

Cudurka Pneumococcal ee ilmanimda

Jadwalka barnamijka Talaalka ee Qaranka ayaa siiyaa talaal lacag la'aanta ah oo pneumococcal dhamaan carruurta jirta labo, afar iyo laba iyo tobant bilood.

Carruurta ka yar shan sanadood oo qaba xaallad caafimaad ayaa iyaguna mudan in la siiyo qadar siyaada ah oo talaalka pneumococcal.

Cudurka pneumococcal

Cudurka pneumococcal ee carruurta yaryar wuxuu keenaa jira aad u xun ama xataa dhimasho. Ilmaha qaba xaallad caafimaad oo aad u daran wuxuu khatar ugu jiraa infakshan helis ah iyo in isbitaal la dhigo.

Dadka badankood waxay qabaan Streptococcus bakteeriya pneumonie oo gala sanka iyo cunaha. Bakteeriyada waxaa fidiya wax yar oo ka yimaada afka ama sanka sida qufaca iyo hindhisada ama adoo ay ku soo gaaraan walxo sumaysan.

Infakshanka Pneumococcal wuxuu weeraraa qaybo kala duwan oo jirka ah. Tusaale:

- Haddii bakteeriyada pneumococcal ay gasho dhiigga waxaa la yiraahdaa bateraemia
- Haddii ay weerarto qayb ka mid ah maskaxda, waxaa loo yeeraa meningitis
- Haddii bakteeriyada pneumococcal ay weerarto sanbabka, waxaa loogu yeeraa pneumonia
- Haddii ay ku dhacdo dhegaha, waxaa loogu yeeraa otitis media.

Talaalka pneumococcal

Talaalka carruurta ayaa loo muujiyey inuu yahay 100% wax ku ool ka dhan ah qaababka xun ee cudurka pneumococcal. Si kasta ha ahaatee waxaa jira in ka badan 90 nooc oo ah cudurka pneumococcal. Hal talaal oo pneumococcal ah ayaa dabollaa noocyoo keena ilaa 80% ilaa 90% oo ah cudurada xun ee pneumococcal. Talaal kale oo pneumococcal ayaa ku haboon carruurta waaweyn haddii ilmuu qabo xaallad caafimaad oo kale, maadaama ay ka kooban tahay noocyoo kaa difaacaya infakshanka pneumococcal. Talaaladu waxay ka kooban yihiin curiyayaal aan kacsanayn oo noocyada bakteeriya pneumococcal si ay u kiciso qaabka difaaca jirka.

Yaa mudan talaalka lacag la'aanta ah?

- Dhamaan carruuraha jira labo, afar iyo laba iyo tobant bilood.
- Carruurta jirta ilaa shan sanadood oo qaba xaallad caafimaad oo khatara oo keeni karta khatarta infakshanka pneumococcal. Carruurtaani waxay u baahan yihiin qadar talaalka pneumococcal ah oo siyaada ah markay jiraan lix bilood iyo markay jiraan afar ilaa shan sanadood.

Fadlan wac dhakhtarkaaga si aad ugala hadasho xaalladaha ay ka midka yihiin:

- Infashanka HIV
- Dhiigga xun
- cystic fibrosis
- Daadashada CSF
- Dalool lafta madaxa ah
- Ku rakibida cohlear
- Daciifnimada difaaca jirka oo ka timid jirada, daawada ama daaweynta
- Shaqada xamayti ciladaysan ama aan jirin
- Down syndrome

- Dhamaan carruurta ku dhalatay in ka yar 28 asbuuc
- Cudur khatar ah oo wadnaha, sanbabka, kelyaha iyo sonkorowga ah.

Dhibta ka iman karta talaalka pneumococcal

Dhibta guud

- Xanuun, guduudasho iyo barar barta talaalka
- Xaraarad aad u hoosaysa

Dhib aad u daran oo ka timaada talaalka

- Xasaasiyad aad u daran

Haddii ay dhacdo xasaasiyad u daran, dhibta hoos ayaa loo dhigi karaa iyadoo:

- La saarayo dhar qoyan barta xanuunsan
- Iyada oo aan ilmaha dhar badan loo gelin
- Waxaa laga yaabaa in loo baahdo paracetamol si hoos loogu dhigo dhibta yar iyo/ama qandho sarraysa (iska hubi si aad si fiican ugu isticmaasho)
- Siinta ilmaha biya siyaada ah oo uu caboo.

