

# Ilaali ilmahaaga adigoo naftaada ku ilaalinaya talaalka qufaca xiiq-dheerta

Macluumaad loogu talagalay daganeyaasha Victoria

Somali

## Yaa xaq u leh tallaalka lacag la'aanta ah ee bilaabanaya 1da Juun 2015?

- [Haweenka uurka leh](#) oo xilliga saddexaad ku jira (laga bilaabo 28 asbuuc) iyo [wadeygooda](#) (kuwaas oo la nool ama la leh xiriir joogto ah ilmaha)
- [Waalidiinta ilamaha dhashay](#) (oo ay ka mid yihiin Waalidiinta wax-korsaday iyo Waalidiinta xanaaneeyaha ah) kuwaas oo dhashay 1da Juun 2015 ama kadib, (kahor inta ilmahu uu gaarayo lix bilood jir).

## Waa maxay qufaca xiiq-dheerta?

Qufaca xiiq-dheerta, waxaa kaloo loo yaqaan jix-dheer, waa cudur aad laysku qaadsiiyo kaas oo keeni kara qufac daran oo joogto ah. Ilmaha yaryar qufaca dheeraada badanaa waxaa la socda muddooyin aan la neefsan karin ama la matagayo. Qufaca waxaa la socda codka "xiiqda" maaddaama uu ilamahu la halgamayo inuu hawada soo jiido. Qufaca xiiq-dheerta waxaa faafiya qufacyada iyo hindhisada ka yimaada qofka qaba.

Dhibaatooyin dardaran sida nimooniyada, gariirka, suuxidda, iyo waxyeelooyinka maskaxda iyo sambabka ayaa dhaca.

Qufaca xiiq-dheerta wuxuu aad ugu daran yahay ilmaha yaryar oo ka yar da'da lixda bilood. Waxay si gaar ah baylah u yihiin infagshanka si buuxdana ugama ilaalsana qufaca xiiq-dheerta ilaa inta uu dhammaystirmayo shaxda tallaalkooda lixda bilood.

Badiba dhimashooyinka iyo isbitaal-dhigidda waxay ku dhacaan ilmaha ka yar lixda bilood jirka ah. Ilmaha yaryar qaarkood waxaa ku dhaca iin joogto ah oo ka dhalata waxyeellada maskaxda iyo sambabada.

**200kii ilmood oo ka yar lix bilood jiro kuwaas oo qaada qufaca xiiq-dheerta ilaa hal ayaa dhinta.**

## Maxaan u qaadanayaa tallaalka?

Waa inaad qaadataa tallaalka si aad uga ilaaliso ilmahaaga qufaca xiiq-dheerta. Qufaca xiiq-dheerta wuxuu ku dhex wareegaa bulshadeena. Xataa haddii

lagu tallaalay markaad ilmaha ahayd, waxaa laga yaabaa inaad ilaalsanayn, difaaca laga helo tallaalku (ama infagshan hore ee qufaca xiiq-dheerta) muddo ka dib wuu baaba'aa.

## Goorma ayaan heli karaa tallaalka?

[Haweenka uurka leh](#) waa inay qaataan tallaalka xilliga saddexaad ee uur kasta. Haweenta uurka leh taas oo qaadata tallaalka nafteeda way ilaalisaa waxayna antibodies-ka wax ilaaliya u gudbisaa ilmaheeda aydoo u sii marisa mandheerta. Taas macnaheedu waa in ilmahu dhasho asagoo leh difaaca qaarkiis qufaca xiiq-dheerta. Sababtaas darteed tallaalka ayaa loogu talinayaa waana u lacag la'aan haweenka uurka leh uur kasta, ayadoon loo eegayn intay jirto markii ugu dambaysey oo ay qaadatay tallaalka. Cilmi-baaristu waxay sheegaysaa in xilliga saddexaad uu yahay waqtiga ugu habboon oo la qaato tallaalka si ilmaha loogu gudbiyo ilaalinta ugu fiican.

