

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Td (Tetanus, Diphtheria): 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 Td wuxuu kahortagi karaa **teetanada** iyo **gawracatada**.

Teetanadu waxay oogada ka gashaa meelaha jeexan ama dhaawacyada. Gawracatada waa la kala qaadaa.

- **TETANADA (TETANUS, T)** ayaa sababta qalafsanaan xanuun leh oo murqaha. Teetanadu waxay horseedi kartaa dhibaatooyin caafimaad oo halis ah, oo ay ku jiraan awoodid la'aanta kala qaadida afka, liqid la'aan iyo neefsasho la'aan, ama dhimasho.
- **GAWRACATADA (DIPHTHERIA, D)** ayaa horseedi karta neef-qabasho, wadne xanuun, cuuryaannimo, ama dhimasho.

2. Tallaalka Td

Td waxaa kaliya loogu talagalay carruurta jirta 7 sano iyo ka weyn, qaangaarka, iyo dadka waaweyn.

Td waxaa inta badan loo bixiyaa **garoojo xoojin ahaan 10-kii sanaba mar**, ama 5 sano kadib marka uu jiro dhaawac daran ama wasakhaysan ama gubasho.

Tallaal kale, oo la yiraahdo “Tdap,” ayaa la isticmaali karaa beddelkii Td. Tdap waxay kaa ilaalisaa xiiqdheerta, oo sidoo kale loo yaqaan “whooping cough,” marka loo geeyo teetanada iyo gawracatada.

Td waxaa la bixin karaa isla wakhtiga tallaallada kale.

3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii qofka qaadanayo tallaalka:

- Uu horey u qabay **falcelin xasaasiyadeed kadib marka garoojo hore ee tallaalka teetanada ama gawracatada uu qaatay**, ama uu lahaa wax **xasaasiyado daran, oo nolosha halis galin kara**
- Waligii uu qabay **Ciladda Guillain-Barré** (sidoo kale loo yaqaano “GBS”)
- Uu qabay **xanuun daran ama barar kadib garoojada hore ee tallaal kasta ee hortagta teetanada ama gawracatada**

Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka Td 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 Td.

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, guduudashada, ama bararka goobta tallaalka laga qaatay, qandho yar, madax xanuun, dareemida daal, iyo lallabo, matag, shuban, ama calool xanuun ayaa mararka qaarkood dhaca kadib tallaalka Td.

Dadka ayaa mararka qaarkood miyir beela kadib marka hawlgal-caafimaad lagu sameeyo, oo ay tallaalkuna ka mid tahay. U sheeg bixiyaaga 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 Dhacdada 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

