

Meningococcal B

Waa maxay cudurka meningococcal?

Cudurka Meningococcal waa xanuun daran oo ay sababto bakteeriyada *Neisseria meningitidis*. Caabuqaan bakteeriyada ayaa keeni kara meningitis (dhaawac gaara xididada ku xeeran maskaxda) iyo septicaemia (sunta dhiiga).

Waxaa jira noocyo kaladuwan oo bakteeriyada *Neisseria meningitidis* oo sababa cudurka meningococcal. Kahor soo saarista talaalka meningitis C (MenC) sanadkii 2000, kooxaha B iyo C ayaa sababi jiray inta badan kiisaska cudurka meningococcal gudaha Ireland. Talaalka MenC ee ka hortaga bakteeriyada kooxda C ee meningococcal awgiis, tirada kiisaska cudurka meningococcal ee ka dhasha bakteeriyada nooca C ayaa si wayn hoos ugu dhacay. Inta badan kiisaska cudurka waxaa sababtay bakteeriyada meningococcal ee qaybta C.

Sidee ayuu cudurka meningococcal ugu dhacaa dadka?

Bakteeriyada meningococcal ayaa ku noolaan karta dhabarka danbe ee dhuunta ama sanko. Inta badan dadka, qaba bakteeriyadaan (sideyaal), ayaan dareemin wax xanuun ah laakiin way ku faafin karaan bakteeriyada dadka kale marka ay qufacaan, hindhisaan, ama shumiyaan. U dhawaanshaha dadka sida caabuqa ayaa mararka qaar kugu ridaysa caabuqa. Waa inaad saacado badan la joogto qofka caabuqa qaba si aad u qaado caabuqa maadaama bakteeriyadu aysan wax badan ku siin noolaan karin banaanka jirka.

Cudurka Meningococcal ayaa ku dhici kara da' kasta laakiin heerarka ugu badan ee cudurka meningococcal ayaa ku dhaca ilmaha ka yar 1 sano jir. Cudurka Meningococcal B wuxuu aad ugu badan yahay carruurta kayar hal sano jir. Kooxda xigta ee khatarta ugu wayn ugu jirta waa da'yarta da'doodu u dhexayso 15--19 sano. Gudaha Ireland khatarta caabuqa ayaa ugu badan xiliga jiilaalka iyo biloowga gu'ga.

Waa maxay astaamaha cudurka meningococcal?

Biloowga cudurka meningococcal ayaa noqon kara mid degdeg ah. Astaamaha cudurka meningococcal waxaa kamid ah qandho, qoor xanuun, madax xanuun, xanuunka kala-goosyada iyo faruurac. Haddii aad isleedahay in cunugaagu qabo astaamaha cudurka meningococcal si degdeg ah caawimaad caafimaad uga raadso dhakhtarkaaga GP ga ama Waaxda Xaaladaha degdega ah ee carruurta ee kuugu dhow. Mararka qaar qaadista talaabo degdeg ah si aad u hesho caawimaad caafimaadka ayaa ka badbaadin karta qofka geeri.

Cudurka meningococcal waa cudur xun oo nafta khatar gelinaaya.

Dadka uu ku dhaco cudurka meningococcal:

- 1 kamid ah 20 kii qof ayaa u dhimata

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- 1 kamid ah 10 kii qof oo kasoo bogsooda ayaa qabi doona naafooyin waawayn sida dhagoolnimo, waxyeelada maskaxda ama faraha gacmaha, faraha lugaha, gacmaha, cagaha, garbaha ama lugaha oo go'a.

In xili hore qofka laga helo cudurka ayaa keenaysa in isla markaba lagu daaweeyo antibayootig iyo fursad wayn oo ah in qofku si buuxda u bogsoodo. Baaritaanka xili hore ayaa muhiim ah marka haddii aad ka shakido in qof leeyahay astaamaha meningitis ama septicaemia si degdeg ah gurmada caafimaad ugu raadi.

Xog dheeri ah ayaa laga heli karaa <http://www.meningitis.org/ireland>

Yay tahay Inuu qaato Talaalka meningococcal B (MenB)?

Meningococcal B ayaa looga hortagi karaa talaal.

Dhammaan carruurta ayaa la siiyaa talaalka MenB markay jiraan 2 iyo 4 bilood ayagoo qaata kuurada xoojinta ah ee talaalka MenB markay gaaraan 12 bilood.

