



Cudurka Meningokokal iyo Tallaalka

Waa maxay Cudurka Meningokokal?

- Waa cudur uu keeno bakteeriya oo dad badan ay ku qaadaan dhuunta ama sanko iyagoon dareemin xanuun.
- Waxa uu ku faafaa xiriirka dhow ee tooska ah. Tusaale dhunkashada, qufaca ama wadaagista shay'ada sida cuntada, cabbitaanada, iyo qalabka muusiga.
- Dadku way bukodaan marka bakteeriyadu gasho dhiigga iyo dareeraha kale ee jidhka.
- Tani waxay keeni kartaa maskax barar, dhaawac maskaxda ah iyo mararka qaarkood dhimasho dhowr saacadood gudahood.

Waa maxay tallaalka Meningokokal C-ACWY (Nimenrix®) ?

Waa maxay Tallaalka Meningokokal?	Meelahee kale ayaa laga helaa maaddooyinkan?
Qaybaha bakteeriyada meningokokal	Bakteeriyada meningokokal
Sunta teetanada	Tallaalada kale ee carruurta
Sodhyam Koloraydh	Jirka dadka , milixda
Tromitamol	Waxyabaha qurxinta, daawooyinka
Saakroos	sonkor

Maxay tahay faa'iidada qaadashada tallaalkan?

- Tallaalka fasalka 7-aad waxa uu ka ilaaliya **afar** oo ah bakteeriyada keenta Cudurka Meningokokal.

Tallaalkani ma leeyahay badbaado?

- Haa!
- Tallaalada Meningokokal C-ACWY) waxaa laga isticmaalayey xarumaha tallaalka Caafimaadka Dadweynaha Ottawa ilaa 2007-dii.
- Tallaalka kama qaadi kartid cudurka meningokokal

Waa maxay waxyeellooyinka tallaalka?

Ugu Badan	Aan Badnayn	Dhif ah oo halis yar
Casaan, xanuun iyo/ama barar goobta duritaanka, gaar ahaan 24-ka saac ee ugu horreeya	Muruq xanuun, Madax xanuun,daal iyo/ama qandho yar	Falcelin xasaasiyad oo halis ah; neefsashada oo adkaata, bararka wejiga ama afka, cuncun
Daawaynta: Ku qabo baraf goobtaad ka qaadatay tallaalka iyo/ama qaado baarasitimol (tus. Tylenol®)		Kalkaalisoooyinka kiliinikada ayaa u tababaran daawaynta xasaasiyadaha daran

Sideen uga ilaalin karaa naftayda Cudurka Meningokokal?

- Qaado tallaalka.
- Garoojo ah Meningokokal C-ACWY ayaa lagula talinayaa dhammaan dhallinta da'adoodu tahay 12 sano ama kadib xitaa haddii uu ilmuhu mar hore qaatay garoojo hore oo ah tallaalka Meningokokal C-ACWY.).
- Ha wadaagin cuntada, cabbitaanka, ama maacuunta.
- Ha wadaagin libista ama burushka cadayga.
- Ha wadaagin sigaarka.

Isbarbardhig khataraha – cudurka ama tallaalka?

Khatarta Cudurka	Khatarta Tallaalka
Bararka maskaxda (caabuqa maskaxda) oo keenaya maqal la'aan, faalij ama qalal	Gacan xanuun: 6 ka mid ah 10kii qof Madax xanuun ama dareemid daal: 6 ka mid ah 10kii qof
Caabuqa dhiigga oo keenaya shoog iyo hawlgab xubin. Caabuqyada kale ee sambabada, kalagoosyada, lafaha, wadnaha iyo maqaarka Dhimasho – 1 ka mid ah 10kii xaaladood ee daran	Falcelinta halista ah waa dhif iyo naadir

Waxaan horay u qaatay tallaalka meningokokal

- Waxaa laga yaabaa inaad horay u qaadatay tallaalka meningokokal (e.g. Men. C ama Menjugate®) ee loogu talagalay dhallaanka oo ka ilaaliya **hal** nooc oo bakteeriya ah.
- Tallaalka MenC-ACWY wuxuu ka ilaaliyaa 80% ilaa 85% dhallinta cudurrada ay keento afar nooc oo bakteeriyada ah.
- Haddii aadan hubin inaad si sax ah uga tallaalan tahay cudurka meningokokal iyo inkale ka wac Caafimaadka Dadweynaha Ottawa 613-580-6744 si aad ula hadasho kalkaalisada.

