



Ka ilaalinta ilmahaaga hargabka

Tallaalka hargabka ee England

Macluumaad loogu talagalay
waalidiinta iyo daryeelayaasha



Flu **i**mmunisation

Gacan ka gaysashada ilaalinta carruurta, jiilaal kasta





5 sababood

oo ay tahay inaad ilmahaaga
u talaasho

1. Ilaalinta ilmahaaga

Tallaalka waxa uu ilmahaaga ka ilaalin doonaa hargabka iyo dhibaatooyinka caafimaad ee halista ah sida boronkiitada iyo oof-wareenka

2. Ilaallinta naftaada, qoyskaaga iyo asxaabtaada

Talaalida ilmahaaga waxay kaa caawin doontaa inaad sidoo kale ilaaliso asxaantaada iyo xubnaha qoyskaaga ee aadka u nugul

3. Looma baahna cirbad ku duritaan

Buufiska sanku waa mid aan xanuun lahayn oo ay fududahay in la qaato

4. Qaadashada tallaalka ayaa ka fudud inuu hargabka kugu dhaco

Buufiska sanku waxa uu gacan ka gaystaa ka hortagga hargabka, waxaa la siiyay malaayiin carruur ah oo ku baahsan adduunka oo dhan waxaana uu leeyahay rikoorka badbaado oo heer sare ah

5. Ka fogow kharashaadka

Haddii ilmahaaga uu qaado hargab, waxaa laga yaabaa inaad fasax ka qaadata shaqada ama aad u diyaariso daryeel caruureed oo qaab kale ah



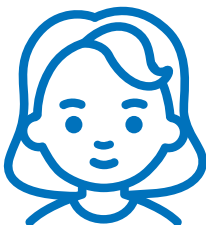




Ilmahaaga ka ilaali hargabka

Tallaalka hargabka waxaa si bilaash ah loo siiyaa:

Carruurta da'doodu tahay 2 ama 3 sano jir (31 Agoosto ka hor intaysan bilaaban tallaalka hargabka xilliga dayrta)



Carruurta da'da dugsiga gaartay (Qaabilaada ilaa Sannadka 11)

Carruurta da'doodu tahay 6 bilood ee qaba xaalad caafimaad oo khatar weyn uga imaanaya hargabka



Macluumaad dheeraad ah oo ku saabsan carruurta u qalma tallaalka sannad kasta waxaa laga heli karaa: www.nhs.uk/child-flu





Maxay tahay sababta ilmahayga uu u qaadanayo tallaalka hargabka?

Hargabku wuxuu noqon karaa xanuun aad u xun oo ku dhaca carruurta kaas oo sababa qandho, daal daran, murqo xanuun iyo xanuun kala goysyada jirka ah, sanko oo xirma, qufac qallalan, iyo cune xanuun. Carruurta waxay caadi ahaan bilaabaan inay ka roonaadaan hargabka toddobaad gudihiis.

Dhibaatooyinka uu sababo hargabka waxaa ka mid ah boronkiito ba'an, caabuq dhegta ah oo xanuun badan, iyo oof-wareen. Carruurta qaar ayaa laga yaabaa inay u baahdaan inay aadaan isbitaal si loo daweeyo, oo ay ka mid tahay aaditaanka xarunta daryeelka degdegga ah.

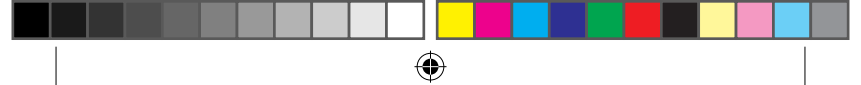
Waa maxay faa'iidooyinka tallaalka?

Qaadashada tallaalka waxay kaa caawin doontaa inaad ilmahaaga ka ilaaliso wax noqon kara jirro aad u xun oo waxyeellaysa carruurta. Carruurta da'doodu ka yar tahay 5 sano ayaa heer ahaan ugu sareeya marka laga hadlayo dhigista isbitaalka sabab la xiriirta hargabka/ifilada.

Qaadashada tallaalka waxay sidoo kale hoos u dhigi doontaa fursada ah in dadka kale ee qoyskaaga ka tirsan, kuwaas oo halis weyn ugu jira hargabka, sida awoowayaasha/ayeeyayaasha ama kuwa qaba xaalado caafimaad oo soo jireen ah, inay hargabka/ifilada ka qaadaan ilmahaaga.

