

Caabuqa unugyada neefsashada (RSV) Unugyada Difaaca Kahortagga ah: *Waxa Ay Tahay Inaad Ogaato*

Waa maxay sababta qofka loogu tallaalo unugyada difaaca kahortagga RSV?

Unugyada difaaca kahortagga (Respiratory Syncytial Virus, RSV), waxay kahortagi karaan cudur sambabka ah oo daran oo RSV ay keento.

RSV waa fayras caadi ah oo neefmareenka ku dhaca oo sida badan keena astaamo fudud sida durayga ah laakiin sidoo kale saamayn kara sambabka. Astaamaha caabuqa RSV waxaa ku jiri kara dililiqa, baahida cunto rabitaanka oo yaraata, qufaca, hindhisada, xummada, ama hiinraagida.

Cid kasta waa qaadi kartaa RSV, ugu dhawaan carruurta oo dhanna way qaadaan caabuqa RSV markay gaaraan 2 jir. In kastoo carruurta badankoodu kaga soo kabsadaan caabuqa RSV muddo toddobaad ama laba ah, caabuqa RSV wuxuu ku noqon karaa dhallaanka iyo carruurta yaryar mid khatar ah, kaasi oo ku keena neefsashada oo ku adkaata, heerarka ogsijiinka oo hooseeya, iyo fuuqbox. Maraykanka, RSV waa waxa ugu badan ee keena burukiitos (marin-haweedyada yaryar ee sambabka oo bukooda) iyo oofwareenka (caabuqa sambabka) ee carruurta ka yar 1 sano jirka. Carruurta uu ku dhaco RSV waxay u baahan karaan in isbitaal la dhigo, qaarna waaba u dhiman karaan.

Unugyada Difaaca Kahortagga RSV

Unugyada difaaca kahortagga RSV (magaca guud Nirsevimab, magaca ganacsi Beyfortus) waa tallaalo looga hortago cudurka RSV ee daran ee dhallaanka iyo carruurta yaryar. Unugyada difaacu waa borotiino uu habdhiska difaaca jirku u isticmaalo inuu la dagaallamo jeermisyada waxyeelada keena. Sida tallaalada soo jireenka oo kale, unugyada difaaca ee kahortag waa tallaalo ay dadku ka helaan difaac jeermis gaar ah. In kastoo labadaba difaac laga helo, qaabka difaaca laga helo ayaa kala duwan. Nirsevimab waa tallaalo qofka toos loo siinayo qaataha. Tallaalada soo jireenka ah waa kuwa kiciya habdhiska difaaca qofka si loo soosaaro unugyada difaaca jirka.

Dhallaanka dhasha xilliga RSV jirto (caadi ahaan dayrta ilaa gu'ga) waa inay qaataan hal garoojo oo ah tallaalka RSV 1 toddobaad gudihiis kadib dhalashada. Dhallaanka hooyooyinkoodu qaateen RSV intooda badan uma baahdaan inay qaataan Nirsevimab, iyaguna. Labaduba waxay ka ilaaliyaan dhallaanka inay aad ugu xanuustaan RSV marka la siiyo unugyada difaaca iyadoo ama hooyada loo sii marinayo ama toos ilmaha loo siinayo. Dhallaanka intooda badan waxay u dhawaan doonaan inay kaliya difaaca ka helaan tallaalka RSV ee hooyada ama Nirsevimab (maya labadaba). Haseyeeshee, waxa dhici karta xaaladaha qaar oo Nirsevimab lagu taliyo dhallaanka in la siiyo kadib markii hooyadu qaadato tallaalka RSV.

Dhallaanka dhasha xilli ka baxsan xilliga RSV ee ka yar 8 bilood waa inay helaan hal garoojo oo ah tallaalka RSV in yar kahor xilliga RSV ee ugu horreeya (caadi ahaan dayrta), laakiin dhallaanka ka yar 8 bilood ee aan wali qaadan garoojo waxay heli karaan garoojo markii la rabo xilliga inta lagu jiro.

Dhallaanka iyo carruurta yaryar qaarkood ee halis sare ugu jira inay qaadaan cudurka RSV oo daran waxay u baahan karaan hal garoojo oo ah unugyada difaaca RSV kahor ama muddada lagu jiro xilliga RSV ee labaad.

