

Xaashida Xaqiiqada

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Tallaalka Cagaarshowga B ee Ardayda Fasalka 7

(Xaashida xaqiiqada waxa lagu heli karaa afaf badan. Fiiri http://www.toronto.ca/health/immunization_children/index.htm)

Muxuu yahay cagaarshwo B?

- Waa infekshan fayras oo ku dhaca beerka. Waxay keentaa in kabadan 75 boqolkiiba dhammaan kansarka beerka ee koowaad iyo in ku dhaw 100 dhimasho sannad kasta gudaha Kanada.
- Fayraska cagaarshow B ilaa 100 jeer ayaa looga qaadis badan yahay HIV. Fayrasku wuxu ku noolaan karaa sagxadaha maalmo oo uu weli fidi karaa.
- Waxa looga hortagi karaa iyada oo la iskaga tallaalo tallaalka cagaarshow B.

Siduu qof ku qaadi karaa cagaarshow B?

- Cagaarshow B wuxu ku fidaa taabashada dhiig ama dheecaanka jidhka qof qaba jirrada.
- Wuxu u fidi karaa:
 - wadaaga cadayga, sakiinada xiirashada, cidiyo-jarta iyo waxyaabaha daryeelista qofka ee kale;
 - qaniinyo qof candhuuftiisa dhiig ku Milan yahay;
 - u-galmoodka qof leh fayraska;
 - wadaaga irbad ama jidh-xaradh ama jidh-mudis haddii qalabku la adeegsaday wasakhaysan yahay.
- Hooyo qabta oo ugu gudbisa fayraska ilmaha ilmo-galeenka ama dhalmada.

Ayaa halis u ah inuu qaado cagaarshow B?

- Dadka da' kasta waa qaadi karaan fayraska cagaarshow B.
- Kooxaha qaar ay aad halis ugu ag (sida shaqaalaha daryeelka caafimaadka, xubnaha goyska qof qaba fayraska cagaarshow B).

Waa maxay astaamaha cagaarshow B?

- In kabadan nus dadka qaba fayraska ma yeeshaan calaamado mana oga inay qabaan. Waase u gudbin karaan fayraska cid kale.

- Carruurta yaryar ee qaadaa badi ma yeeshaan calaamado.
- Kuwa aan helin calaamado waa noogaan, oo yeeshaan qandho, diidaan cuntada, marmar indhaha iyo maqaarka ayaa jaalle noqda oo waxay yeelan karaan kaadi madow.
- Tiro yar dadka ayaa aad ugu bukooda fayraska cagaarshow B oo u baahda inay cisbitaalka u tagaan dhibaatooyin beer.

Maxaa dhici kara markuu qof qaado infekshanka cagaarshwo B?

- Carruurta qabta fayraska cagaarshow B ayaa aad ugu dhaw inay qaadaan infekshan halis ah oo yeeshaan dhibaatooyin beer mustaqbalka ama uu ku dhaco kansar inta danbe ee noloshooda.
- Ilaa 95 boqolkiiba dadka waaweyn ayaa iskood isaga celin infekshanka oo weligood ka dhawrsanaan jirradaas.
- 5 ilaa 10 boqolkiiba ayaa qaadi infekshan halis ah.
- Ilaa 1 dadka 100 kiiba ee qaba fayraska cagaarshow B ayaa u dhiman doona jirrada.

Sideen uga ilaaliyaa ilmahaygu in aanu qaadin cagaarshow B?

- Ilmahaaga ku tallaalo tallaalka cagaarshow B. Caafimaadka dadweynaha Toronto (TPH) ayaa siiya ardayda fasalka 7 tallaalka cagaarshow B oo bilaasha.
- Tallaalkan waxa laga isticmaalayey Kanada in ka badan 10 sanno waana ammaan aad ah.
- In kabadan 99 boqolkiiba ardayda fasalka 7 ee qaata laba durmo oo tallaalka ah waxay ka dhawrsanaan cudurka noloshooda oo dhan.

Bogga 1 ee 2

Somali – HepB Fact Sheet

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Ayuu tallaalka cagaarshow B bilaash u yahay?

