

# Tallaalka Hargabka

Waxaad u Baahan Tahay Inaad Ogaato

(Tallaalka Hargabka, Nool, ee Sanka Laga Qaato)

2013-2014

Bayaanno Macluumaad Tallaal oo farabadan ayaa lagu heli karaa luqadaha Isbaanishka iyo luqado kaleba.

Waxaad eegtaa [www.immunize.org/vis](http://www.immunize.org/vis)

Hojas de información Sobre Vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

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## Waa maxay sababta la isu tallaalayo?

Hargabka (“flu”) waa cudur aad la isku qaadsiiyo oo ku faafa Maraykanka dhammaantiis qaboobe kasta, badanaa inta u dhexeysa Oktoober iyo Mey.

Hagabka waxa keena fayraska hargabka, oo waxa lagu faafin karaa qufaca, hindhisada, ama xidhiidhka isku dhawaanta leh.

Cid kasta ayuu ku dhici karaa hargabku, hase ahaatee halista ku dhicidda hargabka ayaa ugu badan carruurta. Calaamadaha ayaa si lama filaan ah u yimaada oo laga yaabaa inay socdaan dhowr maalmood. Kuwaas waxa ka mid noqon kara:

- qandho/qadhqadhyo
- cune xanuun
- muruq xanuun
- daal
- qufac
- madax xanuun
- sanka oo da'a ama xirma

Hargabka ayaa dadka qaarkood ku xumaan kara marka loo eego kuwa kale. Dadkan waxa ka mid ah carruurta yaryar, dadka da'da 65 jirka ah iyo kuwa ka weyn, haweenka uurka leh, iyo dadka qaba xaaladaha caafimaad qaarkood —sida cudurrada wadnaha, sambabbada ama kelyaha ama marka difaaca jirku yar yahay. Tallaalka hargabka ayaa gaar ahaan muhiim ugu ah dadka, iyo cidii kasta ee ku dhawaansho ula dhaqanta.

Hargabku wuxuu u horseedi karaa oof-wareen, kaas oo uga sii dari kara xaaladaha caafimaad ee uu qofku qabo. Wuxuu carruurta u keeni karaa shuban iyo suuxdin.

Sannad walba **kumanaan qof ayaa u dhinta hargabka gudaha Mayrkanka**, iyada oo intaa in ka badanaa isbitaalka la dhigo.

**Tallaalka hargabka ayaa ah haddaba** ka badbaadka ugu wanaagsan ee aan u haysano hargabka iyo ka sii xumaantiisa. Tallaalka hargabka ayaa waliba ka hortaga ku faafinta hargabka ee qof ka qof.

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## Tallaalka hargabka ladiciifiyay, ee Nool — LAIV, Sanka Laga Qaato

Waxa jira laba nooc oo tallaalka hargabka ah:

Waxaad qaadanaysaa tallaalka hargabka ee fayraska **nool, ee darnaantiisa la dhimay** (loo yaqaan LAIV), sankana lagu buufiyo. “Darnaantiisa la dhimay” micaneedu waa la diciifiyay. Fayraska ku jira tallaalka yaa la diciifiyay si ayna cudur kuugu ridin.

Influenza, (live, intranasal) VIS - Somali (7/26/13)

Tallaal ka duwan oo ah, “irbad duritaan hargab,” ayaa ah tallaalka **aan noolayn** (aan lahayn fayraska nool). Waxa lagu bixiyaa iyada oo irbad duritaan ah. *Waxa tallaalkan lagu sharraxay Warbixinta Macluumaadka Tallaalka oo gaar ah.*

Tallaalka hargabka ayaa lagu talinayaa in la qaato sannad kasta. Carruurta ah da'da 6 bilood illaa 8 sano ayaa ah in la siiyo tallaalka hargabka midkuu doono ha noqdee.

