



UK Health
Security
Agency



Naftaada ka badbaadi hargabka

Tallaalka ifilada/hargabka ee England

Macluumaad loogu talagalay dadka ku jira dugsiga sare



Flu **i**mmunisation

Kaa caawinaya in aad ka badbaaddo hargabka

Tallaalka hargabka ayaa si bilaash ah loogu deeqayaa:

Dhammaan carruurta 2 jir iyo 3 jir ah (haddii ay 2 jir ama 3 jir ahaayeen maalintii 31 Agoosto ka hor inta aanan tallaallada hargabka la bilaabin xilliga dayrta)



Carruurta jirta da'ada dugsiga (Da'ada qaabilaada ilaa Sanadka 11)

Carruurta qabta xaalad caafimaad oo iyaga halis dheeraad ah u gelinaysa hargabka ama ifilada



Macluumaad dheeraad ah oo ku saabsan carruurta u qalanta sanad kaste ayaa laga heli karaa halkan: www.nhs.uk/child-flu



Maxay u habboon tahay in aan qaato tallaalka hargabka?

Hargabku waa cudur aad u xun oo keena qandho, sanko cabburan, qufac engegan, cune xanuun, damqashada muruqyada iyo kalagoosyada jirka, iyo daal aad u badan. Caadi ahaan waxaad bilaabaysaa inaad ka roonaato muddo ka dhow toddobaad gudaheed. Dadka qaarkood ayaa yeesha dhibaatooyin waxayna u baahdaan in la geeyo isbitaalka si loo daaweeyo.

Waa maxay faa'iidooyinka tallaalku?

Qaadashada tallaalka ayaa adiga kaa caawin doonta in aad ka badbaaddo ama iska difaacdo jirrada aadka u daran ee kugu dhici kara. Waxay taasi adiga kaa caawin kartaa in aadan seegin waxyaabaha aad xiisayso iyo in aad qaska ka ilaaliso waxbarashadaada.

Tallaalka ayaa sidoo kale yaraynaya halista ah in aad hargabka u gudbisno dadka kale sidaas darteed wuxuu kaa caawinayaa in aad badbaadisno qoyskaaga iyo saaxiibbadaada.

Anigu waxaan tallaalka hargabka qaatay sanadkii hore.

Miyaan mid kale u baahanahay sanadkan?

Haa; fayrusyada hargabka ayaa sanad walba isbeddela markaa waxaa laga yaabaa in tallaalka la cusboonaysiiyo. Sababtan awgeed, waxaan annagu ku talinaynaa in adiga hargabka mar kale lagaa tallaalo sanadkan, xataa haddii lagu tallaalay sanadkii hore.



Sidee ayaa tallaalka loo bixin doonaa?

Waxaa caadi ahaan lagu bixiyaa buufinta sanko. Haddii buufinta sanko aanu ku habboonayn, taas bedelkeeda waxaa la siin karaa duritaan, inta badan waxaa duritaanka laga siiyaa muruqa cududda.

Markaa sidee ayay u shaqaysaa ama wax u tartaa buufinta sanko?

Buufinta sanko waxaa ku jira fayrusyo la daciifiyey si iyaga loogu diido in ay dhaliyaan ifilada/hargabka laakiin waxay adiga kaa caawin doonaan in aad dhisato difaac dabiici ah.

Tallaalka ayaa dhakhso ugu dhaadhaca sanko oo dhakhso ayaa loo nuugaa markaa, xataa haddii aad hindhisooto isla marka ka dambaysa qaadashada buufinta, uma baahnid in aad ka walwasho in uusan waxba kuu tarin.

Ma jiraan dhibaatooyin soo raaca tallaalka?

Waxaa laga yaabaa in aad yeelato san dareeraya ama cabburan, madax xanuun, daal guud iyo cuntada oo qayb aad ka go'do. Hase yeeshee, kuwani waxay in badan ka sahlan yihiin dhalashada hargabka iyo dhibaatooyin ka yimaadda. Dhibaatooyinka soo raaca ee darani caadi ma aha.

