

Jadeecada, Qaamo-qashiirka, iyo rubeelaha

Macluumaadka tallaalka

Jadwalka Barnaamijka tallaalka (National Immunisation Program) Qaran wuxuu siiyaa tallaalka miisaliska-qaamaqashiirka-rubeelaha (MMR) carruurta ku jirta da'da 12 bilood iyo 18 bilood.

Jadeecada

Jadeecadu waa cudur fayras ah oo lays qaadsiiyo oo daran kaas oo keena xummad, diif badan, qofac iyo indhaha oo casaada xanuuna leh, kaas oo uu la socdo finan. Jadeeadu mararka qaarkood waxay keentaa dhibaatooyin Qatar ah sida nimoonyada. 1000kii carruur ah oo qaba jadeecada hal ayey ku dhacdaa huridda maskaxda. 10kii kasta oo carruur ah oo qaada cudurkaas, hal ayaa dhinta kuwa badanna waxaa ku dhaca waxyeellada maskaxda oo joogto ah. Jadeecadu waxay Australia u keentaa dhimasho. 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 dhimasho.

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

Qaama-qashiirka

Qaama-qashiirku wuxuu keenaa xummad, madax-xanuun iyo bararka qajidhada candhuufta. 5000tii oo carruur ah hal ayuu ku dhaca huridda maskaxda. Cudurku wuxuu keenaa dhigo-la'aan joogto ah.

Shanti qaangaar ama labka waayeelka ah kuwaas oo qaba qaama-qashiirka waxaa ku dhaca huridda iyo huridda xaniinyaha oo xanuun badan. Lababka qaba cudurkan guud ahaan si buuxda ayey uga bogsoodaan, hase ahaatee hal dhacdo oo dhifdhif ah waxay keeni kartaa ma-dhalaysnimo.

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

Rubeelaha

Kani waa cudurka carruurnimada oo dhexdhexaad ah waxayse kaloo saamayn kartaa kurayada iyo waayeelkaba. Cudurkan wuxuu keenaa qanjidhada barara, xanuunka xibnaha iyo finan wejiga iyo qoodha kaas oo ku dhammaada laba ilaa saddex maalmood. Ka-bogsoodku mar kasta waa mid dhaqso badan oo buuxa.

Rubeelaha wuxuu ugu Qatar badan yahay markii uu haweenka 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 iinta caqliyeed oo ku dhaca.

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.

*Uurka waa in layska ilaaliyaa ilaa hal bilk a dib tallaalka.

Tallaalka miisaliska-qaamaqashiirka-rubeelaha (MMR)

Tallaalka MMR waxaa kaloo lagu daraa bus-buska (MMRV) ee carruurta jirta 18ka bilood waxaana ku jira xaddiyo yaryar ee fayrasyada xoogooda la yareeyey iyo xaddi yar oo ah antibiyootigga neomycin.

Saamayn-daaweedka suurtagalka ah ee tallaalka MMR

Falcelisyada tallaalka MMR aad bay uga yar yihiin dhibaatooyinka uu keeno cudurku.

Saamayn-daaweedka guud

Oo la arko toddobo ilaa 10 maalmood ka dib tallaalka

- xummad sare oo ka badan 39 °C
- finan casaan oo daciif ah (layma qaadsiiyo)
- dureyga madaxa dureyga madaxa/ama duuf badan.
- qufac iyo/indhaha oo taagma
- dawaqaad ama daal badan
- bararka qanjidhada candhuufta
- Kuus yar oo aan joogto ahayn oo ku yaalla barta durriinka

Saamayn-daaweedka daran

- Low platelet count (causing bruising or bleeding) occurs after the first dose of MMR vaccine at a rate of about one in 20,000 to 30,000.

Saamayn-daaweedka aadka u daran

- Falcelis aleerjiko oo daran

Haddii falceliska dhexdhexaadka ah uu dhaco, waxay qaadan karaan laba ilaa saddex maalmood. Saamayn-daaweedka waxaa lagu yarayn karaa:

- la saaro maro qabow oo qoyan barta durriinka
- ayadoo la siiyo cabitaano dheeraad ah iyo ayadoon dhar badan la huwin haddii qofku xummad qabo
- qaadashada (ama siinta ilmahaaga) paracetamol si loo yareeyo xanuunka (la soco dhooska loogu taliyey da'da ilmahaaga).

Haddii falcelisyadu ay daran yihiin oo sii socdaan, ama haddii aad walaacsan tahay, la xiriir dhaqtarkaaga ama isbitalka.

Waxaad kaloo wici kartaa adeegga ammaanka tallaalka Victoria taleefanka 1300 882 924 doorashada 1aad.

