

# TALAALKA ROTAVIRUS

## WAXAAD U BAAHANTAHAY IN AAD KA OGAATO

### 1 Muxuu yahay rotavirus?

Rotavirus waa feyras keena shuban daran, badanaaba murjuxyada iyo ilmaha yaryar. Badanaaba waxaa la socda matag iyo qandho.

Shubanka daran ma keeno rotavirus kaliyi, balse waa kan ugu daran badanaaba. Sanad walba dalka Maraykanka rotavirus wuxuu keena:

- in ka badan 400,000 jeer oo dhakhtar loo tago
- in ka badan 200,000 oo jeer gargaarka amarjensiga (degdegga ah) la tago
- 55,000 illaa 70,000 oo isbitaal laseexiyo
- 20-60 dhimasho

Qiyaastii gebi ahaan ilmaha U.S. jooga oo dhan waa ku dhacaa rotavirus intayan gaarin 5 jir.

Waxay u badan tahay in cudurka rotavirus uu ilmaha ku dhaco inta u dhexaysa Nofeembar iyo Maajo/May, iyada oo ay ku xiran tahay meesha ay dalka ka joogaan.

Ilmahaagu wuxuu ka qaadi karaa infakshanka rotavirus hadduu meel la joogo ilma qaba.

### 2 Talaalka rotavirus

Faydhawr fiican iyo nadaafad guud si fiican hoos waa ugu dhigi waayeen cudurka rotavirus. Talaalka rotavirus ayaa ugu fiican wax ilmaha looga difaaco cudurka rotavirus.

Talaalka rotavirus afka ayaa laga qaataa (waa la liqaa); lagumana qaato talaalka irbad ahaan.

Talaalka rotavirus ka hortegi maayo shubanka ama matagga ay keenaan jeermisyada kale, balse wuxuu aad ugu fiican yahay ka hortagga shubanka iyo matagga uu keeno rotavirus.

Qiyaastii boqolkiiba 98

ilmaha qaata talaalku waa ay ka difaacan yihiin shuban daran oo rotavirus uu u keeno, qiyaastiina boqolkiiba 74 kumaba dhaco shubanka rotavirus haba yaraatee.

Waxayna u badan tahay Ilmaha la talaalaa in aysan isbitaal u seexan ama dhakhtar u arkin infakshanka rotavirus dartiis.



### 3 Yay tahay in uu qaato talaalka rotavirus goormana?

Ilmuhu waa in ay qaataan 3 talaal oo rotavirus ah. Waxaana lagula talinayaa markay jiraan da' daan:

Talaalka Kowaad: 2 bilood jir

Talaalka Labaad: 4 bilood jir

Talaalka Saddexaad: 6 bilood jir

- Talaalka kowaad waa in la siiyaa markuu ilmuhu jiro inta u dhexaysa 6 illaa 12 todobaad. Talaalkan daraasad laguma samayn marka lagu bilaabo ilmaha da'daas ka baxsan.
- Ilmuhu marka uu jiro 32 todobaad waa in uu wada qaatay 3dii dose.

Talaalka rotavirus ilmuhu waa la qaadan karaan talaalada kale isla mar.

Talaalka ka dib ilmaha caadi ayaa cuntada loo siin karaa.

### 4 Ilmaha qaarkood ma aha in ay qaataan talaalka rotavirus ama waa in ay sugaan

- Ilmo hadda ka hor talaal rotavirus ah ee uu qaatay ku kiciyay cadaanyo ba'an (naf tiisa halis gelisay) ma qaadan karo dose kale. Ilmo wax cadaanyo ba'an (naf tiisa halis gelisay) ay ku kicisay wax ku jira talaalka rotavirus waa in aysan qaadan talaalka. U sheeg dhakhtar kaaga haddii ilmahaaga marna talaal uu cadaanyo ba'an ku kiciyay oo aad ogtahay.
- Ilmaha qaba jiro dhexdhexaad ah ama aad u jiran markii la talaali lahaa waa in ay sugaan talaalka illaa ay ka bogsanayaan. Tan waxaa ka mid ah ilmaha qaba shuban ama matag. Weydii dhakhtarkaaga ama kalkaalisa caafimaad. Ilmaha qaba jiro fudud badanaaba waa in ay talaalka qaataan.
- Ka hubi dhakhtar kaaga haddii ilmahaagu wax dhib ah uu hadda ka qabo dheefshiidka.
- Ka hubi dhakhtar kaaga haddii habdhiska difaaca jirka ilmahaagu uu u nugulaaday sababahan:
  - HIV/AIDS, ama cudur kale ee waxyeela habdhiska difaaca jirka
  - muddo dheer lagu daaweynaayay daawooyin sida steroids
  - kansar, ama kansar lagaga daaweeyo raajo ama daawooyin

- Ka hubi dhakhtar kaaga haddii ilmahaagu dhowaan dhiig lagu shubay ama uu qaatay wax dhiig la xirira (sida immune globulin).