- Tallaalkahe cagaarshow B waa ugu bilaash ardayda fasalka 7 dugsiga ama kiliinigyada bulshada.
- Ardayda fasalka 8 ee ka baaqday tallaalka fasalka 7, waxay ku heli karaan tallaalkooda fasalka 8 dugsiga ama rugta bulshada. Wac ama ka fiiri bogga internetka TPH maalmaha iyo saacadaha kiliinigyada.
- Kuwa aad halista ugu ah infekshanka cagaarshow B ayaa iyaguna bilaash ku heli kara tallaalka.

Ayey tahay in aanay qaadan tallaalka cagaarshow B?

- Ilmahaagu waa in aanu qaadan tallalka cagaarshow B haddii uu:
 - hore looga tallalay fayraska (Twinrix[®], Engerix-B[®], Recombivax HB[®]);
 - hore u qaaday fayraska cagaarshow B;
 - u xasaasiyad ba'an ku yeeshay tallaalka hore oo ah cagaarshow B ama jidh-diidmo ba'an tallaalka kale;
 - xasaasi ku yahay khamiirisada, aluminumka, latex formaldehyde, 2-phenoxyethanol ama thimerosal (ku jirta noocyada tallaalka qaarkood).
- Haddii uu ilmahaagu leeyahay qandho ka daran hargab, waa inuu sugo illaa inta uu ladnaan dareemayo kahor qaadashada tallaalka.

Waa maxay saamaynta barbar-socodka ah ee tallaalkan?

- Dadka qaar ayaa waxaa laga yaabaa in ay ka guduudato ama xanuunto meesha irbadda laga siiyey. Qaar ayaa dareema noogis ama qandho yar kadib irbadda.
- Dhif, waxyeelooyinka waxa ka mid ah dhib neefsi, finan ama barar dhuunta iyo wejiga ah.
- U tag dhakhtar isla markiiba haddi jidh-diidmo dhacdo kadib tallaalka.

- Kalkaalisoooyinka Caafimaadka Dadweynaha Toronto ayaa jooga kiliinigyada dugsiga oo u tababaran daaweynta jidh-diidmada ba'an.

Maxaa kale ee aan ugu baahanahay inaan ka ogaado tallaalka cagaarshow B?

- Laba jeer oo tallaalka cagaarshow B tallaalka (4 tilaa 6 bilood isujira) ayaa looga baahan yahay difaaca dhan ee ardayda u dhaxaysa 11 ilaa 15 sanno jir da'da.
- Saddex jeer oo tah tallaalka cagaarshow B ayaa la siiyaa dhammaan kooxda kale.
- Xafiisyada dhakhtarku sida caadiga ah bilaash kuma siiyaan tallaalka cagaarshow B ardayda fasalka 7.
- Cusboonaysii xogta ilmahaaga haddii ilmahaagu hore u qaatay hal mar oo ah tallaalka cagaarshow B (Twinrix[®], Engerix-B[®], Recombivax HB[®]):
 - Ku qor macluumaadkan foomka oggolaanshaha halkan ku lifaaqan ama
 - Wac ka Khadka Macluumaadka Tallaalka 416-392-1250 si aad u cusboonaysiiso ilmahaaga xogtiisa.

Ma ammaan baa inuu ilmahaagu qaato laba tallaalka isla waqti keliya?

- Ma ammaan baa in la siiyo tallaalka cagaarshow B isla waqti tallaalkada kale ee dhalintu qaadato (sida qoorgooyaha, HPV iyo teetanada-diphtheria-acellular-pertussis booster).

Halkee ayaan ka heli karaa macluumaad dheeraad ah?

- Daawo fiidiyaha "Take Your Best Shot" video http://www.toronto.ca/health/cdc/grd7_hepb_men/best_shot_dvd.htm.
- Akhri cidda kale ee ay waajib tahay inay hesho tallaalka cagaarshow B oo bilaasha http://www.toronto.ca/health/cdc/factsheets/hepb_b_factsheet.htm
- Wac Khadka Macluumaadka Tallaalka TPH ee ah 416- 392-1250.

Bogga 2 ee 2
Somali – HepB Fact Sheet