

INACTIVATED INFLUENZA VACCINE

WHAT YOU NEED TO KNOW 2010-11

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis
Hojas de Información Sobre Vacunas están disponibles en Español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Influenza (“flu”) is a contagious disease.

It is caused by the influenza virus, which can be spread by coughing, sneezing, or nasal secretions.

Anyone can get influenza, but rates of infection are highest among children. For most people, symptoms last only a few days. They include:

- fever
- sore throat
- chills
- fatigue
- cough
- headache
- muscle aches

Other illnesses can have the same symptoms and are often mistaken for influenza.

Infants, the elderly, pregnant women, and people with certain health conditions – such as heart, lung or kidney disease or a weakened immune system – can get much sicker. Flu can cause high fever and pneumonia, and make existing medical conditions worse. It can cause diarrhea and seizures in children. Each year thousands of people die from seasonal influenza and even more require hospitalization.

By getting vaccinated you can protect yourself from influenza and may also avoid spreading influenza to others.

2 Inactivated influenza vaccine

There are two types of influenza vaccine:

1. **Inactivated** (killed) vaccine, or the “flu shot” is given by injection into the muscle.

2. **Live, attenuated** (weakened) influenza vaccine is sprayed into the nostrils. *This vaccine is described in a separate Vaccine Information Statement.*

A “high-dose” inactivated influenza vaccine is available for people 65 years of age and older. Ask your healthcare provider for more information.

Influenza viruses are always changing, so annual vaccination is recommended. Each year scientists try to match the viruses in the vaccine to those most likely to cause flu that year.

The 2010-2011 vaccine provides protection against A/H1N1 (pandemic) influenza and two other influenza viruses – influenza A/H3N2 and influenza B. It will not prevent illness caused by other viruses.

It takes up to 2 weeks for protection to develop after the shot. Protection lasts about a year.

Some inactivated influenza vaccine contains a preservative called thimerosal. Thimerosal-free influenza vaccine is available. Ask your healthcare provider for more information.

3 Who should get inactivated influenza vaccine and when?

WHO

All people **6 months of age and older** should get flu vaccine.

Vaccination is especially important for people at higher risk of severe influenza and their close contacts, including healthcare personnel and close contacts of children younger than 6 months.

People who got the 2009 H1N1 (pandemic) influenza vaccine, or had pandemic flu in 2009, should still get the 2010-2011 seasonal influenza vaccine.

WHEN

Getting the vaccine as soon as it is available will provide protection if the flu season comes early. You can get the vaccine as long as illness is occurring in your community.

Influenza can occur at any time, but most influenza occurs from November through May. In recent seasons, most infections have occurred in January and February. Getting vaccinated in December, or even later, will still be beneficial in most years.

Adults and older children need one dose of influenza vaccine each year. But some children younger than 9 years of age need two doses to be protected. Ask your healthcare provider.

Influenza vaccine may be given at the same time as other vaccines, including pneumococcal vaccine.

4 Some people should not get inactivated influenza vaccine or should wait

- Tell your healthcare provider if you have any **severe** (life-threatening) allergies. Allergic reactions to influenza vaccine are rare.

- Influenza vaccine virus is grown in eggs. People with a **severe egg allergy** should not get influenza vaccine.
- A severe allergy to any vaccine component is also a reason not to get the vaccine.
- If you ever had a severe reaction after a dose of influenza vaccine, tell your healthcare provider.
- Tell your healthcare provider if you ever had Guillain-Barré Syndrome (a severe paralytic illness, also called GBS). Your provider will help you decide whether the vaccine is recommended for you.
- People who are moderately or severely ill should usually wait until they recover before getting flu vaccine. If you are ill, talk to your healthcare provider about whether to reschedule the vaccination. People with a mild illness can usually get the vaccine.

5

What are the risks from inactivated influenza vaccine?

A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm, or death, is extremely small.

Serious problems from inactivated influenza vaccine are very rare. The viruses in inactivated influenza vaccine have been killed, so you cannot get influenza from the vaccine.

Mild problems:

- soreness, redness, or swelling where the shot was given
- hoarseness; sore, red or itchy eyes; cough
- fever • aches

If these problems occur, they usually begin soon after the shot and last 1-2 days.

Severe problems:

- Life-threatening allergic reactions from vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the shot.
- In 1976, a type of inactivated influenza (swine flu) vaccine was associated with Guillain-Barré Syndrome (GBS). Since then, flu vaccines have not been clearly linked to GBS. However, if there is a risk of GBS from current flu vaccines, it would be no more than 1 or 2 cases per million people vaccinated. This is much lower than the risk of severe influenza, which can be prevented by vaccination.

One brand of inactivated flu vaccine, called Afluria, **should not be given** to children 8 years of age or younger, except in special circumstances. A related vaccine was associated with fevers and fever-related seizures in young children in Australia. Ask your healthcare provider for more information.

