

Ka ilaaliinta caruurta cudurka qaaxada

BCG IYO DHALLAANKAAGA

Talaalku waa habka ugu nabdoon ee aad ilmahaaga u ilaalin karto

Waxay warqaddaan ku saabsan tahay talaalka BCG (Bacillus Calmette-Guerin) ee la bixiyo si looga difaaco dhallaankaaga Qaaxada.

Waa maxaay talaalka BCG?

Waxuu talaalka BCG yahay hoor uu ku jiro cudur-sidaha (jeermiska) oo qaabkiisa daciif laga dhigay kaasi oo keeno Qaaxada. Sababta oo loo daciifiyay waxay tahay inuusan run ahaan keenin Qaaxada, laakin waxuu ka caawinaaya dhallaankaaga inuu samaysto difaac (iska caabiye) lid ku ah cudurka haddii ay dhacdo inuu ebed la kulmo cudurka.

Waa maxay Qaaxada?

Waxay Qaaxadu tahay cudur buukansho xun leh oo keeni karo qoorgooye (inay bararaan tixanayaasha maskaxda) ee dhallaanka. Waxuu inta badan uga dhacaa dadka dhallinta yar iyo qaangaarada sambabaha, laakin waxuu ku dhici karaa xitaa qinjirada, maskaxda ama lafaha. Dadka badankooda ee dalkaan si buuxdo ayay uga soo kabsadaan daawayn ka dib, laakin waxay sidaan ku qaadan kartaa dhoowr bilooyin ah.

Sidee Qaaxada lagu qaadaa?

Waxaad ka qaadi kartaa oo keliya Qaaxada qof ay sambabahiisa iyo cunihiisa ay horay u qabeen oona qunfacaayo. Markii ay qunfacayaan, waxaa ka soo duulaayo dhibacyo yar-yar oo sitaan jeermiska. Haddii aad dhibco neef ahaan gudaha ugu qaadato waxaad qaadi karaysaa cudurka. Inkastoo dhibcahaan ay hawada ku jiri karaan muddo dheer, guud ahaan, waxay ku qaadataa aad ugu soo dhowaansho iyo waqti dheer in qof cudurka qaba uu faafiyo cudurka.

Sidee u tahay caadi Qaaxada?

Uk gudaheeda 1950 maadkii, waxaa jiray in ka badan 50,000 bukaano cudurka qaaxada ah sanadkasta. tiradaan waxay hoos u dhacday qiyaastii 7,000 oo ah bukaano cusub sanadkii, laakin weli waxaa jiro koror ah qiyaastii 5,500 oo ah bukaano cusub sanadkii bilaawgii 1990 maadkii. Sidaasi darteed, in kastoo aan laga yaabin inaad qaadid, haddana waa inuu qof kasto ogaado astaamaha Qaaxada. Sidaani gaar ahaan waa muhiim sababta oo ah iyadoo ay Qaaxada tahay cudur aad ugu faafaayo adduunka. Iyadoo ay sii kordhayaan tirooyinka dadka adduunka u kala safraya, ayey halistu ku sii kordheysaa in dadka ku soo noolaaday ama ka soo shaqeeyey dibeddu ay la kulmaan cudurka ama ay keenaan waddanka.

Waa maxaay astaamaha lagu aqoonsado Qaaxada?

Waxay run ahaan ku dhici kartaa qayb kasto oo ka mid ah jirka, sidaasi darted astaamaha way kala duwan yahiin calaamadaha dhallaankana way ka duwanaan karaan kuwa qofka qaangaarka ah. Si kastaba ha noqotee, bacdamaa ay Qaaxadu tahay bukasho, waxaa muhiim ah inaad aqoonsatid qofka kale ee qabo cudurka. Waa inaad la xiriirtaa takhtarka haddii ilmahaagu, ama xubin kasta oo kale oo qoyskaaga ka tirsan, ama saaxiib uu qabo mid ka mid ah waxyaabaha soo socda:

- **qunfac ku dhammaanaayo in ka badan 3 toddobaad**
- **xumad**
- **dhidid, gaar ahaan habeenkii**
- **culayska oo yaraado**
- **dareemid daal, ama**
- **qunfacid la socdo dhiig.**

Maxa dhallaankayga loo siinayaa BCG?

Boqotooyada Ingiriiska gudaheeda, sida wadamo badan oo kale, BCG waxaa lasiiyaa caruurta kuwaasoo ay u egtahay inay uga dhow yihiin dadka guud inay u dhawaadaan dadka qaba cudurka qaaxada. Tan sababteedu waa iney ku nool yihiin meel leh xaddiyo sare oo TB ama waalidkood ama awooweyaashood ayaa ka yimid waddan leh xaddi sare oo TB.

