

BAYAANKA MACLUUMAADKA TALLAALKA

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

Cudurka meningokokal wuxuu horseedi karaa qoor-gooye (infekshan ku dhaca xuubka maskaxda iyo lafdhabarta) iyo jirrooyinka dhiigga. Xataa marka la daweeyo, 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 ACWY

Qaangaarka waa inay qaataan 2 garoojo oo tallaalka meningokokal ACWY:

- Garoojada koowaad: 11 ama 12 sano jir
- Garoojada (kordhiska ah) labaad: 16 sano jir

Waxaa intaas dheer tallaalada caadiga ah ee loogu talagalay qaangaarka, tallaalka meningokokal ACWY ayaa sidoo kale lagula talinayaa **kooxaha qaarkood**:

- Dadka halista ugu jira iyadoo sababtu tahay dillaaca kooxaha bakteeriyada A, C, W ama Y ee cudurka meningokokal
- Dadka qaba cudurka HIV
- 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 (cillda 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*
- Qof kasta oo u safraya, ama ku nool qaybaha aduunyada ee uu cudurka meningokokal ku badan yahay, sida, qaybo ka mid ah Afrika
- Ardayda cusub ee kulliyadeed ee ku nool hoolalka la deggan yahay kuwaasoo aan si buuxda u qaadan tallaalka meningokokal ACWY
- Dadka ciidamada Maraykanka ka qoran ee cusub



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

3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii qofka qaadanyo tallaalka:

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

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

Waxaa jira macluumaad xaddidan oo ku saabsan halista tallaalkan oo loogu talagalay dadka uurka leh ama naas-nuujinaya, balse wax welwel xagga badqabka ah lama ogaanin. Qofka uurka leh ama naas-nuujinaya waa in la tallaalo haddii la muujiyo.

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 ACWY.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

- Guduudashada ama xanuunka goobta tallaalka lagaa siiyay ayaa dhici karta kadib tallaalka meningokokal ACWY.
- Boqolley yar ee dadka qaata tallaalka meningokokal ACWY ayaa la kulmaan murqo xanuun, madax-xanuun, ama daal.

Dadka ayaa mararka qaarkood miyir beela kadib marka hawlgaal-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 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