The safety of vaccines is always being monitored. For more information, visit:

www.cdc.gov/vaccinesafety/Vaccine_Monitoring/Index.html and
www.cdc.gov/vaccinesafety/Activities/Activities_Index.html

6

What if there is a severe reaction?

What should I look for?

Any unusual condition, such as a high fever or behavior changes. Signs of a severe allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

What should I do?

- **Call** a doctor, or get the person to a doctor right away.
- **Tell** the doctor what happened, the date and time it happened, and when the vaccination was given.
- **Ask** your healthcare provider to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form. Or you can file this report through the VAERS website at www.vaers.hhs.gov, or by calling **1-800-822-7967**.

VAERS does not provide medical advice.

7

The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) was created in 1986.

People who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling **1-800-338-2382**, or visiting the VICP website at www.hrsa.gov/vaccinecompensation.

8

How can I learn more?

- Ask your healthcare provider. They can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's website at www.cdc.gov/flu



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



Vaccine Information Statement (Interim)
Inactivated Influenza Vaccine (8/10/10) 42 U.S.C. §300aa-26

LIVE, INTRANASAL INFLUENZA VACCINE

WHAT YOU NEED TO KNOW

2010-11

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1 Why get vaccinated?

Influenza (“flu”) is a contagious disease.

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- fever
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- cough
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- muscle aches

Other illnesses can have the same symptoms and are often mistaken for influenza.

Infants, the elderly, pregnant women, and people with certain health conditions – such as heart, lung or kidney disease or a weakened immune system – can get much sicker. Influenza can cause high fever and pneumonia, and make existing medical conditions worse. It can cause diarrhea and seizures in children. Each year thousands of people die from seasonal influenza and even more require hospitalization.

By getting vaccinated you can protect yourself from influenza and may also avoid spreading influenza to others.

2 Live, attenuated influenza vaccine - LAIV (nasal spray)

There are two types of influenza vaccine:

1. **Live, attenuated** influenza vaccine (LAIV) contains live but attenuated (weakened) influenza virus. It is sprayed into the nostrils.
2. **Inactivated** (killed) influenza vaccine, or the “flu shot,” is given by injection into the muscle. *This vaccine is described in a separate Vaccine Information Statement.*

Influenza viruses are always changing, so annual vaccination is recommended. Each year scientists try to match the viruses in the vaccine to those most likely to cause flu that year.

The 2010 – 2011 vaccine provides protection against A/H1N1 (pandemic) influenza and two other influenza viruses– influenza A/H3N2 and influenza B. It will not prevent illness caused by other viruses.

It takes up to 2 weeks for protection to develop after the vaccination. Protection lasts about a year.

LAIV does not contain thimerosal or other preservatives.

3 Who can receive LAIV?

LAIV is recommended for healthy people **2 through 49 years of age**, who are not pregnant and do not have certain health conditions (see #4, below).

People who got the 2009 H1N1 (pandemic) influenza vaccine, or had pandemic flu in 2009, should still get the 2010-2011 seasonal influenza vaccine.

4 Some people should not receive LAIV

LAIV is not recommended for everyone. The following people should get the inactivated vaccine (flu shot) instead:

- **Adults 50 years of age and older or children from 6 through 23 months of age.** (Children younger than 6 months should not get either influenza vaccine.)
- Children younger than 5 years with asthma or one or more episodes of wheezing within the past year.
- Pregnant women.
- People who have long-term health problems with:
 - heart disease
 - kidney or liver disease
 - lung disease
 - metabolic disease, such as diabetes
 - asthma
 - anemia, and other blood disorders
- Anyone with certain muscle or nerve disorders (such as seizure disorders or cerebral palsy) that can lead to breathing or swallowing problems.
- Anyone with a weakened immune system.
- Anyone in close contact with someone whose immune system is so weak they require care in a protected environment (such as a bone marrow transplant unit). *Close contacts of other people with a weakened immune system (such as those with HIV) may receive LAIV. Healthcare personnel in neonatal intensive care units or oncology clinics may receive LAIV.*
- Children or adolescents on long-term aspirin treatment.

Tell your healthcare provider if you have any severe (life-threatening) allergies. Allergic reactions to influenza vaccine are rare.

- Influenza vaccine virus is grown in eggs. People with a **severe egg allergy** should not get influenza vaccine.
- A severe allergy to any vaccine component is also a reason not to get the vaccine.
- If you ever had a severe reaction after a dose of influenza vaccine, tell your healthcare provider.

Tell your healthcare provider if you ever had Guillain-Barré Syndrome (a severe paralytic illness, also called GBS). Your provider will help you decide whether the vaccine is recommended for you.

Tell your healthcare provider if you have gotten any other vaccines in the past 4 weeks.

Anyone with a nasal condition serious enough to make breathing difficult, such as a very stuffy nose, should get the flu shot instead.