[Nimanka haweenka uurka leh](#), kuwaas oo aan qaadan tallaalka 10kii sano ee ugu dambaysey, waa inay qaataan tallaalka isla markii uu haweenkoodu ay ku jiraan xilliga saddexaad, si loo hubiyo inay yeesheen difaaca kahor dhalashada ilmahooda. Tallaalku wuxuu qaataa laba asbuuc inuu shaqeeyo.

[Waalidiinta ilmaha dhashay](#) waa inay qaataan tallaalka sida ugu dhaqsaha badan marka ilmaha dhashaan, haddii aan la tallaalin inta uurku jiro ama tobankii sano ee hore, si looga ilaaliyo inay qaadaan cudurka markaasna u gudbiyaan u gudbiyaan infagshanka ilmahooda. Tallaalku waa u lacag la'aan waalidiinta kuwaas oo ilmahoodu ka yar yihiin da'da lixda bilood.

**Waalidiinta iyo xubanaha qoyska waa isha ugu weyn ee infagshanka qufaca xiiq-dheerta ee ilmaha.**

## Sidee baan ku helaa tallaalka lacag la'aanta ah?

Weydii dhaqtarkaaga, dhaqtarka dhaliyaha ah ama umulisada wax ku saabsan helidda tallaalka qufaca xiiq-dheerta kaas oo weliba ay ku jiraan ilaalinta diphtheriaha iyo teetanaha. Kalkaaliyeyaasha tallaalka

oo ay shaqaaleeyeen qaar degmooyinka deegaanka waxay kaloo bixiyaan tallaalka. Toos ula xirii degmada degaankaaga ama weydii kalkaaliyaha caafimaadka hooyada iyo ilamaha. In kastoo tallaalku yahay mid lacag la'aan u ah kooxaha xaqa u leh, haddana bixiyuhu lacag ayuu u qaadi karaa siinta tallaalka.

### **Waa maxay siyaabaha kale aan uga ilaalin karaa ilmahaaga qufaca xiiq-dheerta?**

- Tallaal ilmahaaga waqtigii la rabey, iyo waqti kasta. Ilmahaagu waa inuu helaa tallaalkooda da'da laba, afar ama lix bilood. Dhooska kowaad waxaa la siin karaa da'da\* lixda asbuuc ee ugu horreysa.
- Hubi in dhammaan carruurtaada oo dhan ay si buuxda u tallaalan yihiin. Dhammaan carruurta Australia waxay xaq u leeyihiin tallaalo lacag la'aan ah oo uu bixiyo Barnaamijka Tallaalka Qaranka. Barnaamijka\* hadda jira wuxuu bixiyaa dhoosaska buustarka ah oo lacag la'aan ah oo looga hortago qufaca xiiq-dheerta marka ilmahu gaaro afar sano jir iyo 12-13 sano jiro.
- Ka codso dadka ka ag-dhow ilmahaaga inay qaataan tallaalka.
- Dadka ka ag-dhow ilmaha dhashay (tusaale ahaan dadka kale ee guriga kula nool ilmaha, qaraabada, shaqaalaha childcare-ka) tallaalka ayaa halmar lagula talinayaa 10kii sanoba, Hase ahaatee tallaalka waa laga yaabaa inuusan lacag la'aan noqon.

\*Sida ku qoran Barnaamijka Tallaalka Qaranka 1da May 2015

### **Waxaan maqlay dadka la tallaalo way qaadi karaan qufaca xiiq-dheerta. Taasi ma runbaa?**

Tallaalka dadka waaweyn boqolkiiba-sagaashan-iyo-laba waa mid firfircoon, taas oo macnaheedu yahay in dadka qaarkiis oo tallaalan inay qaadi karaan qufaca xiiq-dheerta. Tallaalka qufaca xiiq-dheerta waa ilaalinta ugu habboon oo la heli karo si looga hortago faafinta cudurka.

### **Waa maxay tallaalada lagu talinayo inta uurku jiro?**

Tallaalka infuluwansada (flu) ayaa lagula talinayaa mar kasta inta uu jiro uurku waana u lacag la'aan haweenka uurka leh.

