

**BAYAANKA MACLUUMAADKA TALLAALKA**

# Tallaallada Ugu Horreeya ee Ilmahaaga: Waxa Ay Tahay Inaad Ogaato

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 Af-Soomaaliga iyo luqada kaleba. Booqo [www.immunize.org/vis](http://www.immunize.org/vis)

Tallaalada looga hadlayo bayaankan ayaa ah kuwa ay u badan tahay in la bixiyo isla waqtiga dhallaanimada iyo carruurnimada hore. Waxaa jira *Bayaannada Macluumaadka Tallaalka* oo gooni ah oo loogu talagalay tallaalada kale kuwaasoo si joogto ah lagula taliyo carruurta yaryar (jadeecada, qaamo-qashiirta, jadeeco Jarmal, busbuska, fayraska fuuqbaxa, hargabka, iyo cagaarshowga A)

## Ilmahaaga ayaa qaadanayo tallaalladaan maanta:

Gawracatada, teetanada, iyo xiiqdheerta (DTaP)

Cudurka Oofwareenka

Hib

Dabaysha

Cagaarshowga B

(Bixiyaha: Calaamadee sanduuqyada ku habboon.)

## 1. Maxaa la isu tallaalayaa?

Tallaalada ayaa ka hortagi kara cudurka. Tallaalka carruurta waa lama huraan maxaa yeelay wuxuu siiyaa difaac kahor inta aysan carruurta u-baylah noqon cuduro halis gelin kara nolosha.

### Gawracatada, teetanada, iyo xiiqdheerta (DTaP)

- **Gawracatada (D)** ayaa horseedi karta neef-qabasho, wadne-xanuun, cuuryaannimo, ama dhimasho.
- **Tetanada (T)** ayaa sababta qalafsanaan xanuun leh oo murqaha. Teetanadu waxay horseedi kartaa dhibaatooyin caafimaad oo halis ah, oo ay ku jiraan awoodid la'aanta kala qaadida afka, liqid la'aan iyo neefsasho la'aan, ama dhimasho.
- **Xiiqdheerta (aP)**, sidoo kale loo yaqaano "kix," waxay sababi kartaa qufac aan kala joogsi lahayn, oo xooggan oo ka dhiga neefsashada, wax cunida, ama cabitaanka mid adag. Xiiqdheerta waxay noqon kartaa mid aad u daran, gaar ahaan dhallaanka iyo carruurta yaryar, taasoo keenta burunkiito, gariir, dhaawac maskaxeed, ama dhimasho.

### Hib (Nooca b) ee cudurka hargabka

**Nooca b ee cudurka hargabka** ayaa sababi kara noocyo badan oo kala duwan oo caabuqyo ah. Bakteeriyada Hib waxay sababi kartaa jirro sahlan, sida caabuqyada dhegaha ama boronkiito, ama waxay sababi karaan jirro daran, sida jirrooyinka dhiigga. Caabuqa Hib sidoo kale wuxuu keeni karaa oofwareen; cunaha oo si xun u barara, taasoo qofka ku adkaysa inuu neefsado; caabuq ku dhaca dhiigga, kala-goysyada, lafaha, iyo dahaarka wadnaha. Caabuqa Hib ee daran, oo sidoo kale loo yaqaano "cudurka Hib ee daran," wuxuu u baahan yahay in lagu daaweeyo isbitaal mararka qaarkoodna wuxuu sababi karaa dhimasho.

### Cagaarshow B

**Cagaarshowga B** waa cudur beerka ku dhaco oo sababi kara jirro fudud oo soconaysa dhowr toddobaad, ama wuxuu horseedi karaa jirro daran oo abid raagta. Caabuqa cagaarshowga B ee ba'an waa jirro waqti gaaban jirta oo keeni karta qandho, daal, rabitaan la'aan cunto, lallabo, matag, cagaarshow (maqaarka ama indhaha oo jaalle noqda, kaadi madow, saxaro leh midab khafiif ah), iyo xanuunka muruqaha, kala-goysyada, iyo caloosha. Cudurka cagaarshowga B ayaa ah jirro muddo-dheer oo dhacda marka fayraska cagaarshowga B uu ku jiro jirka qofka. Dadka badankood oo sii yeesha cagaarshowga B ee ba'an ayaan lahayn astaamo, balse weli daran oo u horseedi kara dhaawaca beerka (cudurka daran ee wadnaha), kansarka wadnaha, ama dhimasho.

### Cudurka oofwareenka (PCV)

**Cudurka oofwareenka** waxaa laga wadaa wixii cudur ah oo ay sababto baktiiriyada oofwareenka. Baktiiriyada waxay sababi kartaa noocyo badan ee cuduro ah, oo ay ka mid tahay burunkiitada, taasoo ah infakshanka sambabaha. Ka sokow oofwareenka, bakteeriyada oofwareenka waxay sidoo kale sababi kartaa caabuqa dhegta, sanko, qoorgooyaha (caabuq ku dhaca unugyada daboolka maskaxda iyo xangulada laf-dhabarta), iyo bakteeriyada (caabuqa dhiigga). Infakshanyada oofwareenka badankood waa kuwo fudud. Hasa ahaatee, qaar ayaa ka imaan kara dhibaatooyin muddo-dheer ah, sida waxyeelo gaara maskaxda ama luminta maqalka. Qoorgooyaha, bakteeriyada dhiigga, iyo oofwareenka uu sababo cudurka oofwareenka ayaa noqon kara mid khatar dhimasho leh.



