UK Health Security Agency

NHS

Isticmaalka paracetamol-ka si looga hortago looguna daweeyo qandhada kadib marka la qaato tallaalka MenB

Ilmahaygu wuxuu dhowaan qaatay tallaalka MenB, maxaan filan karaa hadda?

Xummad ayaa la filan karaa kadib marka la qaato tallaal kasta, laakiin waa wax iska caadi ah marka tallaalka MenB (Bexsero) lala qaato tallaallada kale ee caadiga ah ee da'ada 8 iyo 12 usbuuc jirka. Haddii aan la isticmaalin baristamool (paracetamol), in ka badan kala bar dhallaanka ayaa yeelan doona heerkul sareeya kadib marka la siiyo tallaaladan. Qandhada waxay u badan tahay inay kor u kacdo qiyaastii 6 saacadood kadib xilliga la qaatay tallaalka waxayna had iyo jeer gebi ahaanba ku baaba'adaa 2 maalmood gudahood. Qandhadu waxay muujinaysaa in habdhiska difaaca jirka ee ilmaha uu ka jawaab celinayo tallaalka, in kasta oo heerka qandhadu ay ku xiran tahay ilmaha, astaana uma ahan sida uu tallaalku difaac u siin doono ilmahaaga.

Sideen u yarayn karaa khatarta qandhada?

Inaad baristamool (paracetamol) siiso isla markiiba kadib tallaalka – iyo in aan la sugin in ay qandhada soo fuusho - waxay yaraynaysaa khatarta ah in ilmahaagu uu qandho yeesho. Marka la isticmaalo baristamool (paracetamol), in ka yar 1 ka mid ah 5tii carruur ayaa qandho soo fuusha, ku dhowaadna dhammaan qandhooyinkaas waa kuwo khafiif ah (ka hooseeya 39°C). Baristamoolka (paracetamol) ayaa sidoo kale yarayn doona fursadda ah in ilmahaaga uu dareemo cuncun ama raaxo-darro (sida xanuunka meesha looga durey tallaalka).

Barastamool noocee ah ayaan isticmaalaa?

Waa inaad isticmaashaa **barastamoolka dhallaanka loogu talagalay ee dareeraha ah afkana laga qaato. Barastamool noocaan ah wuxuu ku yimaadaa qaab dareere ah si loogu isticmaalo dhallaanka iyo carruurta yaryar. Wuxuu leeyahay awood ah 120mg/5ml.**

Haddii aysan hore guriga kuugu yaalin barastamoolka dareeraha ah ee loogu talagalay dhallaanka, waa inaad ka soo qaadataa farmashiyaha xaafaddaada ama dukaamada waaweyn si aad u siiso qiyaasta ugu horreysa ee barastamoolka saacad gudaheed marka lagu duro tallaalka. Waxaa jira noocyo kala duwan oo la kala dooran karo (oo ay ku jiraan kuwa dhalooyinka ah iyo kuwa baakadaha ah) laakiin nooca loo baahan yahay waa barastamoolka dareeraha ah ee loogu talagalay dhallaanka 120mg/5ml.

(Fiiro gaar ah: Barastamoolka carruurta waaweyn (6 plus) wuu ka xoog badan yahay barastamoolka dhallaanka (250mg/5ml) waana inaan loo isticmaalin dhallaanka.)

Tallaalkee kadib ayaan ilmahayga siiyaa barastamool?

Waxaa lagu talinayaa inaad barastamoolka siiso ilmahaaga kadib tallaalka MenB. Tallaalka MenB waxaa badanaa la bixiyaa xilliga ballamaha tallaalka koowaad iyo saddexaad ee ilmahaaga marka uu jiro 8 iyo 12 usbuuc.

Barastamoolka si joogto ah looguma baahna kadib qaadashada tallaalka xoojiyaha ah ee MenB ee la qaato 12 bilood kadib. Marka uu ilmaha jiro da'dan, khatarta ah inuu yeesho qandho waxay la mid tahay marka uu qaato tallaallada kale.

Barastamool intee in le'eg ayaan siiyaa?

Wadar ahaan 3 qiyaasood oo ah 2.5ml (60mg) oo Barastamool ah ayaa lagu talinayaa in la qaato kadib tallaalka MenB. Waa inaad qiyaasta koowaad siisaa wakhtiga tallaalka ama sida ugu dhakhsaha badan ee suurtogalka ah kadib tallaalka.

Kadibna waa inaad qiyaasta labaad ee paracetamol-ka siisaa ku dhawaad 4 ilaa 6 saacadood kadib, qiyaasta saddexaadna 4 ilaa 6 saacadood kadib (eeg shaxda).

