

BAYAANKA MACLUUMAADKA TALLAALKA**Tallaalka Zoster (Shingles) ee Dib-loo-habeeyey:
Waxa aad u Baahan Tahay Inaad Ogaato**

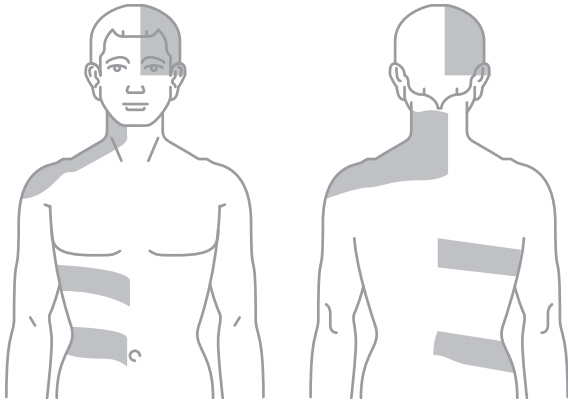
Many vaccine information statements are available in Somali and other languages. See www.immunize.org/vis

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 zoster (shingles) ee dib-loo-habeeyey wuxuu ka hortagi karaa **shingles-ka/jir cuncunka xanuunka la jiro**.

Shingles/jir cuncunka xanuunka la jiro (sidoo kale loo yaqaan herpes zoster (cuncunka zoster), ama zoster kaliya) waa maqaar ka soo-baxyo/finan cuncun leh ee maqaarka ka soo baxo oo xanuun badan, oo badanaa leh biyo-gal/malax. Finananka cuncunka kasoke, shingles wuxuu sababi karaa qandho, madax xanuun, qarqaryo, ama calool xanuun. Iyadoo dhif ah, shingles wuxuu horseedi karaa dhibaatooyin sida burunkitada/cudurka sambabbada (pneumonia), dhibaatooyin maqalka, indho beelid, caabuq maskaxda (encephalitis), ama dhimasho.



Khatarta shingles ayaa sii kordha marka da'du sii weynaato. Dhibaataada ugu badan ee shingles waa xanuunka dareemayaasha/neerfaha ee muddada dheer oo loo yaqaan postherpetic neuralgia (PHN). PHN wuxuu ka soo baxaa goobaha ay ka soo baxeen finanka/cuncunka shingles oo waxay sii socon karaan bilo ama sanado kadib marka uu cuncunka/finanka tagaan. Xanuunka ka yimaada PHN wuxuu noqon karaa mid daran oo daal badan leh.

Khatarta PHN ayaa sii kordha marka da'du sii weynaato. Qofka da'diisu sii weyn tahay ee qaba finanka shingles wuxuu u badan yahay in uu ku soo kordho PHN iyo lahaado xanuun badan oo muddo dheer ah oo in ka badan qofka da'diisu yar tahay ee qaba shingles.

Dadka leh nidaamka difaaca jirka ee liita sidoo kale waxay u lehyiin khatar sii sareysa inay qaadaan shingles iyo dhibaatooyinka ka yimaada cudurka.

Shingles waxa sababa fayraska varicella-zoster, oo ah isla fayraska keena busbuska (hablabaas). Kadib markaad qaado busbuska, fayrasku wuxuu ku sii jiri doonaa jirkaaga oo uu sababi kara shingles mar dambe ee nolosha. Shingles uma gudbi karo qof ilaa qof kale, laakiin fayraska sababa shingles ayaa faafi kara oo u keeni kara busbus/hablobaas qof uu weligii uusan ku dhicin cudurka hablobaasta/busbuska ama aan qaadan tallaalka hablobaasta/busbuska.

2. Tallaalka shingles ee dib-loo-habeeyey

Tallaalka shingles-ka ee dib-loo-habeeyey wuxuu ku siin karaa kaa ilaalin xoogan ee shingles-ka. Isagoo ka hortagaya shingles, tallaalka shingles-ka ee dib-loo-habeeyey sidoo kale wuxuu kaa ilaalin PHN iyo dhibaatooyin kale.

