

**TALLAALKA NOOL,  
LA DACIIFYAY  
(tallaalka sanko la  
isaga buufiyo)**

# EE INFALAWANSADA

## 2009 H1N1

### 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 duwanyahay 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 infalawansada 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.**

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**Tallaalka nool, la daciifiyay ee sanko laga qaato (ama LAIV)** waxaa la isaga buufiyaa sanko. **Warqadan ayaa faahfaahinaysa tallaalka nool, la daciifiyay ee sanko laga qaato.**

Waxaa kale oo la heli karaa tallaalka **aan noolayn ama la dilay (inactivated)**. Waxaa lagu faahfaahiyay warqad kale.

Tallaalka H1N1 LAIV ee 2009 kuma jirto maadada Thimerosal ama maadooyin kale oo lagu xafido. Waxaa ruqsad loo siiyay dadka da'doodu ka dhexayso 2 illaa 49 sano.

Fayraska tallaalku waa mid la daciifiyay sidaa darteed ma keenayo jirro.

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

##### QOFMA

LAIV waxaa loo ansixiyay dadka da'doodu ka dhexayso 2 illaa 49 sano oo aan uur lahayn ama aan qabin jirooyinka qaarkood (eeg lambarka 5 ee hoos). Kooxaha ugu horeeya ee lagula talinayo in ay qaataan H1N1 LAIV ee 2009 waa dadka caafimaadka qaba oo:

- da'doodu tahay 2 illaa 24 sano,
- da'doodu tahay 25 illaa 49 sano iyo
  - la nool ama daryeela sebiyada ka da'yar 6 bilood jir, ama
  - ah shaqaalaha daryeelka caafimaadka iyo gargaarka degdegga ah.

Marka tallaalka la helayaa uu soo bato, dadka caafimaadka qaban oo da'doodu u dhexayso 25 illaa 49 sano waa in iyagana la tallaalaa.

Ogow: Inkastoo ay tahay in kooxaha qaarkood in aysan qaadan LAIV – tusaale ahaan dumarka uurka leh, dadka qaba cuduro soo jireen ah, iyo caruurta da'doodu u dhexayso 6 bilood illaa 2 sano – waa muhiim in la tallaalo. Waa in ay qaataan tallaalka infalawansada.

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

##### GOORMA

Istallaal islamarka tallaalka la helo.

Caruurta illaa 9 sano jirka ah waa in ay qaataan **Labo dose** oo tallaalka 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 istallaalin ama waa in ay sugaan**

Waa in aadan qaadan tallaalka infalawansada H1N1 LAIV ee 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.

H1N1 LAIV ee 2009 waa in aan la siin kooxahan soo socda:

- caruurta ka da'yar 2 sano iyo dadka da'doodu tahay 50 iyo ka kor
- dumarka uurka leh,
- qof kast oo habdhiska difaaca jirkiisu hoos u dhacay
- qof kasta oo qaba dhibaato caafimaad oo soo jireen ah sida:
  - cudurada wadnaha - cudurada kilyaha ama beerka
  - cudurada sanbabada - cudurada dheefshiidka, sida sonkorowga
  - neef - dhiig yaraan, iyo cudura kale oo dhiigga ku dhaca
- caruurta da'doodu ka yartahay 5 sano oo qaba neef ama mar ama ka badan xiiq ku dhacday sandkii ina dhaafay gudaahiisa.
- qof kasta oo qaba cudura ku dhaca murqaha ama dareenka (sida qalalka ama cerebral palsy) kuwaas oo keeni kara dhibaatooyin xagga neefsashada ama wax laqidda ah,.
- qof kasta oo jooga meel aad ugu dhow qof si daran uu habdhiska difaaca jirkiisu u nugul yahay ama u hooseeyo (kaasoo u baahan in lagu hayo jawi jeermi laga ilaaliyay, sida qaybta dadka dhuuxa lagu tallaalo),
- caruurta ama da'yarta qaangaaraysa oo muddo dheer qaadanaayay asbiriin.

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

U sheeg takhtarkaaga 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 sababahani aysan ahayn kuwo aad isaga dhaafto tallaalka, laakiinse shaqaalaha caafimaadka ayaa kugu caawini kara in aad go'aan gaartid.

H1N1 LAIV ee 2009 waxaa isla mar lala qaadan karaa tallaalka kale badankood. U sheeg takhtarkaaga haddii aad tallaalka kale qaadatay bishii ina dhaaftay gudaheeda ama aad qorshaynayso in aad tallaalka kale qaadato bisha soo socota gudaheeda. H1N1 LAIV iyo tallaalka LAIV ee xiliga la socda waa in aan la isla qaadan

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

Tallaalka, 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.

Khataraha ka iman kara H1N1 LAIV ee 2009 waxay la filayaa in ay la mid yihiin kuwa ka iman kara tallaalka LAIV ee xiliga la socda.

**Dhibaatooyinka fudud:**

Caruurta qaarkood iyo da'yarta qaangaaraysa ee u dhexaysa 2 -17 sanno jir waxay soo sheegeen in ay isku arkeen astaamo fudud, oo ay ka mid yihiin:

- duuf, sankoo caburan ama qufac
- qandho
- madax-xanuun iyo murqa-xanuun
- xiiqlayn
- calool-xanuun ama matag ama shuban mar mar ah

Dadka waaweyn qaarkood oo jira 18-49 sano waxay soo wariyeen:

- duuf ama sankoo caburan
- cune-xanuun
- qufac, qarqaryo ama qamandhaco, daal/tabardaro
- madax-xanuun

**Dhibaatooyin daran:**

- Waa dhif iyo naadir in tallaalka 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 la dilay (inactivated) ee hargabka doofaarka ayaa lala xiriiriyay kiisas ah cudurka Guillain-Barré Syndrome (GBS). LAIV la lama xiriirin 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 cuncunleh, 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 tallaalka cadaanyo ku kiciyo, awoodda aad u leedahay in aad dacwad magdhaw ku raadisid waxaa xadiday sharciga.

Haseyeeshee, waxaa la sameeyay barnaamij dowladda fadaraalku ku caawinayso 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 booq 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 xirii 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 ahna [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) ama [www.cdc.gov/flu](http://www.cdc.gov/flu)
  - Booq 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  
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