

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka HPV (Human Papillomavirus): 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 (human papillomavirus) HPV ayaa kahortagi kara noocyo ka mid ah fayraska human papillomavirus.

Caabuqyada HPV waxay sababi karaan kansarada qaar, oo ay ka mid yihiin:

- kansarka afka ilma-galeenka, xubinta taranka iyo qaybaha kore xubinta taranka dumarka
- kansarka guska kaga dhaco ragga
- kansarka dabada ragga iyo dumarka labaduba
- kansarada qumanka, carabka hoostiisa, iyo xagga dambe cunaha (kansarka hanqalaalka) ee ragga iyo haweenka labadaba

Caabuqyada HPV waxay sidoo kale keeni karaan burooyin xubnaha taranka iyo dabada.

Tallaalka HPV wuxuu kahortagi karaa in ka badan 90% kansarada uu sababo HPV.

HPV waxaa lagu kala qaadaa taabashada jireed ama galmada. Caabuqyada HPV waa kuwo caadi ah oo ku dhawaad dadka oo dhan ayaa ugu yaraan qaadi doona hal nooc oo ka mid ah HPV mar uun noloshooda. Inta badan caabuqyada HPV iskood ayay isaga baxaan 2 sano gudahooda. Balse marmarka qaarkood caabuqyada HPV way sii daba-dheeraadaan waxayna sababi karaan kansarro xilli dambe oo nolosha ah.

2. Tallaalka HPV

Tallaalka HPV ayaa si joogto ah loogula talinayaa dhallinyarada qaangaarka ah ee jira 11 ama 12 sano jir si loo hubiyo in kahortag lahaadaan inta aysan la u-baylah noqon fayraska. Tallaalka HPV waxaa la siin karaa laga bilaabo 9 sano jir oo tallaalku waxaa lagula talinayaa in la tallaalo qof kasta illaa 26 sano jirka.

Tallaalka HPV waxaa la siin karaa dadka waaweyn 27 ilaa 45 sano jir, iyadoo lagu saleynayo wadhadallada

u dhexeeya bukaanka iyo bixiyaha daryeelka caafimaadka.

Carruurta intooda ugu badan ee qaata garoojo koowaad kahor intaanay gaarin 15 sano waxay u baahan yihiin 2 garoojo oo tallaalka HPV ah. Dadka qaata garoojada ugu horreysa markay tahay ama kadib 15 sano jir iyo dadka ka yar ee qaba xaaladaha difaac jirka daciifiya qaarkood waxay u baahan yihiin 3 garoojo. Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

Tallaalka HPV 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 **dareen-celin xasaasiyadeed kadib marka qiyaas hore ee tallaalka HPV uu qaatay**, ama uu lahaa wax **xasaasiyado daran, oo nolosha halis galin kara**
- Ay **leedahay uur**—Tallaalka HPV laguma talinayo ilaa uurka kadib

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

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 qaato waxay dhici kartaa kadib tallaalka HPV.
- Qandho ama madax xanuun ayaa dhici kara kadib tallaalka HPV.

Dadka ayaa mararka qaarkood miyir beela kadib marka hawlgaal-caafimaad lagu sameeyo, oo ay tallaalkuna ka mid tahay. U sheeg bixiyahaaga haddii aad dareento wareer, ama wax aragtidaada isbeddesho ama dhaguhu ku guuxaan.

Sida dawo walba ee kale, waxaa jira fursad suurtagalkedu 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 tallaalkay 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 xiriiira 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 xiriiir 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

