

Talaalka Meningococcal

WAXA AAD U BAAHAN TAHAY IN AAD OGAATO

1 Muxuu yahay cudurka meningococcal?

Cudurka Meningococcal waa cudur aad u xun, oo ay keento bakteeriyada. Waa cudurka u keena meninjaaytiska bakteeriyada ka yimaada ilmaha ay da'doodu u dhexeyso 2 jir ilaa 18 jir ee Mareykanka ku nool.

Meninjaaytis waa infakshan ku dhaca dareeraha maskaxda ku wareegsan iyo lafdhabarta. Cudurka Meningococcal waxaa kale ee uu keenaa infakshanno dhiiga ku dhaca.

Qiyaastii 26,000 oo qof ayaa sanad kasta Mareykanka gudihiisa cudurka meningococcal qaada. Dadkaas 10 ilaa 5 boqolkiiba wey u dhintaan cudurkaas, ayada oo daawo ntibiyooyin ah lagula tacaalay. Dadkaas intooda ka badbaaba cudurka markii uu ku dhacay kadib, 11 ilaa 19 boqolkiiba ayaa gacmaha ama lugaha beela, ama dhagool noqda, ama ay ku dhacdaa dhibaatooyin habdhiska neerfayaasha la xiriiirta, ama maxkasda wax ka noqda, ama ay ku dhacaan qalal ama maskaxda oo uu dhiiga ka xirmo (stroke).

Cudurka meningococcal qof kasta ayuu ku dhici karaa. Laakiin wuxuu u badan yahay ilmaha caano-nuuga ah ee ay da'doodu ka yar tahay hal sano jir iyo dadka qaba cudurada qaarkood, sida beer-yarada dadka ay ka maqan tahay oo sidaas ku dhashay. Ardayda kuleejooyinka /jaamacadaha dhigta ee sanadka koowaad ku jira ee ku nool guryaha la jiipto ee iskuulku leeyahay waxay ku jiraan khatar sare oo keeni karta in ay qaadaan cudurka meningococcal.

Infakshanka uu keeno cudurka meningococcal waxaa lagu daweyn karaa daawooyin sida belashiliin/belashiriin (penicillin). Ilaa iyo hada, qiyaastii tobankii qofba hal/1 oo ah dadka uu cudurka ku dhaco ayaa u dhinta cudurkan, qaar kale oo badanna noloshooda inta ka harsan ayey waxyeeladiisu saameysaa. Sidaas ayey ka hortagga cudurka meningococcal ay muhiim u tahay in laga talaalo dadka u nugul ee khatarta sare u gu jira cudurka.

2 Talaalka Meningococcal

Laba nooc oo talaalka meningococcal ah ayaa jira:

- Talaalka Meningococcal polysaccharide vaccine (MPSV4) wuxuu soo jiray ilaa sanadkii 1970s.
- Talaalka Meningococcal conjugate vaccine (MCV4) waxaa shati loo sameeyey sanadkii 2005.

Labada talaalka waxay ka hortegi karaan 4 nooc oo cudurka meningococcal ah, kuwaas oo ay ku jirto 2 ka mid ah 3 da ugu badan ee Mareykanka gudihiisa laga helo iyo nooc aad ugu faafay qaaradda Africa. Talaalada cudurka meningococcal la iska talaalo kaama difaaci karaan nooc kasta oo cudur ah. Laakiin waxay cudurka ka difaacaan dad badan oo u jiran lahaa cudurkaas hadii aan la talaali lahayn.

Labada nooc ee talaalka ah si fiican ayey u shaqeeyaan, boqolkiiba 90 dadka dadka talaalka qaata cudurka waa ay ka difaacaan. Talaalka nooca MCV4 ayaa dadka u sameeya difaac wanaagsan, oo muda dheer shaqeeya .

Talaalka nooca MCV4 waxaa kale ee uu ku fiican yahay ka hortagga si aanu u faafin iyada oo uu qof qof kale uu u gudbinayo cudurka

3 Yey tahay in uu qaato talaalka meningococcal goorma ayuuna qaadanayaa?

Waxaa lagu talinayaa in caruurta la siiyo talaalka nooca MCV4 marka ay la kulmayaan dhakhtaradooda inta ay da' yarta yihiin (11 ilaa 12 sano jirka). Ilmaha aanan talaalka MCV4 horay loo siinin, waxaa lagu boorinayaa in talaalka la siiyo marka ay dugsiga sare bilaabayaan.

