



SOMALI

# Ilaalinta caafimaadka carruurta hadda iyo mustaqbalkaba

Macluumaad dheeraad ah oo ku saabsan tallaalka

[selondonics.org/childrenshealth](https://selondonics.org/childrenshealth)

[nhs.uk/conditions/vaccinations](https://nhs.uk/conditions/vaccinations)



# Maxay carruurta u sameeyaan u baahan talaal?

Tallaaladu waxay carruurta ka badbaadiyaan jirro halis ah oo ay dhici karaan inay cudurro dilaan marka ay aad u yar yihiin, illaa sannadihii iskuulka, iyo dadka waawayn ahaanba. Adduunka oo dhan, tallaaladu waxay badbaadiyeen malaayiin qof oo nafo ah. Hase yeeshee haddii ay dadku ka joogsadaan tallaalada, waxaa suurtoagal ah in cudurro la faafiyo oo degdeg ah ay mar kale ku faafaan.



## Sidee tallaalku u shaqeeyaan?

Tallaalladu waxay ku shaqeeyaan isaga oo ku daydaya caabuuq (duqeynta iyo koriinka jeermisku, sida fayrus ama bakteeriyada, oo jirka ka mid ah ayuu ku shaqeeyaa) oo uu jirka baro in uu abuuro dagaalyahanno gaar ah oo loo yaqaano antibody-yada oo ka difaacda cudurka.

Aad ayey jirka ugu fiican tahay in uu tan ku barto talaalka marka loo eego in uu ku dhaco cudurka oo uu daweyyo. Mar haddii jirku barto sida loola dagaalamo cudurka iyadoo la tallaalayo, badanaa wuxuu ilmahaaga ku ilaalin karaa sanado badan.



## Ka badbaadinta carruurta cudurka iyo xanuunada

Sida laga soo xigtay tallaallada Hay'adda Caafimaadka Adduunka ([www.who.int](http://www.who.int)) waxay sanad walba ka hortagaan in ka badan 3.5 milyan oo qof oo u dhinta cudurada ay ka mid yihiin duumada, teetanada, qufaca, ifilada iyo jadeecada.

Tan iyo markii tallaal laga hirgaliyay UK, cudurrada sida furuqa iyo teetanada oo malaayiin qof lagu dili jiray ama lagu naafo ahaan jiray, ayaa hadda la waayay ama loo arkaa mid aad u yar. Cudurada kale sida jadeecada iyo diphtheria waxaa hoos u dhacay ilaa 99.9% tan iyo markii talaalkooda la sameeyay.

**Hase yeeshee haddii ay dadku ka joogsadaan tallaalada, waxaa suurtoagal ah in cudurro la faafiyo oo degdeg ah ay mar kale ku faafaan.**



## Muxuu buug-yarahani ku saabsan yahay?

Buug yarahani waxa uu sharaxayaa in badan oo ku saabsan tallaalada (oo loo yaqaano tallaalada) ee NHS-ta si lacag la'aan ah loogu siiyo carruurta iyo goorta la siinayo. Waa muhiim in tallaalada lagu bixiyo wakhtiga loogu talagalay ilaalinta ugu fiican, laakiin haddii ilmahaagu seegay tallaal, waxaad la xidhiidhi kartaa GP-gaaga si aad ula kulanto.

# Tallaallada la qabsashada dabeysaha iyo MMR ee London

Carruurta da'doodu u dhaxayso 1 illaa 11 sano ee ku nool London ee aan la soconin tallaalkooda caadiga ah waxaa la siiyaa tallaalka dabeysaha iyo MMR, iyadoo la marayo qalliino GP ah, dugsiyada hoose iyo xarumaha caafimaadka bulshada.

## Maxay tallaallada looga difaaco carruurta looga difaaco MMR iyo polio si gaar ah muhiimadeeda u leedahay?

Sanadkii 2022-kii, fayraska dabaysha ayaa laga helay shaybaar laga sameeyay wasakhda oo laga sameeyay London, taasoo soo jeedisay in fayruusku uu ku faafo dadka dhexdiisa. Inkastoo korjoogtaynta dhawaanahan socday ay muujinayso in gudbintii u baahday inay hoos u dhacday, kuwa aan si buuxda u tallaalin, ama kuwa aan si fiican tallaalka uga jawaabin, ayaa weli khatar ugu jiri kara inay ku dhacaan cudurka dabeysaha.

