

# Kahortagidda Cudurada Neefmareenka Xilliga Uurka



Ayada oo laga yaabo in cudurrada neefmareenka ku dhaca sida COVID-19, Fayraska Neefmareenka ee Syncytial (RSV), iyo hargabku ay u fududaan karaan dadka qaarkiis, haddana waxaa jira xaalado gaar ah, sida xiliga uurka, kuwaas oo dadka khatar badan u galinaya inay si daran u xanuunsadaan. Xaataa haddii aad si guud u caafimaad qabto, isbeddelo ku yimaada sida hanaankaaga difaaca jirku, wadnahaagu, iyo sanbabadaadu u shaqeeyaan xiliga uurka ayaa kaa dhigi karta inaad si daran u xanuunsato.

COVID-19, hargabka, iyo RSV waxay sidoo kale khatar u keeni karaan caruurta yaryar ee aan lahayn antibody -ga ama hanaanka difaaca jirka oo xooggan si ay cuduradaan ula dagaalamaan. In cuduradaan neefmareenka lagaa tallaalo xiliga aad uurka leedahay waxay canuggaaga u siinaysa antibody, taasoo ka caawinaysa inay ka badbaadaan xanuun daran oo ku dhaca bilaha ugu horeeya noloshooda ka hor inta aan la talaalin.

Xirashada maaskaraha, inaad gacmaha si joogto ah u dhaqato, ka fogaanshaha dadka xanuunsan, iyo dhammaystirashada tallaalada COVID-19 iyo hargabka waxay kaa caawin karaan inaad ka badbaado xanuunsashada, waxayna jirkaaga ka caawinaysaa inuu la dagaalamo caabuqyada haddii aad khatar u gasho COVID-19 iyo hargabka. Qaadashada talaalka RSV xiliga RSV (Sebtambar-Janaayo) waxay kaa caawinaysaa inaad canuggaaga ka ilaaliso xanuun daran ee bilaha ugu horeeya noloshiisa.

## Maxay tahay sababta uu uurku khatar dheeraad ah iigu galinaayo inay igu dhacaan xanuunada neefmareenku?

Jirkaagu wuxuu aad isu beddelaa xiliga uurka. Dadka uurka leh waxay la kulmaan isbeddelo ku yimaada hanaankooda difaaca jirka, wadnaha, iyo shaqada sanbabada. Xanuunada neefmareenka ku dhaca waxaa inta badan la socda qandho, taasoo saamayn karta koriinka canuggaaga. Isbeddeladaan jirkaaga ku dhacaya xiliga uurka dartood, waxaad u nuglaanaysaa inaad xanuunsato ama cuduradu kugu xumaadaan xiliga aad uurka leedahay marka loo barbardhigo xiliga aadan uurka lahayn.

## Sideen ku ogaaneynaa in tallaalada COVID-19, hargabka, iyo RSV ay yihiin kuwo ammaan ah xiliga uurka?

Waanu ognahay in tallaaladaan ay ammaan yihiin xiliga uurka sababtoo ah waxaa la daraasaynayay sannado badan. Waxaa jira daraasaad fara badan oo cadeeyay in talaladaan ay yihiin kuwo ammaan ah iyo in faaiidooyinkoodu ka badan yihiin khatarhooda. Centers for Disease Control and Prevention (CDC, Xarunta Xakamaynta iyo Kahortagga Cudurada), American College of Obstetricians and Gynecologists, iyo Society for Maternal-Fetal Medicine ayaa taageera oo ku taliya tallaalada cuduradaan xiliga uurka. **Waa ammaan waana lagu taliyay in la qaato tallaalada COVID-19, hargabka, iyo RSV xiliga uurka.**

## Waa kee xiliga ugu wanaagsan ee la qaato COVID-19, hargabka, ama RSV xiliga uurka?

Waa inaad qaadataa tallaalada COVID-19 iyo hargabka sida ugu dhakhsaha badan marka aad u qalanto, inta lagu jiro sadex bilood oo uurkaaga ka mid ah. RSV waxaa lagu talinayaa in la qaato inta u dhexaysa 32 iyo 36 todobaad ee uurka xiliga RSV. Haddii waalid uur leh uu qaato talaalka RSV ugu yaraan 14 maalmood ka hor xiliga dhalnada, canuggiisu uma baahna inuu qaato talaalka RSV (marka laga reebo xaalado dhif ah) Weydii adeeg bixiyahaaga daryeelka caafimaadka xiliga ay kuu wanaagsan tahay balantaada xigta.

## Sidee tallaalada COVID-19, hargabka, iyo RSV u saamaynayaan canuggayga?

Qaadashada tallaalada COVID-19, hargabka, iyo RSV xiliga uurku waxay kaa caawinaysaa in canuggaagu ka badbaado xanuun daran, isbitaal dhigis, iyo inuu u dhinto cuduradaan. Qaadashada tallaalada xiliga uurku waxay kaa caawinaysaa in antibody-yadaan difaaca ah ku gudbaan madheerta/xudunta xiliga uurka, iyo caanaha naaska kaddib marka uu canuggu dhasho. Caruurta uma qalmaan tallaalada COVID-19 iyo hargabka ilaa ay ka gaarayaan 6 bilood, sidaa darteed qaadashada talaalka COVID-19 ama hargabku marka ay u qalmaan xiliga uurku waa muhiim si ay idiinka caawiso adiga iyo canuggaaga inaad ka badbaadaan cuduro culus ah.

## Uur ayaan leeyahay. Waa kee talaalka cudurada neefmareenka ee aan u qalmo?

**COVID-19** – waxaad u qalantaa nooc kasta oo kamid ah talaalka COVID-19 ee 2024-2025 haddii aadan horey u helin kuurada talaalka COVID-19 ee 2024-2025.

**Flu** – waxaad u qalantaa talaalka hargabka haddii aadan wali qaadan mid kamid ah kuwa hargabka ee 2024-2025. Dadka uurka leh waxay qaadan karaan talaal kasta oo hargabka loogu tala galay oo ah mid la ogolaaday, loogu tala galay oo la dilay. Talaalka sanku la iskaga buufiyo laguuguma tala galin dadka uurka leh.

**RSV** – waxaad u qalantaa inta u dhexaysa 32 iyo 36 todobaad ee uurka xiliga RSV (Sebtembar-Janaayo).\*

\*Haddii aad qaadatay talaalka RSV uurkaagii hore, hadda uma qalantid inaad qaadato talaalka RSV, laakiin cunugaaga ayaa difaac ku heli doona kuurada Nirsevimbab.

## Meelaha laga soo xigtay:

[Talaallada COVID-19 intaad Uurka leedahay ama Naas nuujiinayso](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html)

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

[Badqabka Talaalka Hargabka iyo Uurka | CDC](https://www.cdc.gov/flu/highrisk/qa_vacpregnant.htm)

[https://www.cdc.gov/flu/highrisk/qa\\_vacpregnant.htm](https://www.cdc.gov/flu/highrisk/qa_vacpregnant.htm)

[Talaalka RSV ee Dadka Uurka leh | CDC](https://www.cdc.gov/vaccines/vpd/rsv/public/pregnancy.html)

<https://www.cdc.gov/vaccines/vpd/rsv/public/pregnancy.html>

## DOH 820-256 October 2024 Somali

Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).