Infagshanka infuluwansada wuxuu u keeni karaa dhibaatooyin dardaran haweenka uurka leh, taas oo ay ka mid tahay baahida daaweynta isbitaalka. Caddayntu waxay muujinaysaa in tallaalka ka-hortagga infuluwansada inta uurku jiro waxay siin kartaa ilaalin ilmaha lixda bilood ee ugu horreysa dhalashada kadib.

### **Sidee buu ammaan u yahay tallaalada lagu taliyey inta uurku jiro?**

Tallaalka lagu taliyey waa kuwo ammaan ah inta lagu jiro uurka iyo marka ilamaha la nuujinayo. Tallaalka qufaca xiiq-dheerta ayaa dhowr sano si joogto ah loo siin jirey haweenka uurka leh ee United Kingdom iyo United States of America waxaana lagula talinayaa dhammaan haweenka Australia ee uurka leh. Tiro xad ballaaran oo daraasadaha sayniska oo ka socda UK iyo US ayaa muujiyey inaysan jirin halis saai'd ah ee natiijooyinka xun oo uu u leeyahay hooyooyinka ama ilmaha.

Sidaas oo kale, tallaalka infuluwansada ayaa la siin jirey asagoo lacag la'aan ah haweenka Australia ee uurka leh ilaa 2010 waxaana lagula talinayaa inay qaataan uur kasta

Waxaa muhiim ah inaad ku faraxsan tahay go'aannada aad ka samayso tallaalkaaga inta uurku jiro.

Dhaqtarkaaga ama bixiyaha tallaalkaaga ayaa ah isha fiican ee macluumaadka haddii aad qabto wax su'aalo ah ama dareeno ah oo ku saabsan ammaanka tallaalka

### **Halkee baan ka heli karaa macluumaad dheeraad ah oo ku saabsan qufaca xiiq-dheerta, infuluwansada iyo tallaalada inta uu jiro uurku?**

Macluumaad dheeraad ah ayaa laga heli karaa dhaqtarkaaga ama kalkaaliyaha shaqeeya, dhaqtarka dhaliyaha, umulisada, shaqaalaha isbitaalka hooyada, kalkaaliyaha caafimaadka hooyada iyo ilamaha, Qaybta Tallaalka ee Wasaaradda Caafimaadka & Adeegga Insaanka, Wac 1300 882 008 ama ka eeg website-ka soo socda:

- [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- [www.health.vic.gov.au/immunisation](http://www.health.vic.gov.au/immunisation)

### **Turjumidda**

Xaashidan macluumaadka waxaa laga heli karaa <http://www.health.vic.gov.au/immunisation/factsheets/language.htm> ayadoo ah luqadaha soo socda:

- Carabi
- Shiinayska La-fududeeyey
- Fiyatnamiiska
- Turkiga
- Farsi
- Soomaali
- Hindiga.

Si aad ugu hesho dokumantigan qaab la heli karo ka wac Qaybta Tallaalka 1300 882 008. Waxaa idmay oo daabacay Dowladda Victoria, 1 Treasury Place, Melbourne.

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# Protect your baby by protecting yourself with a free whooping cough vaccine

## Information for Victorian residents

### Who is eligible for the free vaccine from 1 June 2015?

- **Pregnant women** in their third trimester (from 28 weeks) and **their partners** (who live with or will have regular contact with the baby)
- **Parents of newborn babies** (including adoptive parents and foster parents) born on or after 1 June 2015, (before the baby is six months old).

### What is whooping cough?

Whooping cough, also known as pertussis, is a highly infectious disease that can cause a severe, persistent cough. In young babies the prolonged cough is often followed by periods of being unable to breathe and/or vomiting. Coughing can be followed by a “whooping” sound as the baby struggles to draw in air. Whooping cough is spread by coughs and sneezes from an infected person.

Severe complications such as pneumonia, convulsions, coma, and permanent brain and lung damage can occur.

Whooping cough is most serious in babies under six months of age. They are especially vulnerable to the infection and are not fully protected against whooping cough until their six-month vaccination schedule is complete.

Most deaths and hospitalisations are in babies under six months old. Some babies will suffer permanent disability from brain damage and lung damage.

