

# TALLAALKA AAN NOOLAYN AMA DILAN (INACTIVATED) H1N1 2009 ("flu shot" ka)

# EE INFALAWANSADA

## WAXA AAD U BAAHANTAHAY IN AAD OGAATO

Waxaa Af Isbanish iyo afaf kaleba lagu heli karaa Waraaqaha Warbixinta Tallaalka (Vaccine Information Statements). Fiiri [www.immunize.org/vis](http://www.immunize.org/vis).

### 1 Waa Maxay Infalawansada H1N1 2009?

Infalawansada H1N1 2009 (waxaa kaloo loo yaqaan Hargabka Doofaarka) waxaa keena nooc cusub ee jeermiga ama fayraska inflawansada ah. Wuxuu ku fiday dalal badan.

Sida fayrasyada infalawansooyinka kale, H1N1 2009 wuxuu ku fidaa iyadoo qof qof kale ku qaadsiiyo qufac, hindhiso, iyo mararka qaarkood taabasho la taabto alaab fayrasku gaaray.

Astaamaha H1N1 2009 waxaa ka mid ah:

- Daal
- Qandho
- Cuna-xanuun
- Murqa-xanuun
- Qarqaryo ama Qamandhaco
- Qufac
- Hindhiso

Dadka qaarkoodna waxaa ku dhaca shuban iyo matag.

Dadka badankoodu waxay ka ladnaadaan todobaad gudahiis. Laakiin dadka qaarkood waxaa ku dhaca nimooniya ama cudura kale oo halis ah. Dadka qaarkood isbitaal ayaa la dhigaa qaarna waa u dhintaan.

### 2 Sidee H1N1 2009 uu uga duwan yahay infalawansada caadiga ah (xiliga la socota)?

Fayraska infalawansada xiliga la socota waa isbedelaa sannadkiiba, laakiin waa kuwo isu dhow.

Dadka ay inflawanso horay ugu dhacday waxay xoogaa difaac ah u yeeshaan fayraska infalawansada xiliga la socota (jirkooda ayaa sameeyay wax difaac ah oo ay iskaga caabiyaan fayraska).

Infalawansada H1N1 2009 waa fayras infalawansa cusub ah. Aad ayay uga duwan tahay fayraska infalawansada xiliga la socota.

Dadka badankiis difaac yar ayay u leeyihiin infalawansada H1N1 2009 amaba uma laha difaac(jirkoodu diyaar uma aha in uu iska caabiyo fayraska)

### 3 Tallaalka Infalawansada H1N1 2009

Waxaa la heli karaa tallaalo kaa difaaca infalawansada H1N1 2009.

- Tallaaladan waxaa loo sameeyay si la mid ah tallaalada infalawansada ee xiliga la socda.
- Waxaa laga filayaa in ay noqdaan kuwo waxtar leh ammaanna ah sida tallaalada infalawansada ee xiliga la socda.
- Kama hortegayaan cudura "infalawansada-oo kale ah" oo ay keenaan fayrasyo kale.
- Kama hortegayaan infalawansada xiliga la socota. **Haddii aad rabtid in aad iska difaacdo infalawansada xiliga la socota, waa in aad qaadataa tallaalka infalawansada.**

Tallaal aan noolayn ama la dilay (tallaal uu ku jiro fayras la dilay) ayaa muruqa lagu duraa, sida Tallaalka infalawansada ee sanad walba. **Warqadan ayaa faahfaahinaysa Tallaalka aan noolayn.**

Waxaa kale oo la heli karaa tallaalka **nool, sanko laga qaato** (tallaal sanko lagu buufiyo). Waxaa lagu faahfaahiyay warqad kale.

Qaar ka mid ah tallaalka la dilay ee H1N1 2009 waxaa ku jira maado la yiraahdo thimerosal oo loogu talagalay in lagu xafido. Dadka qaarkood ayaa waxay rumaysan yihiin in maadada thimerosal ay keento dhibaato koriinshaha maskaxda caruurta la xiriirta. Sanadkii 2004 yaa Institute of Medicine (Machadka Caafimaadka) daraasad cilmi baaris ah oo ay samaysay kadib waxay soo saartay warbixin ay ku soo gebagebeysay in aysan jirin wax cadeyn ah oo sheegaya jiritaanka xiriir ka dhexeeya dhibaataadaas iyo tallaalka. Daraasado kale oo waagaa kadib la sameeyay waxaa iyana lagu soo gebagebeeyay si la mid ah tii hore.