Ilmaha ka yar 1 sano ayaa khatarta ugu badan ugu jira caabuqa meningococcal B waana in la talaallo.

Goorma ayaa talaalka meningococcal B (MenB) lagu soo daray jadwalka guud ee talaalka carruurta?

Talaalka MenB ayaa laga bilaabay Ireland si loogu dhufto dhammaan carruurta dhashay laga bilaabo ama kadib 1 Oktoobar 2016 waayo carruurta kayar hal sano ayaa khatarta ugu badan ugu jira cudurka meningococcal B.

Ma jiraa barnaamijka ka dabataga ah oo ay talaalka ku helayaan carruurta waawayn?

Gudiga Qaran ee Talo Bixinta Talaalka* ayaa ku talinaaya in barnaamijka talaalka ka dabataga ah loo sameeyo carruurta ilaa ay ka gaaraan da'da labo sano jir.

Gudiga Qaran ee Talo Bixinta Talaalka ayaa dib u eegis ku sameeyay jadwalka talaalka ee ka dabataga ah ee carruurta bishii maarso 2020, gudiga ayaa go'aanshay in talaalka MenB aan hadda lagu samayn ka dabatag marka uu ilmuhu gaaro 2 sano jir, ilaa in ilmuhu khatar ugu jiro maahee caabuqa.

Tilmaamaha ayaa la badalay waayo khatarta caabuqa MenB, oo aad ugu badan kahor da'da hal sano jir, ayaa si degdeg ah hoos ugu dhacaysa kadib da'da 2 sano jir (Isla tilmaantaas ayaa lagu adeegsadaa UK).

Hase yeeshee waalidiinta ayaa dooran kara in carruurtooda waawayn la talaalo hadday doonayaan.

Talaalka MenB waa in si gaar ah looga qaataa GP ga oo kasoo qaadanaaya shirkada samaysa.

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(*Koox khubarada caafimaadka ah ee Gudiga Qaran ee Talo Bixinta Talaalka (NIAC) kana socda Royal College of Physicians of Ireland (Machadka Boqortooyada ee Dhakhaatiirta Ireland) ayaa bixisa talooyin ku aadan xeerka talaalka.)

Cunugayga ayaa gafay kuuro kamid ah MenB wali ma qaadan karaa talaalka?

Ilmo kasta oo gafay kuuro kamid ah talaalka MenB ayaa wali ka qaadan kara GP giisa ilaa da'da 2 sano jir.

La xiriir GP gaaga maanta si aad balan u qabsato.

Talaalka meningococcal B (MenB) ma kahortagayaa dhammaan cudurka meningococcal?

Keliya caabuqa meningococcal B waxaa ka hortaga talaalka MenB. Noocyada kale ee caabuqa meningococcal ma daboolayo talaalkaanu.

Talaalka Meningococcal C oo ka hortaga caabuqa meningitis C ayaa la siinaayay carruurta Ireland lagasoo bilaabo 2000. Ilaa markii talaalka la bilaabay dhammaadkii 2000, tirada kiisaska cudurka meningococcal, ee ka dhasha kooxda bagteeriyada meningococcal C, ayaa aad hoos ugu dhacay. Tirada kiisaska lasoo sheegay ayaa hoos ugasoo dhacday 139 qof oo lasoo sheegay 2000 ilaa keliya 6 oo lasoo sheegay 2014, hoos u dhac dhan 96%. Sanadkii 2021 waxaa jiray 10 qof oo laga helay cudurka meningococcal

Aad ayay muhiim u tahay in isha lagu hayo astaamaha cudurka meningococcal maadaama aysan talaalladu daboolin dhammaan noocyada. Daryeelka caafimaad ee degdega ah waa in la raadsadaa haddii astaamuhu ay jiraan.

Yay tahay Inuusan qaadan Talaalka meningococcal B (MenB)?

Waxaa jira dad dhawr ah oo ay tahay inaysan qaadan talaalka MenB. Cunugaagu waa inuusan qaadan talaalka haddii uu xasaasiyad xun (anaphylaxis) ka qaaday kuuro hore oo kamid ah talaalka ama qayb kamid ah talaalka uuna ku jiro talaalka teetanada.

Waxa aad filanayso marka aad qaadato talaalka meningococcal B (MenB) kadib?

