

# INFALAWANSADA AAN NOOLAYN AMA DILAN (INACTIVATED) 2009-10

## WAXA AAD U BAAHANTAHAY IN AAD OGAATO

### 1 Maxaa lagu tallaalaya?

Infalawansadu (“flu”) waa cudur la iska qaado.

Waxaa keena jeermiga ama fayraska infalawansada, kaasoo lagu faafin karo gufac, hindhiso, ama duuf.

Cuduro kale ayaa yeelan kara calaamado la mid ah kuwa infalawansada taas oo keenta in marar badan dadku infalawansa ku qaldaan. Laakiin cudur uu keenay feyraska infalawansadu oo keli ah ayaa infalawansa ah.

Qof kasta ayey infalawansadu ku dhici kartaa, laakiin dadka ugu badan oo infalawansadu ku dhacdo waa caruurta. Dadka badankoodana waxay infalawansadu haysaa dhawr maalmood oo kali ah. Waxay keeni kartaa:

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

Dadka qaarkiis, sida ilmaha murjuxa/muluqa ah, dadka waayeeelka ah, iyo dadka cudurada qaarkiis qaba, aad ayey ugu sii xanuunsan karaan. Infalawansadu waxay keeni kartaa xumad badan iyo nimooniya, xanuunadii kale ee qofka hayayna wey kaga sii dartaa. Waxay caruurta yaryar ku keeni kartaa shuban iyo qalal. Celcelis sanadkiiba waxaa isbitaal infalawansa loo dhigaa , 226,000 qof waxaana u dhinta 36,000 oo qof sannadkiiba - intooda badanina waa dadka waayeeelka ah. **Tallaalka infalawansadu wuxuu kaa difaaci karaa infalawansada.**

### 2 Tallaalka Infalawansada dilan (inactivated)

Waxaa jira laba nooc oo tallaalka infalawansada xiliga la socda ah:

1. Tallaalka ka samaysan infalawansada **aan nooleyn** (dilan), ama “Flu Shot”, kaas oo irbad ahaan murqaha lagu duro.
2. Tallaalka infalawansada **Nool, la daciifiyay (la daciifiyay)**, waxaa lagu buufiyaa sanko dulalkiisa ama duleeladiisa.

Tallaalkan waxaa lagu faahfaahiyay *Warqadda Warbixinta Tallaalka oo gaar ah (Vaccine Information Statement)*.

Fayrasyada infalawansadu si joogto ah ayey isu bedelaan. Sidaa awgeed, tallaalka infalawansada sanad walba ayaa la cusbooneysiisaa, dadkana waxaa lagula taliyaa in ay sannad walba is tallaalaan.

Sanad walba aqoonyahanadu waxay isku dayaan in jeerimiga ama fayraska ku jira tallaalku la mid noqdo kan ay ugu badan tahay in uu sandkaas keeno infalawansada. Markii ay isu

Tallaaladaan infalawansada ee “xiliga la socda” waxaa loo sameeyay qaab ay uga hortagayaan infalawansada sanadlaha ah. Kama difaacan dadka hadii cudurku ku faafo dad badan oo dunida dacadadeeda ku nool (pandemic) Infalawansada H1N1.

dhowaadaan fayraska laga sameeyay tallaalka iyo infalawansadu tallaalku wuxuu dadka badankii ka difaaca cudura daran oo la xiriira infalawansada. Laakiin xattaa haddii uusan jirin isku dhowaansho ka dhexaysaa, tallaalku waxbuu difaaca illaa iyo xad. Tallaalka infalawansadu ma difaacayo cudurada kale ee “u eg infalawansada” oo fayrasya kale keenaan.

Is-difaaca jirka waxaa uu abuurmaa qiyaastii 2 todobaad kadib marka tallaalka la qaato. Difaaca tallaalku wuxuu socdaa illaa hal sano.

Qaar ka mid ah tallaalka infalawansada la dilay ka sameysan waxaa ku jira maado la yiraahdo thimerosal. Dadka qaarkood ayaa waxay rumaysan yihiin in maadada thimerosal 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. Waxaa la heli karaa tallaalka infalawanso oo aysan ku jirin maadada thimerosal.

### 3 Yaa qaadan kara tallaalka infalawansada la dilay ka sameysan.

*Qofkasta oo raba in uu yareeyo suurtagalnimada ay infalawansa ku dhici karto ama uu qaadiyo infalawansa dad kale.*

*Dhamaan caruurta jirtay 6 bilood iyo ka weyn iyo dhamaan dadka waaweyn:*

- Dhamaan caruurta u dhexaysa 6 bilood illaa 18 sano.
- Qof kasta oo 50 sano iyo ka weyn jira.

