UK Health Security Agency

NHS

Hagahaaga tallaalka RSV ee loogu talagalay dadka waaweyn

Sida aad isku difaaci karto adigoo qaadanaya tallaalka fayraska ku dhaca xubnaha neefsashada (Respiratory Syncytial Virus, RSV).

Macluumaad ku saabsan tallaalka RSV ee bilaashka ah ee loogu talagalay dadka:

- 75 sano jir noqonaya markay tahay ama ka dib 1-da Sebtembar 2024
- jira da'ada u dhaxaysa 75 ilaa 79 jir marka la gaaro 1-da Sebtembar 2024

Waa maxay RSV

Fayraska ku dhaca xubnaha neefsashada (Respiratory Syncytial Virus, RSV) waa cudur faafa oo ku dhaca marinnada hawada iyo sambabada. Caabuqa RSV wuxuu badanaa sababaa astaamo la mid ah astaamaha hargabka, oo ay ka mid yihiin qufac, cune xanuun, hindhiso iyo san diif ka socda ama sanka oo xirma. Waxaa uu sidoo kale kaa dhigi karaa hiinraag ama inay neefta kugu dhegto wuxuuna kuu horseedi karaa oof-wareen iyo xaalado kale oo nafta halis gelin kara. Ma jirto daaweyn gaar ah oo loogu talagalay caabuqa, oo inta badan caabuqyada iyagaa ayaa iskood u raysta. Sannad kasta kumannaan qof oo dad waaweyn ah ayaa u baahda inay daryeel isbitaal helaan RSV dartiis, qaarkoodna wayba u dhintaan. RSV aad ayuu ugu darnaan karaa dadka qaba xaalado caafimaad sida cudurada wadnaha ama sambabada ama dadka qaba habdhiska difaaca jirka oo daciif ah.

Caabuqa RSV wuxuu ku badan yahay carruurta yaryar laakiin wuxuu aad ugu daran yahay dhallaanka yaryar iyo dadka waaweyn.

Sidee ku qaadaa RSV

Caabuqyada RSV waxay dhici karaan sanadka oo dhan laakiin kiisasku waxay aad u badan yihiin jiilaal kasta.

Fayraska RSV wuxuu ku faafi karaa qufac iyo hindhiso. Waxaad gacan ka gaysan kartaa inaad ka hortagto faafitaanka fayraska adiga oo daboolaya afkaaga iyo sankaaga markaad qufacayso ama hindhisayso (sida ugu fiican adigoo isticmaalaya tisfure/tiish, ama haddii kale laabinta xusulkaaga), waxaadna si joogto ah u dhaqi kartaa gacmahaaga si aad u yarayso khatarta ah in aad qaado fayraska. Xataa marka la raaco tallaabooyinkan way adkaan kartaa in laga fogaado caabuqa RSV.

Sida ugu fiican ee aad naftaada uga ilaalin karto waa in aad qaadato tallaalka.

Sidee tallaalku u shaqeeyaa

Ku dhawaad dhammaan dadka waaweyn ayaa dhowr jeer qaadi doonaan caabuqyada RSV inta ay nool yihiin. Hal qiyaas/doos oo aad ka qaadato tallaalka ayaa kaa caawin doona xoojinta difaacaaga marka aad gaarto kooxda da'da ee khatarta ugu badan ugu jira caabuqa RSV ee halista ah.

Ma jiraan dad kale oo u qalma qaadashada tallaalka RSV

Haweenka uurka leh ayaa sidoo kale la siinayaa tallaalka si ay ilmahooda uga ilaaliyaan fayraska RSV. Waxaad hagaha tallaalka RSV ee loogu talagalay haweenka uurka leh ka akhrin kartaa halkan:

www.gov.uk/government/publications/respiratory-syncytial-virus-rsv-maternal-vaccination

Qasab miyaa inaan qaato tallaalka sannad kasta

Maya, hal qiyaas/doos ayaa la filayaa inay ku siiso difaac wanaagsan ilaa dhowr sano.

Yaa la gudboon inuu qaato tallaalka RSV

Qof kasta oo 75 sano jir noqonaya markay taariikhdu tahay ama ka dib 1-da Sebtembar 2024 waxa la siin doonaa hal qiyaas/doos oo tallaalka RSV ah. Tani waxaa sabab u ah in dadka waaweyni ay aad ugu nugul yihiin dhibaatooyinka halista ah ee ka dhasha RSV. Waxaad weli qaadan kartaa tallaalka ilaa maalinta ka horeysa inta aanad gaarin da'ada 80 jir.

Sannadka ugu horreeya ee barnaamijka, tallaalka waxaa sidoo kale la siin doonaa kuwa da'doodu u dhaxayso 75 ilaa 79 jir marka ay tahay 1-da Sebtembar 2024 taasoo qayb ka ah barnaamijka ka gaarsiinta.

