

# Tallaalka Dabaysha (Polio)

## Waxaad u Baahan Tahay Inaad Ogaato

Many Vaccine Information Statements are available in Somali and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Bayaanno Macluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Eeg [www.immunize.org/vis](http://www.immunize.org/vis)

### 1 Waa maxay sababta la isu tallaalayo?

Tallaalka ayaa ka ilaalin kara dadka **dabaysha**. Cudurka dabayshu waa cudur u keeno fayras. Waxa lagu faafiyaa inta ugu badan xiriirka is taabashada leh qof-ka-qofka. Waxa kale oo lagu fidin karaa cunista cuntada ama cabbitaanka ku faddaraysan xaarka qofka infekshanka qaba.

Dadka ugu badan ee qaba dabaysha ayaan lahayn wax calaamado ah, oo inta ugu badan ka ladnaada xaalado iyaga oo aan yeelan xaalado ka sii dara. Laakiin mararka qaarkood dadka qaada cudurka dabaysha ayaa naafooba ama baaralato yeesha (gacmahooda ama lugahooda aan dhaqaajin karin). Dabaysha ayaa ku damabayn karta naafanimi joogto ah. Dabaysha ayaa waliba sababi karta dhimasho, iyada oo badiyaa naafo ka dhigta muruqyada loo isticmaalo neefsashada.

Dabaysha ayaa ka ahaan jirtay wax caadi ah Mareykanka. Waxay naafayn jirtay oo dili jiray kumanaan qof sannadkiiba kahor intaan la soo saarin tallaalka dabaysha sannadkii 1955. Ma laha ka bogsasho infekshinka dabayshu, laakiin waxa lagaga hortagi karaa tallaalka.

Cudurka Dabatsha waa laga tirtiray Mareykanka. Laakiin cudurku wuxuu ka dhacaa meelo kale oo adduunka ka tirsan. Waxa ku filan hal qof oo fayrasta dabayshu hayso oo ka yimid dal kale inuu dib ugu soo celiyo cudurka halkan haddii aanu tallaalku ina difaacayn lahayn. Haddii dadaalka loogu jiro in laga baabi'yo adduunka cudurkan lagu guuleysto, markaa uma baahan doono tallaalka dabaysha. Haddaba illaa ay sidaas ahaato, waa inaan u sii wadna tallaalka carruurteena.

### 2 Tallaalka Dabaysha (Polio)

Tallaalka fayraska dabaysha ee aan nooleyn (**IPV**) ayaa ka hortagi kara cudurka dabaysha.

#### Carruurta

Dadka ugu badani waa inay qaataan tallaalka IPV markay carruurta yihiin. Qiyaasta tallaalka IPV ayaa badiyaa lagu bixiyaa 2, 4, 6 ilaa 18 bilood, iyo 4 ilaa 6 sano jirka.

Jadwalka ayaa dhici karta inay u kala duwanaato carruurta qaarkood (oo ay ku jiraan kuwa u socdaala dalalka qaarkood iyo kuwa qaata tallaalka IPV iyada oo qayb ka ah isku jir tallaalka). Daryeel caafimaad bixiyahaaga ayaa kaa siin kara macluumaad dheeraad ah.

### Qaangaarka

Qaangaarayaasha badankoodu uma baahna IPV maadaama horay looga tallaalay dabaysha markay carruurta ahaayeen. Laakiin dadka qaangaarka qaarkood ayaa halis sarreysa u leh oo markaa ah inay tixgaliyaan qaadashada tallaalka cudurka dabaysha, oo ay ka mid yihiin:

- dadka u socdaalaya qeybo ka mid ah adduunka,
- shaqaalaha shey-baarka ee dhici karta inay faraha la galaan fayraska cudurka dabaysha, iyo
- shaqaalaha daryeelka caafimaadka ee dawaynaya bukaanka qaba dabaysha.

Qaangaarayaashan qatarta wayn u leh ayaa dhici karta inay u baahdaan 1 ilaa 3 qiyaas oo tallaalka IPV, iyada oo ku xiran inta qiyaasood ee ay qaateen waa hore.

Ma jiraan halis la yaqaan oo ay leedahay la-qaadashada IPV tallaalkada kale waqti isku mid ah.

### 3 Dadka qaarkood ma aha inay qaataan tallaalka

U sheeg qofka tallaalka bixinaya:

- **Haddii u qofka qaadanaya tallaalku u leeyahay dareen-celin alerjiyo nolosha halis galisa.** Haddii aad waligaa ku yeelatay dareen-celin alerji oo nolosha halis galisay, kaddib markaad qaadatay qiyaas taallaal IPV, ama alerji daran aad ku yeelatay qayb kasta oo ka mid ah tallaalka, waxa lagugula talin doonaa inaad is-tallaalin. Weyddii bixiyahaaga daryeel caafimaad haddii aad rabto macluumaadka ku saabsan qaybaha tallaalku u ka kooban yahay.
- **Haddii qofka la tallaalayaa aanu si fiican dareemayn.** Haddii aad qabto jirro sahlana, sida durayga, waxa dhici karta inaad qaadato tallaalka maantaba. Haddii aad u bukto si dhexdhexaad ah ama daran, waxa habboon inaad sugto illaa intaad ka bogsanayso. Dhakhtarkaaga ayaa talo ku siin kara.