Waxaa sidoo kale kor u kacday kaysaska jadeeco ee London sanadkan (2023). Guud ahaan England, 10kii carruur ahba 10kiiba celcelis ahaan ayaan ku badnayn tallaalkooda MMR, iyadoo meelaha qaar ka mid ah London Stiiba 2 ka mid ahi ay gaarsiisan yihiin 2, taas oo keentay in kumanaan carruur ahi ay khatar ugu jiraan in ay jadeecadu ku dhacdo, gaar ahaan dadka aadka u nugul, iyo cudurka oo ku faafo bulshooyinka aan is-tallaalin.

## Tallaalada MMR iyo dabeysaha ma nabdoon yihiin?

Haa, waa dad aad u ammaan ah oo ayna badbaadiyeen malaayiin caruur ah oo adduunka oo dhan ah.

## Ma jiraa xiriir ka dhexeeya tallaalka MMR iyo autismka?

Ma jiro wax caddaynaya xidhiidh ka dhexeeya tallaalka MMR iyo autismka. Daraasaddo badan ayaa arrintan lagu sameeyay.

## Sidee baa tallaalka loo siiyaa caruurta?

Labada talaalba waxaa lagu bixiyaa irbad lagu duro oo lagu rido muruqa bowdada ama gacanta sare.



# Da' intee la tallaalaya ayaa ilmahaygu u baahan yahay tallaalkooda caadiga ah?

Da'da	Talaalka	Wuxuu ka ilaaliyaa
8 usbuuc	<p><b>6 in 1 Tallaal</b> (qiyaasta 1aad)</p> <p><b>Tallaalka Rotavirus</b> (qiyaasta 1aad)</p> <p><b>MenB</b> (qiyaasta 1aad)</p>	<ul style="list-style-type: none"> <li>Gawracatada, Cagaarshowga B, Hib (Haemophilus in luenzae Nooca B) <b>Dabaysha, Teetanada, Qufaca</b> (Xiiqdheer (xiiqdheerta))</li> <li><b>Rotavirus</b></li> <li><b>bakteeriyada Kooxda Meningococcal b</b></li> </ul>
12 TODOBAAD	<p><b>6 in 1 Tallaal</b>(qiyaasta 2aad)</p> <p><b>Tallaalka Rotavirus</b> (qiyaasta 2aad)</p> <p><b>Talaalka Pneumococcal (PCV)</b></p>	<ul style="list-style-type: none"> <li>(kor eeg)</li> <li><b>Rotavirus</b></li> <li><b>Streptococcus Pneumoniae</b></li> </ul>
16 usbuuc	<p><b>6 in 1 Tallaal</b> (qiyaasta 3aad)</p> <p><b>MenB</b> (qiyaasta 2aad)</p>	<ul style="list-style-type: none"> <li>(kor eeg)</li> <li>(kor eeg)</li> </ul>
1 Sano	<p><b>Hib/MenC</b></p> <p><b>MMR</b> (qiyaasta 1aad)</p> <p><b>Pneumococcal (PCV)</b> (qiyaasta 2aad)</p> <p><b>MenB</b> (qiyaasta 3aad)</p>	<ul style="list-style-type: none"> <li><b>Hib</b> (Haemophilus in luenzae Nooca B)), <b>qoorgooyaha C.</b></li> <li><b>Jadeeco, Qaamo-qashiir,</b></li> <li><b>JadeecoStreptococcus</b></li> <li><b>Pneumoniae</b> (kor eeg)</li> </ul>
18 bilood	<p><b>MMR</b> (qiyaasta 2aad)</p> <p>Loogu talagalay carruurta ku nool xaafadaha Bariga Bari ee ugu badan ee Bariga London</p>	<ul style="list-style-type: none"> <li><b>Jadeeco, Qaamo-qashiir, Jadeeco</b></li> </ul>
2-16 sano	<p><b>Tallaalka hargabka</b> (sanad walba)</p>	<ul style="list-style-type: none"> <li><b>Hargabka</b> (Saamaynta)</li> </ul>
3 sano iyo 4 bilood	<p><b>4 in 1</b> (Kor u Qaadista Dugsiga Ka Hor)</p>	<ul style="list-style-type: none"> <li><b>Gawracatada, Teetanada, Qufac daran, dabaysha</b></li> </ul>
12-13 Sano	<p><b>Tallaalka HPV</b></p>	<ul style="list-style-type: none"> <li><b>Papillomavirus bini aadamka</b></li> </ul>
14 sano	<p><b>3 ee 1</b> (boosterka dhallinyarada)</p> <p><b>MenB + MenACWY</b></p>	<ul style="list-style-type: none"> <li><b>Teetanada, gawracatada, dabayal</b></li> <li><b>Qoorgooyaha, Septicaemia</b></li> </ul>