Waxay kaa caawin kartaa inaad ka fogaato inaad fasax ka qaadata shaqada, ama hawlaha kale, si aad u daryeesho ilmahaaga xanuunsan ama haddii aad adiga laftaada aad xanuunsato.





Sidee waxtar u leeyahay tallaalka?

Tallaalka hargabku waa ka-hortagga ugu fiican ee aan haysano si aan ula dagaallano fayraskan aan la saadaalin karin. Kahortagga ay carruurta ka helaan tallaalka ayaa si joogto ah uga sarreeyay kan ay ka helaan dadka waaweyn.

Waxaa jira noocyo kala duwan oo fayraska ifilada ah iyo noocyada ugu badan ee keeni kara hargabka ayaa la aqoonsadaa ka hor xilliga hargabka. Tallaallada ayaa markaa la sameeyaa si ay ka hortag u sameeyaan sida ugu dhow ee ugu macquulsan – tallaallada waxay badanaa bixiyaan difaac xitaa haddii aynaan si buuxda isku waafaqsanayn.

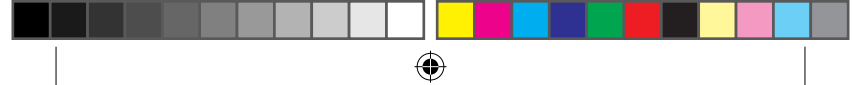
Fayrasyada hargabka way is beddeli karaan sannad kasta sidaas darteed tallaalka badanaa waa la cusboonaysiiyaa sannad kasta. Waxaana laga yaabaa in ka-hortagga uu bixiyo tallaalka uu waqti ka dib dhammaado. Sababtaas awgeed, waxaan kugula talineynaa in ilmahaagu mar kale laga tallaalo hargabka sanadkan, xitaa haddii la tallaalay sannadkii hore.

Yaa ilmahayga siin doona tallaalkooda?

Carruurta da'doodu u dhaxayso 2 iyo 3 sano (da'da 31-ka Agoosto ka hor intaysan bilaabmin tallaallada hargabka xilliga dayrta) waxaa tallaalka siin doona GP-gooda, badanaaba kalkaalisada caafimaadka.

Carruurta da'da dugsiga gaaray ayaa tallaalka lagu siin doonaa dugsiga, iyagoo heli doona fursado dheeraad ah oo lagu tallaalo rugaha caafimaadka bulshada, oo loogu talagalay qof kasta oo seega tallaalka lagu bixiyo dugsiga.

Carruurta guriga wax ku barata ayaa la siin doonaa tallaalka haddii ay ku jiraan kooxda da'a ahaan u qalanta tallaalka. Waalidiintu waxay macluumaadka ku saabsan qabanqaabooyinka ka heli karaan Waaxda Waxbarashada Maamulka Deegaanka.



Sidee loo bixiyaa tallaalka?

Inta badan carruurta, waxaa loo siiyaa buufin sankaa ah ahaan. Haddii buufiska sankaa aanu ku habboonayn ilmaha, duritaanka cirbida ah ayaa la siin karaa, waxaana inta badan laga durayaa muruqa cududda.

Sidee ayay buufinta sankaa u shaqeysaa?

Buufiska sankaa lagu buufiyo waxaa ku jira fayras la daciifiyay si looga ilaaliyo inay sababaan hargab laakiin waxay ka caawin doonaan ilmahaaga inuu yeesho difaac ka dhan ah hargabka. Tani waxay ka dhigan tahay in ilmahaagu si ka wanaagsan isaga difaaci doono hargabka.

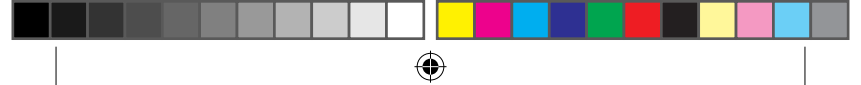
Tallaalka si dhakhso ah ayaa looga nuugaa sankaa, xitaa haddii ilmahaagu hindhiso isla markiiba ka dib marka lagu buufiyo, looma baahna in laga walwalo in aanay shaqayn.

Ma jiraan waxyeellooyin gaar ah oo uu tallaalku leeyahay?

Carruurta waxaa laga yaabaa inay yeeshaan san diif leh ama sankaa oo xirma, madax-xanuun, daal guud iyo xoogaa rabitaanka cuntada oo xumaada. Si kastaba ha ahaatee, astaamahan ayaa aad u fudud marka loo barbar dhigo qaadista ifilada ama dhibaatooyinka la xiriira hargabka. Waxyeellooyinka gaarka ah ee halista ah waa wax aan u badnayn inay dhacaan.