People who are moderately or severely ill should usually wait until they recover before getting flu vaccine. If you are ill, talk to your healthcare provider about whether to reschedule the vaccination. People with a mild illness can usually get the vaccine.

5 When should I receive influenza vaccine?

Getting the vaccine as soon as it is available will provide protection if the flu season comes early. You can get the vaccine as long as illness is occurring in your community.

Influenza can occur any time, but most influenza occurs from November through May. In recent seasons, most infections have occurred in January and February. Getting vaccinated in December, or even later, will still be beneficial in most years.

Adults and older children need one dose of influenza vaccine each year. But some children younger than 9 years of age need two doses to be protected. Ask your healthcare provider.

Influenza vaccine may be given at the same time as other vaccines.

6 What are the risks from LAIV?

A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm, or death, is extremely small.

Live influenza vaccine viruses very rarely spread from person to person. Even if they do, they are not likely to cause illness.

LAIV is made from weakened virus and does not cause influenza. The vaccine can cause mild symptoms in people who get it (see below).

Mild problems:

Some children and adolescents 2-17 years of age have reported:

- runny nose, nasal congestion or cough
- fever
- headache and muscle aches
- wheezing
- abdominal pain or occasional vomiting or diarrhea

Some adults 18-49 years of age have reported:

- runny nose or nasal congestion
- sore throat
- cough, chills, tiredness/weakness
- headache

Severe problems:

- Life-threatening allergic reactions from vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination.

- If rare reactions occur with any product, they may not be identified until thousands, or millions, of people have used it. Millions of doses of LAIV have been distributed since it was licensed, and the vaccine has not been associated with any serious problems.

The safety of vaccines is always being monitored. For more information, visit:

www.cdc.gov/vaccinesafety/Vaccine_Monitoring/Index.html
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TALLAALKA HARGABKA FAYRUSKA AAN NOOLEYN EE

WAXA AAD U BAAHAN TAHAY IN AAD OGAATO 2010-11

Warbixinta Macluumaadka Tallaalka ayaa la helayaa oo ku qoran luqadda Isbaanishka iyo luqado kale. Waxaad eegtaa www.immunize.org/vis
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1 Waa maxay sababta la isu tallaalo?

Hargabka ("flu") waa cudur aad la isugu gudbiyo.

Waxaa keena fayruska loo yaqaan influenza, kaasoo la isugu faafiyo qufaca, hindhisyada, ama dheecaanka sanka ka socda.

Cid kasta ayuu ku dhici karaa hargabka, hase ahaatee heerka infakshanka wuxuu ku badan yahay carruurta. Dadka badankiis, waxay calaamaduhu socdaan dhowr maalmood. Waxaa ka mid ah:

- xumad
- xanuunka dhuunta
- dhaxan
- daal
- qufac
- madax xanuun
- murqo xanuun

Waxaa suuragal ah in xanuunada kale ay qabaan calaamado la nooc ah oo caadi ahaan lagu qaldo hargabka.

Carruurta yar, dadka waayeelka ah, haweenka uurka leh, iyo dadka qaba xaaladaha caafimaad qaarkooda – sida cudurrada wadnaha, sambabaha ama kilyaha ama marka difaaca jirku yar yahay – aad ayeey ugu xanuunsan karaan. Hargabku wuxuu keeni karaa xumad/feebaro badan iyo wareento, kaasoo uga sii dari kara xaaladaha caafimaad ee uu qofku qabo. Wuxuu carruurta u keeni karaa shuban iyo qalal. Sanad waliba kumanaan qof ayaa u dhinta hargabka xilliyada iyadoo ka intaa in ka badan u baahdaan in isbitaal la geeyo.

Haddii la iska tallaalo waxaad ka badbaadi kartaa hargabka sidoo kale waxaad ka fogaan kartaa in aad hargabka dadka kale qaadsiiiso.

2 Tallaalka fayruska aan nooleyn ee hargabka

Waxaa jiraan laba nooc oo ah tallaalka sanka:

1. Tallaalka fayruska aan nooleyn (la dilay) ee hargabka, ama "tallaalka hargabka (flu shot)" waxaa laga qaataa marka irbad lagu duro murqaha.

2. Tallaalka fayruska nool ee hargabka (daciifka ah) waxaa lagu buufiyaa sanka. Waxaa tallaalka lagu sharrxi doonaa mid kale oo ah Warbixinta Macluumaadka Tallaalka.

"Tiro badan" oo ah tallaalka fayruska aan nooleyn ee hargabka ayaa loo heli karaa dadka jira 65 sano iyo wixii ka badan. Waxaad macluumaad dheeraad ah weydiisaa takhtarkaaga.

Fayrusyada hargabka marwalba waa ay isbeddelaan, sidaa darteed waxaa dadka lagu dhiirigeliyaa in ay sanad walba tallaalka qaataan. Sanad walba saynis yaqaanada waxay isku dayaan in ay isu barbar dhigaan fayrusyada ku jira tallaalka si uu u noqdo midka ugu dhow kan sanadkaasi keenay hargabka.

