

## BAYAANKA MACLUUMAADKA TALLAALKA

# Tallaalka Meningokokal B: Waxa aad u Baahan 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 luqado kaleba. Booqo [www.immunize.org/vis](http://www.immunize.org/vis)

## 1. Maxaa la isu tallaalayaa?

Tallaalka Meningokokal B ayaa kaa caawin kara kahortagga **cudurka meningokokal** ee ay sababaan kooxaha bakteeriyada B. Nooc kale oo tallaalka meningokokal ayaa la heli karaa si uu gacan uga geysto kahortagga kooxaha bakteeriyada A, C, W iyo Y.

**Cudurka meningokokal** wuxuu horseedi karaa qoor-gooye (infekshan ku dhaca xuubka maskaxda iyo lafdhabarta) iyo jirrooyinka dhiigga. Xataa marka la daweyyo, cudurka meningokokal wuxuu dilaa 100 kiiba 10 ilaa iyo 15 ee dadka qaada cudurka. Iyo kuwa ka badbaada dhimashada, qiyaastii 100 kiiba 10 ilaa 20 ayaa la dhibaatoon doona naafanimo sida maqal beel, dhaawac maskaxeed, waxyeello kelyaha ah, xubin goyn, dhibaatooyinka habdhiska dareemayaasha, ama nabarro daran ee ku yimaada maqaarka wax laga jaro.

Cudurka meningokokal waa dhif hoos ayuuna u dhacay gudaha Mareykanka tan iyo 1990-meeyadii. Si kastaba ha ahaatee, waa cudur daran oo halis weyn oo dhimasho ama naafonimo waarta u keeni kara dadka uu ku dhaco.

Cudurka Meningokokal qof kasta ayuu ku dhici karaa. Dadka qaarkood ayaa halis dheeraad ah ugu jira, oo ay ka mid yihiin:

- Ilmaha dhallaanka ah ee kayar hal sano jir
- Carruurta qaangaarka ah iyo dhalinyarada 16 ilaa 23 sano jirka ah
- Dadka qaba xaaladaha caafimaadeed ee gaarka ah ee saameeya habdhiska difaaca jirka
- Dhakhaatiirta noolaha il-ma-aragtada ah ee sida joogtada ah goonida ugu baara *N. meningitidis*, bakteeriyada keenta cudurka meningokokal
- Dadka halista ugu ah ee sababtuna tahay ka dillaaca cudurkan beeshooda

## 2. Tallaalka Meningokokal B

Wixii kahortagga ugu fiican ah, in ka badan 1 garoojo oo tallaalka meningokokal B ayaa loo baahan doonaa. Waxaa jira laba tallaalada meningokokal B ah oo la heli karo. Isla tallaalka waa in loo isticmaalo dhammaan garoojooyinka.

Tallaalada meningokokal B waxa si joogto ah lagula talinayaa dadka 10 sano jirka ah ama ka wayn, ee halista sareysa ugu jira caabuqyada kooxaha bakteeriyada ee cudurka meningokokal B, oo ay ka mid yihiin:

- Dadka halista ugu jira iyadoo sababtu tahay dillaaca kooxaha bakteeriyada ee cudurka meningokokal B
- Qof kasta ee beer yarhoodu dhaawacan yahay ama laga saaray, oo ay ka mid yihiin dadka qaba cudurka sickle cell (dhiig yarida)
- Qof kasta oo qaba xaalad dhif ah ee habka difaaca jirka ah oo loo yaqaan “complement component deficiency (cilda shaqo-gabka difaaca jirka)”
- Qof kasta oo qaata nooc ka mid ah daawooyinka loo yaqaano “complement inhibitor,” sida eculizumab (sidoo kale loo yaqaano “Soliris”®) ama ravulizumab (sidoo kale loo yaqaano “Ultomiris”®)
- Dhakhaatiirta noolaha il-ma-aragtada ah ee sida joogtada ah goonida ugu baara *N. meningitidis*

Tallaaladan ayaa sidoo kale la siin karaa qof kasta oo jira 16 ilaa 23 sanno si uu u loo siiyo kahortag muddo gaaban ah ee inta badan ee kooxaha bakteeriyada ee cudurka meningokokal B, iyadoo lagu saleynayo wadhadallada u dhexeeya bukaanka iyo bixiyaha daryeelka caafimaadka. Da'da loo doorbidayo tallaalka waa 16 ilaa 18 sano.



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### 3. La hadal bixiyahaaga daryeelka caafimaadka

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U sheeg bixiyahaaga tallaalka haddii qofka qaadanyo tallaalka:

- Uu horey u qabay **dareen-celin xasaasiyadeed kadib marka garoojo hore ee tallaalka meningokokal B uu qaatay**, ama uu lahaa wax **xasaasiyado daran ah, oo nolosha halis galin kara**
- **Ay uur leedahay ama naas nuujineyso**

Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka meningokokal B booqosho mustaqbalka ah.

Tallaalka Meningokokal B waa in dib loogu dhigo dadka uurka leh haddii uusan qofku halis sareysa ku jirin, kadib marka uu la tashado bixiyaha daryeelkaaga caafimaad, faa'iidooyinka tallaalka waxaa loo tixgeliyaa inay ka badan yihiin halista iman karta.

Dadka qaba jirrooyinka sahlan/yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka yara xanuunsan ama aadka u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo kabsanayaan kahor inta aysan qaadan tallaalka meningokokal B.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

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### 4. Halista dareen-celinta tallaalka

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- Xanuunka, guduudashada, ama bararka goobta tallaalka lagaa siiyay, daal, madax-xanuun, muruqo-xanuun ama kala-goysyo xanuun, qandho, ama lallabo ayaa dhici kara kadib tallaalka meningokokal B. Qaar ka mid ah falcelinadaan waxay ku dhacaan in ka badan kala bar dadka qaata tallaalka.

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 tallaalku sababo dareen-celin xasaasiyad ah ee daran, dhaawacyo kale ee halis ah, ama dhimasho.

Somali translation provided by the Immunization Action Coalition

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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 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](http://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.

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### 6. Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka

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National Vaccine Injury Compensation Program (Barnaamijka Qaranka ee Magdhawga Dhawaca Tallaalka) (VICP) waa barnaamij federaalka ah oo loo abuuray si loogu siiyo magdhow dadka laga yaabo in ay wax yeelleeyeen tallaalka qaarkood. Qaansheegashooyinka la xiriira 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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- 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](http://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](http://www.cdc.gov/vaccines).

