

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Pneumococcal Conjugate: 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 Pneumococcal conjugate wuxuu ka hortagi karaa cudurka pneumococcal.

Cudurka pneumococcal waxaa laga wadaa wixii cudur ah oo ay sababto baktiiriyada pneumococcal. Baktiiriyada waxay sababi kartaa noocyo badan ee cuduro ah, oo ay ka mid tahay pneumonia, taasoo ah infakshanka sambabaha. Baktiiriyada pneumococcal waa mid ka mid ah waxyaalaha badanaa sababa pneumonia.

Marka laga reebo oofwareenka, baktiiriyada burunkiitada waxay sidoo kale sababtaa:

- Infakshanada dhagaha
- Infakshanada sanko
- Meninjaaytis (infakshanka ku dhaca xuubka maskaxda daboolo iyo xangulada lafdhabarta)
- Bacteremia/Bakteeriyada dhiigga (caabuqa dhiigga)
- Qof kasta ayaa qaadi kara cudurka pneumococcal, laakiin carruurta ka yar 2 sano jir, dadka leh xaalado caafimaad ee gaar ah ama arrimo kale ee halis ah, iyo dadka waaweyn ee jira 65 sano ama ka weyn ayaa halista ugu wayn ugu jira.

Infakshanyada oofwareenka badankood waa kuwo fudud. Hasa ahaatee, qaar ayaa ka imaan kara dhibaatooyin muddo-dheer ah, sida waxyeelo gaara maskaxda ama luminta maqalka. Qoorgooyaha, bakteeriyada dhiigga, iyo oofwareenka uu sababo cudurka pneumococcal ayaa noqon kara mid khatar dhimasho leh.

2. Tallaalka pneumococcal conjugate

Tallaalka pneumococcal conjugate ayaa caawinaya kaa ilaalinta bakteeriyada sababta cudurka pneumococcal. Waxaa jira saddex tallaalo ee pneumococcal conjugate (PCV13, PCV15, iyo PCV20). Tallaalada kala duwan waxaa loogu taliyay dad kala duwan iyadoo ku saleysan da'dooda and xaaladooda caafimaad.

PCV13

- **Dhallaanka iyo carruurta yaryar** caadi ahaan waxay u baahan yihiin 4 qiyaas ee PCV13, da'aha 2, 4, 6, iyo 12 illaa 15 bilood jir.
- **Carruurta ka sii waaweyn (illaa 59 bilood jir)** ayaa laga yaabaa in lagu tallaalo PCV13 haddii aysan helin qiyaasta lagu taliyay.
- **Caruurta iyo qaangaarka 6 illaa 18 sano jir** ee leh xaalado caafimaad ee gaar ah waa inay helaan hal qiyaas ee PCV13 haddii aysan horey u helin PCV13.

PCV15 ama PCV20

- **Dadka waaweyn 19 illaa 64 sano jir** ee leh xaalado caafimaad ee gaar ah ama arrimo kale ee halis ah ee aan horay u helin tallaalka pneumococcal conjugate waa inay helaan midkood/kuu ahaado ba:
 - hal qiyaas ee PCV15 oo ay ku xigto qiyaas ah tallaalka pneumococcal polysaccharide (PPSV23), ama
 - hal qiyaas ee PCV20.
- **Dadka waaweyn 65 sano jir ama ka weyn** ee horey u helay tallaalka pneumococcal conjugate waa inay helaan midkood/kuu ahaado ba:
 - hal qiyaas ee PCV15 oo ay ku xigto qiyaas PPSV23, ama
 - hal qiyaas ee PCV20.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii uu qofka qaadanayo tallaalka:

- Uu lahaa **falcelin xasaasiyadeed qiyaas hore kadib ee nooc walba ee ah tallaalka pneumococcal conjugate (PCV13, PCV15, PCV20, ama tallaalka hore ee pneumococcal conjugate ee loo yaqaan PCV7), ama tallaalka kasta oo ka kooban diphtheria toxoid (tusaale ahaan, DTaP), ama uu lahaa wax xasaasiyado daran, nolosha halis gelin kara**



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Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka pneumococcal conjugate illaa iyo booqosho mustaqbalka ah.

Dadka qaba jirrooyinka sahlan/yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka dhexdhexaad ahaan ama aad u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo kabsanayaan/boksoonayaan.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

- Guduudasho, barar, xanuun, ama damqasho ayaa ka dhici kara meesha la duray, iyo qandho, cunto xumid, xanaaq (xanaaq dhaw), dareemida daal, madax xanuun, murqo xanuun, xanuunka kala-goysyada iyo qarqaryo ayaa dhici kara tallaalka pneumococcal conjugate kadib.

Carruurta yaryar ayaa halis kordhaysa ugu jiri karaan suundino ay sababto qandho kadib qaadashada PCV13 haddii la bixiyay isla xilligii tallaalka hargabka ee aan fayrasyada kale kahortagin. Weydii bixiyahaaga daryeelka caafimaadka macluumaad dheeraad ah.

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.

Somali translation provided by Immunize.org

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. Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka

National Vaccine Injury Compensation Program (VICP) (Barnaamijka Qaranka ee Magdhawga Dhawaca Tallaalka) 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 (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 xiriir 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.