Haddii dhibta talaalku daran tahay ama joogto tahay, ama haddii aad ka welwesan tahay ilmahaaga, la xiriir dhakhtarkaaga ama isbitaalka.

Waxyallaha la eegayo talaalka ka hor

Ka hor intaan la talaalin ilmahaaga, u sheeg dhakhtarka ama kalkaalisaada caafimaadka haddii ilmahaagu:

- Aanu fiicnayn maalinta talaalka
- Uu xassasiyad daran u leeyahay talaal uun
- Uu xasaasiyad u leeyahay mid ka mid ah curiyayaasha talaalka

Macluumaad intaas ka badan

Macluumaad baaritaan oo intaas ka badan ‘talaalka ilmanimada oo ku yaalla www.betterhealth.vic.gov.au

Waxyallaha la tarjumay ee dukumintigaan gal www.healthtranslations.vic.gov.au

Macluumaad intaas ka badan oo ku saabsan Barnaamijka Talaalka Qaranka booqo www.immunise.health.gov.au/

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Childhood pneumococcal disease

The National Immunisation Program schedule provides free pneumococcal vaccine to all infants at two, four and 12 months of age. Children less than five years of age with serious medical conditions may also need extra doses of pneumococcal vaccine.

Pneumococcal disease

Pneumococcal disease in young children causes serious illness such as blood infection and even death. A child with a serious medical condition is at greater risk of life threatening infection and hospitalisation.

Most people carry *Streptococcus pneumoniae* bacteria in the nose and throat. The bacteria are spread by droplets from the mouth and nose such as coughing and sneezing or by contact with articles contaminated by infected droplets.

Pneumococcal infections attack different parts of the body. For example:

- if the pneumococcal bacteria gets into the blood stream it's called bacteraemia
- if it attacks a specific part of the brain, it's known as meningitis
- if the pneumococcal bacteria attacks the lungs, it's known as pneumonia
- if it infects the middle ear, it's called otitis media.

Pneumococcal vaccines

A vaccine for children has been shown to be up to 90 per cent effective against severe forms of pneumococcal disease. However there are more than 90 strains of pneumococcal disease. One

pneumococcal vaccine covers strains that cause 80 per cent to 90 per cent of cases of severe pneumococcal disease. Another pneumococcal vaccine suitable for older children is also given if the child has a serious medical condition, as it contains more strains to protect against pneumococcal infection. The vaccines contain inactive components of some strains of pneumococcal bacteria to stimulate an immune response.

Who is eligible for the free vaccine?

- All infants at two, four and 12 months of age.
- Children up to five years of age with serious medical conditions which put them at higher risk of pneumococcal infection. These children need extra doses of pneumococcal vaccine at six months and at four to five years of age.

Please talk to your doctor to discuss serious medical conditions such as:

- HIV infection
- blood malignancies
- cystic fibrosis
- CSF leak
- intracranial shunt
- cochlear implants
- immune deficiency from illness, medication or treatment
- impaired spleen function or no spleen
- Down syndrome
- all infants born less than 28 weeks gestation
- chronic diseases of the heart, lung, kidney and diabetes.

Possible side effects of pneumococcal vaccine

Common side effects

- pain, redness and swelling at the injection site
- low grade temperature.



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Extremely rare side effect

- severe allergic reaction.

If mild reactions do occur, the side effects can be reduced by:

- placing a cold wet cloth on the sore injection site
- not overdressing your child
- paracetamol might be required to ease discomfort and/or high fever (check label for correct use)
- giving your child extra fluids to drink.

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

Pre-immunisation checklist

Before you have your child immunised, tell the doctor or nurse if your child:

- Is unwell on the day of immunisation
- Has had a severe reaction to any vaccine
- Is allergic to any component of the vaccine

Further information

For more information search 'childhood immunisation' at www.betterhealth.vic.gov.au

For translated versions of this document go to www.healthtranslations.vic.gov.au

For information about the National Immunisation Program visit www.immunise.health.gov.au/

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