

Qiixda, Teetanaha, Qix-dheerta, hepatitis B, Dabaysha iyo Influwansaha Haemophilus nooca b (Hib)

Macluumaadka tallaalka

Somali - English

Barnaamijka Tallaalka Qaraneed (The National Immunisation Program) wuxuu siiyaa tallaalka Xiiqda, Teetanaha, Qix-dheerta, hepatitis B, Dabaysha iyo Hib-ka oo lacag la'aan ah cunugyada da'doodu tahay laba bilood, afar bilood iyo lix bilood.

The National Immunisation Program provides free diphtheria, tetanus, whooping cough, hepatitis B, polio and Hib vaccine to infants at two months, four months and six months of age.

Qiixda (Diphtheria)

Qiixda waxaa dhaliya bakteeriya laga helo afka, cunaha iyo sanko. Xiiqdu waxay keentaa in dahaar (xuub) ku samaysmo gudaha cunaha. Taas waxay adkaynaysaa wax liqidda, neefsigu waxayna xataa keenaysaa ciigsanaan.

Bakteeriyadu waxay samaysaa sun taas oo ku fidda jidhka oo keenta xanuuno dardaran sida curyaamid iyo wadnaha oo fariista. Ilaa boqolkiiba 10 dadka ay ku dhacdo xiiqdu way u dhintaan.

Qiixda waxaa laga qaadi karaa marka qof qaba xiiqda uu qufaco ama hindhiso.

Teetanaha (Tetanus)

Teetanaha waxaa dhaliya bakteeriya taas oo laga helo carrada, ciidda iyo digada. Bakteeriyadu waxay jidhka ka geli kartaa meel dhaawaca ah taas oo aad u yar sida caaradda qalinka. Teetanaha qofba qof kale ma qaadi karo.

Teetanahu badanaa waa cudur dilaa ah taas oo weerarta nidaamka dareen-wadka. Waxay keentaa dubaaxinta muruqyada oo kolka hore laga dareemo qoorta iyo muruqyada daanka.

Teetanahu wuxuu horseedi karaa adkaanshaha neefsigu, gariir xanuun badan iyo garaacid wadnaha oo aan caadi ahayn.

Sababtoo ah tallaalka waxtarka leh, teetanahu hadda Australia waa ku yar yahay, hase ahaatee wuu ku dhacaa dadka waaweyn kuwaas oo aan marna laga tallaalin cudurkaas ama aan tallaalkoodii mid xoojiya ah loogu darin.

Qiix-dheerta (Whooping cough)

Qiix-dheertu waa cudur aad laysku qaadiyo kaas oo saameeya hawo mareenka iyo neefsigu. Cudurku wuxuu keenaa qix aan kala go'ayn oo daran. Inta u dhaxaysa qiixyadaas aan kala go'ayn, ilmahu wuu neef tuuraa. qixdaas aan kala go'ayn waxaa badanaa la socda matagid iyo qufac socda ilaa dhowr bilood.

Diphtheria

Diphtheria is caused by bacteria which are found in the mouth, throat and nose. Diphtheria causes a membrane to grow around the inside of the throat. This can make it difficult to swallow, breathe and can even lead to suffocation.

The bacteria produce a poison which can spread around the body and cause serious complications such as paralysis and heart failure. Around 10 percent of people who contract diphtheria die from it.

Diphtheria can be caught through coughs and sneezes from an infected person.

Tetanus

Tetanus is caused by bacteria which are present in soils, dust and manure. The bacteria can enter the body through a wound which may be as small as a pin prick. Tetanus cannot be passed from person to person.

Tetanus is an often fatal disease which attacks the nervous system. It causes muscle spasms first felt in the neck and jaw muscles.

Tetanus can lead to breathing difficulties, painful convulsions and abnormal heart rhythms.

Because of the effective immunisation, tetanus is now rare in Australia, but it still occurs in adults who have never been immunised against the disease or who have not had their booster vaccines.

Whooping cough

Whooping cough is a highly contagious disease which affects the air passages and breathing. The disease causes severe coughing spasms. Between these spasms, the child gasps for breath. Coughing spasms are often followed by vomiting and the cough can last for months.