### 4 Yaa ay tahay in uu qaato tallaalka infalawansada H1N1 2009 goormana?

#### QOFMA

Kooxaha ugu horeeya oo lagula talinayo in ay qataan Tallaalka H1N1 2009 waa:

- Dumarka uurka leh
- Dadka la nool ama daryeela sebiyada ka da'yar 6 bilood jir
- Shaqaalaha daryeelka caafimaadka iyo gargaarka degdegga ah
- Qof kasta oo jira 6 bilood illaa iyo 24 sano
- Qof kasta oo jira 25 illaa 64 sano oo qaba cuduro ku gaamuray (muddo dheer qabay) ama habdhiska difaaca jirkiisu hoos u dhacay.

Marka tallaalka la helayaa uu soo bato, kooxahan iyagana waa in la tallaalaa:

- 25 illaa 64 jir caafimaad qaba
- Waayeelka jira 65 sano iyo ka kor

Dawladda Federaalka kama dhigeysa tallaalkan khasab oo qofka ayey xor uga dhigtay. Haseyeeshee, waxaa laga yaabaa in sharciga gobolka ama shaqaaleeye uu khasab kaga dhigo dadka qaarkood.

#### GOORMA

Is tallaal islamarka tallaalka la helo.

Caruurta illaa 9 sano jirka ah waa in ay qataan **Labo dose** oo tallaal ah, qiyaastiina bil isu jira. Caruurta waaweyn iyo dadka waaweyniba waxay u baahan yihiin hal dose oo kali ah.

**5****Dadka qaarkood waa in aysan is tallaalin ama waa in ay sugaan**

Waa in aadan qaadan tallaalka infalawansada H1N1 2009 haddii aad qabtid **cadaanyo daran ama ba'an (oo nafta halis gelisa) oo ukuntu kiciso, ama wax kasta oo tallaalka ku jira.** *U sheeg qofka ku tallaalaya haddii aad qabtid cadaanyo daran middii ay doonto ha ahaatee.*

Sidoo kale u sheeg haddii aad waligaa isku aragtay:

- cadaanyo nafta halis gelisa oo uu kiciyay tallaalka infalawansada xiliga la socota,
- Guillain-Barré syndrome (cudur si daran u curyaamiya dadka, loona yaqaan GBS).

Waxaa laga yaabaa in sababahaani aysan ahayn kuwo aad isaga dhaafto tallaalka, laakiinse shaqaalaha caafimaadka ayaa kugu caawini kara in aad go'aan gaartid.

Haddii aad qabtid jirro dhexdhexaad ah ama daran, waxaa laga yaabaa in lagugula taliyo in aad sugtid illaa aad ka bogsatid inta aadan tallaalka qaadan. Haddii aad qabtid hargab ama jirro kale oo fudud, badanaaba ma aha in aad u sugtid.

Dumarka uurka leh ama nuujinaaya waa qaadan karaan tallaalka infalawansada H1N1 2009 ee dilan.

Tallaalka la dilay ee H1N1 2009 waxaa isla mar lala qaadan karaa tallaalada kale, oo ay ka mid yihiin tallaalka infalawansada xiliga la socota.

**6****Waa maxay khataraha ka iman kara tallaalka infalawansada H1N1 2009?**

Tallaal, sida daawooyinka kaleba, wuxuu keeni karaa dhibaatooyin daran, sida cadaanyo ba'an ama daran oo uu kiciyo. Laakiin halista uu tallaalka ku keeni karo dhib weyn, ama dhimasho, aad bay u yartahay.

Fayraska ku jira tallaalka la dilay ee infalawansada H1N1 2009 waa mid la dilay, marka tallaalka kama qaadi kartid infalawansa.

Khataraha ka iman kara tallaalka la dilay ee H1N1 2009 waxay la mid yihiin kuwa ka iman kara tallaalada infalawansada la dilay oo loo qaato infalawansada xiliga la socota.