Qiyaasta 2.5ml waa in la cabbiraa oo la siiyaa ilmaha iyadoo la isticmaalayo sirinje ama qaaddo 2.5ml ah (Tani inta badan waa dhamaadka yar ee qaaddada ku jirta baakada daawada).

Carruurta wakhtigooda kahor dhashay/dhiciska ah (dhashay wax ka horeeya 32 toddobaad ee uurka), barastamoolka waa inuu usoo qoraa dhakhtarka iyadoo loo eegayo miisaanka ilmaha ee wakhtiga tallaalka. Waa inaad kala tashataa dhakhtarkaaga oo aad raacdo tilmaamaha ku qoran warqadda daawada.

Qiyaasta iyo wakhtiga dhallaanka la siinayo barastamoolka dareeraha ah (120mg/5ml) ee la isticmaalo kadib tallaallada MenB ee aasaasiga ah (sida caadiga ah marka ay jiraan 8 iyo 12 usbuuc)

Da'da ilmaha	Ilaa 6 bilood (badanaa da'ada 8 iyo 12 usbuuc)
Qiyaasta 1-aad	Hal qiyaas oo 2.5ml (60mg) ah oo la siiyo sida ugu dhakhsaha badan ee suurtogalka ah kadib tallaalka
Qiyaasta 2-aad	Hal qiyaas oo 2.5ml (60mg) ah oo la siiyo 4 ilaa 6 saacadood kadib qiyaasta kowaad
Qiyaasta 3-aad	Hal qiyaas oo 2.5ml (60mg) ah oo la siiyo 4 ilaa 6 saacadood kadib qiyaasta labaad

immunisation

Habka ugu badbaadada badan ee loo ilaaliyo caafimaadka ilmahaaga

Talada ku qoran buug-yarahaan waxay ku khusaysaa oo keliya haddii ilmahaagu qaatay tallaalka MenB. Haddii ilmahaagu uu yeesho qandho wakhti kale waa inaad raacdaa tilmaamaha iyo talada qiyaas-bixinta ee ku qoran baakadaha daawada iyo buugyaraha macluumaadka bukaanka.

Maxaa dhacaya haddii ilmahaygu uu weli qandhan yahay kadib markii uu qaatay 3-da qiyaasood ee barastamoolka?

Carruurta qaarkood ayaa laga yaabaa inay weli la kulmaan qandho kadib markay qaataan tallaalka, xitaa kadib marka la siiyo 3-da qiyaasood oo barastamoolka ah. 48 saacadood kadib qaadashada tallaalka, haddii ilmahaagu weli qabo qandho laakiin sidiisa kale uu caafimaad qabo, waxaad sii wadi kartaa inaad ilmahaaga siiso qiyaasta 2.5 ml ah ee barastamoolka loogu talagalay dhallaanka (120mg/5ml).

- **Waa inaad had iyo jeer ugu yaraan 4 saacadood u dhaxaysiisaa qiyaasaha, waligaana ilmaha ha siin wax ka badan 4 qiyaasood muddo 24 saacadood gudahood ah.**

Waa inaad sidoo kale qaboojiso dhallaankaaga adigoo xaqiijinaya inaadan saarin lakabyo badan oo dhar ah ama bustayaal ah, waxaadna siisaa cabitaano badan. Haddii ilmahaaga uu naas-nuugo, dareeraha ugu fiican ee la siiyo waa caanaha naaska.

- **Haddii aad ka welwelsan tahay caafimaadka ilmahaaga wakhti kasta, markaas ku kalsoonow dareenkaaga oo la hadal GP-gaaga ama wac NHS 111 markaad joogto gudaha England ama 0845 46 47 markaad joogto Wales si aad u hesho wixii talo ah.**
- **Haddii ilmahaagu weli qabo qandho in ka badan 48 saacadood kadib qaadashada tallaalka waa inaad la hadashaa GP-gaaga ama wacdaa NHS 111 markaad joogto gudaha England ama 0845 46 47 markaad joogto Wales si aad u hesho wixii talo ah.**

Su'aalaha kale ee caamka ah:

Miyaan hurdada ka soo toosiyaa ilmahayga si aan u siiyo barastamoolka?

