

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka MMR (Jadeecada, Qaamo-qashiirta, iyo Jadeeco Jarmalka): 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 MMR ayaa kahortagi kara **jadeecada, qaamo-qashiirta, iyo jadeeco jarmalka.**

- **JADEECADA (MEASLES, M)** ayaa sababta qandho, qufac, dililiq, indho cas oo ilmaynaya, sida caadiga ah waxaa wehliyo firiiric jirka oo idil ka soo baxa. Wuxuu horseedi kartaa qallal (badanaa la xiriira qandhada), caabuqyada dhegaha, shuban, iyo oofwareen. Marmar aad dhif u ah, jadeecadu waxay sababi kartaa dhaawac maskaxeed ama dhimasho.
- **QAAMO-QASHIIRTA (MUMPS, M)** ayaa sababta qandho, madax-xanuun, murqo xanuun, daal, cunno xumo, iyo barar iyo damqasho qanjidhada candhuufta ee ka hooseeya hal dhinac oo dhegaha ah. Waxay horseedi kartaa maqal-beelid, bararka maskaxda iyo/ama xanguullada lafdhabarta ku daharan, bararka xanuunka badan ee xiniinyaha ama ugxaan-sidaha, iyo, marar aad u dhif ah, dhimasho.
- **JADEECO JARMALKA (RUBELLA, R)** ayaa keenta qandho, dhuun xanuun, firiiric, madax xanuun, iyo indho cuncun. Waxay sababi kartaa tuf illaa kala bar da'yarta iyo haweenka qaangaarka ah. Haddii haweenay uu ku dhaco jadeeco jarmal iyadoo uur leh, way dhicin kartaa ama ilmaheedu wuxuu ku dhalan karaa cillado dhalasho oo halis ah.

Dadka badankooda lagu tallaalay MMR difaac ayay lahaan doonaan inta ay nool yihiin. Tallaallada iyo saamiyada sare tallaallidda ayaa cudurkan ka dhigay mid aan ku bdanayn Maraykanka.

2. Tallaalka MMR

Carruurta waa inay heshaa 2 garoojo oo tallaalka MMR ah, sida caadiga ah:

- Garoojada koowaad ee da'da 12 illaa 15 bilood
- Garoojada labaad ee da'da 4 ilaa 6 sano

Dhallaanka u safri doona meel ka baxsan Maraykanka markay da'doodu u dhexeyso 6 ilaa 11 bilood waa inay qaataan garoojada tallaalka MMR kahor safarka. Ilmahaan waa inay weli qaataan 2 garoojo oo dheeraad ah ee da'aada lagu taliyay si loo helo kahortagga muddada dheer.

Carruurta waaweyn, da'yarta, iyo dadka waaweyn sidoo kale waxay u baahan yihiin 1 ama 2 garoojo oo tallaalka MMR ah haddii aysan horay u lahayn difaaca jireed ee jadeecada, qaamo-qashiirta, iyo jadeeco jarmalka. Bixiyaha daryeelka caafimaadkaaga ayaa kaa caawin kara go'aaminta inta garoojo ee aad u baahan tahay.

Garoojada saddexaad ee MMR ayaa lagula talin karaa dadka qaarkood ee ku jira xaaladaha dilaaca qaamo-qashiirta.

Tallaalka MMR waxaa la bixin karaa isla wakhtiga tallaallada kale. Carruurta 12 bilood ilaa 12 sano jirka ah ayaa laga yaabaa inay ka qaataan tallaalka MMR oo uu wehliyo tallaalka busbuska hal irbad, oo loo yaqaan MMRV. Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii qofka qaadanayo tallaalka:

- Uu horey u **dareen-celin xasaasiyadeed kadib marka garoojo hore ee tallaalka MMR ama MMRV uu qaatay**, ama uu lahaa wax **xasaasiyado daran, oo nolosha halis galin kara**
- Ay **uur leedahay** ama ku firkeyso inay uur yeelato—dadka uurka leh waa inaysan qaadan tallaalka MMR
- Uu leeyahay **difaac jireed oo daciifay**, ama leeyahay **waalid, ama walaalo leh taariikh dhibaatooyinka habdhiska difaaca jirka ah ee la kala dhaxlo ama lagu dhasho**
- Uu waligiis yeeshay **xaalad ka dhigaysa isaga ama iyada inay si fudud nabar u yeeshaan ama u dhiigaan**
- Uu dhawaan **maray dhiig ku shubid ama qaatay walxo dhiigeed oo kale**
- Uu **qabo qaaxo**
- Uu **qaatay tallaalka kasta oo kale 4-tii toddobaad ee la soo dhaafay**



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

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

Bixiyahaaga daryeelka caafimaadka ayaa ku siin kara macluumaad dheeraad ah.

4. Halista dareen-celinta tallaalka

- Xanuunka gacanta la duro ama guduudashada goobta tallaalka laga qaato, qandho, iyo firiiric yaryar ayaa dhici kara kadib tallaalka MMR.
- Bararka qanjidhada dhabannada ama qoorta ama xanuunka ku meelgaar ah iyo qallafsanaanta kala-goosyada (badanaa dhallinta ama haweenka qaangaarka ah) ayaa mararka qaarkood dhaca kadib tallaalka MMR.
- Falcelino ka sii daran ayaa marar dhif ah dhaca. Kuwaan waxaa ka mid noqon kara qallal (badanaa lala xiriirta qandhada) ama tirada xinjirowga dhiiga hooseeya ee kumeelgaarka ah oo sababi kara dhiig-bax aan caadi ahayn ama nabarro.
- Dadka qaba dhibaatooyinka difaaca jirka ee daran, tallaalkan wuxuu sababi karaa caabuuq laga yaabo inuu nafta halis geliyo. Dadka qaba dhibaatooyinka difaaca jirka ee daran waa in aysan qaadan tallaalka MMR.

Dadka ayaa mararka qaarkood miyir beela kadib marka hawlgal-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 suurtagalkeedu 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 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

Somali translation provided by the Immunization Action Coalition

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 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.

