

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Caabuqa Neefsashada RSV (Respiratory Syncytial Virus): Waxa Ay 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 RSV wuxuu ka hortagi karaa cudurka neefmareenka hoose ee uu keeno fayraska **respiratory syncytial virus (RSV)**. RSV waa caabuq caadi ah oo neefmareenka ku dhaca oo sida badan keena astaamo fudud oo sida durayga ah.

RSV wuxuu ku keeni karaa xanuun da'aadda oo dhan laakiin waxaa dhici karta inuu si gaar ah halis ugu yahay dhallaanka iyo dadka da'da ah.

- Dhallaanka jira ilaa 12 bilood da' ahaan (gaar ahaan kuwa jira 6 bilood iyo ka yar) iyo carruurta xilligii caadiga ahaa xilli ka horreeya dhashay, ama kuwa qaba cudur sambabka ama wadnaha oo raagay ama habdhiska difaacoogu liito, ayaa halis badan ugu jira in cudurka RSV ku noqdo mid daran.
- Dadka waawayn ee halista ugu badan ugu jira in cudurka RSV ku noqdo mid daran waxa ka mid ah dadka waayelka ah, dadka waawayn ee qaba xaalado caafimaad oo daba dheeraaday sida wadne xanuun ama sambab xanuun, habdhiska dhifaaca jirka ee liita, ama xaalado caafimaad oo ku hoos jira oo kale, ama ku nool guryaha lagu xannaaneeyo dadka aan wax qabsan karin.

RSV wuxuu ku faafaa in toos loo taabto caabuqa, sida faniinka qufaca ama hindhisada ee qof kale ama taabashada indhahaaga, sankaa, ama afkaaga. Sidoo kale wuxuu ku faafaa inaad taabato sagxad caabuqa leh, sida siddada albaabka/handaraabka, oo haddana inaad taabato wejigaaga adigoo gacmaha iska dhaqin.

Astaamaha caabuqa RSV waxaa ku jiri kara dililiqa, baahida cunto rabitaanka oo yaraata, qufaca, hindhisada, xummada, ama hiinraagida. Dhallaanka aadka u yar, astaamaha RSV waxa ka mid noqon kara xanaaq badan, dhaqdhaqaaqa oo yaraada, ama apnea (neefta oo joogtasata muddo ka badan 10 ilbiriqsi).

Dadka intooda badan waxay ku bogsadaan toddobaad ama laba toddobaad gudahooda, laakiin caabuqa RSV wuxuu noqon karaa mid halis ah, kaasoo keeni kara neefta oo qofka qabata iyo ogsijiinka oo ku yaraata. RSV wuxuu keeni karaa burukiito (marin-haweedyada yaryar ee sambabada oo bukooda) iyo

oofwareen (caabuq ku dhaca sambabka). Caabuqa RSV wuxuu mararka qaar horseedi karaa ka inay ka sii daraan xaaladaha caafimaad ee kale sida xiiqda/neefta, xanuunka joogtada ah ee neefsashada adkeeya (waa xanuun joogto ah oo ku dhaca sambabada oo qofka neefsashada ku adkeeya), ama wadne joogsi (marka wadnuhu ku tuuri kari waayo dhiig iyo ogsijiin ku filan jirka oo dhan).

Dadka da'da ah iyo dhallaanka aadka ugu xanuusada caabuqa RSV waxay u baahan karaan in isbitaal la dhigo. Qaar xataa waa u dhiman karaan.

2. Tallaalka RSV

CDC waxay ku talisaa **dadka da'doodu tahay 60 jir iyo wixii ka wayn** inay qaadan karaan hal garoojo oo tallaalka fayraska RSV ah, iyadoo laga duulayo wada-hadalada dhexmara bukaanka iyo bixiyaha daryeelka caafimaadka.