Fayrasyada hargabka ayaa had iyo jeer isbeddela. Sannad kasta tallaalka hargabka ayaa loo sameeya si u uga hortago fayrasyada ay ugu badan tahay inay keenaan cuduro sannadkaas. In kasta oo tallaalka hargabku uuna ka hortagi karin dhammaan xaaladaha hargabka, waa difaaceena ugu horreeya ee lagaga hortago cudurka. LAIV ayaa ka hortaga 4 nooc oo fayrasyo hargab kala duwan ah.

Waxay qaadataa 2 todoobaad inuu difaacu soo baxo kadib tallaalka, oo difaaca ayaa jiraya dhowr bilood illaa sannad.

Cudurrada qaarkood ee **ayna** sababin fayraska hargabku ayaa badiyaa loo qaataa inay yihiin haragab. Tallaalka hargabka ayaan ka hortagi doonin cudurradaas. Waxa kaliya ee ay ka hortagtaa hargabka.

LAIV ayaa badiyaa la siin karaa dadka jira **da'da 2 illaa 49 sano ah**, ee aan uurka lahayn. Waxa si badbaado leh loo bixin karaa xilli la mid ah tallaallada kale.

LAIV ma uu ku jiro thimerosal ama waxyaabaha kale ee alaabta cimrigoodu lagu dheereeyo.

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## Dadka qaarkood ma aha inay qaataan tallaalkan

Waxaad u sheegtaa qofka tallaalka ku siinaya:

- **Haddii aad waligaa ku yeelatay xasaasiyado/aleerjiyo daran (qatar nolasha galiya)**, oo ay ka mid tahay alerji aad u leedahay ukunta. Haddii aad waligaa ku yeelatay dareencelin aleji nolasha halis galisay, kadib markaad qaadatay qiyaas taallaal hargab, ama alerji daran aad ku yeelatay qayb kasta oo ka mid ah tallaalkan, waa inaad helin qiyaastan.
- **Waxaad dhakhtarkaaga u sheegtaa haddii uu hore kuugu dhacay Fowdada Guillain-Barré Syndrome** (xanuun daran oo qallal leh, oo sidoo kale loo yaqaan GBS). Dadka qaarkood ee oo u soo maray GBS waa inayna qaadan tallaalkan. Taas ayaa ah in lagala hadlo dhakhtarkaaga.
- **Haddii aad qaadatay tallaalo kale 4tii toddobaad ee la soo dhaafay ama haddii aadan caafimaad dareemeynin.** Waxa laga yaabaa inay ku taliyaan inaad sugto. Laakiin waa inaad ku soo noqotaa.



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Centers for Disease Control and Prevention

- **Waa inaad qaadataa irbadda tallaalka hargabka halkaad ka qaadan lahayd ku buufinta sanku haddaad:**
  - uur leedahay
  - u difaaca nidaamkaagu u diciif noqday
  - leedahay dhibaatooyin caafimaad qaarkood ee muddada-dheer ah
  - tahay ilmo yar oo leh neef ama hiinraag
  - tahay ilmo ama tobaneeyo jir qaata terabiga asbiriinta muddada dheer
  - la leedahay xiriir ku dhawaad leh qof ugu baahan daryeel gaar ah niidaam difaac aad u diciif ah
  - ka yar tahay da'da 2 sano ama aad ka weyn tahay 49 sano. (Carruurta 6 bilood ah iyo kuwa ka weyn ayaa heli kara duritaanka tallaalka hargabka. Carruurta ka yar 6 bilood ma aha in la siiyo tallaalka hargabka.)

Qofka ku siinaya tallaalka ayaa ku siin kara macluumaad dheeraad ah.

## 4 Halista dareen-celinta tallaalka

Tallaalka, sida dawo kasta, waxa dhici karta inay jiraan saamayno soo raaca. Kuwaas ayaa ah badiyaa kuwo sahlan ama iyaga ayaa iskood isaga taga.

Dareen-celinta darani inay dhacdana waliba waa suurtagal, laakiin waa naadir. LAIV waxaa laga sameeyaa fayras la diciifay oo ma sababo hargab.