Guud ahaan, taas macnaheedu waa ilmaha ku nool meelaha magaalada gudeheeda ah. Waxaa talaalka la siinayaa dhalashada ka dib dhallaankaada inta uu weli ku jiro isbitaalka, laakin waxaa la siin karaa waqti kasto.

Sidee ayaa dhallaankayga loo talaalayaa?

Waxaa laga siinayaa caadi ahaan dhallaankaaga Talaalka BCG dhinaca sare ee gacanta bidixda.

Ma jiraan dhibaatooyin uga imaanaayo?

Duridda ka dib, waxaa soo baxaayo barar u eg nabar biyo-galeen ah. Waxay sidaan muujinaysaa In duridda loo siiyay si habboon.

2 ilaa 6 toddobaad gudahood duridda ka dib waxaa ka soo muuqanaayo barar yar. Tani waxay noqon kartay xanuun ilaa dhoowr maalimood, laakin si tartiib-tartiib ah ayuu u raysanayaa haddii aadan daboolin. waxay ku reebi kartaa xagatin yar.

Marmar, ilmuhu waxaa laga yaabaa inuu qaado xanuun aan qoto-dheereen halka laga duray. Haddii uu ka yimaado dhacaan oo loo baahdo in la daboolo, isticmal dhar qalalan marnaba ha u isticmaalin shorooto- ilaa uu toxob ka yeesho. Waxuu xanuunkaan qadan karaa inuu ku raysto dhoowr bilo ah.

Haddii aad ka welwelsan tahay ama aad u malaynaysid inuu nabarka bukaday, u tag takhtarkaada.

Ma jiraan sababo ah inuu dhallaanakayga uusan qaadan talaalka BCG?

Sida jir-ka caabiyayaasha kale ay u badan yahiin, waa in aan la durin ama dib loo dhigo haddii dhallaankaaga:

- ay hayso xumad sare
- laga daawaynaayo kansar ama xaalado xun oo daciifin karo habka jir-ka caabiyayaasha
- uu qabo HIV, ama
- uu ku dhibban yahay xaalad jireed, tusaale ahaan, cambaar.

Ma u baahanahay inaan wax kale ka ogaado?

Waxaa lagu bilaabayaa dhallaankaaga si joogto ah jir-ka caabiyayaasha ah diphtheria, tetanus, pertussis (xiiq dheer), polio (dabeesha), *Haemophilus influenzae* type b (Hib) iyo meningitis C markuu jiro 2 bilood iyada oo loo fiirin markii ay qaadanyaan talaalkooda BCG.

Si kastaba ha noqotee, waa inaad hubisid in aan dhallaankada laga durin isla gacanta lagu talaaley BCG ugu yaraan 3 bilood ka dib, haddii kale qinjiraha aaggaasi ayaa soo barari karo.

Waxaa kale oo aad hubisaa in lagu diwaangareeyo talaalka BCG Diwaanka Shakhsiga Cunugga (PCHR, Personal Child Health Record) ee tixraaca mustqabalka.

Waddammada leh xaddiyo sarreeya oo TB

Waddammada hoos lagu taxay waxay leeyihiin xaddiyo sare oo TB. Haddii aad uga jawaabto **'HAA'** mid kastoo ka mid ah su'aalahaan ilmahaagu waa inuu qaataa tallaalka BCG haddii uu asagu ama ayadu aysan horey mid u qaadannin.

- Miyaad adiga, qoyskaaga ama aabbaha ilmahaaga ama qoyskiisu ka timaaddeen mid ka mid ah waddammadaan?
- Miyaad adiga iyo ilmahaagu aadi doontaan inaad ku noolaataan wax ka badan bil ama si joogto ah ugu safri doontaan mid ka mid ah waddammadaan mustaqbalka?
- Miyuu jiraa qof gurigaaga ka tirsan, ama qof kale oo ilmahaaga la kulmid dhow la yeelan doona, kaasoo qaba TB, ama horey u qabay, ama ka yimid mid ka mid ah waddammadaan?