# Waa maxay cudurrada ay tallaalladani ka ilaaliyaan ilmahayga?

## MMR

(Jadeecada, Qaamowga, Rubella)

Jadeecada iyo rubellaha waxey inta badan ka billowdaa calaamadaha u eg qabowga, waxaana ku xiga fara-mareenno. Mar iyo dhif ah jadeecadu waxay keeni kartaa in qofka ku dhaco taam, indho-beel, burunkiito iyo qoor-goyn, marmarka qaarna waxay noqon kartaa dhimasho. Rubellaha (Rubella) wuxuu khatar badan yahay kuwa uurka ku jira, isagoo dhibaatooyin ku haya ilmaha aan dhalan. Qaamo-qashiirtu waxa uu keenaa barar xanuun badan oo wajiga dhinaciisa ku yaalla, mararka dhifka ahna wuxuu keeni karaa in viral meningitis-ka ku dhaco.

## MenB + MenACWY

Caabuqyada Meningococcal wuxuu noqon karaa mid aad halis u ah, oo keeni kara meningitis-ka iyo dhiiga oo sumoobaya (sepsis). Marar dhif ah waxay noqon karaan dhimasho.

## Pneumococcal

Infekshanka pneumococcal waa kuwo aad u xanuunsan kara waxayna u horseedi karaan burukiitootiyada, sepsis iyo qoor-sidaha.

## Teetana

Teetanadu waa xaalad halis, nolosha khatar-galisa oo ay sababto bakteeriyada gasha nabarka dhaawaca. Waxay sababi kartaa daan barar, xanuunka murqaha, neef-sasho adkaan, heerkul sare, dhidid, wadno-garaac daran iyo garaac.

## Xiiqdheerta

(sidoo kale loo yaqaan pertussis)

Xiiqdheerto waa caabuq ku dhaca sambabada iyo dariiqyada neefmareenka wuxuuna ilmaha iyo carruurta yaryar ka dhigi karaa kuwo aad u xanuunsada. Mar iyo dhif maadama ay dhif tahay waxay noqon kartaa dhimasho.

## Rotavirus

Rotavirus waa caloosha caloosha oo aadka u faafa, kaas oo sida caadiga ah ku dhaca dhallaanka iyo carruurta yaryar, taasoo keenta shuban iyo matag, tummy xanuun iyo heerkul aad u sarreeya.

## daabayal

Dabeysku waxuu sababi karaa calaamado nuuca u eg oo fudud, balse marar dhif ah waxa ay keeni kartaa tababarri muruqa ah (curyaannimo).

## Diphtheria

Diphtheria waa infakshan halis ah oo sanku iyo dhunqusha ku dhaca, marmarka qaarna maqaarka. Wuxuu noqon karaa qof dhimasho ah, gaar ahaan carruurta, haddii aan si dhakhsa ah loola macaamiilin.

## Hep B

Cagaarshowga B waa caabuq beerka ku dhaca kaas oo badanaa qaata 1 illaa 3 bilood. Dadka intooda badan ma laha wax calaamado ah ama calaamado fudud, laakiin mararka dhifka ah waxay noqon karaan mid joogto ah waxayna socon karaan wax ka badan 6 bilood. Hep B chronic wuxuu noqon karaa mid halis ah haddii aan la daweyn.

## Hib B

Haemophilus influenzae nooca b (Hib) waa nooc ka mid ah bakteeriyada sababi karta infekshanno nafta halis galiya. Dhallaanka iyo carruurta ayaa ah kuwa ugu badan ee khatar ugu jira in ay aad u xanuunsadaan.

## Flu/hargaab

Flu/hargaabka ayaa caruurta u noqon kara xanuun aan wanaagsaneyn, taasoo keeni karta dhibaatooyin halis ah oo ku dhaca sambabada iyo wadooyinka neefmareenka sida burukiitada iyo burukiitada.