Tallaalka hargabka 2010-2011 wuxuu dadka ka difaacaa hargabka A/H1N1 (faafa) iyo fayrusyada kale ee hargabka-A/H3N2 iyo hargabka "influenza B". Dadka kama uu difaacyo cudurrada ay keenaan fayrusyada kale.

Waxay qaadanaysaa illaa 2 asbuuc tallaalka kaddib si uu kaaga difaaco. Wuxuu difaaca soconayaa qiyaastii illaa hal sano.

Qaar ka mid ah tallaalka fayruska aan nooleyn ee hargabka waxaa ku jira kiimikada alaabta cimrigoodu lagu dheereeyo ee loo yaqaan thimerosal. Waxaa la helayaa tallaalka hargabka aysan ku jirin Thimerosal. Waxaad macluumaad dheeraad ah weydiisaa takhtarkaaga.

3 Cidda u baahan in la tallaalo tallaalka hargabka iyo goorta?

CIDMA

Dhammaan dadka ay da'doodu tahay 6 bilood iyo wixii ka badan waa in tallaalka la siiyo.

Tallaalka wuxuu aad muhiim ugu yahay dadka qatarta badan ugu jira hargabka daran iyo dadka ka ag dhow, oo ay ku jiraan shaqaalaha daryeelka caafimaadka iyo dadka ka ag dhow carruurta da'doodu ay ka yar tahay 6 bilood.

Dadka 2009 la siiyay tallaalka hargabka H1N1 (faafa), ama hargabka faafa ee gudihii 2009, waa in ay markale la siiyo tallaalka hargabka xilliyada ee 2010-2011.

GOORMA

Tallaalka hargabka la qaato islamarka la heli karo wuxuu difaac u yahay hargabka xilliyada haddii uu dhaqsi yimaad. Waxaad is tallaali kartaa inta uu xanuunka ku jiro deegaankaaga.

Hargabka wuxuu imaan karaa xilli kasta, hase ahaatee hargabka badankiisa wuxuu yimaad inta u dhaxeysa Nofeembar illaa Maajo. Xilliyadii dhawaan la soo dhaafay, wuxuu xanuunka u badnaa Janaayo iyo Febraayo. Tallaalka la qaato Diseembar, ama wixii ka dambeeya, faa'ido ayuu leeyahay sanooyinka badankood.

Dadka waayeelka ah iyo carruurta koreysa waxay u baahan yihiin hal tallaalka hargabka ah sanad walba. Balse carruurta ay da'doodu ka yar tahay 9 sano waxay qaarkood u baahan yihiin laba tallaalka si ay isaga difaacdaan. Waxaad weydiisaa takhtarkaaga caafimaadka.

Tallaalka hargabka ayaa la qaadan karaa isla waqtiga la qaadanayo tallaalka kale, oo uu ku jiro tallaalka wareentada (pneumococcal).

4 Dadka qaarkood ma aha in la siiyo tallaalka fayruska aan nooleyn ee hargabka ama waa in ay sugaan.

- Waxaad u sheegtaa takhtarkaaga haddii aad qabto xajiinta/aleerjiyada daran (qatarta ku ah nolosha). Xajiinta aad ka qaadi kaarto tallaalka hargabka waa mid aad u yar.

- Fayruska tallaalka hargabka waxaa lagu koriyaa ukumo. Dadka qaba **xajiinta/aleerjiyada ukunta ee xun** ma aha in la siiyo tallaalka.
- Xajiinta/aleerjiyada xun ee laga qaadi karo qayb kasta oo tallaalka ka tirsan ayaa sabab u ah in aan tallaalka la qaadan.
- Haddii ay dhibaato culus kula soo gudboonaato marka aad qaadata tallaalka hargabka, waxaad la socodsiiisaa takhtarkaaga.
- Waxaad takhtarkaaga u sheegtaa haddii uu hore kugu dhacay Guillain-Barré Syndrome (xanuun daran oo baraalis leh, oo sidoo kale loo yaqaan GBS). Wuxuu takhtarkaaga kaa caawinayaa go'aanka la xiriira in aad tallaalka qaadan karto.
- Dadka yar xanuunsan ama aad u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo kabsanayaan inta aan la siin tallaalka hargabka. Haddii aad xanuunsan tahay, waxaad kala hadashaa takhtarkaaga haddii aad qabsanayso ballan kale oo tallaalka ah. Dadka xanuunkoodu yar yahay caadi ahaan waa la tallaali karaa.

5 Waa maxay khatarta ka imaan karta tallaalka fayruska aan nooleyn ee hargabka?

Tallaalka, sida daawooyinka kale, wuxuu keeni karaa dhibaato badan, sida xajiin/aleerjiyo daran. Khatarta uu tallaalka ku keeni karo dhibaato culus, ama geeri, aad ayeey u yar tahay.