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

## Dabayl (Polio)

**Dabeysa** (ama poliomyelitis) waa cudur naafonimo keena oo nafta halis geliya oo uu sababo fayraska poliovirus, kaasoo ku dhici kara qofka laf-dhabarkiisa, taasoo keenta curyaannimo. Dadka ugu badan ee qaba dabeysa ayaan lahayn wax astaamo ah, oo kuwa badan ayaa ka ladnaada bilaa dhibaatooyin. Dadka uu saameeyo fayraska dabeysa qaarkood waxay yeelan doonaan cune xanuun, xummad, daal, yalaalugo/lallabo, madaxanuun, ama calool xanuun, oo dadka ugu badan ee astaamahan lehna sidoo kale way ka soo kabtaan iyagoo aysan dhibaatooyin kale soo gaarin. Koox yar oo dad ah ayaa yeelan doona astaamo halis ah: jir mudo (dareemida biinan iyo cirbadaha lagu mudayo lugaha), qoorgooyaha (cudur ku dhaca daboolka laf-dhabarta iyo/ama maskaxda), ama curyaannimo (aan dhaqaajin karin qaybaha ka mid ah jirka) ama daciifnimada gacmaha, lugaha, ama labaduba. Curyaannimadu waxay horseedi kartaa naafonimo joogto ah iyo dhimasho.

## 2. DTaP, Hib, cagaarshowga B, oofwareenka, iyo dabaysha

**Dhallaanka iyo carruurta** inta badan waxay u baahan yihiin:

- 5 garoojo oo ah **tallaalka gawracatada, teetanada, iyo xiiq-dheerta (DTaP)**
- 3 ama 4 garoojo oo ah **tallaalka Hib**
- 3 garoojo oo ah **tallaalka cagaarshow B**
- 4 garoojo oo **tallaalka oofwareenka ah (PCV)**
- 4 garoojo oo ah **tallaalka dabaysha**

Carruurta qaarkood ayaa laga yaabaa inay u baahdaan wax ka yar ama ka badan garoojooyinka caadiga ah ee tallaalada qaarkood si ay difaaca ugu adag u lahaadaan iyagoo ugu wacan tahay da'dooda xilliga tallaalka ama duruufo kale.

**Carruurta waaweyn, qaangaarka, iyo dadka waaweyn** ee qaba xaaladaha caafimaad qaarkood ama arrimo kale oo uga sii dari kara ama kuwaasoo aan tallaal horay u qaadan ayaa sidoo kale laga yaabaa in lagula taliyo inay qaataan 1 garoojo ama ka badan oo qaar ka mid ah tallaaladaan.

Tallaaladaan waxaa loo qaataa si gooni ah ama iyagoo qayb ka ah tallaalo isku jira (nooc tallaal oo ka kooban in ka badan hal tallaal oo laga qaato hal irbad).

## 3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka hadduu ilmuhu qaadanayo tallaalka:

### Loogu talagalay tallaaladaan oo dhan:

- Uu horey u qabay **falcelin xasaasiyadeed kadib marka garoojo hore oo tallaalka ah uu qaatay**, ama uu qaaday wax xasaasiyado daran ah, oo noloshu halis galin kara

### Loogu talagalay gawracatada, teetanada, iyo xiiqdheerta (DTaP):

- Uu ka qaaday **falcelin xasaasiyadeed kadib qaadashada garoojo hore oo tallaalka ah oo kahortagta teetanada, gawracatada, ama xiiqdheerta**
- Uu galay miyir-beel, heerka miyir oo hoos u dhaca, ama qallal daba dheeraada 7 maalmood gudahooda kadib markuu qaatay garoojo hore ee tallaalka oo gawracatada, teetanada, iyo xiiqdheerta (DTP ama DTaP)
- Uu leeyahay suuxdino ama dhibaato kale oo ah habdhiska dareemayaasha jirka
- Waligii uu qabay cillada Guillain Barré (sidoo kale loo yaqaano "GBS")
- Uu qaaday xanuun daran ama barar kadib qaadashada garoojo hore oo tallaalka ah oo kahortagta teetanada ama gawracatada

### Loogu talagalay tallaalka oofwareenka (PCV):

- Uu qaaday **falcelin xasaasiyadeed kadib garoojo hore oo nooc walba ee tallaalka oofwareenka ah (PCV13, PCV15, PCV20, ama tallaalkii hore ee oofwareenka oo loo yaqaano PCV7)**, ama tallaalka kasta oo ay ku jirto jeermis-la-deriska gawracatada (tusaale ahaan, DTaP)

Mararka qaarkood, bixiyaha daryeelka caafimaadka ilmahaaga ayaa laga yaabaa inuu go'aansado inuu dib ugu dhigo tallaalka ilaa booqosho mustaqbalka ah.