Ka warran dadka da'doodu ka yar tahay 75 sano

Dadka da'da yar ayaa la siin doonaa tallaalka marka ay gaaraan 75 sano jir.

Ma qaadan karaa tallaalka RSV isla wakhtiga aan qaadanayo tallaalka COVID-19 ama tallaalka hargabka

Talaalka RSV caadiyan lama qorsheeyo in la bixiyo xilliga ballanta tallaalada COVID-19 ama hargabka.

Xaaladaha caafimaad qaarkood, dhakhtarkaaga ama kalkaalisadaada ayaa si badbaado leh kuu siin karaan isla waqtigaas.

Ma qaadan karaa tallaalka RSV isla wakhtiga aan qaadanayo tallaalka shingaliska ama tallaalka pneumococcal-ka

Haa, waxaad isku mar wada qaadan kartaa tallaalkan iyo tallaaladaas.

Ma jiraa qof ay tahay inaan la siin tallaalka

Ku dhawaad qof kastaa wuu qaadan karaa tallaalka, laakiin u sheeg dhakhtarka ama kalkaalisada haddii aad waligaa xasaasiyad halis ah ku yeelatay tallaal, ama mid ka mid ah maaddooyinka tallaalka.

Haddii aad qabtid jirro fudud sida hargab waxaad qaadan kartaa tallaalka, laakiin haddii aad aad u xanuunsan tahay ama ay qandho ku saaran tahay, dhakhtarka ama kalkaalisada ayaa kugula talin karaan inaad sugto ilaa aad ka fiicnaanayso.

Tallaalka si buuxda miyuu iiga difaaci doonaa fayraska?

Tallaalka ayaa la muujiyay inuu yareeyo fursadda ah inaad la xanuunsato cudurka RSV. Si la mid ah dhammaan dawooyinka, ma jiro talaal si dhammaystiran waxtar u leh oo dadka qaar ayaa laga yaabaa inay weli qaadaan RSV iyagoo qaatay tallaalka. Haddiise aad qaado RSV, wuxuu noqonayaa mid aan aad u darnayn.

Muddo ilaa intee ah ayaan ka difaacnaan doonaa fayraska

Daraasadaha caafimaadka ee la sameeyay, tallaalka RSV wuxuu bixiyay difaac wanaagsan ugu yaraan ilaa 2 sano, waxaana la filayaa inuu intaas ka sii dheeraado.

Wax dhibaatooyin gaar ah miyaan kala kulmi doonaa

Waxa laga yaabaa in aad xoogaa xanuun, guduudasho ama barar ah kala kulanto goobta lagaa muday/durey maalin ama laba maalmood kadib qaadashada tallaalka.

Xilligii ugu horreeyay ee lagu isticmaalay gudaha Mareykanka, in ka badan 3 milyan oo qiyaasood/doosas ayaa la bixiyay. Xaalad caafimaad oo la xiriirta habdhiska neerfayaasha oo qofka u horseedaysa daciifnimo ayaa la soo sheegay, ku dhawaad 5 kiisas oo malyan kasta oo la bixiyo ah. Xaalad taas la mid ah ayaa sidoo kale dhacda ka dib marka qofka ay ku dhacaan dhowr cudur oo caam ah iyo markuu qaato tallaalada qaar, laakiin guud ahaan waxaa kuu badbaado badan inaad tallaalka qaadato bedelkii aad halis isku gelin lahayd inaad qaaddo caabuq RSV oo halis ah.

Maxaan sameeyaa hadda

NHS-ta ayaa kugu martiqaadi doonta tallaalka marka aad 75 sano jir noqoto, ama haddii aad durba jirto 75 ilaa 79 sano.

Halkeen ka heli karaa macluumaad dheeraad ah

La hadal kalkaalisadaada caafimaadka, GP-gaaga ama kooxdaada caafimaadka. Waxaad buug-yaraha macluumaadka bukaanka ee tallaalka RSV ee la yiraahdo Abrysvo ka akhrin kartaa halkan:

www.medicines.org.uk/emc/product/15309/pil

Waxaad wixii waxyeellooyin gaar ah oo aad ka shakisan tahay ku soo gudbin kartaa bogga internetka ee Yellow Card ama adigoo wacaya khadka taleefanka bilaashka ah ee 0800 731 6789 (9am to 5pm Isniinta ilaa Jimcaha) ama adigoo la soo degayo ablikeeshinka Yellow Card.

www.mhra.gov.uk/yellowcard

© Crown copyright 2024. Version 1. UK Health Security Agency Gateway Number 2024-268. Product code: C24RSV01SO Somali. 1P 130k JULY 2024 (APS). To order more copies of this asset, please visit: www.healthpublications.gov.uk or call 0300 123 1002. This leaflet is available as a BSL video, and audio file, in braille, large print and translated into 30 community languages.

A guide to the RSV vaccine for older adults - leaflet - Somali.indd 4 22/07/2024 14:25:57