**Dhibaatooyin aan darnaynayaa lagaga soo waramay kadib qaadasha LAIV:**

*Carruurta iyo tobaneeyo jirayaasha da'da 2-17 sano ah:*

- sanku oo dareera, sanku oo xirma ama qufac
- qandho
- madax xanuun iyo muruq xanuun
- Hiinraag
- calool xanuun ama matag ama shuban mararka qaarkood ah

*Dadka qaangaarka ah ee jira 18-49:*

- sanku oo dareera ama sanku oo xirma
- cune xanuun
- qufac, qarqaryo, daal/diciifnimo
- madax xanuun

**Dhibaatooyinka daran ee ka damabynta kara LAIV:**

- Dareen-celin xasaasiyad daran ah ayaa dhici karta kadib qaadashada tallaalka (ku dhawaad in ka yar 1 milyan qiyaasta tallaallada).

Waxa marwalba kormeer lagu hayaa badbaadada tallaallada. Macluumaad intaas dhaafsiisan intaas, booqo [www.cdc.gov/vaccinesafety/](http://www.cdc.gov/vaccinesafety/)

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## Maxaa dhacaya haddii ay waxyeello ka yimaaddiin?

**Maxaa ila habboon inaan u fiirsado?**

- U fiirso wixii kasta ee adiga kaa wewelsiiya, sida calaamadaha fal-celinta xasaasiyadda daran, qandhada aad u sarreysa, dabecadda isbeddelaysa.

Calaamadaha dareen-celinta xajiinta/alerjiyada daran waxaa ka mid ah xasaasiyad jidhka ah, waji iyo cune barar, neefta oo ku qabata, wadnaha oo degdeg kuu garaaca, dawakhaad, iyo tabcaanimo. Taasi waxay bilaabmi doontaa dhowr daqiiqo illa dhowr saacadood kadib tallaalka.

**Maxaan sameeyaa?**

- Haddii aad u maleyso inay tahay ficil-celinta xasaasiyadda daran am xaalad degdeg ah oo aan la sugin karin u wac 9-1-1 ama qofka gee isbitaalka kuugu dhow. Haddii kale, u wac dhakhtarkaaga.
- Markaa wixii ka dambeeya, ficil-celinta waa in waxbixin laga siiyaa Nidaamka Dhacdada Daran ee Tallaalka (VAERS). Dhakhtarkaaga ayaa xereyn kara warbixintan, ama adiga laftaada ayaa sidaas samayn kara adiga oo u mara degelka VAERS ee ku yaal [www.vaers.hhs.gov](http://www.vaers.hhs.gov), ama adiga oo waca **1-800-822-7967**.

*VAERS waxa kaliya ee loogu talagalay in looga warbixiyo falcelinta. Iyagu ma bixiyaan talo caafimaad.*

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## Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (National Vaccine Injury Compensation Program)

Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (VICP) waa barnaamij federaal loo abuuray magdhowga dadka laga yaabo ay wax yeelleeyeen tallaallada qaarkood.

Dadka rumaysan inuu tallaalka dhaawacay waxay wax ka ogaan karaan barnaamijka iyo sida loo xereysanayo cabasho iyagoo waca **1-800-338-2382** ama booqda websaydka VICP ee [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation).

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## Sidee baan macluumaad intaas dhaafsiisan u ogaan karaa?

- Weydii dhakhtarkaaga.
- Wac waaxda caafimaadka deegaankaaga ama gobolkaaga.
- La xiriir Xarumaha Xakamaynta iyo Ka hortagga Cudurrada (CDC):
  - U wac **1-800-232-4636 (1-800-CDC-INFO)**
  - Booqo degelka CDC ee ku taal [www.cdc.gov/flu](http://www.cdc.gov/flu)

Vaccine Information Statement (Interim)  
Live Attenuated Influenza Vaccine

07/26/2013

Somali

42 U.S.C. § 300aa-26

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