

Jadeecada, Qaamo-qashiirka, rubeelaha iyo bus-buska

health

Macluumaadka tallaalka

Barnaamijka Tallaalka Qaranka wuxuu bixiyaa tallaalka isku-jir MMRV ah kaas oo looga hortago Jadeecada, Qaamo-qashiirka, rubeelaha iyo bus-buska carruurta jirta da'da 18 bilood.

Jadeecada

Jadeecadu waa cudur fayras ah oo lays qaadsiiyo oo daran kaas oo keena xummad, duuf badan, qufac iyo indhaha oo casaada xanuuna leh, kaas oo uu la socdo finan.

15kii carruur oo qaada jadeecada hal ayuu ku dhacaa nimooniya (hawo jidhka gasha) iyo 1000kii carruur ahna hal ayuu ku dhacaa huridda maskaxda (encephalitis). 10kii carruur ah oo qaba cudurka jadeecada encephalitis, hal ayaa dhinta kuwa badanna waxaa ku dhaca waxyeellada maskaxda oo joogto ah.

Xanuun dhifdhif ah oo loo yaqaan SSPE (subacute sclerosing panencephalitis) ayaa samaysma dhowr sano ka dib infagshanka jadeecada. SSPE waxay si degdeg ah u baabi'saa maskaxda mar kastana dhimashay keentaa.

Jadeecada waxaa laysku qaadsiiyaa qufaca iyo hindhisada ka yimaada qofka qaba ka hor intaan qofkaas garanayo inuu xanuunsan yahay.

Qaamo-qashiirka

Qaamo-qashiirku wuxuu keenaa xummad, madax-xanuun iyo huridda qajidhada candhuufta. 5000tii oo carruur ah hal ayuu ku dhacaa huridda maskaxda, hase ahaatee saamayn-daaweedka way yar tahay. Shanti qaangaar ama labka waayeelka ah kuwaas oo qaba qaamo-qashiirka waxaa ku dhaca huridda iyo bararka xaniinyaha oo xanuun badan. Marmarna qaamo-qashiirku wuxuu keenaa ma-dhalaysnimo iyo dhaga-beel joogto ah.

Qaamo-qashiirku waxaa laysku qaadsiiyaa qufaca iyo hindhisada ka yimaada qofka qaba ka hor intaan qofkaas garanayo inuu xanuunsan yahay.

Rubeelaha

Rubeelaha wuxuu keenaa qanjidhada barara, xanuun xibnaha iyo finan wejiga iyo qoorta ka soo baxa kaas oo ku dhammaada laba ilaa saddex maalmood. 3000ba hal ayaa lagu arkaa tirada dhiiga cad oo yaraata sababana nabaro iyo dhiigbax.; 6000ba hal ayaa lagu arkaa maskaxda oo hurta xanuun dartiis.

Rubeelaha wuxuu ugu Qatar badan yahay markii uu haweenta ku dhaco 20ka asbuuc ee ugu horreysa uurkeeda. Taas waxay keeni kartaa qaab darro daran oo ku dhacda ilmaha dhashay. Dhago-la'aan, indho-la'aan, cilladda wadnaha iyo iin caqliyeed oo ku dhaca ilmaha.



Rubeelaha waxaa laysku qaadsiiyaa qufaca iyo hindhisada ka yimaada qofka qaba ka hor intaan qofkaas garanayo inuu xanuunsan yahay.

Rubeelaha waa cudur aad laysugu qaadsiiyo iyadoo sida ugu wanaagsan ee looga ilaaliyo hooyooyinka uurka leh iyo ilmahooda ay tahay in la hubiyo in haweenka la tallaalo ka hor intaysan uurka yeelan.

Bus-buska

Bus-busku waa cudur aad laysku qaadsiiyo kaas oo horraanta keena finan baro casaan ah leh, kuwaas oo afka biyo ku yeesha isla saacaddiiba. Baruhu badanaa waxay ka soo muuqdaan xabbadka, wejiga iyo qaybaha kale ee jidhka. Badiba dadka uu ku dhaco bus-busku waxay muujiyaan xummad waxayna dareemaan xanuun waxayna la kulmaan cuncun daran.

