

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Rotavirus: 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. Booq www.immunize.org/vis

1. Maxaa la isu tallaalayaa?

Tallaalka rotavirus wuxuu kahortagi karaa **cudurka rotavirus**.

Rotavirus wuxuu caadiyan keenaa shuban, aad u daran, inta badana ku dhaca dhallaanka iyo carruurta yaryar. Matag iyo xummad ayey waliba badiyaa yeeshaan dhallaanka qaada rotavirus-ku. Carruurta waxaa laga yaabaa inay fuuq-baxaan oo ay u baahdaan in isbitaal la dhigo oo xitaa way dhiman karaan.

2. Tallaalka Rotavirus

Tallaalka rotavirus waxaa la bixiyaa iyadoo afka loo gelinayo ilmaha. Carruurta waa inay qaataan 2 ama 3 garoojo oo tallaalka rotavirus ah, taasoo ku xiran astaanta tallaal ee la isticmaalo.

- Garoojada koowaad waa in la qaataa kahor 15 toddobaad jirka.
- Qiyaasta ugu dambeysa waa in la bixiyaa marka la jiro 8 bilood.

Ku dhowaad dhammaan dhallaanka qaata tallaalka rotavirus ayaa ka dhawranaan doona shubanka rotavirus ee daran.

Fayras kale oo loo yaqaano “porcine circovirus” ayaa laga heli karaa hal ka mid ah summadaha tallaalka ee rotavirus (Rotarix). Fayraskan dadka cudur kuma qaadaan, oo ma jirto halis xagga badqabka ah oo la yaqaano.

Tallaalka rotavirus waxaa la bixin karaa isla waqtiga 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 garoojo hore ee tallaalka rotavirus uu qaatay**, ama uu lahaa wax **xasaasiyado daran, oo nolosha halis galin kara**

- Uu leeyahay **habdhiska difaaca jirka oo daciifay**
- Qabo **difaaca jirka daciifay ee daran** (Severe Combined Immunodeficiency, SCID)
- Uu lahaa nooc ka mid ah xannibaadda mindhicirka oo loo yaqaano “**mindhicir xiran**”

Mararka qaarkood, bixiyaha daryeelka caafimaadka ilmahaaga ayaa laga yaabaa inuu go'aansado inuu dib ugu dhigo tallaalka rotavirus ilaa booqsho mustaqbalka ah.

Dadka qaba jirrooyinka yaryar, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka yara xanuunsan ama aadka u xanuunsan waa inay caadi ahaan sugaan illaa ay soo kabsanayaan kahor inta aysan qaadan tallaalka rotavirus.

Bixiyaha daryeelka caafimaadka ilmahaaga ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

- Calool xanuun ama shuban yar, muddo gaaban socda ama matagid ayaa dhici kara tallaalka rotavirus kadib.

Mindhicir xiranka waa nooc ka mid ah xannibaadda mindhicir oo lagu daaweeyo isbitaal, oo qalliin u baahan kara. Wuxuu ugu dhacaa si dabiici ah dhallanka qaarkood sannad kasta Maraykanka gudihisa, oo badanaa ma jirto sabab la yaqaano oo keento. Waxaa sidoo kale jira halis yar oo mindhicir xiran ah oo ka iman kara tallaalka rotavirus, badanaa hal toddobaad gudahaahiis kadib qaadashada garoojada koowaad iyo labaad ee tallaalka. Halistan dheeraadka ah ayaa lagu qiyaasay 1 illaa 20,000 dhallaan Maraykan ah marka loo eego 1 illaa 100,000 dhallaanka Maraykan ee qaata tallaalka rotavirus. Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Sida dawo walba ee kale, waxaa jira fursad suurtagalkeedu aad u yar yahay in uu tallaal sababo dareen-celin xasaasiyad ah ee daran, dhaawacyo kale ee halis ah, ama dhimasho.

5. Maxaa dhacaya haddii ay jirto dhibaato halis ah?

Markay tahay mindhicir xiranka, ka eeg calaamadaha xanuunka caloosha oo ay weheleiyaa oohitaan daran. Horraanta, dhacdooyinkan ayaa dhowr daqiiqo jiri doona oo iman doona oo ka tagi doona dhowr jeer hal saac gudaheed. Dhallaanku waxa laga yaabaa inay lugahooda u soo jiitaan dhinca laabta. Ilmahaagu waxa laga yaabaa inuu matago dhowr jeer ama saxaraddu dhiig yeelato, ma wuxuu u muuqan doona daciif ama yeelan doona xanaaq badan. Calaamadahaan waxay sida caadiga ah dhacaan muddada toddobaadka ah ee ugu horreeya kadib garoojada koowaad ama labaad ee tallaalka rotavirus, balse u fiirso iyaga wakhti kasta oo ka dambeeya tallaalka. Haddii aad u malayso in ilmahaagu qabo mindhicir xiran, isla markiiba la xiriir bixiyaha daryeelka caafimaadka. Haddaad la xiriiri kari weydo bixiyaha daryeelka caafimaadka, gee isbitaalka ilmahaaga. U sheeg markuu dhallaankaagu qaatay tallaalka rotavirus.

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 bixiyahaaga daryeelka caafimaadka.

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. Booqo website-ka VAERS ee 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 Magdhawga Dhaawaca 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