Sideen ugu diyaar garoobi karaa tallaalka?

- Kala hadal waalidkaaga ama masuulkaaga tallaalka.
- Baro siyaabaha aad uga hortagi karto welwelkaaga ku saabsan tallaalka (diirada saar neef-qaadashada, ka jeedso irbadda, tiri ilaa 10, iwm.).
- Quraac cun ama qaado sharaab dheeraad ah ama cunto fudud si aad isaga ilaaliso dawakhaada (ku badan dhallinyarada koraysa)

Waa inaad qaadata hal garoojo oo ah tallaalkan si aad u dhigatid iskuulka. Haddii aad doorato inaad is tallaalin, waalidkaaga ama masuulkaaga ha la xiriiran Ottawa Public Health.

Wixii macluumaad dheeraad ah, fadlan booqo:
<https://www.ontario.ca/page/vaccines-children-school>



Meningococcal Disease and the Vaccine

What is Meningococcal Disease?

- It is a disease caused by a bacteria that many people carry in their throat or nose without feeling sick.
- It is spread through close, direct contact. Examples are kissing, coughing or sharing things like food, drinks, and musical instruments.
- People become sick when the bacteria gets into the blood and other body fluids.
- This can lead to brain swelling, brain damage and sometimes death in just a few hours.

What is in the Meningococcal C-ACWY vaccine (Nimenrix®) ?

What is in the Meningococcal Vaccine?	Where else can these ingredients be found?
Parts of meningococcal bacteria	Meningococcal bacteria
Tetanus toxoid	Other childhood vaccines
Sodium chloride	Human body, salt
Trometamol	cosmetics, medication
Sucrose	sugar

What is the benefit of getting this vaccine?

- The grade 7 vaccine protects against **four** types of the bacteria that cause Meningococcal Disease.

Is this vaccine safe?

- Yes!
- Meningococcal C-ACWY vaccines) have been in use in Ottawa Public Health immunization clinics since 2007.
- You cannot get meningococcal disease from the vaccine

What are the side effects from the vaccine?

Most Common	Less Common	Very Rare and Serious
Redness, pain and/or swelling at the site, especially during the first 24 hours	Muscle aches, Headache, malaise and/or slight fever	Serious allergic reaction causing; trouble breathing, swelling of the face or mouth, hives
Treatment: Apply ice to the area where you got the vaccine and/or take acetaminophen (e.g. Tylenol®)		Clinic nurses are trained to treat severe reactions

How can I protect myself from Meningococcal Disease?

- Get the vaccine.
- A dose of Meningococcal C-ACWY is recommended for all teens on or after 12 years of age even if the child has already received a previous dose of Meningococcal C-ACWY vaccine.).
- Do not share food, drinks, or utensils.
- Do not share lipstick or toothbrushes.
- Do not share cigarettes.

Compare the risks – the disease or the vaccine?

Disease Risk	Vaccine Risk
Swelling of the brain (meningitis) causing hearing loss, stroke or seizures	Sore arm: 6 in 10 people Headache or feeling tired : 6 in 10 people
Blood infection causing shock and organ failure Other infections of the lungs, joints, bones, heart and skin Death - 1 in 10 severe cases	Serious reactions are very rare

I already had a meningococcal vaccine

- You may have already received a meningococcal vaccine (e.g. Men. C or Menjugate®) for infants that protects against **one** type of the bacteria.
- MenC-ACWY vaccine protects 80% to 85% of teens against disease caused by four types of bacteria.
- If you are unsure whether you are properly protected against meningococcal disease call Ottawa Public Health 613-580-6744 to speak to a nurse.

How can I prepare for the vaccine?

- Talk to your parent or guardian about the vaccine.
- Learn ways to deal with your worry about the vaccination (focus on breathing, look away from needle, count to ten, etc.).
- Eat breakfast and have an extra juice or small snack to avoid fainting (common with growing teens)

You must have received one dose of this vaccine to attend school. If you choose not to be immunized, your parent or guardian must contact Ottawa Public Health.

For more information, please visit:
<https://www.ontario.ca/page/vaccines-children-school>