**Dhibaatooyinka fudud:**

- meesha irbadda tallaalka lagu muday oo xanuunta, guduudata, danqata, ama bararta • suuxid (badanaaba da'yarta qaangaaraysa)
- madax-xanuun, murqo-xanuun • qandho • lalabo/yaqyaqsi

Haddii dhibaatooyinkani jiraan, badanaaba waxay bilawdaan isla marka qofka la tallaalo kadib waxayna socdaan 1-2 maalmood

**Dhibaatooyin daran:**

- Waa dhif iyo naadir in tallaaladu kiciyaan cadaanyo nafta halis gelisa. Haddiise taasi dhacdo, badanaaba waa dhowr daqiiqo illaa dhawr saacadood gudahood marka qofka la tallaalo kadib.
- Sanadkii 1976, nooc hore oo ah tallaalka infalawansada ee hargabka doofaarka ayaa lala xiriiyay kiisas ah cudurka Guillain-Barré Syndrome (GBS). Illaa iyo markaa kadib, marna si cad tallaalada infalawansada loolama xiriin GBS.

**7****Ka waran haddii uu cadaanyo ba'an ama daran kiciyo?****Maxaan ku gartaa?**

Xaalad kasta oo aan caadi ahayn, sida qandho badan ama dabeecadda qofka oo isbedesha. Calaamadaha aad ku garan kartid in uu cadaanyo ba'an ama daran kiciyay waxaa ka mid ah neefsashada oo dhib noqota, xabeeb ama xiiqlayn, furuurac cuncun leh, midabka oo is bedela, tabar yari, wadnaha oo dhakhso u garaaca ama dawakh

**Maxaan sameeyaa?**

- **Wac** takhtar, ama qofka isla markiiba takhtar u gee/hel.
- **U sheeg** takhtarka waxa dhacay, saacadda iyo maalinta sidaasi dhacday, iyo goortii qofka la tallaalay.
- **Weydiiso** daryeelahaaga caafimaadka si aad u wariso cadaanyada uu kiciyay adigoo buuxinaya Foomka Vaccine Adverse Event Reporting System (VAERS). Ama waxa aad warbixintan ku gudbin kartaa bogga internetka ee VAERS ahna [www.vaers.hhs.gov](http://www.vaers.hhs.gov), ama adigoo wacaya **1-800-822-7967**.

*VAERS talo caafimaad ma bixiso.*

**8****Magdhawga Dhaawaca Tallaalka**

Haddii adiga ama ilmahaaga tallaalku cadaanyo ku kiciyo, awoodda aad u leedahay in aad dacwad magdhaw ku raadisid waxaa xadiday sharciga.

Haseyeeshee, waxaa la sameeyay barnaamij dowladda fadaraalku ku caawinayo in lagu bixiyo kharashka daryeelka caafimaadka iyo kharashyo kale oo gaar ah ee dadka uu tallaalkani cadaanyo daran ku kiciyay qaarkood. Wixii faahfaahin dheeraad ah ee ku saabsan barnaamijkan, wac **1-800-275-4772** ama booqo bogga internetka ee: [www.hrsa.gov/countermeasurescomp/default.htm](http://www.hrsa.gov/countermeasurescomp/default.htm).

**9****Sidee wax intaa ka badan u ogaan karaa?**

- Weydii dhakhtarkaaga/daryeelahaaga Waxay ku siin karaan warqadda la socota tallaalka ama waxay kuu sheegi karaan ilo kale oo aad warbixin ka heli kartid.
- Wac waaxda caafimaadka ee xaafaddaada ama gobolkaaga.
- La xiriir Xarumaha ka Hortagga iyo La Dagaalanka Cudurada [Centers for Disease Control and Prevention (CDC)]:  
- Wac **1-800-232-4636 (1-800-CDC-INFO)** ama  
- Tag bogga internetka ee CDC ahan [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) ama [www.cdc.gov/flu](http://www.cdc.gov/flu)
- Booqo bogga internetka ee [www.flu.gov](http://www.flu.gov)



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



Vaccine Information Statement - Somali  
2009 H1N1 Inactivated Influenza Vaccine 10/2/09

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