuwaas ayaa ah badiyaa kuwo sahlan ama iyaga ayaa iskood isaga taga, laakiin dareen-celinta darani inay dhacdaana waa suurtagal. Dadka qaata tallaalka hargabka badankoodu wax dhib ah kalama kulmaan.

Dhibaatooyinka yar-yar kaddib marka la qaato tallaalka ayaa ka mid ah:

- damqasho, guduudasho, ama meesha tallaalka oo bararta
- xabeeb
- xanuun, indho guduud ama cuncun
- qufac
- qandho
- xanuun
- madax xanuun
- cuncun
- daal

Hadday dhibaatooyinkani dhacaan, caadi ahaan waxay billaabmaan isla markaaba tallaalka kaddib waxayna socdaan 1 ama 2 maalmood.

Dhibaatooyinka kuwaas ka sii daran kaddib marka la qaato tallaalka ayay ka mid noqon karaan kuwa soo socda:

- Waxa laga yaabaa inay jirto halis yar oo kor ugu kacda cudurka Guillain-Barre Syndrome (GBS) kaddib tallaalka fayraska aan nooleyn ee hargabka. Halistan waxa lagu qiyaasay 1 ama 2 qof oo xaalado dheeraad ah halkii milyan oo qofba. Waxay taasi aad uga yar tahay halista ka timaad xaaladuhu isku murgisnaanta marka la qaado hargabka, oo lagaga hortagi karo tallaalka.
- Carruurta yaryar ee la siiyo tallaalka hargabka iyo waliba tallaalka oof-wareenka (PCV13) iyo/ama tallaalka DTaP wakhti isku mid ah ayaa laga yaabaa in wax yar u badan tahay inay yeeshaan suuxdin (qalal) ay keento qandhadu. Weyddiiso dhakhtarkaaga macluumaad dheeraad ah. U sheeg dhakhtarkaaga haddii u ilmo qaadanaya tallaalka hargabku u waligii ay suuxdin ku dhacay.

Dhibaatooyinka dhici kara kaddib tallaalka oo duritaan ah:

- Dadka ayaa mararka qaarkood miyir beela kaddib hawl caafimaad marka lagu sameeyo, oo tallaalkuna ka mid tahay. Fadhiga ama jiiifsadka illaa 15 daqiiqo kaddib tallaalka ayaa ka caawin qofka kahortagga miyir-beelka iyo dhaawacyada ay keento dhicistu. U sheeg dhakhtarkaaga haddii aad dareento wareer, ama araggaagu isbeddelo ama dhagahaagu yeeraan.
- Dadka qaarkood ayaa yeesha garab xanuun daran oo ay ku adkaataa dhaqaajiyanta gacantu halkii tallaalka laga siiyay. Taas ayaa dhacda marar dhif ah.
- Dawo kasta ayaa sababi karta dareen-celin xasaasiyadeed daran. Dareen-celintan 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/

Translation provided by the Immunization Action Coalition

5 Maxaa dhacaya haddii ay waxyeello ka yimaaddiin?

Maxay tahay inaan raadiyo?

- U firso wixii kasta ee adiga kaa wewelsiiya, sida calaamadaha dareen-celinta xasaasiyadda daran, qandhada aad u sarreysa, dabeecadda isbeddelaysa. Calaamadaha dareen-celinta xasaasiyadda daran waxa ka mid ah xasaasiyad jidhka, wajiga iyo cunaha oo barara, neefta oo ku qabata, wadno garaac degdeg ah, dawakhaad, iyo tabcaanimo. Taasi waxay bilaabmi doontaa dhowr daqiiqo illa dhowr saacadood kaddib tallaalka.
- Maxay tahay inaan sameeyo?**
- Haddii aad u maleyso inay tahay ficil-celin alerji daran ama xaalad kale oo degdeg ah oo aan la sugi karin, wac 9-1-1 ama qofka gee isbitaalka ugu dhow. Haddii kale, u wac dhakhtarkaaga.
 - Dareen-celinta waa in warbixin laga siiyaa Nidaamka Dhacdada Daran ee Tallaalka (VAERS). 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, ama adiga oo waca **1-800-822-7967**.

VAERS ma bixiso talo caafimaad.

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

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

Dadka rumaysan inuu tallaalka dhaawacay waxay wax ka ogaan karaan barnaamijka iyo sida loo xereysanayo cabasho iyaga oo waca **1-800-338-2382** ama booqda websaydka VICP ee www.hrsa.gov/vaccinecompensation. Waxa jira wakhti xadaysan in la sheegto magdhow.

7 Sidee baan macluumaad dheeraad ah ku ogaan karaa?

- Weyddii daryeel bixiyahaaga caafimaad. Isaga ama iyada ayaa ku siin kara warqadda baakadda tallaalka lagu soo dhex riday ama kugula talin kara ilo kale oo aad macluumaad ka heli kartid.
- Wac waaxda caafimaadka xaafadda ama gobolkaaga.
- La xiriir Xarumaha Xakamaynta iyo Ka hortagga Cudurrada (CDC):
 - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Booqo websaytka CDC ee ku taal www.cdc.gov/flu

Vaccine Information Statement
Inactivated Influenza Vaccine

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Somali

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