### 4 Halista falcelinta tallaalka

Dawo kasta, oo ay tallaalladu ka mid yihiin, waxa dhici karta inay jiraan saamayno soo raaca. Kuwaas ayaa ah badiyaa kuwo sahlana ama iyaga ayaa iskood isaga taga, laakiin falcelinta darani inay dhacdaana waa suurtagal.

Dadka qaarkood ee qaata IPV ayaa meel damqata ku yeesha barta laga duray. Tallaalka IPV horay looguma aqoon inuu sababo dhibaatooyin daran, oo dadka inta ugu badani haba yaraatee kuma yeeshaan dhibaatooyin.

## Dhibaatooyinka dhici kara kaddib tallaalkan:

- Dadka ayaa mararka qaarkood miyir beela kaddib hawl caafimaad marka lagu sameeyo, oo tallaalkuna ka mid tahay. Fadhiga ama jiifsadka illaa 15 daqiiqo kaddib tallaalka ayaa ka caawin karta qofka kahortagga miyir-beelka iyo dhaawacyada ay keento dhicistu. U sheeg bixiyahaaga haddii aad dareento dawakhaad, ama araggaagu isbeddelo ama dhaguhu ku guuxaan.
- Dadka qaarkood ayaa yeesha garab xanuun ka daran oo waqti dheer qaadata ka damqashada caadiga ah ee ka dambeeya duritaanka. Taas ayaa dhacda marar dhif ah.
- Dawo kasta ayaa sababi karta fcelin xasaasiyadeed daran. Falcelintan oo kale ee ka timaad tallaalka ayaa aad dhif u ah, iyada oo lagu qiyaaso in ka yar 1 milyankii qiyaasoodba, oo waxay dhici doontaa dhowr daqiiqo illaa dhowr saacadood gudahood tallaalka kaddib.

Sida dawo kasta oo kale, ayay jirtaa calaf suurtagalkeedu aad u yar tahay oo tallaalku sababo dhaawac halis ah ama dhimashaba.

Waxa marwalba kormeer lagu hayaa badbaadada tallaallada. Macluumaad intaas dhaafsiisan intaas, booqo [www.cdc.gov/vaccinesafety/](http://www.cdc.gov/vaccinesafety/)

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## Maxaa dhacaya haddii ay dhibaatooyin darani ka yimaaddiin?

### Maxay tahay inaan raadiyo?

- U fiirso wixii kasta ee adiga kaa wewelsiiya, sida calaamadaha daren-celinta xasaasiyadda daran, qandhada aad u sarreysa, dabeecadda isbeddelaysa.

Calaamadaha **daren-celinta xasaasiyadaha daran** waxa ka mid noqon kara, wajiga iyo cunaha oo barara, neefta oo ku qabata, wadnaha oo degdeg kuu garaaca, dawakhaad, iyo tabcaanimo. Taasi waxay bilaabmi doontaa dhowr daqiiqo illa dhowr saacadood kaddib tallaalka.

### Maxay tahay inaan sameeyo?

- Haddii aad u maleyso inay tahay **dareen-celin xasaasiyad daran** ama xaalad kale oo degdeg ah oo aan la sugin karin, u wac 9-1-1 ama qofka gee isbitaalka kuugu dhow. Haddii kalese, wac rugta caafimaadka.

Markaa waxa ka dambeeya, ficil-celinta waa in warxbixin laga siiyaa Vaccine Adverse Event Reporting System (VAERS) (Ka Warbixinta Dhacdada Daran ee Tallaalka). Dhakhtarkaaga ayaa ah inuu xareeyo warbixintan, ama adiga laftaada ayaa sidaas samayn kara adiga oo u mara websaytka VAERS ee ku taal [www.vaers.hhs.gov](http://www.vaers.hhs.gov), ama adiga oo waca **1-800-822-7967**.

*VAERS ma bixiso talo caafimaad.*

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## Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka

National Vaccine Injury Compensation Program (VICP) (Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka) waa barnaamij federaal ah oo loo abuuray magdhowga dadka laga yaabo ay wax yeelleeyeen tallaallada qaarkood.

Dadka rumaysan inuu tallaalka dhaawacay waxay wax ka ogaan karaan barnaamijka iyo sida loo xereysanayo cabasho iyaga oo waca **1-800-338-2382** ama booqda websaydka VICP ee [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation). Waxa jira wakhti xadaysan in la sheegto magdhow.

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## Sidee baan macluumaad dheeraad ah ku ogaan karaa?

- Weyddii daryeel bixiyahaaga caafimaad. Isaga ama iyada ayaa ku siin kara warqadda baakada tallaalka lagu soo dhex riday ama kugula talin kara ilo kale oo aad macluumaad ka heli kartid.
- Wac waaxda caafimaadka xaafadda ama gobolkaaga.
- La xiriir Centers for Disease Control and Prevention (CDC) (Xarumaha Xakamaynta iyo Kahortagga Cudurrada):
  - U wac **1-800-232-4636 (1-800-CDC-INFO)** ama
  - Booqo degelka CDC ee ku taal [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

Vaccine Information Statement  
**Polio Vaccine**

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