Da' yarta kale ee doonaya in ay yareeyaan khatarta kaga imaan karta cudurka meningococcal talaalka waa ay qaadan karaan.

Talaalka meningococcal waxaa kale oo in ay qaataan lagula talinayaa dadka khatarta sare ugu jira in uu cudurka meningococcal ku dhici karo:

- Ardayda kuleejooyinka/jaamacadaha sanadka koowaad kaga jira ee guryaha iskuula degan.
- Khubarada baayolajiga noolayaasha yar-yar bartay (Microbiologists) ee sida joogtada ah uga dhexjira bakteeriyada meningococcal.
- Dadka ciidamada u soo qora dowlada Mareykanka
- Qof kasta ee u safraya, ama ku nool meel aduunyada ka mid ah meeshaas oo cudurka meningococcal uu ku badan yahay, sida qeybo ka mid qaaradda Africa.
- Qof kasta oo ay beer-yaradiisu dhaawacan tahay, ama beer-yarada laga saaray.

- Qof kasta ee qaba cudurka terminal complement component deficiency (cudur habdhiska difaaca jirka ku dhaca).
- Dadka laga yaabo in ay qaadaan cudurka meningitis hadii uu cudur meel ka dilaaco.

Tallaalka nooca MCV4 in ay qaataan ayaa la door bidayaa dadka da'adoodu u dhexeyso 11 jir ilaa 55 sano jir ee ka mid sadex kooxood oo khatar oo khatar sare ugu jira cudurka, laakiin talaalka nooca MPSV4 waa la qaadan karaa hadii uusan talaalka nooca MCV4 aanan la heli karin. MPSV4 waa in loo isticmaalaa caruurta da'adoodu u dhexeyso 2 jir ilaa 10 sano jirka ah, iyo dadka waaweyn ee ay da'doodu ka weyn tahay 55 sano jir ee cudurka in uu ku dhoco halis u ah.

Meeqa Talaal Ayaa La Qaadanayaa?

Dadka da'doodu 2 sano jir iyo wixii ka weyn ay tahay waa in hal mar oo keli ah la talaalo. (Mararka qaarkood talaal labaad in la siiyo ayey dhakhaatiirtu ku taliyaan dadka cudurka halista ugu jira. Weydii dhakhtarkaaga.)

Waxaa dhici karta in xaaladaha qaarkood talaalka MPSV4 in caruurta 3 bilood jirka ilaa 2 sano jirka ay da'doodu u dhexeyso la siiyo lagu taliyo. Caruurtaas waa in talaalka laba jeer talaalka la siiyo, iyada oo sadex bilood loo dhexeysiinayo.

4	Dadka qaarkiis waa in aysan qaadan talaalka meningococcal ama ay sugaan
----------	--

- Qof kasta oo nooc ka mid ah labada talaal ee meningococcal oo horay loo siiyey uga qaaday xasaasiyad aad u xun (nafta halis gelisa) waa in aanan mar kale la talaalin.
- Qof kasta oo talaal horay loo siiyey uga qaaday xasaasiyad aad u xun (nafta halis gelisa) waa in aanan mar kale la talaalin. U sheeg dhakhtarkaaga hadaad xasaasiyad aad u xun aad qabtid.
- Qof kasta oo xanuun dhexe ama mid daran markii uu talaalka qaadashadiisa u balansanaa u hayo waa in uu sugaa ilaa iyo inta uu ka soo bogsoonayo. Weydii dhakhtarkaaga ama kalkaalisadaada caafimaadka. Dadka xanuun iska yari uu hayo sida badan waa la talaali karaa.
- Qof kasta ee uu cudurka Guillain-Barré Syndrome weligiis ku dhacay waa in uu dhakhtarkiisa la hadlaa inta uusan talaalka MCV4 qaadan ka hor.
- Dumarka uurka leh waa ay qaadan karaan talaalka meningococcal. Laakiin, talaalka MCV4 waa talaal cusub si fiicanna looma dersin saameynta uu dumarka uurka leh ku yeelan karo sida MSPV4 loo dersay oo kale. Talaalkan waa in la isticmaalaa marka si cad in loogu baahan yahay oo keli ah la xaqiijiyo.

- Talaalka meningococcal waa lala qaadan karaa talaalada kale marka la qaadanayo.