Mararka qaarkood bus-busku wuxuu keenaa xanuun daran sida infagshanka bakteeriyada maqaarka taas oo keenta waxyeello, nimooniya ama huridda maskaxda iyo xataa dhimasho da'aha oo dhan ah. Dadka waaweyn kuwaas oo qaada bus-buska guud ahaan waxay la kulmaan astaamo badan oo daran.

Infagshanka bus-buska inta uurku jiro wuxuu u keeni karaa qaab darro daran ilmaha yar oo dhashay. Infagshanka hooyada ku dhaca waqtiga dhalmada wuxuu keeni karaa infagshan daran ee ilmaha yar oo dhashay.

Bus-busku wuxuu ku faafaa qufaca iyo hindhisada iyo ayadoo si toos ah loo taabto finanka afka biyaha ku leh.

Cilmi-baaristu waxay muujisay in laba dhoos oo tallaalka bus-buska ah ee carruurta ay siinayaan ka-hortag weyn ayna yaraynayaan qatarta bus-buska heer dhexaadka ah oo ku dhaca waqtiyada dambe. Dowladdu waxay maalgelisaa hal dhoos oo lacag la'aan ah ee tallaalka bus-buska ee tallaalka MMRV. Dhooska labaad ee tallaalka bus-buska waxaa la gadan karaa marka dhaqtarku qoro.

Tallaalka jadeecada, qaamo-shiirka rubeelaha iyo bus-buska (MMRV)

Barnaamijka Tallaalka Qaranka wuxuu bixiyaa tallaalka isku-jir MMRV ah oo lacag la'aan ah kaas oo looga hortago Jadeecada, Qaamo-qashiirka, rubeelaha iyo bus-buska ku dhaca carruurta jirta da'da 18 bilood.

Si kastaba ha ahaatee, MMRV looguma talinayo in la siiyo dhooska kowaad carruurta ka yar afarta sano ayadoo ugu wacan tahay halista badan ee gariirka xumadda badan ee da'han ku dhacda.

Carruurta waxay qaataan dhooskooda kowaad ee tallaalka Jadeecada, Qaamo-qashiirka iyo rubeelaha (MMR) markay jiraan da'da 12 bilood oo uusan ku jirin tallaalka bus-buska.

Waxaa muhiim ah in la ogaado inay ammaan u tahay carruurta xasaasiyada (aleerjikada) u leh ukunta inay qaataan tallaalka MMR iyo MMRV.

Tallaalka MMRV looguma talin dadka da'doodu tahay 14 sano iyo ka weynba ayadoo dadka da'dan jiraa ay kala gooni u qaadan karaan tallaalka MMR iyo tallaalka bus-buska haddii loo baahdo.

Liiska-hubinta ka-hor-tallaalka

Ka hor tallaalka, waxaa muhiim ah inaad u sheegto bixiyaha tallaalkaaga haddii uu ilmahaagu

- ☐ uu xanuunsan yahay
- ☐ uu qabo xasaasiyada daran ee tallaalka kasta
- ☐ uu qabo qabo xasaasiyad daran ee qayb kasta ee tallaalka
- ☐ uu qabo aleerjiko daran ee wax kasta
- ☐ uu qabo oo qaatay tallaalka 'cusub' bishii hore
- ☐ uu qaatay dhawaantan daaweynta immunoglobulin ama dhiig-ku-shubid ahtreatment
- ☐ uu qabo cudur ama uu qaadanayo daaweyn taas oo keenta difaac hoose.

Saamayn-daaweedka suurtagalka ah ee tallaalka MMRV

Saamayn-daaweedka guud ahaan waa caadi waana kuwo loo adkaysto aad bayna uga yarihiin dhibaatooyinka cudurkan. Saamayn-daaweedka ka timaadda tallaalka MMRV guud ahaan waxay dhacaan toddoba ilaa 10 maalmood ka dib tallaalka waxayna socdaan hal ilaa laba maalmood.

