

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka MMRV (Jadeecada, Qaamo-qashiirta, Jadeeco Jarmalka iyo Busbuska): 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 MMRV ayaa kahortagi kara **jadeecada, qaamo-qashiirta, jadeeco jarmalka, iyo busbuska.**

- **JADEECADA (MEASLES, M)** ayaa sababta qandho, qufac, dililiq, indho cas oo ilmaynaya, sida caadiga ah waxaa wehliyo firiiric jirka oo idil ka soo baxa. Wuxuu horseedi kartaa qallal (badanaa la xiriira qandhada), caabuqyada dhegaha, shuban, iyo oofwareen. Marmar aad dhif u ah, jadeecadu waxay sababi kartaa dhaawac maskaxeed ama dhimasho.
- **QAAMO-QASHIIRTA (MUMPS, M)** ayaa sababta qandho, madax-xanuun, murqo xanuun, daal, cunno xumo, iyo barar iyo damqasho qanjidhada candhuufta ee ka hooseeya hal dhinac oo dhegaha ah. Waxay horseedi kartaa maqal-beelid, bararka maskaxda iyo/ama xangullada lafdhabarta ku daharan, bararka xanuunka badan ee xiniinyaha ama ugxan-sidaha, iyo, marar aad u dhif ah, dhimasho.
- **JADEECO JARMALKA (RUBELLA R)** ayaa keenta qandho, dhuun xanuun, firiiric, madax xanuun, iyo indho cuncun. Waxay sababi kartaa tuf illaa kala bar da'yarta iyo haweenka qaangaarka ah. Haddii haweenay uu ku dhaco jadeeco jarmal iyadoo uur leh, way dhicin kartaa ama ilmaheedu wuxuu ku dhalan karaa cillado dhalasho oo halis ah.
- **BUSBUSKA (VARICELLA, V)**, sidoo kale loo yaqaano "busbus," wuxuu sababaa firiiric cuncun leh, marka loo geeyo 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 caabuqa dhiigga, lafaha, 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.

Dadka badankooda lagu tallaalay MMRV difaac ayay lahaan doonaan inta ay nool yihiin. Tallaallada iyo saamiyada sare tallaallidda ayaa cudurkan ka dhigay mid aan ku bdanayn Maraykanka.

2. Tallaalka MMRV

Tallaalka MMRV ayaa la siin karaa **carruurta jirta 12 bilood ilaa 12 sano**, sida caadiga ah:

- Garoojada koowaad ee da'da 12 illaa 15 bilood
- Garoojada labaad ee da'da 4 illaa 6 sano

Tallaalka MMRV waxaa la bixin karaa isla wakhtiga tallaallada kale. Beddelka MMRV, carruurta qaarkood

MMRV VIS – Somali (8/6/21)

ayaa laga yaabaa in la siiyo durritaano gaar ah oo tallaalka MMR (jadeecada, qaamo-qashiirta, jadeeco jarmalka) iyo busbuska. Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

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 MMRV, MMR, ama tallaalka jadeeco jarmalka 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 MMRV
- 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 waligiis yeeshay **xaalad ka dhigaysa isaga ama iyada inay si fudud nabar u yeeshaan ama u dhiigaan**
- Uu leeyahay **taariikh suuxdino**, ama leeyahay **waalid ama walaalo leh taariikh suuxdino**
- Uu **qaadanayo ama qorsheynayo qaadashada 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 MMRV booqosho mustaqbalka ah ama waxaa laga yaabaa inuu ku taliyo in ilmaha qaato tallaallada MMR iyo jadeeco jarmalka beddelkii MMRV.

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

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 ee durriinka keenay, guduudashada goobta tallaalka laga qaatay, qandho, iyo finan yaryar ayaa dhici kara kadib tallaalka MMRV.
- Bararka qanjirada dhabannada ama luqunta ama xanuun kumeelgaar ah iyo qallafsanaanta kala-goosyada ayaa mararka qaarkood dhaca kadib tallaalka MMRV.
- Qallal, inta badan la xiriira qandho, ayaa dhici kara kadib tallaalka MMRV. Halista qallalka ayaa sarreeya kadib qaadahsada MMRV marka loo eego tallaalka MMR iyo tallaalka busbuska ee kala gaarka ah marka loo bixiyo garoojada koowaad ahaan ee garoojooyinka isxigxiga ee carruurta yaryar. Bixiyaha daryeelka caafimaadkaaga ayaa kugula talin kara adiga tallaallada ku habboon ilmahaaga.
- Falcelino sii daran ayaa si dhif ah u dhaca, oo ay ku jiraan tirada xinjirowga dhiigga hooseeya ee kumeelgaarka ah, kaasoo sababi kara dhiigbax ama nabarro aan caadi ahayn.
- Dadka qaba dhibaatooyinka difaaca jirka ee daran, tallaalkan wuxuu sababi karaa caabuq laga yaabo inuu nafta halis geliyo. Dadka qaba dhibaatooyinka habdhiska difaaca jirka ee daran waa inaysan qaadan tallaalka MMRV.

Hadduu qofku yeesho finan kadib tallaalka MMRV, waxay la xiriiri kartaa mid ka mid ah tallaalka jadeecada ama busbuska. Tallaalka busbuska waxaa qaadi kara qof aan kahortag lahayn. 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 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 Dhacdaa 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

