

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka DTaP (Gawracato, Teetano, Kixda/Xiiq-Dheerta): 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 DTaP wuxuu kahortagi karaa gawracatada, teetanada, iyo xiiqdheerta.

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

- **GAWRACATADA (DIPHThERIA, D)** ayaa horseedi karta neef-qabasho, wadne xanuun, cuuryaannimo, ama dhimasho.
- **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.
- **XIIQDHEERTA (PERTUSSIS, aP)**, sidoo kale loo yaqaano “whooping cough,” waxay sababi kartaa qufac aan kala joogsi lahayn, oo xooggan oo ka dhiga neefsashada, wax cunidda, ama cabitaanka mid adag. Xiiqdheerta waxay noqon kartaa mid aad u daran gaar ahaan dhallaanka iyo carruurta yaryar, taasoo keenta oof wareen, gariir, dhaawac maskaxeed, ama dhimasho. Dhallinta iyo qaangaarka, waxay u keeni kartaa culaab lumin, isku celin la'aanta kaadida, suuxid, iyo jabida feeraha ee ka dhasha qufaca daran.

2. Tallaalka DTaP

DTaP waxaa kaliya loogu talagalay carruurta ka yar 7 sano jir. Tallaalada kala duwan ee kahortagga teetanada, gawracatada, iyo xiiqdheerta (Tdap iyo Td) ayaa loo heli karaa carruurta waaweyn, qaangaarka, iyo dadka waaweyn.

Waxaa lagu talinayaa in carruurta qaataan 5 garoojo oo DTaP ah, sida caadiga ah da'ada soo socota:

- 2 bilood
- 4 bilood

- 6 bilood
- 15–18 bilood
- 4–6 sano

DTaP waxaa laga yaabaa in loo bixiyo tallaalka kaligiis ah, ama qayb ka ah tallaalka isku jira (nooc tallaalka oo ka kooban in ka badan hal tallaalka oo laga qaato hal irbad).

DTaP waxaa la bixin karaa isla wakhtiga tallaallada kale.

3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii qofka qaadanayo tallaalka:

- Uu qabay **falcelin xasaasiyadeed kadib garoojo hore oo tallaalka kasta ee kahortagga teetanada, gawracatada, ama xiiqdheerta**, ama uu lahaa wax xasaasiyado daran, oo nolosha halis galin kara
- Uu galay **miyir-beel, heerka miyir oo hoos u dhaca, ama qallal daba dheeraada 7 maalmood gudahooda kadib marka la qaato garoojada hore ee tallaalka kasta oo xiiqdheer (DTP ama DTaP)**
- Uu leeyahay **suuxidino ama dhibaato kale oo ah habdhiska dareemayaasha jirka**
- Waligii uu qabay **Ciladda Guillain Barré** (sidoo kale loo yaqaano “GBS”)
- Uu qabay **xanuun daran ama barar kadib garoojada hore ee tallaalka kasta ee hortagga teetanada ama gawracatada**

Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka DTaP booqosho mustaqbalka ah.

Carruurta qaba jirrooyin yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Carruurta yara



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xanuunsan ama aadka u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo kabsanayaan kahor inta aysan qaadan tallaalka DTaP.

Bixiyaha daryeelka caafimaadkaaga ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

- Xanuunka ama bararka goobta tallaalka laga qaato, qandho, wareer, dareemid daal, cunto xumo, iyo matag ayaa mararka qaarkood dhaca kadib tallaalka DTaP.
- Dareen-celin aadka u sii daran, sida qallalka, oohinta aan joogsaneyn ee socota 3 saacadood ama ka badan, ama qandho sareysa (in ka badan 40.5 °C [105 °F]) ayaa u dhici kara wax aad uga yar badanaa kadib tallaalka DTaP. Marar dhif ah, tallaalku waxaa ka dambeeya bararka gacanta ama lugta oo dhan, gaar ahaan carruurta yara weyn marka ay qaataan garoojada afaraad ama shanaad.

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