Qiix-dheertu waxay badanaa ku daran tahay cunugyada ka yar da'da 12ka bilood waxayna badanaa u baahataa dhigid isbitaal. Qiix-dheertu waxay keeni kartaa xanuunyo sida dhiig-baxa, gariiro, nimooniya, miyir beel, maskaxda oo bararta, waxyeello joogto ah ee maskaxda iyo waxyeellada sanbabka oo muddo dheer ah. Ilaa hal ilmo oo ka mid 200 ilmood oo ka yar da'da lix bilood kaas oo qaada qiix-dheerta ayaa u dhinta.

Qiix-dheerta waxaa laga qaadi karaa marka qof qaba xiiqda uu qufaco ama hindhiso.

Hepatitis B

Fayraska hepatitis B wuxuu saameeyaa beerka wuxuuna keeni karaa:

- xaraarad
- Lalabo iyo shuban
- Daal
- Kaadi madow ah iyo maqaarka oo jaalle noqda

Fayraska Hepatitis B wuxuu badanaa ku faafaa marka lala kulmo dhacaannada jidhka (sida dhiigga, candhuufta, minada) ee qofka qaba cudurkaas, ama hooyada iyo ilmaha marka uu dhalanayo. Badiba carruurta yaryar oo qaada fayraska hepatitis B waxay noqdaan 'Cudur-Sidayaal'. Taas macnaheedu yahay waxay cudurka u gudbin karaan dadka kale xataa haddaysan ka muuqan astaamihiisii.

Haddii ilmahaagu qaado hepatitis B oo uu noqdo 'Cudur-Side', waxay yeelan doonaan halis badan oo ay u yihiin cudurka iyo kansarka beerka noloshooda dambe.

Dabaysha (Polio)

Dabayshu waxay keeni kartaa astaamo meel-dhexaad ah ama xanuun aad u daran. Waa fayras saameeya nidaamka dheef-mareenka iyo kan dareen-wadka. Waxay keentaa xaraarad, matag iyo giigsanaanta muruqyada waxayna saamayn kartaa dareen-wadeyaasha, taas oo keeni karta curyaamid joogto ah.

Cudurku wuxuu curyaamin karaa muruqyada neefsiga iyo wax-liqidda, taas oo keeni karta dhimasho. Inta u dhaxaysa boqolkiiba laba ilaa shan ee dadka qaba dabaysha way u dhintaan iyo ugu yaraan kala-badh bukaan-socodka ka kaca dabaysha waxaa ku dhaca curyaamid joogto ah.

Dabaysha waxaa la qaadi karaa haddii saxarada qofka qabaa ay fadarayso cuntada, biyaha ama gacmaha.

Hib-ka

Cudurka Hib-ka waa keenaha ugu badan ee infagshanka halista ku ah nolosha carruurta ka yar da'da shanta sano ka hor keeniddii 1993 tallaalada Hib-ka ee joogtada ah. Dhiciddii infagshanka Hib-ka

Whooping cough is most serious in babies under 12 months of age and often requires admission to hospital. Whooping cough can lead to complications such as haemorrhage, convulsions, pneumonia, coma, inflammation of the brain, permanent brain damage and long term lung damage. Around one in every 200 children under six months of age who catches whooping cough will die.

Whooping cough can be caught through coughs and sneezes from an infected person.

Hepatitis B

The hepatitis B virus affects the liver and can cause:

- Fever
- Nausea and diarrhoea
- Tiredness
- Dark urine and yellow skin

Hepatitis B virus is usually spread through contact with the body fluids (blood, saliva, semen) of an infected person, or from mother to child at birth. Most young children who catch the hepatitis B virus become 'carriers'. This means they can pass the disease onto other people even if they don't have symptoms.

If your child contracts hepatitis B and becomes a 'carrier', they will have an increased risk of liver disease and cancer later in life.

Polio

Polio may cause mild symptoms or very severe illness. It is a virus which affects the digestive and nervous systems. It causes fever, vomiting and muscle stiffness and can affect the nerves, causing permanent crippling.