Dhibaatooyin culus oo uu keeno tallaalka fayruska aan nooleyn ee hargabka aad ayeey u yar yihiin. Fayrusyada aan nooleyn ee tallaalka hargabka waa la dilay, sidaa darteed hargab kama aad qaadi kartid tallaalka.

Dhibaatooyinka fudud:

- xanuun, guduudasho, ama meesha laga tallaalo oo bararta.
- xabeeb; xanuun, guduudasho ama indho ilmeeeya; qufac
- xummad/feebaro • xanuun

Haddii aad aragto dhibaatooyinkan, caadi ahaan waxay billaabmaan tallaalka kaddib waxayna socdaan 1-2 maalmood.

Dhibaatooyinka daran:

- Xajiinta/aleerjiyada khatarta ku ah noloshu ee laga qaado tallaalka aad ayeey u yar tahay. Haddii ay dhacdo, caadi ahaan waxay dhacdaa dhowr daqiiqo illaa dhowr saacadood tallaalka kaddib.
- Sanadkii 1976-kii, nooc ka mid ah fayruska aan nooleyn ee hargabka (hargabka doofaarka) waxaa la raaciyay xanuunka loo yaqaan Guillain-Barré Syndrome (GBS). Waqtigaasi kaddib, tallaalkada hargabka si caddaan ah looguma xirin GBS. Hase ahaatee, haddii uu jiro khatar ah GBS oo laga qaado tallaalkada haatan ee hargabka, kama uu badnaan karo 1 ama 2 kiis halkii milyan oo qof. Waxay midaan aad uga yar tahay khatarta hargabka daran, oo looga hortagi karo tallaalka.

Nooc ka mid ah tallaalka fayruska aan nooleyn ee hargabka, waxaa loo yaqaan Afluria, **ma aha in la siiyo** carruurta jira 8 sano ama ka yar, marka laga reebo xaalado khaas ah. Tallaalka la nooc ah ayaa loo saariyay xummad iyo qalal xummad sita kaddib markii lagu arkay carruur ku nool Australia. Waxaad macluumaad dheeraad ah weydiisaa takhtarkaaga.

Waxaa marwalba kormeer lagu hayay badbaadada tallaalku leeyahay. Si aad macluumaad dheeraad ah u heshid, waxaad eegtaa:

www.cdc.gov/vaccinesafety/Vaccine_Monitoring/Index.html iyo

www.cdc.gov/vaccinesafety/Activities/Activities_Index.html

6 Maxaa dhacaya haddii ay waxyeello ka yimaadiin?

Waa maxay waxa aan eegayo?

Xaalad kasta oo aan caadi ahayn, sida xummad badan ama dhaqanka isbeddela. Calaamadaha waxyeelada xajiinta/aleerjiyada daran waxaa ka mid ah neefsashada adag, xabeeb ama hinraagid, barar, midabka aan dhalaalayn, wadne garaac badan ama dawakhsanaan.

Maxaan sameeynayaa?

- **Waxaad wacdaa takhtarka**, ama waxaad qofka islamarkiiba geysaa takhtarka.
- **Waxaad u sheegtaa takhtarka waxa dhacay**, taariikhda iyo saacadda ay dhacday, iyo marka tallaalka la qaatay.
- **Waxaad takhtarka ka codsataa** in uu warbixin ka gudbiyo waxyeelada isagoo foomka Nidaamka Warbixinta Dhacda Waxyeelada Tallaalka (Vaccine Adverse Event Reporting System - VAERS). Ama waxaad warbixintan u gudbin kartaa VAERS adigoo tagaya bogga internetka www.vaers.hhs.gov, ama wacaya **1-800-822-7967**.

VAERS ma ay bixiyaan talo caafimaad.

7 Barnaamijka Qaranka ee Abaalmarinta Dhaawaca Tallaalka

Barnaamijka Qaranka ee Abaalmarinta Dhaawaca Tallaalka (VICP) waxaa la aasaasay 1986-dii.

Dadka filaya in uu dhaawac ka soo gaaray tallaalka waxay barnaamijka wax ka ogaan karaan iyagoo codsi soo gudbinaya oo wacaya taleefoonka **1-800-338-2382**, ama booqanaya bogga internetka ee VICP www.hrsa.gov/vaccinecompensation.