Afghanistan	Cook Islands	Japan
Albania	Côte d'Ivoire	-----
Algeria	Croatia	Kazakhstan
American Samoa	-----	Kenya
Angola	Democratic People's	Kiribati
Argentina	Republic of Korea	Kuwait
Armenia	Democratic People's	Kyrgyzstan
Azerbaijan	Republic of Congo	Korea
-----	Djibouti	-----
Bahamas	Dominican Republic	Lao People's
Bahrain	-----	Democratic
Bangladesh	Ecuador	Republic
Belarus	El Salvador	Latvia
Belize	Equatorial Guinea	Lesotho
Benin	Eritrea	Liberia
Bhutan	Estonia	Lithuania
Bolivia	Ethiopia	-----
Bosnia Herzegovina	-----	Macedonia
Botswana	Gabon	Madagascar
Brazil	Gambia	Malawi
Brunei Darussalam	Georgia	Malaysia
Burma (Myanmar)	Ghana	Mali
Bulgaria	Guam	Marshall Islands
Burkina Faso	Guatemala	Mauritania
Burundi	Guinea	Mauritius
-----	Guinea-Bissau	Mexico
Cambodia	Guyana	Micronesia
Cameroon	-----	(Federated
Cape Verde	Haiti	States of)
Central African Republic	Honduras	Moldova
Chad	-----	Mongolia
China	India	Morocco
Colombia	Indonesia	Mozambique
Comoros	Iraq	Myanmar
Congo	-----	

10

Namibia	Turkey
Nepal	Turkmenistan
New Caledonia	Tuvalu
Nicaragua	-----
Niger	Uganda
Nigeria	Ukraine
Northern Mariana Islands	United Republic of
-----	Tanzania
Pakistan	Uzbekistan
Palau	-----
Panama	Vanuatu
Papua New Guinea	Venezuela
Paraguay	Viet Nam
Peru	Yemen
Philippines	Zambia
-----	Zimbabwe
Qatar	

Republic of Korea	
Republic of Moldova	
Romania	
Russian Federation	
Rwanda	

Samoa	
Sao Tome and Principe	
Saudi Arabia	
Senegal	
Serbia & Montenegro,	
Seychelles	
Sierra Leone	
Singapore	
Solomon Islands	
Somalia	
South Africa	
Sri Lanka	
Sudan	
Suriname	
Swaziland	
Syrian Arab Republic	

Tajikistan	
Tanzania	
Thailand	
Timor-Leste	
Toga	
Tokelau	
Tonga	

Xasuusnow, daawaynta qaaxada waxay qaadataa waqti dheer, ka hor tageeda ayaa aad u sahlan.

NHS Direct halkan 0845 46 47

Warar dheeraad ah

Warar dheeraad ah oo ku saabsan iska ilaalintaada, ka ilaalinta qoyskaaga iyo saaxiibbadaada TB, waxaad kala xiriiri kartaa:

- NHS Wales Direct kalana xiriir 0845 46 47
- takhtarkaaga

ama

- TB Alert, urur samafal oo ku deeqa wacyi gelinta ku saabsan cudurka iyo la dagaallankiisa adduunka oo dhan

TB Alert waxaa lagala xiriiri karaa:

22 Tiverton Road
London
NW10 3HL
Telefoon: 0845 456 0995
e-mail: info@tbalert.org
Lam. Diiwaan Gelinta Ururka Samafalka: 1071886

Waxaad sidoo kale booqan kartaa shabakadaha internet-ka ee soo socda:

www.who.int
www.hpa.org.uk
www.tbalert.org
www.dh.gov.uk
www.immunisation.nhs.uk

NHS Wales Direct Interactive (Is dhexgal leh) – adeeg bixiya war caafimaad oo guud ayaa laga helaa TV-ga satelaydka dijitaalka ah adigoo badhanka is dhexgalka leh ku riixaya meel fog ka koontaroolaha.

Warqaddaan qoran waxaa sidoo kale looga heli doonaa shabakadda internet-ka Sarkaalka Madaxa Caafimaadka ee Wales:

<http://www.cmo.wales.gov.uk/content/work/immunisation/index-e.htm>

Iuqadaha soo socda:

BOOLISH	GUJARAATI
BORTUQIIS	HINDI
BULGARIYAN	ISBAANISH
BUNJAABI	KURDISH (SORANI)
BENGAALI	LINGALA
CARABI	RUUSHIYAN
CHINESE	SOMALI
CZECH	SAWAAXILI
FAARASI	TAGALOG
FARANSIIS	URDUU
FIITNAAMIIS	FIITNAAMIIS

Nuqullo waxaa laga soo min guursan karaa shabakadda internet-ka ama waxaa laga heli karaa:

Public Health Protection Division
(Qaybta Ilaalinta Caafimaadka Dadweynaha)
Welsh Assembly Government
Cathays Park, Cardiff, CF10 3NQ

Meelaha lala xiriirayo:

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Xuquuqda guurinta waxaa iska leh © Crown Juun 2005
Qoraalka waxaa laga soo qaatay daabacaadda asalka ah ee
Waaxda Caafimaadka [Department of Health] Naqshadda: Golaha Dowladda Welsh-ka
[Welsh Assembly Government]



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

SO - SOMALI