The disease can paralyse breathing and swallowing muscles, leading to death. Between two and five percent of people with polio die from it and about half of all patients who survive suffer permanent paralysis.

Polio can be caught if the faeces of an infected person contaminates food, water or hands.

Hib

Hib disease was the most frequent cause of life threatening infection in children under five years of age before the introduction of routine Hib vaccines in 1993. The incidence of Hib infection before a

ka hor tallaalka way badnayd waxayna ugu badnayd carruurta da'doodu ka yar tahay shan sano badanaana kuma dhici jirin ka dib da'da shanta sano.

Marka layska daayo magaceeda waxba lama xiriirto infalawansaha. *Infalawansaha Haemophilus-ku* waa bakteeriya sida caadiga ah ku nool qaybta neef-mareenka sare.

Cudurka Hib-ku wuxuu keeni karaa:

- Meningitis-ka, oo ah infagshanku dhaca dahaarka ku daboolan maskaxda
- Epiglottitis-ka, oo ah bararka cunaha kaas oo xanibi kara neefsigu
- Artaraytiska, oo ah infagshanka kala-goosyada
- Cellulitis-ka, oo ah infagshanka unugyada ka hooseeya maqaarka, badanaa kuwa wejiga
- Nimooniya.

Xaaladahan si degdeg ah ayey u samaysmi karaan haddii aan la daaweyna, waxay si dhakhso ah u keeni karaan dhimasho.

Tallaalka Qiixda, Teetanaha, xiiq-dheerta, hepatitis B, Dabaysha iyo Hib-ka

Qiixda, Teetanaha, xiiq-dheerta, hepatitis B, Dabaysha iyo Hib-ka waxaa looga hortagi karaa tallaalka isku jir ah ammaan ah oo waxtar badan loona yaqaan Infanrix *hexa*[®]. Dhowr duritaan ayaa loo baahan yahay ka hor intaan ka-hortag fiican la siin.

Tallaalka Infanrix *hexa*[®] waxaa ku jira xoogaa yar oo sunta xiiqda, iyo teetanaha ah, kuwaas oo loo habeeyey inay noqdaan kuwo aan waxba dhimayn. Waxaa kaloo ku jira qaybo la sifeeyey ee bakteeriyada xiiq-dheerta ah, iyo qayb la curyaamiyey ee fayraska hepatitis B ah, iyo saddex nooc ee fayrasyada la curyaamiyey ee dabaysha ah iyo 'sonkoraha' Hib-ka. Tallaalka waxaa kaloo ku jira xoogaa yar oo cusbooyinka aluuminiyamka ah, xoogaa yar oo antibiyootig ah, ilaaliyeyaal waxaa kaloo ku jiri kara borootiinada yiiska.

Liiska-Hubinta ka-hor tallaalka

Ka hor intaan la tallaalin ilmahaaga, u sheeg dhakhtarka ama kalkaaliyaha haddii mid ka mid waxyaalaha soo socdaa ay dhacaan:

- Uu xanuunsan yahay maalinta tallaalka (heerkulka ka sarreeya 38.5 °C)
- Tallaalku u keeni karo dhib
- Uu qabo xasaasiyad daran oo uu ka qabo waxyaalaha uu ka samaysan yahay tallaalka kastaa (tusaale, nimooniya)

vaccine was available was highest in children under five years of age and rarely occurred after five years of age. Despite its name it is not related in any way to influenza. *Haemophilus influenzae* is a bacteria which lives normally in a person's upper respiratory tract.

Hib disease may cause:

- Meningitis, an infection of the membrane covering the brain
- Epiglottitis, swelling of the throat which can block breathing
- Septic arthritis, infection of a joint
- Cellulitis, infection of the tissue under the skin, usually on the face
- Pneumonia.

These conditions can develop quickly and if left untreated, they can rapidly cause death.

Diphtheria, tetanus, whooping cough, hepatitis B, polio, and Hib immunisation

Diphtheria, tetanus, whooping cough, polio, hepatitis B and Hib can be prevented with a safe and effective combination vaccine called Infanrix *hexa*[®]. Several injections are needed before good protection is provided.