Waxa jira laba qaab oo dhallaanka looga ilaaliyo RSV: tallaalka hooyadu markay uurka leedahay ay qaadato iyo unugyada difaaca jirka oo ilmaha la siiyo. Mid ka mid ah labadan qaab ayey baahan yihiin dhallaanka badankoodu si looga ilaaliyo cudurka. CDC waxay ku talisaa in la siiyo hal garoojo oo tallaalka RSV ah **haweenka uurka leh laga bilaabo toddobaadka 32 ilaa toddobaadka 36 ee uurka** si looga ilaaliyo cudurka RSV dhallaanka ka yar 6 bilood da' ahaan. Waxa lagu taliyaa tallaalkan in la qaato laga bilaabo Sibtambar ilaa Janaayo waddanka Maraykanka intiisa badan. Hase yeeshee, meelaha qaar (meelaha dhul-waynaha ka baxsan, Hawaii, Alaska, iyo qaybo Florida ka mid ah), wakhtiga tallaalku waa mid gooni ah maadaama jiritaanka RSV ee meelahan ay ka duwan yihiin wakhtiga xilliga RSV ee Maraykan intiisa kale.

Tallaalka caabuqa RSV waxaa la bixin karaa isla wakhtiga tallaalada kale.



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 uu qofka qaadanayo tallaalka:

- Uu horey u qabay **dareen-celin xasaasiyadeed kadib markuu qaatay garoojo hore oo ah tallaalka fayraska RSV**, ama uu qaaday **xasaasiyado daran, oo nolosha halis galin kara**

Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka caabuqa RSV booqasho mustaqbalka ah.

Dadka qaba jirrooyinka sahlan, 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 caabuqa RSV.

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

- Xanuun, casaansho, iyo bararka goobta tallaalka lagaa siiyo, daal (dareemid daal), xummad, madaxanuun, yalaalugo/lallabo, fuuqbax, iyo xanuun murqaha ama kala-goysyada ah ayaa dhici kara kadib tallaalka caabuqa RSV.

Xaaladaha dareemayaasha jirka oo halis ah, oo ay ku jirto cillada Guillain-Barré (GBS), ayaa la soo sheegay kadib qaadashada tallaalka caabuqa RSV xilligii ay socotay tijaabada caafimaad ee dadka waayeelka ah. Ma cadda in tallaalku sabab u ahaa dhacdooyinkan.

Dhalitaan xilligeeda ka soo horraysa iyo cadaadiska dhiigga oo sarreeya xilliga uurka, oo ay ku jirto pre-eclampsia ayaa la soo sheegay haweenka uurka leh ee qaatay tallaalka caabuqa RSV muddadii tijaabada caafimaad socotay. Ma cadda in dhacdooyinkan uu sabab u yahay tallaalku.

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

Somali translation provided by Immunize.org

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 calaamadaha falcelinta xasaasiyadeed oo daran (furuuruc, wajiga oo barara iyo cuno/dhuun barar, neefsashada oo adkaata, wadnaha oo degdeg u garaacma, wareer, iyo tabbar darri), fadlan wac lambarka **9-1-1** kadibna qofka gaarsii isbitaalka kuugu dhow.

Wixii calaamado kale ah ee welwel kuu keena, wac bixiyaha daryeelka caafimaadkaaga.

Dareen-celinta halista ah waa in loo sheegaa nidaamka qaabbilsan dareen-celinta halista ah ee lagu magacaaabo Nidaamka Warbixinta Dhacdada Daran ee Tallaalka (Vaccine Adverse Event Reporting System, VAERS). Bixiyahaaga daryeelka caafimaadka ayaa badanaa gudbin doona warbixintan, ama adiga laftaada ayaa sidaa sameyn kara. Booqo websaytka VAERS ee www.vaers.hhs.gov ama wac **1-800-822-7967**. *VAERS waxaa loogu talagalay oo kaliya u soo sheegida falcelinada, isla mar ahaantaana xubnaha shaqaalaha ee VAERS awood uma lahan inay bixiyaan talo caafimaad.*

6. Sideen wax badan u ogaan karaa?

- Weydii bixiyaha qaabbilsan daryeelkaaga caafimaadka.
- Wac waaxda qaabbilsan caafimaadka ee deegaankaaga ama gobolkaaga.
- Booqo websaytka Maamulka Cuntada iyo Daawooyinka (Food and Drug Administration, FDA) si aad uga heshid xirmooyinka tallaalka iyo macluumaad dheeraad ah barta www.fda.gov/vaccines-blood-biologics/vaccines
- La xiriir Xarumaha Xakameynta iyo Kahortagga Cudurrada (Centers for Disease Control and Prevention, CDC):
 - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Ka booqo websaytka CDC barta www.cdc.gov/vaccines.