5	Maxay tahay khatarta ka imaan karta tallaalka meningococcal?
----------	---

Tallaalku, sida daawooyinka kale camal, waxaa macquul ah in uu keeno dhibaatooyin daran, sida xasaasiyad xun. Laakiin, khatarta uu tallaalka meningococcal ku keeni karo dhib weyn, ama dhimasho, aad ayey u yar tahay.

Dhibaatooyin yaryar

Ilaa kala bar dadka talaalka meningococcal la siiyo waxay dareemaan xanuuno yaryar oo uu talaalku keenay sida, guduudasho/casaan, ama xanuun, meeshii talaalka lagu muday.

Hadii aad waxyaalahaas isku aragtid, badanaa waxay qofka sii hayaan 1 ilaa 2 maalmood. Sida badan marka talaalka nooca MCV4 la qaato ayaa waxyaalahaas la isku arkaa laakiin MPSV4 ka sidaas ma ahan.

Tiro yar oo boqolkiiba dadka la talaalo ah ayey xumad/feebaro qabataa.

Dhibaatooyin halis ah

- Xasaasiyad aad u xun, oo qofka qabata daqiiqado yar ama saacado yar gudahood marka talaalka la siiyo kadib, aad ayey u yar tahay.
- Kiisas yar oo ah cudurka Guillain-Barré Syndrome, cudur aad u xun oo neerfayaasha wax gaarsiiya, ayaa la soo weriyey in dad talaalkan MCV4 qaatay uu ku dhacay. Ilaa iyo hada ma jiraan cadeymo badan oo sheegaya in uu talaalku yahay waxa sababay cudurka. Arinkan waxaa baaritaan ku haya howl wadeenada caafimaadka.

6	Waa sidee haddaan isku arko dhibaato halis ah oo ka timid talaalka?
----------	--

Maxaan iska eegaa/raadiyaa?

- Xaallad walba oo aan caadi ahayn, sida qandho sare ama dabeecad is bedel. Calaamado xasaasiyad oo aad u daran waxaa ka mid noqon kara neefta oo ku dhibta, xabeeb ama xiiq, xajiimood, midab gadoon, tabar yari, wadnahoo dhakhso u garaaca ama dawakh.

Maxaan sameeyaa?

- **Wac** dhakhtarka, ama dhakhtar u hel qofka sida ugu dhakhsaha badan.
- **U sheeg** dhakhtarka waxa dhacay, taariikhda iyo waqtiga ay wuxu dhaceen, iyo goorta tallaalka la qaatay.
- **Weydii** dhakhtarkaaga, kalkaalisadaada, ama hay'adda caafimaadka in ay warbixin ka sameeyaan dhibka soo baxay iyaga oo buuxinaya foomka Vaccine Adverse Event Reporting System (VAERS).

Ama waxaad warbixintan ka xareyn kartaa boga Internetka ee VAERS oo cinwaankoodu yahay www.vaers.hhs.gov, ama waxaad ka wici kartaa 1-800-822-7967.

VAERS ma siiso dadka talo caafimaad.

7 Sidee baan wax dheeraad ah ku ogaan karaa?

- Weydii dhakhtarkaaga ama kalkaalisadaada. Waxay ku siin karaan macluumaad ku saabsan tallaalka ama waxay kuu sheegi karaan meelo kale oo aad akhbaar dheeri ah ka heli karto..
- Wac hay'adda caafimaadka xaafaddaada ama gobolkaaga.
- La xiriiir Centers for Disease Control and Prevention (CDC) (Xarumaha Xakameynta Cudurada & ka hortaga):
 - **Wac 1-800-232-4636 (1-800-CDC-INFO)**
 - Booqo boga internetka CDC National Immunization Program (Barnaamijka Talaalka Qaranka ee CDC) ee ah www.cdc.gov/nip
 - Booqo boga internetka ee CDC da ee cudurka meningococcal www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal_g.htm
 - Booqo internetka ee CDC da ee dadka safraya ee ah www.cdc.gov/travel

**Hay'adda Caafimaadka Iyo Adeegyada Bulshadda
Xarumaha Xakameynta Cudurada Iyo Ka Hortaga
Barnaamijka Tallaalada Qaranka**

Meningococcal 10/7/05 Oraahda Warbixinta Talaalka (ku meelgaar)

Translation provided by the Minnesota Department of Health