Maxaa dhacaya haddii aanan anigu caafimaad qabin maalintaas?

Waxaa laga yaabaa in tallaalka dib loo dhigo haddii aad qabto xummad/qandho. Sidoo kale, haddii sankoagu aad u cabburan yahay ama u dareerayo, waxay taasi horjoogsan kartaa in tallaalku uu jirkaaga galo. Marka ay sidan tahay, tallaalka hargabka ayaa dib loo dhigi karaa ilaa ay kaa baxayaan calaamadaha cudurka ee sanko ku jira.

Maxaa lagu samaynayaa dadka dhallinyarada ah ee qaba xaalad caafimaad oo waqti dheer?

Haddii aad qabto xaalad caafimaad oo muddo soo-jireen ah oo adiga halis dheeraad ah kuu gelinaysa dhibaatooyinka daran ee ka yimaadda hargabka , waa in aad tallaalka hargabka qaadato sanad walba. Haddii aad leedahay mid ka mid ah xaaladahan caafimaadka oo aadan ku jirin mid ka mid ah kooxaha uu dugsigu ugu baaqo tallaalka hargabka , xafiiska Takhtarkaaga Guud (GP) ayaad weliba weydiisan kartaa in uu adiga ku siiyo tallaalka. Xafiiska Takhtarkaaga Guud ayaad weliba weydiisan kartaa in uu tan sameeyo haddii, tusaale ahaan, aadan rabin in aad sugto ilaa waqtiga tallaalka dugsiga.

Xaaladaha caafimaadka ee waqtiga dheer ee adiga halis dheeraad ah kuu gelinaya hargabka

Xaaladahan caafimaadka waxaa ka mid ah:

- dhibaatooyinka sambabada/neefsashada ee xun, sida cudurka neefta ee u baahan isticmaalka joogtada ah ee neef nuujiyaha (inhaler) istiiroodis leh ama kiniinnada
- xaaladaha wadnaha ee daran
- cudurka kelyaha ama beerka
- cudurka macaanka ama sonkorowga
- nidaamka difaaca dabiiciga ah ee jirka (immune system) ee daciifsan ka dib xaalad caafimaad ama daawayn lagu bixiyey daawooyinka sida kiniinnada leh istiiroodis ama daawaynta kiimikeed
- dhibaatooyinka beeryaraha (spleen), tusaale ahaan, cudurka dhiigga cas ee 'sickle cell-ka', ama beeryaraha oo lagaa saaray
- naafanimada waxbarashada
- dhibaatooyinka nidaamka neerfaha/ dareemayaasha jirka, sida cudurka muruqyada (cerebral palsy)



Booqo www.nhs.uk/child-flu si aad war dheeraad ah u hesho

Ma jiraan dad dhalinyaro ah oo aanan qaadan karin tallaalka sankaa?

Inta badan carruurta iyo dhalinyarada waxaa la siiyaa tallaalka sankaa lagu buufiyo oo degdeg ah oo fudud in bixiyo waana tallaalka la doorbido in la siiyo carruurta. Hase yeeshee, qaar ka mid ah dhalinyarada ayaa laga yaabaa in aanay qaadan karin tallaalka sankaa (eeg faahfaahinta hoose). Waalidkaaga ayaa la siin doonaa foom oggolaansho bixin ah oo ay buuxiyaan ka hor tallaalka, kaasoo ay ku jiri doonaan su'aalo lagu hubiyo haddii uu adiga kugu habboon yahay. Waxay iyagu la hadli karaan kooxda tallaalka dugsiga haddii ay su'aalo qabaan. Haddii aadan qaadan karin tallaalka buufinta sankaa ah, waxaa laguugu deeqi doonaa tallaalka hargabka ee dadka lagu mudo.

Cidma ayaanan qaadan karin tallaalka sankaa?