*Qof kasta oo khatar ugu jira dhibaatooyinka infalawansadu keeni karto ama ay u badan tahay in uu u baahdo daryeel caafimaad:*

- **Dumarka** uurka qaadi doona inta lagu jiro xilliga infalawansadu jirto.
- **Qof kasta oo qaba dhibaato caafimaad oo soo jireen ah sida:**
  - cudurada wadnaha
  - cudurada kilyaha
  - cudurada beerka
  - cudurada sanbabada
  - cudurada dheefshiidka, sida sonkorowga
  - neef
  - dhiig yaraan, iyo cudura kale ee dhiigga.
- Qof kasta oo **habdhiska difaaca jirkiisa ay hoos u dhigeen:**
  - HIV/AIDS ama cudura kale ee waxyeela habdhiska difaaca
  - muddo dheer lagu daaweynaayay daawooyin sida steroids
  - kansar lagagala tacaalay falaaraha raajada ama daawooyin
- Qof kasta oo qaba qaar ka mid ah **cudurada gala murqaha**

**ama neerfayaasha** (sida qalal ama cerebral palsy [cudur gala maskaxda oo aan qofku murqahiisa xakumi karin]) kuwaasoo keeni kara in qofku neefsan waayo ama wax liqi waayo.

- Qof kasta oo jira 6 illaa iyo 18 sano jir ah oo **muddo dheer asbiriin lagu daawaynaayay** (waxaa ku dhici kara Reye Syndrome haddii ay infalawansa ku dhacdo).
- **Dadka ku nool meelaha lagu daryeelo waayeelka** iyo meelaha kale ee **lagu daryeelo dadka qaba cuduro ku gaamuray** (muddo dheer qabay).

*Qof kasta oo la nool ama daryeela dadka khatar sare ugu sugan dhibaatooyinka la xiriira infalawansada.*

- **Daryeelayaasha caafimaadka**
- **Dadka guriga la jooga iyo daryeelayaasha caruurta** da'doodu dhexayso min dhalasho illaa iyo 5 sano.
- **Dadka guriga la jooga iyo daryeelayaasha**
  - dadka da'doodu dhexayso 50 sano iyo ka weyn ama
  - qof kasta oo qaba xaalado caafimaad oo qaaditaanka infalawansadu ku keeni karto jirooyin halis ah.

Daryeelayaasha caafimaadku waxay kaloo kula talin karaan in ay sanad walba infalawansada iska tallaalaan:

- Dadka adeegyada **lagama maarmaanka** ah u qabta **bulshada**.
- Dadka ku nool **qolalka dadka badani seexo** ama meelo kale oo **dadku ku badan yahay**, si looga hortago fiditaan.
- Dadka halis sare u qaba dhibaatooyinka infalawansadu keeni karto oo u **Safra ama socdaala** qaybta koonfureed ee aduunka inta u dhexaysa April iyo September, ama dalalka kulaylaha ah ama ka mid ah koox dalxiis goorta ay doonto ha ahaatee.

## 4 Goorma ayaan qaataa tallaalka infalawansada?

Waxaad heli kartaa talaal islamarka la diyaariyo, sida badan xiliga dayrta, iyo inta uu cudurku ku dhacayo/faafayo jaaliyadaada gudaheeda. Infalawansadu waxay jiri kartaa mar kasta oo u dhexaysa November illaa May, laakiin badanaaba waxa heerka u sareeya ay gaartaa January ama February. Is tallaallidda bisha December, ama kadibba, faa'iido ayay u yeelan kartaa qofka sanadaha intooda badan.

Dadka badankiisu waxay u baahan yihiin hal dose oo ah tallaalka infalawansada sanad walba. **Ilmaha da'doodu ka yartahay 9 sano oo markii u horaysay tallaalka infalawansada qaadanaaya** – **ama** markii ugu horaysa qaatay tallaalka infalawansada xiligii ina dhaafay laakiin qaatay hal dose oo kali ah -- waa in ay qaataan 2 dose, oo ugu yaraan 4 todobaadi u dhexayso, si tallaalku u difaaco.

Tallaalka infalawansada waxaa lala qaadan karaa isla mar tallaalada kale, oo ay ka mid tahay tallaalka Pneumococcal.

## 5 Dadka qaarkii waa in ay Takhtar la hadlaan kahor inta aysan tallaalka infalawansada qaadan

Dadka qaarkiis waa in aysan qaadan tallaalka infalawansada la dilay ama waa in ay sugaan intaysan qaadan.