**Around one in every 200 babies under six months of age who catches whooping cough will die.**

### Why should I get the vaccine?

You should get the vaccine to protect your baby against whooping cough. Whooping cough continues to circulate in our community. Even if you were vaccinated as a child, you may no longer be protected; immunity provided by the vaccine (or by previous infection with whooping cough) fades over time.

### When should I get the vaccine?

**Pregnant women** should get the vaccine in the third trimester of every pregnancy. A pregnant woman receiving the vaccine protects herself and passes on protective antibodies to her baby through the placenta. This means the baby is born with some immunity to whooping cough. For this reason the vaccine is recommended and free for pregnant women in every pregnancy, regardless of how long it has been since they last received the vaccine. Research suggests that the third trimester is the best time to receive the vaccine in order to pass on the best protection for the baby.

**Partners of pregnant women**, who have not had the vaccine in the last 10 years, should receive the vaccine while their partner is in the third trimester, to ensure they have developed immunity before the birth of their baby. The vaccine takes two weeks to work.

**Parents of newborn babies** should get the vaccine as soon as possible following the birth, if not vaccinated during pregnancy or in the previous ten years, to protect them from catching and passing on the infection to their baby. The vaccine is free for parents whose babies are less than six months of age.

**Parents and family members are the main source of whooping cough infection in babies.**

### How do I get the free vaccine?

Ask your doctor, obstetrician or midwife about getting the free whooping cough vaccine which also contains protection against diphtheria and tetanus. Immunisation nurses employed by some local councils may also provide the vaccine. Contact your local council directly or ask your maternal and child health nurse. While the vaccine itself is free for eligible groups, the provider may charge a fee for delivering the vaccine.

## What other ways can I protect my baby from whooping cough?

- Immunise your baby on time, every time. Your baby should receive their vaccines at two, four and six months of age. The first dose can be given as early as six weeks of age\*.
- Make sure all your children are fully immunised. All children in Australia are eligible for free vaccines under the National Immunisation Program. The current program\* provides free booster doses against whooping cough at four years old and 12-13 years old.
- Ask those in close contact with your baby to have the vaccine.
- For people in close contact with newborn babies (for example other people who live in the house with the baby, relatives, childcare workers) the vaccine is recommended once every 10 years, however the vaccine may not be free.

\*As per the National Immunisation Program on 1 May 2015

## I've heard that vaccinated people can still catch whooping cough. Is this true?

The adult vaccine is around ninety-two per cent effective; meaning that some people who are vaccinated may still catch whooping cough. The whooping cough vaccine is the best protection available to prevent the spread of this disease.

## What other vaccines are recommended during pregnancy?

Influenza (flu) vaccine is recommended at any time during pregnancy and is free for pregnant women.

Influenza infection can cause serious complications in a pregnant woman, which may include the need for hospital treatment. Evidence shows that vaccination against influenza while pregnant can provide protection for the baby in the first six months after birth.

## How safe are the recommended vaccines during pregnancy?

The recommended vaccines are safe during pregnancy and while breastfeeding. Whooping cough vaccine has been routinely given to pregnant women in the United Kingdom and the United States of America for several years and is recommended for all pregnant women in Australia. A number of large scale scientific studies from the UK and US have shown no increased risk of any adverse outcomes for mothers or babies.

Similarly, influenza vaccine has been provided free to pregnant women in Australia since 2010 and is recommended for every pregnancy.

It is important to be comfortable with decisions you make about vaccination during pregnancy. Your doctor or immunisation provider is a good source of information if you have questions or concerns about vaccine safety.

## Where can I get further information about whooping cough, influenza and the vaccines during pregnancy?

More information is available from your doctor or practice nurse; your obstetrician; your midwife; maternity hospital staff; your maternal and child health nurse; the Department of Health & Human Services Immunisation Section, phone 1300 882 008 or the following websites:

- [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- [www.health.vic.gov.au/immunisation/](http://www.health.vic.gov.au/immunisation/)

## Translations

This fact sheet is available at <http://www.health.vic.gov.au/immunisation/factsheets/language.htm> in the following languages:

- Arabic
- Simplified Chinese
- Vietnamese
- Turkish
- Farsi
- Somali
- Hindi.

To receive this document in an accessible format phone the Immunisation Section on 1300 882 008. Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

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