

BAYAANKA MACLUUMAADKA TALLAALKA

Tallalka Busbuska (Busbus): Waxa aad u Baahan Tahay Inaad Ogaato

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

Bayaanno Macluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Booqo www.immunize.org/vis

1. Maxaa la isu tallaalayaa?

Tallaalka busbuska ayaa kahortagi kara busbuska.

Busbuska, sidoo kale loo yaqaano “busbus,” ayaa keena firiiric cuncun leh oo caadi ahaan qofka haya ilaa hal toddobaad. Waxay sidoo kale keeni kartaa qandho, daal, cunto xumo, iyo madax xanuun. Wuxuu horseedi karaa caabuqyada maqaarka, oofwareen, bararka xididdada dhiigga, bararka maskaxda iyo/ama xangullada laf-dhabarta ku dahaaran, iyo jirrooyinka dhiigga, lafta, ama kala-baxyada. Qaar ka mid ah dadka qaada busbuska ayaa yeesha firiiric xanuun badan oo loo yaqaano “shingles” (sidoo kale loo yaqaano herpes zoster) sannado kadib.

Busbusku caadi ahaan waa mid sahlan, laakiin wuxuu noqon karaa mid halis u ah dhallaanka ka yar 12 bilood jir, da’yarta, qaangaarka, haweenka uurka leh, iyo dadka uu difaaca jirkoodu daciif yahay. Dadka qaarkood ayaa aad u jirrada oo u baahnaan doona in isbitaalka la dhigo. badiyaa ma dhacdo, laakiin dadka ayaa ku dhiman kara busbuska.

Dadka badankooda lagu tallaalay 2 garoojo oo tallaalka busbuska ah difaac ayay lahaan doonaan inta ay nool yihiin.

2. Tallaalka busbuska

Carruurta waxay u baahan yihiin 2 garoojo oo tallaalka busbuska ah, sida caadiga ah:

- Garoojada koowaad: 12 ilaa 15 bilood jir
- Garoojada labaad: 4 ilaa 6 sano jir

Carruurta waaweyn, da’yarta, iyo dadka waaweyn sidoo kale waxay u baahan yihiin 2 garoojo oo tallaalka busbuska ah haddii aysan hore u lahayn difaaca jireed ee busbuska.

Tallaalka busbuska waxaa la bixin karaa isla wakhtiga tallaallada kale. Sidoo kale, ilmaha da’diisu u dhexeeyo 12 bilood ilaa 12 sano ayaa laga yaabaa inay ka qaataan tallaalka busbuska oo ay wehliyaan tallaalka MMR (jadeecada, qaamo-qashiirta, iyo jadeeco jarmalka) hal irbad, oo loo yaqaano MMRV. Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

Varicella (chickenpox) VIS – Somali (8/6/21)

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 busbuska uu qaatay**, ama uu lahaa wax xasaasiyado daran, oo nolosha halis galin kara
- Ay **uur leedahay** ama ku firkeyso inay uur yeelato—dadka uurka leh waa inaysan qaadan tallaalka busbuska
- Uu leeyahay **difaac jireed oo daciifay**, ama leeyahay **waalid**, ama **walaalo leh taariikh dhibaatooyinka habdhiska difaaca jirka ah ee la kala dhaxlo ama lagu dhasho**
- Uu **qaadanayo salicylates** (sida asbiriin)
- Uu dhawaan **maray dhiig ku shubid ama qaatay walxo dhiigeed oo kale**
- Uu **qabo qaaxo**
- Uu **qaatay tallaalka kasta oo kale 4-tii toddobaad ee la soo dhaafay**

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

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 busbuska.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.



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

4. Halista dareen-celinta tallaalka

- Xanuunka gacanta la duray, guduudashada ama firiirica goobta tallaalka laga qaatay, ama qandho ayaa dhici karaan kadib tallaalka busbuska.
- Falcelinno aad u daran ayaa si dhif ah u dhaca. Kuwaan waxaa ka mid noqon kara oofwareen, caabuqa maskaxda iyo/ama xangulaha laf-dhabarta, ama qallal inta badan la xiriira qandhada.
- Dadka qaba dhibaatooyinka difaaca jirka ee daran, tallaalkan wuxuu sababi karaa caabuq laga yaabo inuu nafta halis geliyo. Dadka qaba dhibaatooyinka difaaca jirka ee daran waa inaysan qaadan tallaalka busbuska.

Waxaa suurto gal ah in qofka tallaalan uu yeesho firiiric. Haddii tani dhacdo, fayraska tallaalka busbuska wuxuu ku faafi karaa qof aan tallaalneyn. Qof kasta yeesha firiiric waa inuu ka fogaado dhallaanka iyo dadka difaaca jirkoodu daciifay illaa iyo inta firiiricu ka baaba'yo. Kala hadal bixiyahaaga daryeel-caafimaad si wax inta u dheer aad u ogaato.

Qaar ka mid ah dadka laga tallaalo busbuska ayuu ku dhacaa kor cuncun (herpes zoster) sannado kadib. Tani aad ayay u yar tahay tallaalka kadib marka loo eego cudurka busbuska.

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.

Somali translation provided by the Immunization Action Coalition

Dareen-celinta halista ah waa in loo sheegaa Vaccine Adverse Event Reporting System (Nidaamka Warbixinta Dhacda 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 Magdhawga 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.