8 Sideen wax dheeraad ah uga ogaan karnaa?

- Waxaad weydiisaa takhtarkaaga caafimaadka. Waxay ku siin karaan xirmada tallaalka ama kugula talin karaan ilo kale aad macluumaad ka heli kartid.
- Waxaad wacdaa waaxda caafimaadka deegaankaaga ama gobolka.
- Waxaad la xiriirtaa Xarumaha Ka-Hortagga iyo Maamulka Cudurrada (CDC):
 - Waxaad wacdaa **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Waxaad booqataa bogga internetka ee CDC www.cdc.gov/flu



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Vaccine Information Statement (Interim)
Inactivated Influenza Vaccine - Somali (8/10/10) 42 U.S.C. §300aa-26
Translated by the Oregon Immunization Program

TALLAALKA FAYRUSKA NOOL EE HARGABKA EE SANKA LAGA QAATO 2010-11

WAXA AAD U BAAHAN TAHAY IN AAD OGAATO

Warbixinta Macluumaadka Tallaalka ayaa la helayaa oo ku qoran luqadda Isbaanishka iyo luqado kale. Waxaad eegtaa www.immunize.org/vis
Hojas de Información Sobre Vacunas están disponibles en Español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Waa maxay sababta la isu tallaalayo?

Hargabka ("flu") waa cudur aad la isugu gudbiyo.

Waxaa keena fayruska loo yaqaan influenza, kaasoo la isugu faafiyo qufaca, hindhisyada, ama dheecaanka sanka ka socda.

Cid kasta ayuu ku dhici karaa hargabka, hase ahaatee heerka infakshanka wuxuu ku badan yahay carruurta. Dadka badankiis, waxay calaamaduhu socdaan dhowr maalmood. Waxaa ka mid ah:

- xummad • xanuunka dhuunta • dhaxan • daal
- qufac • madax xanuun • murqo xanuun

Waxaa suuragal ah in xanuunada kale ay qabaan calaamado la nooc ah oo caadi ahaan lagu qaldo hargabka.

Carruurta yar, dadka waayeelka ah, haweenka uurka leh, iyo dadka qaba xaaladaha caafimaad qaarkooda – sida cudurrada wadnaha, sambabaha ama kilyaha ama marka difaaca jirku yar yahay – aad ayeey ugu xanuunsan karaan. Hargabka wuxuu keeni karaa xumaad/feebaro badan iyo wareento, kaasoo uga sii dari kara xaaladaha caafimaad ee uu qofku qabo. Wuxuu carruurta u keeni karaa shuban iyo qalal. Sanad waliba kumanaan qof ayaa u dhinta hargabka xilliyada iyadoo ka intaa in ka badan u baahdaan in isbitaal la geeyo.

Haddii la iska tallaalo waxaad ka badbaadi kartaa hargabka sidoo kale waxaad ka fogaan kartaa in aad hargabka dadka kale qaadsiiso.

2 Tallaalka fayruska nool ee hargabka ee dhibaatadiisa la dhimay – LAIV (buufiyaha sanka)

Waxaa jiraan laba nooc oo ah tallaalka sanka:

1. **Tallaalka fayruska nool ee hargabka ee dhibaatadiisa la dhimay** waxaa ku jira fayruska hargabka (oo daciif laga dhigay) oo nool balse dhibaatadiisa la dhimay. Waxaa lagu buufiyaa daloolada sanka.
2. Tallaalka fayruska aan nooleyn (la dilay) ee hargabka, ama "tallaalka hargabka (flu shot)," waxaa laga qaataa marka irbad lagu duro murqaha. Waxaa tallaalkan lagu sharrixi doonaa mid kale oo ah Warbixinta Macluumaadka Tallaalka.

Fayrusyada hargabka marwalba waa ay isbeddelaan, sidaa darteed waxaa dadka lagu dhiirigeliyaa in ay sanad walba tallaalka qaataan. Sanad walba saynis yaqaanada waxay isku dayaan in ay isu barbar dhigaan fayrusyada ku jira tallaalka si uu u noqdo midka ugu dhow kan sanadkaasi keenay hargabka.

Tallaalka hargabka 2010 – 2011 wuxuu dadka ka difaacaa hargabka A/H1N1 (faafa) iyo fayrusyada kale ee hargabka – A/H3N2 iyo hargabka 'influenza B'. Dadka kama uu difaacyo cudurrada ay keenaan fayrusyada kale.

Waxay qaadanaysaa illaa 2 asbuuc tallaalka kaddib si difaacu uu u dhismo. Wuxuu difaaca soconayaa qiyaastii illaa hal sano.

LAIV ma uu ku jiro thimerosal ama waxyaabaha kale ay ku jiraan kiimikada alaabta cimrigoodu lagu dheereeyo.

3 Yaa la siin karaa LAIV?

LAIV waxaa lagu dhiirigeliyaa dadka caafimaadka qaba ay da' doodu u dhexeyso **2 illaa 49 sano**, oo aan lahayn uur iyo xaalado caafimaad qaarkood (waxaad eegtaa #4, hoos).

Dadka 2009 la siiyay tallaalka hargabka H1N1 (faafa), ama hargabka faafa ee gudihii 2009, waa in ay markale la siiyo tallaalka hargabka xilliyada ee 2010-2011.

