

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Cagaarshowga B: 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 cagaarshowga B ayaa kahortagi kara **cagaarshow B**. Cagaarshowga B waa cudur beerka ku dhaco oo sababi kara jirro fudud oo soconeysa 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. Dadka sida joogtada ah infekshinka u leh ayaa ku faafin kara cagaarshowga B dadka kale, xitaa haddii aanay dareemin ama aanay u ekayn qof buka laftoodu.

Cagaarshowga B waxa uu faafaa marka dhiig, shahwo, ama dheecaanka kale ee jirka ee ka kooban fayraska cagaarshowga B uu galo jirka qof aan qabin cudurka. Dadku waxay qaadi karaan cudurkan xilliga:

- Dhalmada (haddii qof uur leh qabo cagaarshowga B, cunugoodu wuu qaadi karaa cudurka)
- La wadaagga sheyada ay ka midka yihiin sakiimaha ama cadayada qof qaba cudurka
- Xiriir taabasho leh la yeelasho dhiig ama boog furan qof qaba cudurka
- Gamo lal yeesho qof qaba cudurka
- Wadaagga irbadaha, sirinjiyada, ama qalabka kale ee daroogo isku-durka
- U baylah noqoshada dhiigga ka yimid irbadaha duritaanka ama waxyaabaha kale ee fiqan

Inta badan dadka laga tallaalay cagaarshowga B waxay leeyihiin difaac inta ay nool yihiin.

2. Tallaalka cagaarshowga B

Tallaalka cagaarshowga B waxaa inta badan loo bixiyaa 2, 3, ama 4 tallaal ahaan.

Dhallaanku waa inay helaan garoojada koowaad ee tallaalka cagaarshowga B markay dhashaan waxayna sida caadiga ah dhammeystiran doonaa tallaalka isxigxiga 6–18 bilood markay jiraan. **Garoojada xilliga dhalashada ee tallaalka cagaarshow B waxay qayb muhiim ah ka tahay kahortagga cudurrada muddada-dheer ee ku dhaca dhallaanka iyo ku faafida cagaarshowga B gudaha Maraykanka.**

Carruurta iyo da'yarta ka yar 19 sano jir ee aan weli qaadan tallaalka waa in la tallaalo.

Dadka waawayn ee aan horay loo tallaalin oo raba in laga difaaco cagaarshowga B ayaa sidoo kale qaadan kara tallaalka.

Tallaalka cagaarshowga B waxaa sidoo kale lagula talinayaa dadka soo socda:

- Dadka ay shuraagooda galmadu ay qabaan cagaarshowga B
- Dadka galmada ku firfircoon ee aan la lahayn xiriir galmo oo muddo-dheer, hal qof kaliya
- Dadka raadinaya baarista ama ka daawaynta cudurka galmada lagu kala qaado
- Dhibbanayaasha faraxumaynta galmada ama xad-gudubka loo geysto
- Ragga xiriirka galmada la yeesha ragga kale
- Dadka la wadaaga irbadaha, sirinjiyada, ama qalabka kale ee daroogada la isku duro
- Dadka la nool qof qaba fayraska cagaarshowga B
- Shaqaalaha daryeelka caafimaadka iyo shaqaalaha badbaadada dadwaynaha ee halista u feydsanka dhiigga ama dheecaannada jirka
- Deegganayaasha iyo shaqaalaha goobaha loogu talagalay dadka qaba naafonimada korriinka
- Dadka ku nool jeelka ama xabsiga
- Dadka socdaalka ku taga gobollada leh heerarka sii kordhsan ee cagaarshowga B
- Dadka qaba cudurka beerka ee joogtada ah, cudurka kelyaha xilliga kelyo-sifeynta, cudurka HIV, infekshinka iyo cagaawshowga C oo iswata, ama sonkorowga



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

Tallaalka cagaarshowga B waxaa loo qaadan karaa tallaalo gooni ah ahaan, ama qayb ka ah tallaalo isku jira (nooc tallaalo oo ka kooban in ka badan hal tallaalo oo laga qaato hal irbad).

Tallaalka cagaarshowga B waxaa la qaadan karaa isla waqtiga 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 cagaarshowga B uu qaatay**, ama uu lahaa **wax xasaasiyado daran, oo nolosha halis galin kara**

Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib u dhigo tallaalka cagaarshowga B ilaa booqosho mustaqbalka ah.

Dadka uurka leh ama naasnuujinaya waa in la tallaalo haddii ay halis ugu jiraan inay qaadaan cagaarshowga B. Uurka ama naasnuujinta ma ahan sababo looga fogaado tallaalka cagaarshowga B.

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

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

- Bararka goobta tallaalka laga qaato ama qandho ayaa dhici kara kadib tallaalka cagaarshowga B.

Dadka ayaa mararka qaarkood miyir beela kadib marka hawl-gal-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 tallaalo 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 bixiyahaaga daryeelka caafimaadka.

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. 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. Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka

National Vaccine Injury Compensation Program (Barnaamijka Qaranka ee Magdhowga Dhaawaca 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