## HPV

Caabuqyada papillomavirus-ka aadanaha (HPV) waa magaca loo yaqaano koox aad u badan oo Caabuqyo ah, kuwaas oo qaarkood loo yaqaanno "khatar sare" sababtoo ah waxay xiriir la leeyihiin kobcinta kansarka, sida kansarka ilmaggaa, kansarka dabada, kansarka ku dhaca xubinta taranka, iyo kansarrada ku dhaca madaxa iyo qoorta. Noocyada kale waxay dhalin karaan xaalado sida cagaarka ama verrucas.

# Waa maxay dhibaatooyinka ay tallaaladu u leeyihiin carruurta?

In ka yar 10% carruurta ayaa la kulma waxyeellooyin fudud oo soconaya 2 ama 3 maalmood ka dib tallaalka.

Dhibaatooyinka soo raaca waxaa ka mid noqon kara:

- Barar, guduudasho iyo dareemid xanuun agagaarka goobta la duray
- Dareemidda xoogaa caafimaad darro ama kor u kaca heerkul sare
- Dareen xanaaq, oohin iyo xanaaq badan, degenaansho la'aan
- Matag iyo cunto xumo ku meel gaar ah

Carruurta qaar ayaa laga yaabaa inay la kulmaan waxyeelooyin dhif ah - tusaale ahaan finan ayaa la kulma 1 ka mid ah 24,000 oo qiyaasood ee tallaalka MMR ee la bixiyo.

La hadal aad GP si aad u ogaato wax badan oo ku saabsan saamaynta Waxaa muhiim ah in la xasuusto in dhibaatooyinka suurtagalka ah ee cudurrada faafa, sida jadeecada, qaamo-qashiirta iyo jadeecada, ay aad uga sii daran yihiin.

## Maxey tahay in aan sameeyo haddii ilmahaygu la kulmo dhibaatooyinka amakuwa kale?

Waxyeellada khafiifka ah waxaa lagu daweyn karaa paracetamol caruurta tusaale ahaan Calpol. Haddii aad walwalsan tahay, ama ilmahaagu leeyahay waxyeelo ka horteysa oo socota, la hadal Takhtarkaaga GP.



# Maxaa tallaalada ku jira oo amaan ma u yihiin?

## Maxaa tallaalada ay ka kooban yihiin?

Qaybaha ugu muhiimsan ee tallaal kasta waa qadar yar oo la dilo, la daciifiyo, ama la soo saaray nooca jeermiska sababa cudurka. Kuwaas waxaa la yiraahdaa (Antigens). Qaar ka mid ah tallaalada cusub waxa ku jira tilmaamo jirka uu ku soo saaro antigenno, intii uu ka soo saari lahaa antigen-yada laftirkiisa.

Tallaalada mararka qaarkood waxay leeyihiin waxyaabo kale oo tallaalku ka dhigaya mid nabdoon oo waxtar badan leh.

## Ma jiraan wax tallaalo ah oo ka kooban wax-soo-saarka doofaarka?

Tallaalada qaarkood waxaa ku jira jelatin doofaarka si loo hubiyo in tallaalku ahaado mid badbaado leh oo waxtar leh inta lagu jiro kaydinta. Haddii aadan rabin in ilmahaagu helo tallaal uu ku jiro jelatin doofaarka sababo diimeed ama cunto, kala hadal xirfadlahaaga daryeelka caafimaadka beddelka suurtagalka ah.

## Tallaalku ma u nabdoon yahay carruurta?

Malaayiin carruur ah oo ku nool Boqortooyada Midowday (UK) iyo adduunka oo dhan ayaa laga tallaalay cudurrada iyo cudurrada halista ah - taas ayaana keentay in ammaankooda loo ilaaliyo. Is-tallaalku wuxuu sidoo kale difaacaa qoyskaaga, saaxiibadaada iyo bulshada ku dhaqan ballaaran, gaar ahaan kuwa ka nugul.

Dhammaan tallaalada waxa la mariyaa baadhitaano badbaado oo adag sharcigu ka hor inta aan la bilaabin. Marka tallaalka lagu soo bandhigo Boqortooyada Midowday (UK) sidoo kale waxay la socotaa waxyeellooyin kasta oo naadirka ah oo ay keento Hay'adda Nidaaminta Dawooyinka iyo Daryeelka Caafimaadka (MHRA).