Unugyada difaaca kahortagga RSV waxa siin karaa wakhtiga caadi ahaan la siiyo tallaalada kale ee dhallaanka iyo carruurta yaryar lagu taliyo in la siiyo.

La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga daryeelka caafimaadka haddii qofka qaadanaya unugyada difaaca kahortaggu uu leeyahay:

- Taariikh hore oo uu ka qaaday falcelin xasaasiyadeed unugyada difaaca kahortagga RSV (Nirsevimab) ama waxyaalaha ku jira wax ka mid ah,
- Xaalad dhiigbax, ama
- Xanuun degdeg ah oo dhexe ama daran.

Mararka qaarkood, bixiyaha daryeelka caafimaadka ilmahaaga ayaa laga yaabaa inuu go'aansado inuu dib ugu dhigo tallaalka unugyada difaaca kahortagga RSV ilaa booqasho mustaqbalka ah.

Dadka qaba jirro fudud, sida duray, si badbaado leh ayey u qaadan karaan unugyada difaaca kahortagga RSV. Dadka dhexdhexaad ahaan ama aad u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo boksoonayaan.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

Halista falcelinta unugyada difaaca kahortagga RSV

Kadib marka uu qaato unugyada difaaca kahortagga RSV, ilmahaagu waxa dhici karta inuu yeesho xanuun, guduudasho, barar ku meel gaar ah oo ku yimaadda halka laga duray/muday, ama finan.

Sida dawo walba ee kale, waxaa jira fursad suurtagalkeedu aad u yar yahay in uu tallaalka RSV sababo dareen-celin xasaasiyad daran, dhaawac kale oo halis ah, ama dhimasho.

Dareen-celin xasaasiyadeed ayaa dhici kara ka dib marka ilmuhu uu ka tago isbitaalka ama rugta caafimaadka. Haddii aad aragto calaamado dareen-celin xasaasiyad ah oo daran (tusaale ahaan, furuuruc, waji iyo cuno barar, neefsashada oo adkaata, wadnaha oo degdeg u garaacma, wareer, ama tabar darro), wac 9-1-1 ama gee ilmahaaga isbitaalka kuugu dhow.

Wac bixiyahaaga daryeelka caafimaadka haddii aad aragto astaamo kale oo aad ka walaacdo.

Maxaa dhacaya haddii ay jirto dhibaato halis ah?

Haddii ilmahaagu qaato unugyada difaaca kahortagga RSV isagoon qaadanayn tallaalka isla wakhtigaas, oo aad ka shakido falcelin daran, adiga ama bixiyahaaga daryeelka caafimaadku waxaad ku gudbin kartaa warbixin <https://www.fda.gov/medwatch> ama taleefanka 1-800-FDA-1088.

Haddii ilmahaagu qaato unugyada difaaca kahortagga RSV iyo tallaalka isla wakhti kaliya oo aad ka shakido falcelin daran, adiga ama bixiyahaaga daryeelka caafimaadku waa inaad u gudbisaan warbixin [Vaccine Adverse Event Reporting System \(VAERS\)](https://vaers.hhs.gov/) <https://vaers.hhs.gov/> ama wac 1-800-822-7967. Warbixintaada waa inaad ku xusto in ilmahaagu isla wakhti kaliya wada qaatay tallaalka RSV iyo tallaalka kale.

Qoraal: MedWatch iyo VAERS waxa kaliya loo gudbiyaa warbixinaha falcelinaha. Shaqaalaha MedWatch iyo VAERS ma bixiyaan talo caafimaad.

Sideen wax badan u ogaan karaa?

- Weydii bixiyahaaga daryeelka caafimaadka.
- Waxaad wacdaa waaxda caafimaadka deegaankaaga ama gobolka.
- Booqo websaytka Maamulka Cuntada iyo Daawada Maraykanka [Drugs@FDA: FDA-Approved Drugs](https://www.fda.gov/oc/medwatch/).
- La xiriir Xarumaha Xakameynta iyo Kahortagga Cudurrada (Centers for Disease Control and Prevention, CDC):
 - o Wac 1-800-232-4636 (1-800-CDC-INFO) ama
 - o [Booqo websaytka CDC](https://www.cdc.gov/rsv/about/prevention.html) <https://www.cdc.gov/rsv/about/prevention.html>