Tallaalka shingles ee dib-loo-habeeyey waxaa loogu taliyay:

- **Dadka weyn ee 50 jir ah iyo ka weyn**
- **Dadka qaangaarka ah ee 19 jir ah ama ka weyn ee leh nidaamka difaaca jirka ee liita ee uu sababay cudur ama daaweyno**

Tallaalka shingles waxaa loo bixiyaa si ah labo-qiyaas taxane ah. Dadka badan kood, qiyaasta labaad waa in la siiyaa 2 illaa 6 bilood kadib qiyaasta koowaad. Dadka qaarkood ee leh ama lahaan doona nidaamka difaaca jirka ee liita waxay qaadan karaan qiyaasta labaad 1 illaa 2 bilood kadib qiyaasta koowaad. Waydii bixiyahaaga daryeelka caafimaadka haggis/tallo.

Dadka horey u qaaday shingles iyo dadka qaatay tallaalka varicella (chickenpox) waxaa loogu talinayaa inay qaataan tallaalka shingles ee dib-loo-habeeyey. Tallaalkan waxa sidoo kale lagula talinayaa dadka horey u qaatay tallaalka shingles-ka ee nooc kale ah, talaalka shingle-ka ee nool. Kuma jira fayras nool tallaalka shingles ee dib-loo-habeeyey.

Tallaalka shingles waxaa lala bixin karaa isku mar tallaallada kale.



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Centers for Disease Control and Prevention

3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii uu qofka qaadanaayo tallaalka:

- Uu horey u qabay **dareen-celin xasaasiyadeed** kadib **marka uu qaatay qiyaas hore ee tallaalka shingles-ka dib-loo-habeeyey**, ama uu lahaa wax **xasaasiyado daran ah, nolosha-halis galin kara**
- Uu **hadda uu la kulmayo/layhay dhacdo shingles ah**
- Ay qabto **uur**

Xaaladdaha qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka shingles illaa iyo booqosho mustaqbalka ah.

Dadka qaba jirrooyinka sahlan/yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka dhexdhexaad ahaan u xanuunsan ama aad u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo kabsanayaan/boksoonayaan inta aan la siin tallaalka shingles ee dib-loo-habeeyey.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

- Xanuunka gacmaha ee ah xanuun yar ama xanuun dhexdhexaad ah waa wax aad caadi u ah marka la qaato tallaalka shingles ee dib-loo-habeeyey kadib. Guduudasho iyo barar ayaa ka dhici kara meesha la duray.
- Daal, xanuunka murqaha, madax-xanuun, gariir/qarqaryo, qandho, calool xanuun, iyo lallabo waa wax caadi ah tallaalka shingles ee dib-loo-habeeyey kadib.

Waxyeeelooyinkaas ayaa ka hortegi kara in qofka la tallaalay uu sameeyo waxqabadyada joogtada ah si ku meelgaar ah. Calaamadaha badanaa iskood ayey u tagaan 2 ilaa 3 maalmood gudahood. Wali waa inaad qaadataa qiyaasta labaad ee tallaalka shingles ee dib-loo-habeeyey xitaa haddii aad lahaatay mid ka mid ah dareen-celinadaa qiyaasta koowaad kadib.

Cudurka Guillain-Barré syndrome (GBS), cilad halis ah oo nidaam neerfaha ah, ayaa si dhif ah loo soo sheegay tallaalka zoster ee dib-loo-habeeyey kadib.

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 (VAERS) (Nidaamka Warbixinta Dhacdada Daran ee Tallaalka). Bixiyahaaga daryeelka caafimaadka ayaa badanaa gudbin doona warbixintan, ama adiga laftaada ayaa sidaa sameyn kara. Booqo website-ka VAERS ee 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. Sideen wax badan u ogaan karaa?

- Waydii bixiyahaaga daryeelka caafimaadka.
- Wac waaxda caafimaadka ee deegaankaaga ama gobolkaaga.
- Booqo mareegta Food and Drug Administration (FDA) (Maamulka Cuntada iyo Daawooyinka) si aad uga hesho tilmaamaha ku jira xirmada tallaalka iyo macluumaad dheeraad ah barta www.fda.gov/vaccines-blood-biologics/vaccines.
- La xirii Centers for Disease Control and Prevention (CDC) (Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada):
 - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Ka booqo websaydka CDC www.cdc.gov/vaccines.

Somali translation provided by Immunize.org