Kadib qaadashada talaalka, cunugaaga ayaa dareemi kara xanuun, gaduudasho ama barar ka fuula meesha cirbada looga dhuftay. Waxaa laga yaabaa inay cuncunto uuna qandho leeyahay.

Ilmaha talaalka buuxa qaba:

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- 1 kamid ah 2 qof ayaa yeesha qandho
- 1 kamid ah 10 kii qof ayaa daremaaya xanuun, gaduudasho ama barar ka fuulaaya meesha cirbada looga dhuftay ama qandho yeelanaaya
- 1 kamid ah 100 qof ayay qabanaysaa qandho daran
- Ilmaha ayaa caadiyan kasoo bogsooda ciladahaan fudud maalin ama labo gudahood

Ciladaha daran (xasaasiyada daran) ayaa aad dhif u ah.

Sida loo maareeyo qandhada kadib talaalka MenB.

Marka talaalka MenB lagu siiyo asagoo ay la socdaan talaallada kale ee carruurnimada hore marka ilmuhu dhakhtarka u tago 2 iyo 4 bilood asagoo ah, waxaa jirta suuragalnimo badan oo ah in ilmaha ay qandho qabato. Qandho kadib talaalka MenB ayaa badanaa socota wax ka badan 6 saacadood kadibna hoos u soo dhacda ilaa muddo 24 saac ah, xiligaas oo inta badan qandhadu ka tagayso.

Ilmaha dhashay markay qaadanayaan talaalkooda bilaha 2-aad iyo 4-aad waa in la siiyaa 3 kuuro oo sharoobada ilmaha ah ee baristamoolka kadib booqasho kasta si qandhadaan looga jebiyo.

Kuurada koobaad waa in la siiyaa markuu gaaro ama **waxyar kadib** marka la siiyo talaalka MenB.

Kuurada 2 waa in la siiyaa 4-6 saacadood kadib kuurada 1 halka

Kuurada 3 ay tahay in la siiyo 4-6 saacadood oo kale kadib kuurada 2.

Kuurada 2.5mls (60mg) oo ah sharoobada ilmaha ee paracetamol suspension waa in la siiyaa ilmaha dhashay.

Waa muhiim in ilmaha dhashay aan la siin baristamoolka kahor talaalka, maadaama GP ga ama kalkaalisadu u baahan tahay qiimaynta caafimaadka ilmaha si loo siiyo talaallada.

Baristamoolka ayaan ka joojinay in ilmahaagu qandho yeesho hase yeeshee paracetamol ka ayaa kaa caawinaaya yareynta iyo soo gaabinta qandhada ilmahaaga.

Ilmaha miisaankoodu ka yar yahay 4kg (8lb 8oz) marka la talaalaayo waa in la siiyaa cadad kayar ilmaha kale oo sharoobada ilmaha ee baristamoolka ah. Fadlan kala hadal dhakhtarkaaga GP ga xisaabinta kuurada ilmahaaga la siinaayo.

Baristamoolka ayaan u baahnayn in si joogto ah loo siiyo ilmaha booqashada bisha 12-aad ee talaalka MenB, maadaama khatarta ilmaha yaryar ee qandhada kadib talaalka da'daan aysan ka duwanayn khatarta qandhadada kadib talaal kasta oo carruurnimada la qaato.

Ibuprofen ayaan u fiicnayn.

Baristamoolka ilmaha dabada laga gasho ayaan u fiicnayn.

Sidee ayuu talaalka Meningococcal B (MenB) u shaqeeyaa?

Talaalka MenB waxaa ku jira maadooyin lagasoo qaatay bakteeriyada meningococcal B. Talaalka ayaa shaqeeya asagoo u sahla nidaamka difaaca jirku inuu cudurka ka falceliyo haddii ilmuhu taabto bakteeriyada meningococcal B, asagoo uusan ilmuhu jiran.

Waa sidee saamaynta talaalka MenB?

Talaalka MenB ayaa la xaqiijiyay inuu waxtar iyo badqab leeyahay, asagoo difaac dhan 88% ka bixinaaya noocyada bakteeriyada MenB.

Xagee ayaan ka helayaa xog dheeraad ah?

La hadal xirfadle caafimaad oo aad ku kalsoon tahay oo booqo www.immunisation.ie