The Infanrix *hexa*[®] vaccine contains a small amount of diphtheria and tetanus toxins, which are modified to make them harmless. It also contains purified parts of the pertussis bacterium, an inactivated part of the hepatitis B virus, three types of inactivated polio viruses and Hib 'sugars'. The vaccine also contains a small amount of aluminium salts, small amounts of antibiotics, preservative and may also contain yeast proteins.

Pre-immunisation checklist

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

- Are unwell on the day of immunisation (temperature over 38.5 °C)
- Have had a severe reaction to any vaccine
- Have a severe allergy to any vaccine component (for example, neomycin)

Waxyeellooyinka Tallaalka oo dhici kara ee Xiiqda, Teetanaha, xiiq-dheerta, hepatitis B, Dabaysha iyo Hib-ka

Dhibta tallaalka ee qiixda, Teetanaha, xiiq-dheerta, hepatitis B, Dabaysha iyo Hib-ka aad bay uga yar yihiin xanuunada daran ee cudurka.

Waxyeellooyinka guud

- Caraysan, oohin, aan deganayn oo guud ahaan aan faraxsanayn
- Dawakhsanaan ama daal
- xaraarad darajadeedu hoosayso
- Cuncun, casaan iyo bararka meeshii la duray
- Soo-buurasho yar oo aan joogto ahayn ee meeshii la duray ah

Waxyeellooyin aan badanaa dhicin oo dardaran

- Xaaladda Falceliska sare ee Hypotonic ah (HHE). Cunugu wuxuu muujin karaa calaamadaha dhiig la'aanta, dhutinta wuxuuna noqon karaa midaan waxba la falgalayn. Tan waxay dhici kartaa hal saac ilaa 48 saacadood ee ka damabaysa tallaalka. Xaalladda oo dhan waxay ku dhammaan kartaa daqiiqado yar ilaa 36 saacadood. La soco carruurta uu hayo HHE ma muujiyaan wax saamayn kale ah oo muddo dheer ah ee dareen-wadeyaasha.
- Falcelis aleerjiko oo daran

Haddii ay dhaco dhib talaal oo dhexaad ah, waxay ku dhammaan karaan hal ilaa laba maalmood.

Waxyeellooyinka waxaa lagu yarayn karaa:

- Cabbitaan dheeraad ah
- Dhar badan oo aan la xiran
- Saarid dhar qabow oo qoyan meesha duritaanka ee xanuunaysa
- Siinta ilmahaaga barasitamoolka si uu u yareeyo wixii xanuun ah (ogsoonow dhooska loo qoray da'da ilmahaaga)

Haddii dhibta talaaladu ay daran yihiin ama joogto yihiin, ama haddii aad walwalsan tahay la xiriir dhakhtarkaaga ama isbitaalkaaga.

Macluumaad dheeraad ah (Further information)

Web-ste-yada soo socda waxay bixiyaan qalabyo iyo macluumaad dheeraad ah

www.health.vic.gov.au/immunisation
www.immunise.health.gov.au

Possible side effects of diphtheria, tetanus, whooping cough, hepatitis B, polio and Hib vaccine

Reactions to diphtheria, tetanus, whooping cough, hepatitis B, polio and Hib vaccine are much less frequent than the complications of the diseases.

Common side effects

- Irritable, crying, unsettled and generally unhappy
- Drowsiness or tiredness
- Low grade fever
- Soreness, redness and swelling at the injection site
- A temporary small lump at the injection site

Extremely rare side effects

- Hypotonic-hyporesponsive episode (HHE). Infant may show signs of paleness, limpness and be unresponsive. This may occur one to 48 hours following vaccination. The whole episode may last from a few minutes to 36 hours. Follow-up of children with HHE shows no long-term neurological or other side effects.
- Severe allergic reaction.

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

- Drinking extra fluids
- Not overdressing
- Placing a cold, wet cloth on the sore injection site
- Giving your child paracetamol to reduce any 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.

Further information

The following websites offer resources and further information:

www.health.vic.gov.au/immunisation
www.immunise.health.gov.au