- U sheeg takhtar haddii aad qabto cadaanyo **daran** ama ba'an (oo nafta halis gelisa).
  - Fayraska tallaalka infalawansada waxaa lagu koriyaa ukun dhexdeed. Dadka ukuntu ku kiciso cadaanyo daran waa in aysan qaadan tallaalka.
  - Haddii maada ku jirta tallaalku cadaanyo kugu kiciso iyaduna waa sabab aadan u qaadanayn tallaalka.
  - Haddii waligaa dose hore oo tallaalka infalawansadu kugu kiciyay cadaanyo, u sheeg takhtarkaaga.
- U sheeg takhtarkaaga haddii uu waligaa kugu dhacay **Guillain-Barré syndrome** (cudur si daran u curyaamiya dadka, loona yaqaan GBS). Waxaa laga yaabaa in aad qaadan karto tallaalka laakiin waa in takhtarkaagu kugu caawinaa go'aan qaadashada.
- Dadka qaba jira dhexdhexaad ah ama daran waa in ay badanaaba sugaan illaa ay ka bogsanayaan inta aysan qaadan tallaalka infalawansada. Haddii aad jirantahay, kala hadal takhtarkaaga ama kalkaalisa caafimaad in aad dib u dhigato ballanta tallaalka iyo inkale. Dadka **jirra fudud** qabaa badanaaba waa qaadan karaan tallaalka.

## 6 Waa maxay khataraha ka iman kara tallaalka infalawansada la dilay?

Tallaal, sida daawooyinka kaleba, wuxuu keeni karaa dhibaatooyin daran, sida cadaanyo daran oo uu kiciyo. Halista uu tallaalku ku keeni karo dhib weyn, ama dhimasho, aad bay u yartahay.

Waa dhif iyo naadir in dhib weyni ka timaado tallaalka infalawansada. Fayraska ku jira tallaalka infalawansada la dilay waa mid dhintay, marka tallaalka kama qaadi kartid infalawansa.

### Dhibaatooyinka fudud:

- meesha irbadda tallaalka lagu muday oo xanuunta, guduudata, ama bararta
- xabeeb, indho xanuun ama indhaha oo guduuta/casaada, qunfac, cuncun
- qandho
- xanuun guud

Haddii dhibaatooyinkani jiraan, badanaaba waxay bilawdaan isla markaa tallaalka kadib waxayna socdaan 1 maalin illaa 2 maalmood.

### Dhibaatooyin daran:

- Waa dhif iyo naadir in tallaalku kiciyaan cadaanyo nafta halis gelin karta. Haddiise taasi dhacdo, badanaaba waa dhowr daqiiqo illaa dhawr saacadood gudahood markii la tallaalay qofka kadib.
- Sanadkii 1976, nooc ah tallaalka infalawansada (swine flu) ayaa lala xiriiriyay cudurka Guillain-Barré Syndrome (GBS). Illaa iyo markaa kadib, marna si cad looma sheegin xiriir ka dhexeeya tallaalka infalawansada iyo GBS. Si kastaba ha ahaatee, haddii ay jirto halis ay tallaalka hadda jira ku keeni karaan GBS, ma ay noqon karto mid kabadan 1 ama 2 qof malyankii qof oo la tallaalayba. Tani waa khatar ka yar halista ka iman karta infalawansa daran oo uu tallaalku ka hortegi karo.

## 7 Ka waran haddii uu cadaanya ba'an ama daran kiciyo?

### Maxaan ku garan karaa?

Xaalad kasta oo aan caadi ahayn, sida qandho badan ama dabeecadda qofka oo isbedesha. Calaamadaha aad ku garan karto in uu cadaanyo ba'an ama daran kiciyay waxaa ka mid ah neefsaashada 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 takhtarkaaga waxa dhacay, saacadda iyo maalinta sidaasi dhacday, iyo goortii la tallaalay.
- Weydiiso daeyeelahaaga caafimaadka si aad u wariso cadaanyada uu kiciyay adigoo buuxinaya Foomka Vaccine Adverse Event Reporting System (VAERS). Ama waxaad 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 Barnaamijka Qaranka ee Magdhawga Dhaawaca Tallaalka (National Vaccine Injury Compensation Program)

Waxaa jira barnaamij dowlada fadaraalku maalgeliso oo lagu caawinaayo in lagu daboolo kharajka daryeelka qof kasta oo waxyeelo ka soo gaartay cadaanyo ba'an ama daran oo tallaal uu kiciyay.

Wixii faahfaahin ah ee ku saabsan Barnaamijka Qaranka ee Magdhawga Dhaawaca Tallaalka, wac **1-800-338-2382** ama booqo bogga internetka ee [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation).

## 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 maamul goboleedka (state).
- 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)**
  - Booqo bogga internetka ee CDC ee [www.cdc.gov/flu](http://www.cdc.gov/flu)



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Centers for Disease Control and Prevention

Vaccine Information Statement (Interim)  
Inactivated Influenza Vaccine (8/11/09) - Somali 42 U.S.C. § 300aa-26

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