Tallaalka ma sababi karaa hargab?

Maya, tallaalka ma sababi karo hargab sababtoo ah fayrasyada ku jira tallaalka waa la daciifiyay si looga hortago inay taasi dhacdo.



Maxaa dhacaya haddii ilmahayga uu qabo xaalad caafimaad?

Carruurta qabta xaaladaha caafimaad qaarkood, xitaa haddii si wanaagsan loo maareeyo, waxay halis sare ugu jiraan dhibaatooyin daran haddii uu ku dhaco hargab. Waxaa si gaar ah muhiim u ah in carruurtan la tallaalo.

Xaaladahaas caafimaad waxaa ka mid ah:

- dhibaatooyinka sambabada oo halista ah, tusaale ahaan, cudurka neefta ee u baahan in si joogto ah loo neefsado isteeroiydh ama isteeroiydhka afka laga qaado
- xaaladaha wadnaha ee halista ah
- cudurka kalyaha ama beer xanuunka
- cudurka sonkorowga
- naafonimada waxbarashada
- daciif noqoshada habdhiska difaaca jirka oo ay sabab u tahay cudur ama daawayn, tusaale ahaan, kemotherabi ama daawaynta shucaaca ee kansarka ama isticmaalka isteeroiydhka ee muddada-dheer
- dhibaatooyinka xagga beeryarada, sabab la xiriiirta in beeryarada laga saaray jirka (asplenia) ama inuusan si fiican u shaqeynayn, tusaale ahaan, sabab la xiriiirta cudurka 'sickle cell' ama cudurka 'coeliac disease'
- GP-gaaga ayaa sidoo kale laga yaabaa inuu kugula taliyo ilmahaaga in la tallaalo haddii ay qabaan xaalad caafimaad oo saamaynaysa habdhiska neerfaha sida curyaanimada maskaxda





Carruurtani waa inay qaataan tallaalka hargabka sannad kasta laga bilaabo da'da 6 bilood iyo wixii ka dambeeya. Intooda badan waxay heli doonaan tallaalka buufinta sanko laakiin laguma talinayo in la siiyo carruurta da'doodu ka yar tahay 2 sano.

Carruurta da'doodu ka yar tahay 2, iyo kuwa aanay buufinta sanko ku habboonayn sababo caafimaad dartood, waxaa la siin doonaa tallaalka hargabka ee duritaanka ah.

Haddii ilmahaagu qabo xaalad caafimaad oo ku taxan bogga 8 laakiin aanu ku jirin mid ka mid ah kooxaha da'da ee la siinayo tallaalka dugsiga, waa muhiim inaad la xiriirto GP-gaaga si aad ballan u qabsato.

Haddii aadan hubin in ilmahaagu u baahan yahay tallaalka hargabka ama aad u baahan tahay talo dheeraad ah, la hadal kalkaalisada caafimaadka, GP-gaaga ama booqdaha caafimaadka.

Goorma ayaa tallaalka la siinayaa?

Carruurta 2 iyo 3 jirka ah, waa inaad heshaa martiqaad si ilmahaaga tallaalka uga helo xarunta GP-gaaga xilliga dayrta. Haddii kale, si toos ah ayaad ula xiriiri kartaa si aad ballan u qabsato.

Carruurta da'da dugsiga gaartay, kulan tallaalka bixin ah ayaa lagu qaban doonaa dugsiga inta lagu jiro xilliga dayrta. Kooxda tallaalka carruurta gaartay da'da dugsiga ayaa kaala soo xiriiri doonta dugsiga.

Haddii ilmahaagu uu ku jiro koox u qalanta tallaalka dugsiga uuna qabo xaalad caafimaad oo khatar sii kordheysa ugaga imaanaysa hargabka (eeg bogga 8), waxaad weydiisan kartaa GP-ga ilmahaaga inuu ku siiyo tallaalka haddii aadan rabin inaad sugto ilaa laga gaarayo xilliga tallaalka bixinta dugsiga ama haddii taasi ay tahay waxa aad doorbidayso.



Ma jiraan carruur ay tahay inaan la siinin tallaalka sanko?

