

Tallaalka Rotavirus

Waxaad u Baahan Tahay Inaad Ogaato

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Bayaanno Macluumaad Tallaal oo farabadan ayaa lagu heli karaa luqadaha Isbaanishka iyo luqado kaleba. Eeg www.immunize.org/vis

1 Waa maxay sababta la isu tallaalayo?

Rotavirus waa fayras sababa shuban, oo inta badan ku dhaca dhallaanka iyo carruurta yaryar. Shubanka ayaa darnnaan kara, oo u horseedi kara fuuqbax. Matag iyo xummad ayey waliba badiyaa yeeshaan dhallaanka qaada rotavirus-ku.

Kahor tallaalka rotavirus, cudurka rotavirus ayaa ku badnaa oo dhibaato caafimaad oo daran u lahaa carruurta ku noolayd gudaha Maraykanka. Ku dhawaad dhammaan carruurta ku nool Maraykanka ayaa qaada caabuqa rotaviruska ugu yaraan hal jeer kahor taariikhda dhalashadooda 5^{aad}.

Sannad kasta kahor intuuna tallaaku jirin:

- in ka badan 400,000 oo carruur yaryar ayaa ugu tagtay dhakhtar jirro ay sababtay rotavirus,
- in ka badan 200,000 ayaa ugu taga qolka imerjensiga,
- 55,000 illaa 70,000 ayaa isbitaal dhigis ahayd, oo
- 20 illaa 60 ayaa ku dhimatay.

Illaa iyo intii la bilaabay tallaalka rotavirus, isbitaal seexinta iyo booqashooyinka degdegga ah ee loogu tago rotavirus qolka degdegga ah ayaa si wayn u hoos ugu dhacay.

2 Tallaalka rotavirus

Waxa jira laba nooc oo tallaalka rotavirus oo la heli karo. Ilmahaaga ayaa qaadan doona 2 ama 3 qiyaasta dawada ah, iyadoo ku xiran hadba tallaalka la isticmaalo.

Qiyaasyada ayaa lagula talinayaa da'ahan:

- Qiyaasta Kowaad: 2 bilood da'da ah
- Qiyaasta Labaad: 4 bilood da'da ah
- Qiyaasta Saddexaad: 6 bilood da'da ah (haddii loo baahdo)

Ilmahaagu waa inuu qaataa qiyaasta koowaad ee tallaalka rotavirus kahor 15 toddobaad jirka, iyo ka ugu dambeeyana illaa 8 bilood markuu jiro. Tallaalka rotavirus waxa la bixin karaa si badbaado leh isla waqtiga tallaallada kale.

Ku dhawaad dhammaan dhallaanka qaata tallaalka rotavirus ayaa ka dhawraan doona shubanka rotavirus ee daran. Badidoodna dhallaankani shubanka rotavirus kuma dhici doono.

Tallaalku kama hortagayo shubanka iyo matagga ay sababaan jermiyada kale.

Fayras kale oo loo yaqaan porcine circovirus (ama qaybo ka mid ah) ayaa laga heli karaa labada tallaalka ee rotavirus. Kani ma aha fayras dadka cusur ku rida, oo ma jira halis xagga ammaanka ah oo la qayaan. Si aad u hesho macluumaad dheeraad ah, eeg <http://wayback.archive-it.org/7993/20170406124518/https://www.fda.gov/BiologicsBloodVaccines/Vaccines/ApprovedProducts/ucm212140.htm>

3 Dhallaanka qaarkood ma aha inay qaataan tallaalkan

Ilmaha ku yeeshay xasaasiyad dareen-celin daran oo nolosha halis galisay qiyaasta tallaalka rotavirus waxa habboon inuuna qaadan tallaalka kale. Ilmaha ku leh xaasaasiyad daran (nolosha halis galiya) qayb kasta oo ka tirsan tallaalka rotavirus waa inaan la siin tallaalka. *U sheeg dhakhtarkaaga haddii uu ilmahaagu uu leeyahay xasaasiyad daran oo kasta oo aad adigu ogtahay, iyadoo ay ku jirto xasaasiyad daran ee cinjirka ka yimaad dhirta.*

Dhallaanka qaba “calaamadaha daran ee yaraan shaha habka daafaca” (SCID) waxaa habboon in aanay qaadan tallaalka rotavirus.

Dhallaanka yeeshay nooca mindhicir xiranka ee loo yaqaan “intussusception” waa inayna qaadan tallaalka rotavirus.

Dhallaanka si sahlan u jirran ayaa qaadan kara tallaalka. Dhallaanka sida sahlan ama aadka u xanuunaysa waxa habboon inay sugaan illaa intay ka bogsanayaan. Taas waxa ku jira dhallaanka qaba shubanka ama matag dhexdhexaadka ah ama daran.

Ka hubi dhakhtarkaaga haddii uu nidaamka difaac jidhka ilmahaagu uu tamar daran yahay sababta oo ah:

- HIV/AIDS, ama cudurka kale oo saameeya habdifaaca jidhka
- ku dawaynta dawooyinka sida isteerooydhiska
- kansar, ama ka daawaynta kansarka lagu dawaynayo raajo ama dawooyin

4 Halista dareen-celinta tallaalka

Tallaalka, sida dawo kasta, waxa dhici karta inay jiraan saamayno soo raaca. Kuwaas ayaa ah badiyaa ah kuwo sahlan ama iyaga ayaa iskood isaga taga. Soo raac darani iwaliba waa suurtagal laakiin waa dhif.

