

# TALAAL SAMBABEED “PNEUMOCOCCAL POLYSACCHARIDE”

# VACCINE

## WAXAAD U BAAHAN TAHAY INAAD OGAATO

Bayaano Macluumaadka Talaalka oo badan ayaa lagu heli karaa Isbaanish iyo afafka kale. Fiiri [www.immunize.org/vis](http://www.immunize.org/vis).

### 1 Jirrada Pneumococcal

Jirrada (sambabka) Pneumococcal waxa dhaliya bakteeriyada *Streptococcus pneumoniae*. Waa sabab weyn oo keenta jirrooyin talaal lagaga hortagi karo iyo dhimasho Maraykanka gudihisa. Qof kastaa wuu qaadi karaa jirrada pneumococcal, laakin qaar ayaa aad halis ugu ah:

- Dadka jira 65 sanno iyo ka ka waynweyn
- Caruurta aad u yar yar-yaryar
- Dadka leh dhibaatooyin caafimaad oo gaar ah
- Dadka leh nidaamka jidh difaacista oo liita
- Sigaarya-cabka

Jirrada Pneumococcal waxay keeni kartaa infekshan:

- Sambabada (pneumonia),
- Dhiigga (bacteremia), iyo
- Qoor-gooyaha (meningitis).

Nimooniyada Pneumococcal waxay dishaa ilaa 1 qof 20 kii ay ku dhacda. Bakteeriyada waxay dishaa 5-tii qofba 1 qof iyo qoor-gooyaha oo dila 10 qofba 3 qof.

Dadka leh dhibaatooyinka caafimaad ee lagu sharxay Qaybta 3 ee bayaankan ayaa aad ugu suurtagalsan inay u dhintaan jirradan.

### 2 Talaalka Pneumococcal polysaccharide (PPSV)

Daaweynta infekshanka pneumococcal ee beenesaliinta iyo dawooyinka kale ee la isticmaalaa waxay aad u ahaayeen waxtar. Laakiin nooc cusub oo jirrada ah ayaanay waxba ka tarin daawadu. Taas ayaa ka dhigaysa ka ka- hortaggahortagga jirrada, ee talaalka ah, wax aad u muhiim ah.

Talaalka Pneumococcal polysaccharide (PPSV) wuxuu celiyaa 23 nooc oo bakteeriyad pneumococcal ah, oo ay ku jirto ta ugu suurtagalsan inay dhaliso jirro ba'an.

Inta badan dadka waaweyn ee fayyo-qaba ee qaata talaalku waxay helaan ka -hortaggabadi ama dhammaan noocayada 2 ilaa 3 toddobaad gudahood marka la talaalo. Dadka aad u waayeelka ah, carruurta ka yar da'da 2 sanno jir, iyo dadka leh jirrooyinka muddada dheer lagama yaabo inay si hagaagsan uga jawaabaan. Nooc kale oo ah talaalka pneumococcal talaalka (talaalka pneumococcal conjugate, ama PCV) ayaa badiyaa loo amaanay carruurta ka yar 5 sanno jir da'da. PCV waxa lagu sharxay xaashi gooni ah oo ku taal Bayaanka Macluumaadka Talaalka.

### 3 Yay tahay inuu qaato talaalka PPSV?

- Dhammaan dadka 65 sanno jirka ah da'da ama ka weyn.
- Qof kasta 2 ilaa 64 sanno jir da'da oo qabo dhibaato caafimaad muddo dheer sida:
  - wadno-xanuun
  - sambab xanuun
  - jirrada dhiiga “sickle cell”
  - macaan (sonkorow)
  - alkoliisto (khamriyo cab)
  - jirrada beerka “cirrhosis”
  - di'itaan dheecaanka laf dhabarka “cerebrospinal” ama walax dhagoolayaasha dhagtooda loogu rakibo “cochlear implant”
- Qof kasta 2 ilaa 64 sanno jir da'da oo qabo jirro ama xaalad hoos u dhac ku keenta jidhka iska-caabintiisa infekshanka, sida:
  - Jirrada Hodgkin's
  - kansarka “lymphoma ama leukemia”
  - kalyaha oo dhinta
  - kansarka unugyada balaasmada “multiple myeloma”
  - jirrada kalyaha “nephrotic syndrome”
  - Infekshanka HIV ama AIDS
  - beeryar waxyeeloobay, ama beeryar la'aan
  - qof xubin la geliyey
- Qof kasta 2 ilaa 64 sanno jir da'da oo qaata daroogo ama daawo hoos u dhac ku keenta jidhka iska-caabintiisa infekshanka, sida:
  - isteerooydhka muddada dheer
  - dawooyinka kansarka qaarkood
  - daaweynta shucaaca “radiation therapy”
- Qof kasta oo weyn oo da'da jira 19 ilaa 64 sanno oo ah:
  - sigaarya-cab
  - qaba xiiq (neef)

PPSV waxtarkeedu wuu yaraan karaa dadka qaar, gaar ahaan kuwa ay hoosayso iska-caabintooda infekshanku.

Laakiin dadkaas waa in hadana la talaalaa, waayo waxay suurtagal uga sii yihiin inay si ba'an ugu jirraadaan jirrada pneumococcal.