Saamayn-daaweedka wuxuu u dhaxeeyaa toddoba ilaa 10 maalmood ka dib tallaalka

- Xannuun, casaan ama barar ka muuqda barta durriinka
- Kuusnaan barta durriinka taas oo ku dhammaata dhowr asbuuc ama bilood
- Xummad (ka weynaan karta 39 °C)
- Finan casaan ah oo daciif ah (laysma qaadsiyo)
- Astaamo dureyga madaxa
- Bararka qanjidhada candhuufta

Si aad ugu hesho dokumantigan qaab la heli karo emai u dir: immunisation@health.vic.gov.au

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Authorised and published by the Victorian Government, 50 Lonsdale St, Melbourne.

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Saamayn-daaweedka u dhaxeeyaa shan ilaa 26 maalmood ka dib tallaalka

- Finan dhexdhexaad ah sida finanka bus-buska

Maamaraynta waxyeelooyinka ka-dib tallaalka

- Sii carruurtaada cabbitaan dheeraad ah si ay u cabaan dhar badan ha u galin carruurtahaddii ay kulul yihiin
- In kastoo si joogto ah u isticmaalka paracetamol-ka ka dib tallaalka aan lagu talinayn, haddii xummad jirtose paracetamol waa la siin karaa. Ka hubi qoraalka ku qoran dhooska saxdaa ama la hadal farmashiistahaaga —gaar ahaan markaad carruurta siinayso paracetamol.
- Mararka qaarkood kuus yar oo adag ayaa ku yaala barta durriinka ilaa dhowr asbuuc ama biloodna jireysa. Taas waa inaysan keenin dareen uma baahna wax daaweyn ah.

Saamayn-daaweedka dhifka ah

Waxaa jira qatar yar ee falceliska aleerjikada oo daran (anaphylaxis) oo tallaalku wato. Taas waa sababta laguugu tashay inaad joogto kilinikada ama goobta daaweynta ugu yaraan 15 daqiiqo ka dib tallaalka, si loo eego haddii loo baahan yahay daaweyn dheeraad ah.

Wixii saamayn-daaweed badan ama aan badnayn oo la socota tallaalka kala tasho dhaqtarkaaga ama si toos ah u aad isbitaalka.

Waxaad ka wici kartaa adeegga ammaanka tallaalka Victoria (SAEFVIC) taleefanka (03) 9345 4143. Taleefanka waa furan yahay inta u dhaxaysa 10.00 am iyo 4:00 pm haddii kale waxaad u reebi kartaa farriin waqtiyada kale. Adeeggan isla markiiba ma bixiyo maaraynta degdegga ah ee saamaynta-daaweedka.

Wixii talooyin ah

- dhaqtarkaaga
- adeegga tallaalka degaanka degmadaada

Wixii Macluumaad Dheeraad ah

www.health.vic.gov.au/immunisation

www.betterhealth.vic.gov.au



Adeegga Fasiraadda iyo Turjumidda
Ka wac 131 450



An Australian, State and Territory Governments initiative

Measles, mumps, rubella and chickenpox (varicella)

health

Immunisation information

The National Immunisation Program provides free combined MMRV vaccine for protection against measles, mumps, rubella and chickenpox (varicella) to children at 18 months of age.

Measles

Measles is a serious and highly contagious viral disease that causes fever, runny nose, cough and sore red eyes, followed by a rash.

About one in 15 children with measles will develop pneumonia and one in 1000 will develop inflammation of the brain (encephalitis). For every 10 children with measles encephalitis, one will die and many will have permanent brain damage.

A rare condition called SSPE (subacute sclerosing panencephalitis) can develop several years after a measles infection. SSPE rapidly destroys the brain and is always fatal.

Measles can be caught through coughs and sneezes from an infected person before that person realises they are sick.

Mumps

Mumps causes fever, headache and inflammation of the salivary glands. One in 5000 children will develop inflammation of the brain, but permanent side effects are rare. About one in five adolescent or adult males who contract mumps will develop a painful inflammation and swelling of the testicles. Occasionally mumps causes infertility and permanent deafness.

Mumps can be caught through coughs and sneezes from an infected person before that person realises they are sick.

Rubella

Rubella causes swollen glands, joint pain and a rash on the face and neck that lasts two to three days. One in 3000 people will develop a low platelet count causing bruising or bleeding. One in 6000 will develop inflammation of the brain.

