

BAYAANKA MACLUUMAADKA TALLAALKA

Tallalka nooca 2-aad ee *Haemophilus influenzae* (Hib): Waxa aad u Baahan Tahay Inaad Ogaato

Many vaccine information statements are available in Somali and other languages. See www.immunize.org/vis

Bayaanno Maccluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Booqo www.immunize.org/vis

1. Maxaa la isu tallaalayaa?

Tallalka Hib wuxuu ka hortagi karaa **nooca 2-aad ee cudurka *Haemophilus influenzae* (Hib)**.

Nooca labaad ee *Haemophilus influenzae* ayaa sababi kara noocyo badan oo kala duwan oo caabuqyo ah. Caabuqyadaan waxay inta badan saameeyaan carruurta ka yar 5 sano jir balse waxay sidoo kale saamayn karaan dadka waaweyn ee leh xaalado caafimaad qaarkood. Bakteeriyada Hib waxay sababi kartaa jirro sahlana, sida caabuqyada dhegaha ama boronkiito, ama waxay sababi karaan jirro daran, sida jirrooyinka dhiigga. 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.

Intii ka horreysay tallaalka Hib, cudurka Hib wuxuu ahaa sababta ugu horreysa ee bakteeriyada qoorgooyaha ku dhacda carruurta ka yar da'da 5 sanno ee ku nool Maraykanka. Qoorgooyuhu waa infakshan ku dhaca xuubka maskaxda daboolka iyo xangulada lafdhabartaba. Waxay keeni kartaa dhaawac maskax iyo dhego-beel.

Caabuqa Hib wuxuu sidoo kale sababi karaa:

- Oofwareen (kolba-aariyo)
- Dhuunta oo aad u bararta, oo laga neefsan kari waayo
- Jirrooyinka dhiigga, kala-baxyada, lafaha, iyo dheeha wadnaha
- Dhimasho

2. Tallaalka Hib

Tallaalka Hib waxaa inta badan loo bixiyaa 3 ama 4 garoojo ahaan (iyadoo ku xiran nooca tallalka).

Dhallaanka sida caadiga ah waxay qaadan doonaan garoojada koowaad ee tallaalka Hib markay 2 bilood jiraan waxayna sida caadiga ah dhammaystiraan isxigiga markay gaaraan 12-15 bilood jir.

Carruurta da'doodu u dhaxaysa 12 bilood iyo 5 sano jir kuwaasoo aan horay si buuxda loogu tallaalin Hib ayaa laga yaabaa inay u baahdaan 1 garoojo ama in ka badan tallaalka Hib.

Carruurta ka weyn 5 sano jir iyo dadka waaweyn sida caadiga ah ma helaan tallaalka Hib, balse waxaa laga yaabaa in lagula taliyo carruurta waaweyn ama dadka waaweyn ee beeryadoodu waxyeello gaartay ama laga saaray, oo ay ku jiraan dadka qaba cudurka cilladaha dhiig-yarida, qalliinka kahor si looga saaro beeryaraha, ama ku tallaalida dhuuxa lafta. Tallaalka Hib ayaa sidoo kale laga yaabaa in lagula taliyo dadka jira 5 illaa 18 sano ee qaba HIV.

Tallaalka Hib waxaa loo qaadan karaa tallaalka kaligiis ah, ama qayb ka ah tallaalka isku jira (nooc tallaalka oo ka kooban in ka badan hal tallaalka oo laga qaato hal irbad).

Tallaalka Hib waxaa la bixin karaa isla wakhtiga 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 Hib uu qaatay**, ama uu lahaa **wax xasaasiyado daran, oo nolosha halis galin kara**

Mararka qaarkood, bixiyaha daryeelka caafimaadkaaga ayaa laga yaabaa inuu dib ugu dhigo tallaalka Hib booqosho mustaqbalka ah.

Dadka qaba jirrooyinka sahlana/yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka yara xanuunsan ama aadka u xanuunsan waa in ay caadi ahaan sugaan



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

illaa ay ka soo kabsanayaan kahor inta aysan qaadan tallaalka Hib.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

- Guduudashada, hurka, iyo bararka goobra tallaalka laga qaatay iyo qandho ayaa dhici karta kadib tallaalka Hib.

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

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. Ka booqo mareegta VAERS barta 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 Tallaalka) (VICP) waa barnaamij federaalka ah oo loo abuuray si loogu siiyo magdhow dadka laga yaabo in ay wax yeelleeyeen tallaallada 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 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

