

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Tdap (Tetanus, Diphtheria, Pertussis): 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?

Tallaalka Tdap wuxuu kahortagi karaa **teetanada**, **gawracatada**, iyo **xiiqdheerta**.

Gawracatada iyo xiiqdheerta waa la kala qaadaa. Teetanadu waxay oogada ka gashaa meelaha jeexan ama dhaawacyada.

- **TETANADA (TETANUS, 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.
- **GAWRACATADA (DIPHTHERIA, D)** ayaa horseedi karta neef-qabasho, wadne xanuun, cuuryaannimo, ama dhimasho.
- **XIIQDHEERTA (PERTUSSIS, aP)**, sidoo kale loo yaqaano "whooping cough," waxay sababi kartaa qufac aan kala joogsi lahayn, oo xooggan oo ka dhiga neefsashada, wax cunidda, ama cabitaanka mid adag. Xiiqdheerta waxay noqon kartaa mid aad u daran gaar ahaan dhallaanka iyo carruurta yaryar, taasoo keenta oof wareen, gariir, dhaawac maskaxeed, ama dhimasho. Dhallinta iyo qaangaarka, waxay u keeni kartaa culaab lumin, isku celin la'aanta kaadida, suuxid, iyo jabida feeraha ee ka dhasha qufaca daran.

2. Tallaalka Tdap

Tdap waxaa kaliya loogu talagalay carruurta jirta 7 sano iyo ka weyn, qaangaarka, iyo dadka waaweyn.

Qaangaarka waa inay qaataan hal garoojada Tdap ah, gaar ahaan markay jiraan 11 ama 12 sano.

Dadka uurka leh waa in la siiyaa garoojo Tdap inta lagu jiro uur kasta, gaar ahaan inta lagu jiro qaybta hore ee saddexda bilood ee uurka, si gacan looga geystokahortagga xiiqdheerta. Dhallaanka sabiga ah

ayaa halis u ah arrimo ka dar halis daran, oo nafta halis galisa oo ka timaad xiiqdheerta.

Dadka waaweyn oo aan weligood qaadan Tdap waa inay qaataan garoojo Tdap ah.

Sidoo kale, **dadka waaweyn waa inay qaataan garoojada xoojinta ah ama Tdap ama Td** (tallaal ka duwan oo kahortaga teetanada iyo gawracatada laakiin aan ka hortagin xiiq-dheerta) **10-kii sanaba mar**, ama 5 sano kadib marka uu jiro dhaawac daran ama wasakhaysan ama gubasho.

Tdap waxaa la bixin karaa isla wakhtiga tallaallada kale.

3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii qofka qaadanayo tallaalka:

- Uu qabay **falcelin xasaasiyadeed** kadib garoojo hore oo tallaal kasta ee kahortagga teetanada, gawracatada, ama xiiqdheerta, ama uu lahaa wax xasaasiyado daran, oo nolosha halis galin kara
- Uu galay **miyir-beel**, **heerka miyir** oo hoos u dhaca, ama qallal daba dheeraada 7 maalmood gudahooda kadib marka la qaato garoojada hore ee tallaal kasta oo xiiqdheer (DTP, DTaP, ama Tdap)
- Uu leeyahay **suuxdino** ama dhibaato kale oo ah **habdhiska dareemayaasha jirka**
- Waligii uu qabay **Ciladda Guillain-Barré** (sidoo kale loo yaqaano "GBS")
- Uu qabay **xanuun daran** ama **barar** kadib garoojada hore ee tallaal kasta ee hortagga teetanada ama gawracatada



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

Dadka qaba jirrooyinka sahlan/yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka yar xanuunsan ama aad u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo kabsanayaan inta aan la siin tallaalka Tdap.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

- Xanuunka, guduudashada, ama bararka goobta tallaalka laga qaatay, qandho yar, madax xanuun, dareemida daal, iyo lallabo, matag, shuban, ama calool xanuun ayaa mararka qaarkood dhaca kadib tallaalka Tdap.

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 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 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