## Ammaan ma u tahay ilmahaygu inuu hal mar qaato tallaallo badan?

Daraasaduhu waxay muujiyeen inay badbaadsan tahay in dhowr tallaal isku mar la qaato ilmahaagana laga ilaalin doono cudurro halis ah.

## Halkeen aadi karaa macluumaad dheeri ah?

Haddii aad qabtid walaac, shaki ama su'aalo ku saabsan tallaallada iyo badbaadadooda ama waxyeellooyinkooda, fadlan la hadal GP ama xirfadle caafimaad oo kale oo NHS ah.

Waxa kale oo jira cadaymo badan oo saynis ah oo laga heli karo khadka tooska ah ururada caafimaadka iyo daryeelka ee aduunka hogaaminaya halkan UK iyo meelo kale, sida Ururka Caafimaadka Adduunka, NHS, iyo Jaamacadda Oxford.

Sheekooyinka ka hortagga tallaalka waxay badanaa ku faafin karaan khadka tooska ah, gaar ahaangaar ahaan baraha bulshada. Waxa laga yaabaa inaanay ku salaysnayn caddayn cilmiyaysan oo waxay gelin karaan ilmahaaga halis cudur halis ah.

**Tallaalku waa waxa ugu muhiimsan ee aan sameyn karno si aan nafteena iyo caruurteena uga ilaalinno caafimaad darro.**

## Waxaad wax badan ka heli kartaa shabakada NHS:

[www.nhs.uk/conditions/vaccinations/why-vaccination-is-safe-and-important](https://www.nhs.uk/conditions/vaccinations/why-vaccination-is-safe-and-important)

# Sida loo helo tallaalada oo ay ku jiraan tallaalada la qabsiga

## Yaa heli kara tallaallada NHS ee bilaashka ah?

Ilmo kasta wuxuu xaq u leeyahay in uu helo talaalka NHS, lacag la'aan. La hadal GP-gaaga ama hubi buugga cas ee ilmahaaga si aad u aragto haddii ay cusub yihiin tallaalkooda.

## Ilmahaygu ma u baahan yahay in laga diiwaan geliyo GP-ga si uu u helo tallaalkooda joogtada ah?

Haddii ilmahaagu aanu ka diiwaan gashanayn GP-ga, waxay weli xaq u leeyihiin tallaalo bilaash ah. Qof kasta oo Ingiriiska ku nool ayaa iska diiwaangelin kara xarunta caafimaadka GP-ga oo lacag la'aan ah. Uma baahnid wax caddaynaya ciwaanka ama xaaladda socdaalka, aqoonsiga ama lambarka NHS. Waxaad ka heli kartaa xarunta caafimaadka GP-ga: [www.nhs.uk/service-search/find-a-gp](http://www.nhs.uk/service-search/find-a-gp)

## Halkeen ka heli karaa macluumaad dheeraad ah oo ku saabsan tallaalada carruurta?

Fadlan la xiriir xarunta caafimaadka GP-ga, ama fiiri internetka:

[selondonics.org/childrenshealth](http://selondonics.org/childrenshealth)

[nhs.uk/conditions/vaccinations](http://nhs.uk/conditions/vaccinations)



## Talobixinta guud ee caafimaadka marka uu cunuggaagu xanuunsado

Carruurta yaryari inta badan way xanuunsadaan – waxay ka mid tahay koritaankooda. Si kastaba ha ahaatee, waxay culays ku noqon kartaa waalidiinta iyo daryeelayaasha. Badanaa, jirradu maaha mid halis ah oo ilmaha waxaa lagu daweyn karaa si badbaado leh guriga ama taageerada GP-ga, farmashiistaha ama booqdhaha caafimaadka. Ka fiiri bogga NHS wixii talo dheeraad ah: [www.nhs.uk/conditions/baby/health](http://www.nhs.uk/conditions/baby/health)

Buug-yarahaan waxa lagu heli karaa noocyo waaweyn iyo luqado kala duwan.

Fadlan la xidhiidh:  
[communications@selondonics.nhs.uk](mailto:communications@selondonics.nhs.uk)

Waxaa daabacay South East London  
Integrated Care Board



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