Halka tallaalka buufinta sankaa, waa in aad qaadato tallaalka hargabka ee dadka lagu mudo haddii aad:

- hadda leedahay hinraag ama aad lahayd hinraag 72kii saacadood ee ugu dambaysay
- leedahay nidaamka difaaca dabiiciga ah ee jirka oo aad u daciifsan ama qof reerkaaga ka mid ahi uu u baahan yahay go'doomin sabab la xiriirta in difaaca dabiiciga ah ee qofkaas si xun u daciifsan yahay
- qabto xaalad caafimaad oo u baahan daawaynta daawada 'salicylate'
- yeelatay falcelin xun oo guud (anaphylactic) oo aad ka muujisay tallaalka ifilo, ama mid ka mid ah waxyaabaha ku jira, waqti hore (ka sokow ukunta)

Dhallinyarada lagu tallaalay buufinta sanko waa in ay iska ilaaliyaan in ay xiriir dhow la yeeshaan ama u dhawaadaan dadka nidaamyadooda difaaca dabiiciga ahi ay si aad u xun u daciifsan yihiin (tusaale ahaan dadka iminka uun lagu tallaalay dhuuxa lafta) qiyaas ahaan muddo labo toddobaad ah ka dib tallaalka.

Haddii la filan karo in dadkaas lala xiriiro ama ay lagama maarmaan noqoto markaa waa in la bixiyo tallaalka ifilo oo nooc kale ah. Haddii aadan hubin, weydii kooxda tallaalka carruurta da'ada dugsiga jirta, ama kalkaaliyaha ama Takhtarka Guud ee xarunta GP-gaaga.

Waa in waalidkaagu ay talo weydiistaan takhasuslahaaga, haddii aad:

- waqti hore yeelatay falcelin xasaasiyeed oo daran (anaphylaxis) oo ka dhan ah ukunta taasoo aad ugu baahatay daawaynta daryeelka xooggan
- leedahay cudurka neefta oo lagu daaweeyo kiniinno istiiroodis leh ama aad ugu baahatay daawaynta daryeelka xooggan oo lagu bixiyo isbitaalka.

Halkee lagu bixinayaa tallaalka?

Carruurta da'da dugsiga gaartay ayaa tallaalka lagu siin doonaa dugsiga, iyada oo la siin doono fursado dheeraad ah oo lagu tallaalo rugaha bulshada, qof kasta oo ka baaqsada casharrada dugsiga.

Carruurta u qalanta tallaalka ee guriga wax ku barata ayaa la siin doonaa tallaalka. Adiga ama waalidkaaga waxaad macluumaadka ku saabsan qabanqaabada ka heli kartaan Waaxda Waxbarashada ee Maamulka Deegaankaaga.

Waxaad halkan ka akhrin kartaa buug-yaraha hargabka: www.medicines.org.uk/emc/product/15790/smpc

Tallaalka sanko laga qaato miyay ku jirtaa maaddada gelatine ee laga soo qaatay doofaarka (maaddada jiljilicsan ee doofaarka)?

Haa. Tallaalka sanko laga qaato waxaa ku jira xaddi yar oo nooca maaddada jiljilicsan ah (maaddada jiljilicsan ee doofaarka) ee laga soo qaatay doofaarka, taasoo loo isticmaalo daawooyin farabadan oo kaladuwan oo daruuri ah. Maaddada jiljilicsan ee gelatine-ka waxay gacan ka gaysataa xasilloonida fayrusyada tallaalka si tallaalku uu badbaadinta ama difaaca ugu fiican uga bixiyo hargabka.

Buufiska sanko ayaa ah tallaalka la doorbido in la siiyo carruurta, waana mid degdeg ah oo sahlan in la bixiyo. It may also be better at reducing the spread of flu in the community. Haddii aadan aqbalin daawooyin ama tallaallo ay ku jiraan maadaada gelatiinka doofaarka, tallaalka hargabka oo aan ku jirin gelatiin ayaa la heli karaa.

Halkee ayaan ka heli karaa macluumaad dheeraad ah?

Booqo www.nhs.uk/child-flu si aad war dheeraad ah u hesho. La hadal kooxda tallaalka dugsiga, Takhtarkaaga Guud, ama kalkaaliyaha xafiiska takhtarkaaga haddii aad qabto su'aalo dheeraad ah.



www.nhs.uk/vaccinations

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