

**BAYAANKA MACLUUMAADKA TALLAALKA**

# Tallaalka Raabiyada:

## Waxa aad u Baahan Tahay Inaad Ogaato

Many Vaccine Information Statements are available in Somali and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)  
Bayaanno Macluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Booqo [www.immunize.org/vis](http://www.immunize.org/vis)

## 1. Maxaa la isu tallaalayaa?

Tallaalka raabiyada waxaa lagaga hortagi karaa cudurka raabiyada.

Raabiyadu waa cudur khatar ah oo inta badan horseedi kara dhimasho.

Fayriska raabiyadu wuxuu saameyn ku yeeshaa nidaamka habdhiska dhexe ee neerfaha. Astaamaha cudurku waxay ku soo ifbixi karaan maalmu ilaa sannado kadib marka uu qofka uu u bayla noqda fayraska waxaana astaamaha ka mid ah qarow(jahwareer), dabecad aan caadi ahayn, dhalanteed, cabsida biyaha (ka-baqitaanka biyaha), iyo hurdo la'aan (hurdo adag), astaamahaas oo ka horreeya koomada iyo dhimashada.

Dadku waxay qaadi karaan cudurka raabiyada haddii ay la xiriiraan candhuufta ama neerfaha neefka cudurka qaba, tusaale ahaan qaniinyada ama xoqidda, kadibna ay heli waayaan daryeel caafimaad oo ku habboon, taasoo ay ku jirto tallaalka loo qaato cudurka raabiyada.

## 2. Tallaalka raabiyada

Waxaa jira dad gaar ah oo ay haysato khatar heerkeedu sarreeyo oo la xiriirta inuu ku dhaco cudurka raabiyadu, sida dadka ka shaqeeya arrimo la xiriira xayawaano qaba cudurka raabiyada, kuwaasoo lagula talinayo inay tallaalka qaataan si ay taasi gacan uga geysato ka hortagga cudurka haddii uu qofka u bayla noqday fayraska dhaliya cudurka raabiyada. Haddii aad halis sare ugu jirto inaad u bayla noqota fayraska raabiyada:

- Waxaa loo baahan yahay inaad qaadatid 2 gorooyo oo ah tallaalka raabiyada kuwaasoo aad kala qaadansid maalmaha 0 iyo maalinta 7.
- Iyadoo ku xiran hadba heerka uu gaarsiisan yahay khatarta aad ugu jirtid inuu cudurku kugu dhaco, ayaa waxaa laga yaabaa in lagugula taliyo inaad iska qaadid baaritaanka dhiigga hal ama wax ka badan ama inaad qaadatid goroojada xoojinta 3 sano gudahooda kadib marka aad qaadatid 2-da gorooyo ee ugu horreysa. Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara faahfaahino dheeraad ah.

Tallaalka raabiyada waxaa lagaga hortagi karaa cudurka raabiyada haddii uu qofku qaato kadib marka uu u bayla noqda fayraska. Ka dib u bayla noqoshada ama u bayla noqoshada suurtagalka ah ee raabiyada, waxaa loo baahan yahay in goobta boogta ah si wacan loogu nadiifiyo saabuun iyo biyo. Haddii bixiyahaaga adeegga daryeelka caafimaadka ama waaxdaada maxalliga ah ee caafimaadka ay kugula taliyaan qaadashada tallaalka, waxaa loo baahan yahay inaad tallaalka u qaadatid sida ugu dhaqsaha badan kadib u bayla noqoshada laakiin waxaa uu waxtar yeelan karaa kahor inta ayna soo bixin astaamaha lagu garto cudurka. Kadib marka ay astaamuhu billowdaan, tallaalka raabiyadu si habsami ah kaagama caawinayo ka hortagga cudurka raabiyada.