Carruurta badankooda qaata tallaalka rotavirus wax dhiba ah kala ma kulmaan iyada. Laakiin dhibaatooyinka qaarkood ayaa lala xidhiidhiyaa tallaalka rotavirus:

Dhibaatooyinka fudud ee soo raaca marka tallaalka rotavirus la qaato:

- Waxaa laga yaabaa in carruurta ay noqdaan qaar xanaaq badan, ama ay yara yeeshaan shuban aan sidaa u sii darnayn, joogto ahayn ama matag kadib marka ay qaataan qiyaasta dawada tallaalka rotavirus.



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

Dhibaatooyinka daran ee soo raaca marka tallaalka rotavirus la qaato:

- Intussusception waa nooc ka mid ah mindhicir xirmitaan oo lagu daweyo cisbitaalka, oo qalliin u baahan kara. Waxay ugu dhacdaa “si dabiici ah” dhallaanka qaarkood sannad kasta gudaha Maraykanka, oo badiyaa ma jirto sabab la garan karo.

Waxa kale oo waliba jirta halis yar mindhicir xiran (intussusception) ka yimaad tallaalka rotavirus, badiyaa gudaheeda hal toddobaad kaddib qiyaasta tallaalka 1^{aad} ama 2^{aad}. Halistan dheeraadka ah ayaa lagu qiyaasay inay tahay 20,000 illaa 1 markay tahayna 100,000 illaa 1 dhallaanka Maraykanka ee qaata tallaalka rotavirus. Dhakhtarkaaga ayaa macluumaad dheeraad ah kaa siin doona.

Dhibaatooyinka dhici kara kaddib tallaalka kasta:

- Dawo kasta ayaa sababi karta dareen-celin xasaasiyadeed daran. Dareen-celintan 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 sida caadiga ah 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/

5 Maxaa haddii ay jiraan dhibaatooyin darani?

Maxay tahay inaan raadiyo?

Markay tahay **mindhicir xiranka**, ka eeg calaamadaha xanuunka caloosha oo ay weheleiyaan oohitaan daran. Horraanta, dhacdooyinkan ayaa dhowr daqiiqo jiri doona oo iman doona oo ka tagi doona dhowr jeer hal saac gudaheed. Dhallaanku waxa laga yaabaa inay lugahooda u soo jiitaan dhinca laabta.

Ilmahaagu waxa laga yaabaa inuu matago dhowr jeer ama saxaraddu dhiig yeelato, ma wuxuu u muuqan doonaa daciif ama yeelan doonaa xanaaq badan. Calaamadahani badiyaa waxay dhacaan muddada toddobaadka ugu horreeya ee ka dib qiyaasta 1^{aad} ama 2^{aad} ee tallaalka rotavirus, laakiin u firso iyaga wakhti kasta oo ka dambeeya tallaalka.

U firso wixii kasta ee adiga kaa weleysiya, sida calaamadaha daren-celinta xasaasiyadda daran, qandhada aad u sarreysa, ama dabeecad aan caadi ahayn.

Calaamadaha **ficil-celinta xasaasiyadda daran** wax ka mid noqon kara furuuruc cuncun leh, wajiga iyo cunaha oo barara, neefta oo ku qabata, ma lullo aan caadi ahayn. Taasi waxay bilaabantaa sida caadiga ah dhowr daqiiqo illaa dhowr saacadood kaddib tallaalka.

Maxay tahay inaan sameeyo?

Haddii aad u maleyso inay tahay **mindhicir xiran (intussusception)**, u wac dhakhtar isla markaaba. Haddaad la xidhiidhi kari weydo dhakhtarkaaga, gee isbitaalka ilmahaaga. U sheeg markuu ilmahaagu qaatay tallaalka rotavirus.

Haddii aad u maleyso inay tahay **dareen-celin xasaasiyad daran** ama xaalad degdeg ah oo aan la sugi karin u wac 9-1-1 ama ilmahaaga gee isbitaalka kuugu dhow.

Haddii kale, u wac dhakhtarkaaga.

Markaa waxa ka dambeeya, ficil-celinta waa in waxbixin laga siiyaa “Nidaamka Ka Warbixinta Dhacdata Daran ee Tallaalka” (VAERS). Dhakhtarkaaga ayaa xereyn kara warbixintan, ama adiga laftaada ayaa sidaas samayn kara adiga oo u mara degelka VAERS ee ku yaal www.vaers.hhs.gov, ama adiga oo waca **1-800-822-7967**.

VAERS ma bixiso talo caafimaad.

6

Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (National Vaccine Injury Compensation Program)

Barnaamijka Magdhawga Dhaawaca Tallaalka Qaranka (VICP) 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 iyadoo waca **1-800-338-2382** ama booqda websaaydka VICP ee www.hrsa.gov/vaccinecompensation. Waxa jira wakhti xadaysan in la sheegto magdhow.

7

Sidee baan macluumaad dheeraad ah ku ogaan karaa?

- Weyddii dhakhtarkaaga. Isaga ama iyada ayaa ku siin kara warqadda baakadda tallaalka lagu soo dhex riday ama kugula talin kara ilo kale oo aad macluumaad ka heli kartid.
- Wac waaxda caafimaadka xaafadda ama gobolkaaga.
- La xiriiir Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC):
 - U wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Booqo degelka CDC ee ku taal www.cdc.gov/vaccines

Vaccine Information Statement Rotavirus Vaccine

02/23/2018

Somali

42 U.S.C. § 300aa-26

Office Use Only