Carruurta badiyaa qaada infekshanka dhagaha, infekshanka sanqada, ama jirrooyinka qayb aha sare ee marinada neefsi, laakiin sida kale u caafimaad qaba, uma baahna inay qaataan PPSV waayo waxba kama tarto xaaladahaas.

**4****Intee in le'eg PPSV ayaa loo baahan yahay, iyo goorma?**

Badiyaa hal mar oo ah PPSV ayaa loo baahan ayahay, laakiin xaaladaha qaarkood laba jeer ayaa la siin karaa.

- Mar labaad qaadashada waxa lagula talinayaa dadka da'da jira 65 sanno ama ka weyn ee ay ugu horraysay qaadashada talaalku intii ay ka yaraayeen 65 oo ay hadana ka soo wareegtay 5 sanna ama ka badan markii ugu horraysay ee ay qaateen.
- Mar labaad qaadashada waxa lagula talinayaa dadka da'da jira 2 ilaa 64 sanno ee:
  - leh beeryaro waxqabta ama aan lahayn beeryaro
  - qaba jirrada Jirrada dhiiga
  - qaba infekshanka HIV ama AIDS
  - qaba kansarkada, leukemia, lymphoma, multiple myeloma
  - qaba xaaladaha jirrooyinka kalyaha "nephrotic syndrome"
  - haysta ama la geliyey xubin jidh ama laga bedelay dhuuxa lafaha
  - qaata dawooyinka hoos u dhiga habka difaaca jidhka (sika keemoterabiga ama isteerooydhka muddada dheer)

Marka la bixiyo talaalka labaad, waa inay ahaato 5 sanno kadib markii uu qofka qaatay kii hore.

**5****Dadka qaar waa in aanay qaadan PPSV ama sugaan**

- Qof kasta oo qaba xaalad jidh-diidmo nafta halis gelinaysa marka la siiyo PPSV waa inaan mar labaad la siin.
- Qof kasta oo xasaasiyad ku qaba wax ku jira talaalka waa inaan la siin talaalka. U sheeg dhakhtarkaaga haddii aad qabto xasaasiyad ba'an.
- Qof kasta oo oo dhexdhexaad ahaan ama si ba'an u jirrada marka talaalka loo balamiyey waxa la weydiin karaa inuu sugo ilaa inta uu raysanayo kahor qaadashada talaalka. Qofka qaba jirro sahlan badiyaa waa la talaali karaa.
- In kasta oo anay jirrin wax caddayn ah in PPSV ay waxyeelo u leedahay qofka uurka leh ama uur-ku-jirkeeda, laguma talinayo muddada uurka. Dumarka uurka leh ee qaba jirrooyinka ba'an waa inay la tashadaan dhakhtarkooda ka ka horhor talaalka. Dumarka qaba xaaldo hoose oo la og yahay inay halis ku keenayso jirrada pneumococcal waa in la talaalo ka horintaanay uur yeelan, haddii ay suurtagal tahay.

**6****Waa maxay halista ka imaan karta PPSV?**

Dadka badh ahaan qaata PPSV waxay yeeshaan waxyeelo barbar socod ah oo sahlan, sida guduutan ama xanuun meesha laga duray.

In ka yar 1% waxay yeeshaan qandho, muruq xanuun, ama jidhdiido aad u ba'an.

Tallaalku, sida dawooyinka kale, wuxuu keeni karaa jidh-diimo daran. Laakiin halista ah in tallaalku keeni karo waxyeelo daran, ama dhimasho, aad iyo aad ayay u yar tahay.

**7****Ka warran haddii ay jirto jidh-diidmo ba'anni?****Maxay tahay inaan raadsaddo?**

Xaalad kasta oo aan caadi ahayn, sida xumad saa'id ah ama is badal hab-dhaqanka ah. Calaamadaha xaasaasiyada daran waxaa ka mid noqon karta neefsasho la'aan, cabudhaad, finan, cadaansho, daciifnimo, wadno-garaac degdeg ah ama indh-daraandar.

**Maxaan Sameeyaa?**

- Wac diktoorka ama si dhakso ah qofka ugu gee dhakhtar.
- U sheeg diktoorka waxa dhacay, taariikhda iyo waqtiga wax dhaceen, iyo marka tallaalka la siiyay.
- Adeeg-bixiyahaaga waydii inuu jidh-diidmada warriyo adigoo buuxinaya foomka Sistamka Warbixinta Dhacdada Daran ee Tallaalka ee loo soo gaabsaddo VEARS (Vaccine Adverse Event Reporting System -VAERS). Ama warbixintan waxaad ka fayl garayn kartaa mareegta VEARS ee [www.vaers.hhs.gov](http://www.vaers.hhs.gov), ama adigoo waca 1-800-822-7967.

*VAERS ma bixiso talo caafimaad.*

**8****Sideen u baran karaa wax dheeraad ah?**

- Adeeg bixiyahaaga waydii. Waxay ku siin karaan bushqada tallaalka ama waxay kuu soo jeedin karaan ilo-wareedyo kale
- La hadal waaxdaada degaanka ama gobolka ee caafimaadka.
- La xidhiidh Centers for Disease Control and Prevention (CDC):
  - Wac 1-800-232-4636 (1-800-CDC-INFO) ama
  - Booqo bogga internetka ee CDC ee [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).



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



Vaccine Information Statement

PPSV (4/16/09) - Somali

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