Maaddaama carruurta qabta xaalado caafimaad oo soo jireen ah ay aad ugu nugul yihiin dhibaatooyinka hargabka, gaar ahaan waa muhiim in la tallaalo. Carruurta ma awoodaan inay qaataan tallaalka sanko haddii ay:

- hadda hiinraagayaan ama hiinraagayeen 72-dii saacadood ee la soo dhaafay, waa in la siiyaa tallaalka hargabka ee la isku duro si looga fogaado dib u dhac ku yimaada difaac ka helida hargabka
- u baahdeen daryeel culus sababo la xiriira
 - cudurka neefta ama
 - xasaasiyadda ukunta

(Carruurta ku jirta labadan kooxood waxaa lagula talinayaa inay raadsadaan talada dhakhtarka takhasuslaha ah waxayna u baahan karaan inay isbitaalka ku qaataan tallaalka sanko)
- qabaan xaalad caafimaad, ama ay qaadanayaan daawooyin, si ba'an u wiiqaysa hab-dhiska difaaca jirkooda ama uu jiro qof qoyskooda ka tirsan oo u baahan go'doomin sabab la xiriirta in habdhiska difaaca jirkooda uu aad daciif u noqday
- xasaasiyad ka qabaan waxyabaaha uu tallaalka ka samaysan yahay*

Haddii ilmahaagu aanu qaadan karin tallaalka ifilada ee sanko laga qaato waa in lagu duraa tallaalka hargabka.

Haddii aadan hubin in ilmahaagu qaadanayo tallaalka la isku durayo ama tallaalka sanko laga qaadanayo fadlan ka hubi kooxda tallaalka carruurta gaartay da'da dugsiga ama kalkaalisada ama GP-ga xaruntaada.





Carruurta lagu tallaalay buufinta sanku waa inay ka fogaadaan xiriir la yeelashada dadka hab-dhiskooda difaac uu aad u liito (tusaale ahaan kuwa dhowaan dhuuxa lafta laga beddelay) ilaa 2 toddobaad ka dib qaadashada tallaalka.

Tallaalka hargabka ma la siin karaa ilmahayga isla wakhtiga la siinayo tallaallada kale?

Haa Tallaalka hargabka waxa la bixin karaa isla wakhtiga la qaadanayo dhammaan tallaallada carruurnimada ee kale ee caadiga ah. Tallaalka waxaa laga yaabaa in dib loo dhigo haddii ilmahaaga uu qabo qandho. Sidoo kale, haddii ilmaha si aad ah sanku uga xiran yahay ama sankiisa diif ka socdo, waxay taasi joojin kartaa in tallaalka uu galo habdhiska jirkooda. Xaaladdan oo kale, tallaalka hargabka ayaa dib loo dhigi karaa ilaa astaamaha caburka sanku ay ka roonaanayaan. Mararka qaarkood waxaa laga yaabaa in taas bedelkeeda la siiyo tallaalka la isku duro.

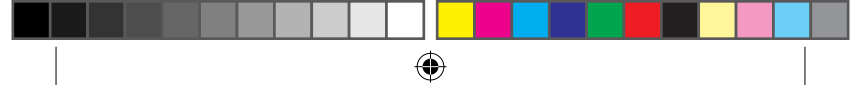


*Websaydka ka eeg

www.medicines.org.uk/emc/product/15790/smpc

si aad u aragto liiska maaddooyinka uu tallaalka ka kooban yahay





Tallaalka sanko ma ka kooban yahay gelatiin oo laga soo qaatay doofaarka (porcine gelatine)?

Haa Tallaalka sanko waxaa ku jira xaddi aad u yar oo gelatiin ah oo laga soo qaatay doofaarka (porcine gelatine), kaas oo loo isticmaalo noocyo badan oo daawooyin muhiim ah. Gelatiinka wuxuu gacan ka gaystaa in uu tallaalka xasilo si uu u awoodo in uu si habboon u shaqeeyo.

Buufiska sanko ayaa ah tallaalka la doorbido in la siiyo carruurta, waana mid degdeg ah oo sahlan in la bixiyo. Wuxuu sidoo ku wanaagsan yahay yaraynta in ifilada ay ku dhex faafto bulshada. Haddii aadan aqbalin dawooyinka ama tallaalka ay ku jiraan maadada porcine gelatine, tallaalka hargabka oo aan ku jirin gelatiinka ayaa la heli karaa.

Halkeen ka heli karaa macluumaad dheeraad ah?

Booqo www.nhs.uk/child-flu si aad war dheeraad ah u hesho. La hadal GP-gaaga, kalkaalisada caafimaadka, kalkaalisada dugsiga ilmahaaga ama booqdahaaga caafimaadka haddii aad qabtid su'aalo kale.



www.nhs.uk/vaccinations

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