Rubella is most dangerous when a woman catches it in the first 20 weeks of pregnancy. This can result in serious abnormalities in the newborn baby. Deafness, blindness, heart defects and intellectual disabilities can occur.

Rubella can be caught through coughs and sneezes from an infected person before that person realises they are sick.



Rubella is highly contagious and the best way to protect expectant mothers and their babies is to ensure that women are immunised before they become pregnant.

Chickenpox

Chickenpox (varicella) is a highly contagious infection that causes a rash of red spots initially, which become blisters within hours. The spots usually appear on the chest, face and other parts of the body. Most people infected with chickenpox have a fever and feel unwell and may experience severe itching.

Sometimes chickenpox will develop into more severe illness such as bacterial skin infections resulting in scarring, pneumonia or inflammation of the brain and even death in all ages. Adults who become infected with chickenpox generally experience more severe symptoms.

Chickenpox infection during pregnancy can result in serious abnormalities in the newborn baby. Infection in the mother around delivery time can result in severe infection in the newborn baby.

Chickenpox is spread through coughs and sneezes and through direct contact with the fluid in the blisters of the rash.

Research shows that two doses of chickenpox vaccine in children provide increased protection and reduce the risk of a mild dose of chickenpox occurring at a later time. The government funds one free dose of chickenpox vaccine in the MMRV vaccine. A second dose of chickenpox vaccine can be purchased on prescription.

Measles, mumps, rubella and chickenpox (MMRV) vaccine

The National Immunisation Program provides a free combined MMRV vaccine for protection against measles, mumps, rubella and chickenpox to children at 18 months of age.

However, MMRV is not recommended for the first dose in children under four years due to an increased risk of febrile convulsions in this age group.

Children have their first dose of measles, mumps and rubella (MMR) vaccine at 12 months of age without the chickenpox (varicella) vaccine.

It is important to know that it is safe for children with egg allergies to receive the MMR and MMRV vaccines.

The MMRV vaccine is not recommended for people aged 14 years and over and so people in this age range can receive the MMR vaccine and the chickenpox vaccine separately if required.

Preimmunisation checklist

Before immunisation, it is important that you tell your immunisation provider if your child:

- ☐ is unwell (has a temperature over 38.5 °C)
- ☐ has had a serious reaction to any vaccine
- ☐ has had a serious reaction to any component of a vaccine
- ☐ has had a severe allergy to anything
- ☐ has had a 'live' vaccine in the last month
- ☐ has had recent immunoglobulin or blood transfusion treatment
- ☐ has a disease or is having treatment that causes low immunity.

Possible side effects of MMRV vaccine

Side effects are generally mild and well tolerated and are much less frequent than the complications of the disease. Side effects from MMRV vaccine usually occur seven to 10 days after vaccination and last one to two days.

Side effects between seven and 10 days after vaccination

- Pain, redness or swelling at the injection site
- A lump at the injection site that may last many weeks or months
- Fever (can be more than 39 °C)
- Faint red rash (not infectious)
- Head cold symptoms
- Swelling of salivary glands

Side effects between five and 26 days after vaccination

- A mild rash like a chickenpox rash

Managing side effects after immunisation

- Give your children extra fluids to drink and do not overdress children if they are hot.
- Although routine use of paracetamol after vaccination is not recommended, if fever is present paracetamol can be given. Check the label for the correct dose or speak with your pharmacist—especially when giving paracetamol to children.
- Sometimes a small, hard lump at the injection site may persist for some weeks or months. This should not be of concern and requires no treatment.

Rare side effects

There is a very small risk of a serious allergic reaction (anaphylaxis) to any vaccine. This is why you are advised to stay at the clinic or medical surgery for at least 15 minutes following vaccination, in case further treatment is required.

For significant or unexpected side effects following immunisation see your doctor or go directly to a hospital.

You can call the Victorian vaccine safety service (SAEFVIC) on (03) 9345 4143. The line is attended between 10.00 am and 3.30 pm and you can leave a message at all other times. This service does not give immediate emergency management for a side effect.

For advice contact:

- your doctor
- your local council immunisation service.

Further information

www.health.vic.gov.au/immunisation

www.betterhealth.vic.gov.au



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Call 131 450

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