Dhamaadkii sanadka 1990 waxaa la isticmaali jiray nooc kale oo ah talaal rotavirus. Talaalkan waxaa uu keenaa mindhicir-xiran aan caadi ahayn loona yaqaan “intussusception,” suuqana waa laga saaray.

Talaalka cusub ee rotavirus waxaa lagu tijaabiyay ilmo ka badan 70,000 lalamana xiriirin in uu keeno intussusception keeno.

Si kastaba ha ahaatee, mar haddii uu intussusception, qof ku dhaco sababtu waxay doonto ha ahaatee, halis weyn waxay u yihiin in uu mar kale ku dhaco. Marka, taxadar ahaan, waxaa lagu talinayaa haddii ilmo uu horay u qabay intussusception waa in ayyan qaadan talaalka rotavirus.

## 5 Waa maxay khataraha ka iman kara talaalkan rotavirus?

Talaal, sida daawa kasta, wuxuu keeni karaa dhibaatooyin daran, sida cadaanya ba’an uu kiciyo. Halista uu talaalka rotavirus ku keeni karo dhib weyn, ama dhimasho aad by u yartahay.

Qaadashada talaalka rotavirus aad bay uga amaansan tahay/fiican tahay cudurka oo kugu dhaca.

### Dhibaha fudud

Waxay u yara badantahay in ilmaha qaata talaalka rotavirus (1 illaa 3 boqolkiiba) uu ku dhaco shuban iyo matag fudud, oo aan joogto ahayn 7 maalmood gudahood marka loo eego ilmaha aan talaalka qaadan.

Talaalkan wax xiriir ah looma helin in uu kiciyo cadaanyo fudud iyo mid daran toona.

Haddii daawo cusubi si dhif ah cadaanyo u kiciso, waxaa laga yaabaa in aan la aqoonsan illaa kumaan kun ama malaayiin, dad ahi isticmaalaan. Sida talaalada oo dhan, talaalka rotavirus waa lala soconayaa hadduu keeno dhibaatooyin aan la aqoon ama daran.

## 6 Ka waran haddii dhib dhexdhexaad ah ama daran ay timaado?

### Maxaan ku gartaa?

- Xaalad kasta oo aan caadi ahayn, sida qandha daran ama dabeecadda qofka oo isbedesha. Calaamadaha lagu garan karo in cadaanyo ba’an uu kiciyay waxaa ka mid ah neefsashada oo dhibta, codka oo xirma ama xiiqxiq/neeftuur, furuurac cuncun leh, midabka oo isbedela, tabardaro, wadnaha oo aad u garaaca ama wareer yimaada. Waxyaabahani waxay badanaaba dhacaan dhawr saac gudahood talaalka ka dib.

### Maxaan sameeyaa?

- **Dhakhtar** wac, ama qofka isla markiiba dhakhtar u gee.
- **U sheeg** dhakhtar kaaga waxa dhacay, saacadda iyo maalinta sidaasi dhacday, iyo waqtigii talaalka la qaatay.
- **Waydii** dhakhtarkaaga, kalkaalisada caafimaad, ama waaxda caafimaadka si aad u wariso dhibka talaalku keenay adigoo buuxinaaya foomka Vaccine Adverse Event Reporting System (VAERS).

Ama waxaad warbixintan ku gudbin kartaa bogga internetka ee VAERS ee [www.vaers.hhs.gov](http://www.vaers.hhs.gov), ama adigoo wacaya 1-800-822-7967.

*VAERS talo caafimaad ma bixiso.*

## 7 Barnaamijka Qaranka ee Magdhawga Dhaawaca Talaalka

Haddii lama filaan ay dhacdo oo adiga ama ilmahaaga uu talaalku ku kiciyo cadaanyo ba’an, waxaa la sameeyay barnaamij fadaraalku ku caawinaayo in lagu daboolo kharajka daryeelka qofka dhibaataadu ka soo gaartay talaalka.

Wixii faahfaahin ah ee ku saabsan National Vaccine Injury Compensation Program (Barnaamijka Qaranka ee Magdhawga Dhaawaca Talaalka), wac **1-800-338-2382** ama booqo boggooda internetka ee [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation).

## 8 Sidee wax intaa ka badan u ogaan karaa?

- Weydii dhakhtar kaaga. Waxay ku siin karaan warqadda la socota talaalka ama waxay kuu sheegi karaan ila kale oo aad warbixin ka heli karto.
- 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 boga internetka ee Barnaamijka Tallaalka Qaranka ee CDC ee: [www.cdc.gov/nip](http://www.cdc.gov/nip)



**Wasaaradda Caafimaadka iyo Arrimaha Bulshada ee U.S**  
Xarunta ka Hortagga iyo La Dagaalanka Cudurada  
Barnaamijka Talaalka Qaranka

Vaccine Information Statement  
Rotavirus (4/12/06) - Somali 42 U.S.C. § 300aa-26