4 Dadka qaarkood ma aha in la siiyo LAIV

LAIV laguma dhiirigeliyo cid walba. Dadka soo socda waa in la siiyo tallaalka fayruska aan nooleyn (flu shot):

- **Dadka waayeelka ah ee jira 50 sano ama ka badan ama carruurta ay da' doodu u dhexeyso 6 illaa 23 bilood.** (Carruurta ka yar 6 bilood ma aha in la siiyo tallaalka hargabka midkuu doono ha noqdo.)
- Carruurta ay da' doodu ka yar tahay 5 sano oo qaba neefta ama uu ku dhacay hinraagid mar ama ka badan sanadkii la soo dhaafay.
- Haweenka uurka leh.
- Dadka qaba xaaladaha caafimaadka daba dheeraada ee:
 - xanuunka wadnaha - xanuunka kilyaha ama beerka
 - xanuunka sambabaha - neefta
 - xanuunada dheefshiidka, sida macaanka
 - dhiig yar (aniimiya), iyo dhibaatooyinka dhiigga
- Dadka qaba xanuunada murqaha iyo neerfooyinka (sida qafalka ama baraaliska) ee keeni kara dhibaatooyinka xanuunka ama liqidda.
- Qof kasta oo uu difaaca dhiiggiisu yar yahay.
- Qof kasta oo ka ag dhow qof difaacisu yar yahay kaasoo u baahan in lagu daryeelo bey' ad badbaadsan (sida xarunta tallaalka dhuuxa lafta). *Marka laga ag dhaw yahay dadka uu ku yar yahay difaaca jidhkooda (sida dadka qaba HIV) waxaa la siin karaa LAIV. Shaqaalaha caafimaadka ka tirsan qaybaha daryeelka degdegga ah ee carruurta cusub ama bukaan socod eegyada burada (oncology clinics) waxaa la siin karaa LAIV.*
- Carruurta yar ama kuwa qaangaar ku dhow oo loogu talagalay in aasbiriin la siiyo muddo fog.

Waxaad u sheegtaa takhtarkaaga haddii aad qabto xajiinta/aleerjiyada (qatarta ku ah nololaha). Xajiinta aad ka qaadi kaarto tallaalka hargabka waa mid aad u yar.

- Fayruska tallaalka hargabka waxaa lagu koriyaa ukumo. Dadka qaba **xajiinta/aleerjiyada ukunta ee xun** ma aha in la siiyo tallaalka.
- Xajiinta/aleerjiyada xun ee laga qaadi karo qayb kasta oo tallaalka ka tirsan ayaa sabab u ah in aan tallaalka la qaadan.
- Haddii ay dhibaato culus kula soo gudboonaato marka aad qaadata tallaalka hargabka, waxaad la socodsiiisaa takhtarkaaga.

Waxaad takhtarkaaga u sheegtaa haddii uu hore kugu dhacay Guillain-Barré Syndrome (xanuun daran oo baraalis leh, oo sidoo kale loo yaqaan GBS). Wuxuu takhtarkaaga kaa caawinayaa go'aanka la xiriira in aad tallaalka qaadan karto.

Waxaad u sheegtaa takhtarkaaga haddii lagu siiyay wax tallaalka ah 4-tii asbuuc ee la soo dhaafay.

Qof kasta oo qaba xaalad sanko la xiriirta oo u keeni karta dhibaato xagga neefta ah, sida sanko aad u xiran, waa in uu qaato tallaalka hargabka ee irbadda.

Dadka yar xanuunsan ama aad u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo kabsanayaan inta aan la siin tallaalka hargabka. Haddii aad xanuunsan tahay, waxaad kala hadashaa takhtarkaaga haddii aad qabsanayso ballan kale oo tallaalka ah. Dadka xanuunkoodu yar yahay caadi ahaan waa la tallaali karaa.

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Goorma ayeey tahay in aan qaato tallaalka hargabka?

Tallaalka hargabka la qaato islamarka la heli karo wuxuu difaac u yahay hargabka xilliyada haddii uu dhaqsi yimaad. Waxaad si tallaali kartaa inta uu xanuunka ku jiro deegaankaaga.

Hargabka wuxuu imaan karaa xilli kasta, hase ahaatee hargabka badankiisa wuxuu yimaad inta u dhexeysa Nofeembar illaa Maajo. Xilliyadii dhawaan la soo dhaafay, wuxuu xanuunka u badnaa Janaayo iyo Febraayo. Tallaalka la qaato Diseembar, ama wixii ka dambeeya, faa'ido ayuu leeyahay sanooyinka badankood.

Dadka waayeelka ah iyo carruurta koreysa waxay u baahan yihiin hal tallaalka hargabka ah sanad walba. Balse carruurta ay da'doodu ka yar tahay 9 sano waxay qaarkood u baahan yihiin laba tallaalka si ay isaga difaacnaa. Waxaad weydiisaa takhtarkaaga caafimaadka.

Tallaalka hargabka ayaa la qaadan karaa isla waqtiga la qaadanayo tallaalkada kale.