Carruurta qaba jirrooyin yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Carruurta yara xanuunsan ama aadka u xanuunsan waa inay caadi ahaan sugaan illaa ay soo kabsanayaan kahor inta aan la tallaalin.

Bixiyaha daryeelka caafimaadka ilmahaaga ayaa ku siin kara macluumaad dheeraad ah.

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## 4. Halista dareen-celinta tallaalka

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### Loogu talagalay tallaalkaan oo dhan:

- Xanuun, guduudasho, barar, kuleyl, xanuunka ama adkaanshaha goobta tallaalka laga qaato ayaa dhici karaan kadib tallaalka.

### Loogu talagalay tallaalka DTaP, Hib, cagaarshowga B, iyo oofwareenka:

- Qandho ayaa dhici kartaa tallaalka kadib.

### Loogu talagalay tallaalka DTaP:

- Buuqsanaan, daal, rabitaan la'aan cunto, iyo matagid ayaa mararka qaarkood dhacaan kadib tallaalka DTaP.
- Dareen-celin aadka u sii daran, sida qallalka, oohinta aan joogsaneyn ee socota 3 saacadood ama ka badan, ama qandho sareysa (in ka badan 40.5 °C [105 °F]) ayaa u dhici kara wax aad uga yar badanaa kadib tallaalka DTaP. Marar dhif ah, tallaalku waxaa ka dambeeya bararka gacanta ama lugta oo dhan, gaar ahaan carruurta yara weyn marka ay qaataan garoojada afaraad ama shanaad.

### Loogu talagalay tallaalka PCV:

- Rabitaan la'aan cunto, buuqsanaan (xanaaq), dareemid daal, madax-xanuun, iyo qarqaryo ayaa dhici karaan kadib tallaalka PCV.
- Carruurta yaryar ayaa halis kordhaysa ugu jiri kara suuxdino/qallal ay sababto qandho kadib qaadashada tallaalka oofwareenka haddii la bixiyay isla xilligii tallaalka hargabka ee awoodiisa hoos loo dhigay. Weydii bixiyahaaga daryeelka caafimaadka macluumaad dheeraad ah.

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.

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## 5. Maxaa dhacaya haddii ay jirto dhibaato halis ah?

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Dareen-celin xasaasiyadeed ayaa dhici karta kadib marka qofka la tallaalay ka tago rugta caafimaadka. Haddii aad aragto calaamadaha falcelinta xasaasiyadeed oo daran (firiiric, wajiga oo barara iyo cuno/dhuun barar, neefsashada oo adkaata, wadnaha oo degdeg u garaacma, wareer, iyo tabbar darri), fadlan wac lambarka 9-1-1 kadibna qofka gaarsii isbitaalka kuugu dhow.

Somali translation provided by Immunize.org

Vaccine Information Statement (Interim)  
Multi Pediatric Vaccines

Wixii calaamado kale ah ee welwel kuu keena, wac bixiyaha daryeelka caafimaadkaaga.

Dareen-celinta halista ah waa in loo sheegaa nidaamka qaabilsan dareen-celinta halista ah ee lagu magacaaabo Nidaamka Warbixinta Dhacdada Daran ee Tallaalka (Vaccine Adverse Event Reporting System, VAERS). Bixiyahaaga daryeelka caafimaadka ayaa badanaa gudbin doona warbixintan, ama adiga laftaada ayaa sidaa sameyn kara. Booqo mareegta VAERS ee [www.vaers.hhs.gov](http://www.vaers.hhs.gov) ama wac 1-800-822-7967. *VAERS waxaa loogu talagalay oo kaliya u soo sheegida falcelinada, isla mar ahaantaana xubnaha shaqaalaha ee VAERS awood uma lahan inay bixiyaan talo caafimaad.*

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## 6. Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka

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Barnaamijka Qaranka ee Magdhawga Dhawaca Tallaalka (National Vaccine Injury Compensation Program, VICP) waa barnaamij federaalka ah oo loo abuuray si loogu siiyo magdhow dadka laga yaabo in ay wax yeelleeyeen tallaalka 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](http://www.hrsa.gov/vaccinecompensation) ama wac 1-800-338-2382 si aad wax uga ogaato barnaamijka iyo sida loo gudbiyo qaansheegasho.

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## 7. Sideen wax badan u ogaan karaa?

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- Weydii bixiyaha qaabilsan daryeelkaaga caafimaadka.
- Wac waaxda qaabilsan caafimaadka ee deegaankaaga ama gobolkaaga.
- Booqo mareegta Maamulka Cuntada iyo Daawooyinka (Food and Drug Administration, FDA) si aad uga heshid xirmooyinka tallaalka iyo macluumaad dheeraad ah barta [www.fda.gov/vaccines-blood-biologics/vaccines](http://www.fda.gov/vaccines-blood-biologics/vaccines).
- La xiriir Xarumaha Xakameynta iyo Kahortagga Cudurrada (Centers for Disease Control and Prevention, CDC):
  - Wac 1-800-232-4636 (1-800-CDC-INFO) ama
  - Ka booqo mareegta CDC barta [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

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