Liiska-hubinta ka-hor-tallaalka

Ka hor intaan la tallaalin ilmahaaga, u sheeg dhaqtarka ama kalkaaliyaha haddii ay jiraan mid ka mid ah waxyaalahan soo socda

- ☐ Uu qaatay tallaalka ay ku jiraan fayrasyo nool bishii u danbeysey (sida MMR, bus-buska ama BCG)
- ☐ Uu xanuunsan yahay maalinta tallaalka (heerkulka ka sarreeyo 38.5 °C)
- ☐ Uu qabo xasaasiyad daran ee tallaalka MMR oo hore
- ☐ Uu qabo aleerjiko u leeyahay qaybo tallaalka ah sida neomycin
- ☐ Uu qaadanayo steroids ama nooc kale ee buufisyada asmada loo qaato ama kareemka steroids (tusaale, cortisone ama prednisone)
- ☐ Uu qaatay immunoglobulin ama waxyaalo dhiig ah sannadkii hore
- ☐ Uu qabo cudur ama uu qaadanayo daaweyn taas oo keenta difaac hoose (tusaale, leukaemia, kansarka, HIV/AIDS, radiotherapy ama chemotherapy)
- ☐ Ay uur leedahay ama qorshaynayso inay uur yeelato muddo ilaa bil tallaalka laga joogo.

Wixii Macluumaad Dheeraad ah

www.betterhealth.vic.gov.au

www.immunise.health.gov.au



**Adeegga Fasiraadda
iyo Turjumidda
Ka wac 131 450**

Si aad ugu hesho dokumentigan qaab la heli karo email u dir: immunisation@dhhs.vic.gov.au

Waxaa ogolaaday oo daabacay Xukuumadda Victoria, 1 Treasury Place, Melbourne.

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**An Australian, State and Territory
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Measles, mumps and rubella

Immunisation information

The National Immunisation Program schedule provides free measles-mumps-rubella (MMR) vaccine to children at 12 months and 18 months of age.

Measles

Measles is a serious and highly contagious viral disease which causes fever, runny nose, cough and sore red eyes, followed by a rash. Measles can sometimes lead to dangerous complications such as pneumonia. About one person in 1,000 who contracts measles will develop inflammation of the brain. For every 10 children who become affected in this way, one will die and many will have permanent brain damage. Measles still causes deaths in Australia. A rare condition called SSPE 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. About one in 5,000 children develops inflammation of the brain. The disease can cause permanent deafness.

About one in five adolescent or adult males who contracts mumps develops a painful inflammation and swelling of the testicles. Males with this condition generally recover completely, but on rare occasions it may cause infertility.

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

Rubella

This is a mild childhood disease but it can also affect teenagers and adults. The disease causes swollen glands, joint pains and a rash on the face and neck which lasts two to three days. Recovery is always speedy and complete.

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.

*Pregnancy should be avoided for one month following immunisation.

Measles-mumps-rubella (MMR) vaccines

The MMR vaccine also comes in combination with chickenpox (MMRV) for 18-month-old children and contains small amounts of each of the viruses at a reduced strength and a small amount of the antibiotic neomycin.

Possible side effects of MMR vaccine

Reactions to MMR vaccine are much less frequent than the complications of the diseases.

Common side effects

Seen seven to 10 days after vaccination

- high fever over 39 °C
- faint red rash (not infectious)
- head cold and/or runny nose
- cough and/or puffy eyes
- drowsiness or tiredness
- swelling of the salivary glands
- a temporary small lump at the injection site.

Serious side effects

- Low platelet count (causing bruising or bleeding) occurs after the first dose of MMR vaccine at a rate of about one in 20,000 to 30,000.

Extremely rare side effects

- A severe allergic reaction.

If mild reactions do occur, they may last two to three days. The side effects can be reduced by:

- placing a cold wet cloth on the sore injection site
- giving extra fluids and not overdressing if the person has a fever
- taking (or giving your child) paracetamol to reduce discomfort (note the recommended dose for the age of your child).

If reactions are severe or persistent, or if you are worried, contact your doctor or hospital.

You may also call the Victorian vaccine safety service on 1300 882 924 option 1.

Pre-immunisation checklist

Before you or your child is immunised, tell the doctor or nurse if any of the following apply.

- ☐ Has had a vaccine containing live viruses within the last month (such as MMR, chickenpox or BCG)
- ☐ Is unwell on the day of immunisation (temperature over 38.5 °C)
- ☐ Has had a severe reaction to a previous MMR vaccine
- ☐ Has had a severe allergy to any vaccine component for example, neomycin
- ☐ Is taking steroids of any sort other than inhaled asthma sprays or steroid creams (for example, cortisone or prednisone)
- ☐ Has had immunoglobulin or a blood product in the past year
- ☐ Has a disease or is having treatment which causes low immunity (for example, leukaemia, cancer, HIV/AIDS, radiotherapy or chemotherapy)
- ☐ Is pregnant or planning to become pregnant within one month of immunisation

Further information

www.betterhealth.vic.gov.au

www.immunise.health.gov.au



**Translating and
interpreting service**
Call 131 450

To receive this document in an accessible format email: immunisation@dhhs.vic.gov.au

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