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Waa maxay khatarta ka imaan karta LAIV

Tallaalka, sida daawooyinka kale, wuxuu keeni karaa dhibaato badan, sida xajin/aleerjiyo daran. Khatarta uu tallaalka ku keeni karo dhibaato culus, ama geeri, aad ayeey u yar tahay.

Fayrusyada nool ee tallaalka hargabka aad ayeey u yar tahay in ay dadku kala qaadaan. Xittaa haddii ay dhacdo, waxay u badan tahay in aaney xanuun keenin.

LAIV waxaa laga sameeyaa fayrus daciif laga dhigay mana uu keeno hargab. Dadka tallaalka qaata ayaa suuragal ah in ay isku arkaan calaamado fudud (waxaad eegtaa halka hoose).

Dhibaatooyin fudud:

Qaar ka mid ah carruurta yar iyo kuwa qaangaarka ah oo ay da'doodu u dhexeyso 2-17 sano waxay soo sheegeen:

- sanko oo dareera, sanko oo xirma ama qufac
- xummad
- madax iyo murqo xanuun
- hinraagid
- Xanuunka caloosha ama matag ama shuban marmar ah

Dadka weyn ay da'doodu u dhexeyso 18-49 waxay soo sheegeen:

- sanko oo dareera ama sanko oo xirma
- xanuunka dhuunta
- qufac, dhaxan, daal/daciifnimo
- madax xanuun

Dhibaatooyinka daran:

- Xajinta/aleerjiyada khatarta ku ah noloshu ee laga qaado tallaalka aad ayeey u yar tahay. Haddii ay dhacdo, caadi ahaan waxay dhacdaa dhowr daqiiqo illaa dhowr saacadood tallaalka kaddib.

- Haddii uu shey keeno waxyeellada aan caadiga ahayn, lama ogaan karo illaa kumanaan, ama dhowr milyan oo qof ay ka isticmalaan. Dhowr milyan oo ah tallaalka LAIV ayaa dadka la siiyay tan iyo markii la sharciyeeyay, sidaa darteed tallaalka laguma tilmaamin dhibaatooyin lixaad leh.

Waxaa marwalba korneer lagu hayay badbaadada tallaalku leeyahay. Si aad macluumaad dheeraad ah u heshid, waxaad eegtaa:

www.cdc.gov/vaccinesafety/Vaccine_Monitoring/Index.html
iyo

www.cdc.gov/vaccinesafety/Activities/Activities_Index.html

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Maxaa dhacaya haddii ay waxyeello ka yimaadiin?

Waa maxay waxa aan eegayo?

Xaalad kasta oo aan caadi ahayn, sida xummad badan ama dhaqanka isbeddela. Calaamadaha waxyeelada xajinta/aleerjiyada daran waxaa ka mid ah neefsashada adag, xabeec ama hinraagid, barar, midabka aan dhalaalayn, wadne garaac badan ama dawakhsanaan.

Maxaan sameeynayaa?

- Waxaad wacdaa takhtarka, ama waxaad qofka islamarkiiba geysaa takhtarka.
- Waxaad u sheegtaa takhtarka waxa dhacay, taariikhda iyo saacadda ay dhacday, iyo marka tallaalka la qaatay.
- Waxaad takhtarka ka codsataa in uu warbixin ka gudbiyo waxyeelada isagoo foomka Nidaamka Warbixinta Dhacdaa Waxyeelada Tallaalka (Vaccine Adverse Event Reporting System - VAERS). Ama waxaad warbixintan u gudbin kartaa VAERS adigoo tagaya bogga internetka www.vaers.hhs.gov, ama wacaya **1-800-822-7967**.

VAERS ma ay bixiyaan talo caafimaad.

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Barnaamijka Qaranka ee Abaalmarinta Dhaawaca Tallaalka

Barnaamijka Qaranka ee Abaalmarinta Dhaawaca Tallaalka (VICP) waxaa la aasaasay 1986-dii.

Dadka filaya in uu dhaawac ka soo gaaray tallaalka waxay barnaamijka wax ka ogaan iyagoo codsi soo gudbinaya oo wacaya taleefoonka **1-800-338-2382**, ama booqanaya bogga internetka ee VICP www.hrsa.gov/vaccinecompensation.

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Sideen wax dheeraad ah uga ogaan karnaa?

- Waxaad weydiisaa takhtarkaaga caafimaadka. Waxay ku siin karaan xirmada tallaalka ama kugula talin karaan ilo kale aad macluumaad ka heli kartid.
- Waxaad wacdaa waaxda caafimaadka deegaankaaga ama gobolka.
- Waxaad la xiriirtaa Xarumaha Ka-Hortagga iyo Maamulka Cudurrada (CDC):
 - Waxaad wacdaa **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Waxaad booqataa bogga internetka ee CDC www.cdc.gov/flu



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



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