- Haddii aadan horey u qaadnin tallaalka raabiyada, waxaad u baahan tahay inaad qaadatid 4 gorooyo oo ka mid ah tallaalka raabiyada muddo 2 todobaad ah( taasoo la qaadnayo maalmaha 0, 3, 7, iyo 14). Sidoo kale waxaa loo baahan yahay in aad qaadatid daawo kale oo loo yaqaano borootiinka difaaca raabiyada isla maalinta aad qaadatid goroojada ugu horreysa ee tallaalka raabiyada ama wax yar ka dib.
- Haddii aad horey usoo qaadatay tallaalka raabiyada, caadi ahaan waxaad u baahan tahay oo kaliya inaad qaadatid 2 gorooyo oo ka mid ah tallaalka raabiyada kadib u bayla noqoshada.

Tallaalka raabiyada waxaa la bixin karaa isla wakhtiga aad qaadansid tallaallada kale.

## 3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii uu qofka qaadnayo tallaalka:

- Uu horey u qabay **dareen-celin xasaasiyadeed kadib marka uu qaatay gorooyo hore oo ka mid ah tallaalka raabiyada**, ama uu lahaa wax **xasaasiyado daran, oo nolosha halis galin kara**
- Uu leeyahay habdhiska **difaaca jirka oo daciifay**
- Uu **qaadanayo ama uu qorshaynayo inuu qaato daawada kalooroquwiin ama daawo xiriir la leh kalooroquwiinta**
- Uu **qaatay tallaalka raabiyada waqti hore** (daryeel-bixiyahaagu wuxuu u baahan yahay inuu ogaado waqtigii aad qaadatay wax ka mid ah goroojada tallaalka raabiyada ee xilliga hore)



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

Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib kuugu dhigo tallaalka caadiga ah ee raabiyada (u bayla noqoshada kahor) ilaa laga gaarayo booqashada mustaqbalka. Ama waxaa laga yaabaa in bixiyahaaga daryeelka caafimaadku uu kaa qaado baaritaanka dhiigga kahor inta aadan qaadanin tallaalka raabiyada ama kadib marka aad qaadatid tallaalka si uu u go'aamiyo heerka uu gaarsiisan yahay difaacaaga jirka ee cudurka raabiyada.

Dadka qaba jirrooyinka sahlan/yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka yar xanuunsan ama si dhexdhexaad ah u xanuunsan waa inay caadi ahaan sugaan illaa ay kasoo kabsanayaan inta aan la siin tallaalka caadiga ah ee raabiyada (u bayla noqoshada kahor). **Haddii aad u bayla noqotay fayraska keena cudurka raabiyada, waxaa lagaaga baahan yahay in lagu tallaalo iyadoo aan loo eegaynin jiritaanka cudurada aad qabtid hada, uurka, naas-nuujinta ilmaha, ama daciifnimada hanaanka difaaca ee jirka.**

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

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## 4. Halisyada la xiriira dareen-celinta tallaalka

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- Tallaalka raabiyada kadib waxaad isku arki kartaa xanuun, guduudasho, barar, ama cuncun goobta la muday, iyo madax-xanuun, lallabbo, calool xanuun, murqo xanuun, ama dawakhaad.
- Cuncun, xanuunka kala-goosyada, ama qandho ayaa mararka qaarkood iman karta kadib marka uu qofku qaato qiyaasaha ama goojooyinka xoojinta.

Dadka ayaa mararka qaarkood miyir beela kadib marka hawlgal-caafimaad lagu sameeyo, taasoo uu tallaalkuna ka mid yahay. U sheeg bixiyahaaga haddii aad dareento dawakhaad ama isbadal ku yimaado aragaaga 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.

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## 5. Maxaa dhacaya haddii ay jirto dhibaato halis ah?

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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, VAERS (Nidaamka Warbixinta Dhacdada Daran ee Tallaalka). Bixiyahaaga daryeelka caafimaadka ayaa badanaa gudbin doona warbixintan, ama adiga laftaada ayaa sidaa sameyn kara. Booqo mareegta VAERS ee [www.vaers.hhs.gov](http://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.

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## 6. Sideen wax badan u ogaan karaa?

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- 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](http://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
  - Booqo mareegta CDC ee cudurka raabiyada [www.cdc.gov/rabies](http://www.cdc.gov/rabies)

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Somali translation provided by Immunize.org