Waa inaad had iyo jeer isku daydaa oo aad ilmaha siiso qiyaasta ugu horreysa ee barastamoolka sida ugu dhakhsaha badan ee suurtogalka ah kadib markuu qaato tallaalka MenB. Si kastaba ha ahaatee haddii ilmahaagu hurdo marka la gaaro xilligii la siin lahaa qiyaasaha xiga, hurdada ha ka soo kicinin. Waxaad siin kartaa marka ilmuhu soo tooso haddiiba qiyaasaha ay u kala dhexeeyaan muddo ugu yaraan 4 saacadood ah.

Ma wax iska CAADI ah baa in dhallaanka yaryar ay qaataan barastamool?

Barastamoolka waxa loo oggolaaday in lagu maareeyo xumadda/qandhada carruurta da'doodu tahay 2 bilood. Buug-yaraha macluumaadka bukaanka ee la socda xirmada ayaa laga yaabaa inuu sheego in carruurta da'doodu u dhaxayso 2 ilaa 3 bilood la siiyo 2 qiyaasood oo keliya kahor inta aan lala hadlin dhakhtarka ama farmashiistaha.

Inkasta oo paracetamolku uu badbaado u leeyahay carruurta aadka u yaryar, talada ku qoran baakadda daawada ayaa loogu talagalay in looga hortaggo in waalidku uu barastamool siiyo ilmo qaba qandho aan la garanayn. Qandhada noocaas ah waxaa laga yaabaa inay astaan u tahay caabuq halis ah inaad qandhadaas ku daawayso barastamoolka waxay dib u dhigi kartaa in waalidka uu gargaar caafimaad u raadiyo ilmaha.

Maadaama qandhada timaada kadib qaadashada tallaalka ay tahay wax iska caadi ah, si kastaba ha ahaatee, khubaradu waxay ku taliyeen inay caadi tahay in la qaato barastamool ilaa 48 saacadood kadib tallaalka MenB iyada oo aan la raadin talo caafimaad.

Qandhada timaada wakhtigan waxay aad ugu badan tahay in uu sababay tallaalka marka loo barbardhigo caabuq. Barastamoolka ayaa sidoo kale ka dhigi doona ilmahaaga inuu soo roonaada, mana jirto khatar ah in la qaato qiyaas xad-dhaaf ah haddii aad siiso wax aan ka badnayn 4 2.5ml ilaa muddo 24 saacadood ah.

Waa maxay sababta ay xaashida macluumaadka bukaanka ee soo saaraha daawada (PIL) ay ugu qoran yihiin macluumaad kala duwan?

Waxaad buug-yaraha macluumaadka bukaanka (PIL) ka dhex heli doontaa baakada barastamoolka ee aad soo iibsato. PIL-ka barastamoolka dareeraha ah ee loogu talagalay dhallaanka ee 120mg/5ml ah ayaa laga yaabaa inay ku qoran yihiin tilmaamaha qiyaasaha oo ka duwan talooyinka khubarada ee ku aadan isticmaalka daawada ee kadib qaadashada tallaalka MenB. Halkan, buug-yarahaan, waxaan ku bixineynaa talooyinka gaarka ah ee la xiriira isticmaalka barastamoolka kadib qaadashada tallaalka MenB. Si aad u hesho macluumaad buuxa oo ku saabsan badeecada barastamoolka, fadlan ka eeg PIL-ka soo saaraha.

Ilmahaygu ma u baahan yahay inuu qaato barastamool xilliga tallaalka xoojiyaha ah marka uu jiro 12 bilood?

Marka uu gaaro da'da 12 bilood, khatarta ah in dhallaankaaga uu la qandhado tallaalka MenB waxay la mid tahay sida tallaallada kale. Sidaas darteed, ilmahaaga uma baahna inuu qaato 3-da qiyaasood ee barastamoolka ah xilliga ay qaadanayaan tallaaladooda caadiga ah ee 12 bilood. Si kastaba ha ahaatee, haddii ilmahaagu ku qandho guriga ama uu u muuqdo mid aan raaxo ku jirin, waxaad ilmahaaga siin kartaa barastamoolka loogu talagalay dallaanka adiga oo isticmaalaya jadwalka qiyaas-bixinta ee loogu talagalay ilmaha jira da'daas sida lagu qeexay tilmaamaha baakada daawada.

Talada ah in dhallaanka da'doodu u dhaxayso 2 ilaa 3 bilood la siiyo wax ka badan 2 qiyaasood oo barastamool ah waxay khusaysaa oo keliya kadib marka ilmaha uu qaato tallaalka MenB. Haddii ilmahaaga uu yeesho qandho wakhti kale, waa inaad raacdaa tilmaamaha iyo talada qiyaasta ee ku qoran baakadaha daawada iyo buugyaraha macluumaadka bukaanka.

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