



Papillomavirus Aadanaha (HPV) iyo Tallaalka

Waa maxay HPV?

- HPV waxa loo soo gaabiyey fayraska papillomavirus ee dadka. HPV waxa uu keeni karaa burooyinka xubinta taranka iyo kansarka (ilmo mareenka, futada, xubinta taranka, afka iyo cunaha).

Sidee ayaan u qaadi karaa HPV?

- Dhanka taabashada maqaar ka maqaar (dhunkashada ama taabashada) meelaha xubnaha taranka (oo ay ku jiraan guska, xiniinyaha, siilka, farjiga ama futada) ee qofka qaba caabuqa HPV.
- Looma baahna in la galmoodo si loo qaado HPV.
- Dad badan oo qaba HPV ma oga inay qabaan fayraska waxaana laga yaabaa inay sii wadaan inay qaadsiiyaan kuwo kale.

Maxa ku jira tallaalka HPV (Gardasil®9)?

- Tallaalka papillomavirus ee bini-aadanka waxa ku jira nooc fayraska ah oo dhintay, oo aan shaqayn. Tallaalku wuxuu jidhkaaga u diyaariyaa difaac (antibodies) ka difaaca cudurka.

Waxa ku jira tallaalka HPV	Halkee laga helaa maaddooyinkan?
Sodium chloride	Jidhka aadanaha, milixda
Aluminum	Khudaarta, badarka
L-histidine	Jirka aadanaha, digirta
Polysorbate 80	Jalaato, jiis cariish ah
Sodium borate	Biyu, carro
Khamiir	Jirka aadanaha, rooti

Waa maxay faa'iidooyinka qaadashada tallaalka HPV?

- Cilmi baaris ayaa muujiyay in Gardasil®9 uu ka ilaaliyo 9 ka mid ah noocyada HPV ee ugu caansan uguna halista badan kuwaas oo sababa kansarka ilma-mareenka iyo kansarro kale.
- Waxay kaloo wax ku ool u tahay ka hortagga burooyinka xubnaha taranka.

Sidee ayaan isaga ilaalin karaa HPV-ga?

- Qaado tallaalka.
- Ka fogow.
- Haddii aad ka fekerayso inaad ku kacdo galmo, waxaa jira siyaabo aad iskaga ilaalin karto HPV. La hadal waalidka, bixiyaha xanaanada caafimaadka ama u tag ParentinginOttawa.ca/immunization wixii macluumaad dheeraad ah.
- Is tijaabi! Ma jiro baadhitaan joogto ah oo lagu ogaanayo HPV, laakiin baadhitaanada Papka waxay hore u heli karaan kansarrada afka ilmo-galeenka. Baaritaannada ilkaha ee joogtada ah waxay heli karaan isbeddello hore oo keeni kara kansarka afka ee uu keeno HPV.

Waa maxay waxyeellooyinka ka yimaadda Gardasil®9?

Inta badan	Caadi ahaan ka yar	Aad dhif u ah iyo halis
Casaan, xanuun iyo/ama barar goobta, gaar ahaan inta lagu jiro 24-ka saacadood ee ugu horreeya	Madax xanuun iyo/ama qandho fudud	Xasaasiyad daran oo keenta neefsashada oo dhib ah, barar wejiga ama afka, furuuc
Daawaynta: Barafka mari aagga aad ka qaadatay tallaalka iyo/ama qaado acetaminophen (tusaale Tylenol®)		Kalkaaliyaasha caafimaadka waxaa loo tababaray inay daweyaan falcelinta daran

Gardasil®9 badbaado ma yahay?

- Haa, natiijooyinka daraasadda Gardasil®9 waxay aad ugu eg yihiin Gardasil® oo si badbaado leh loogu isticmaalay Kanada sannado badan.
- Kama qaadi kartid HPV tallaalka.

Is barbar dhig khataraha: Fayraska ama Tallaalka?

Khatarta Fayraska	Khatarta Tallaalka
Qiyaastii 75% dadku waxay la kulmi karaan caabuqa HPV mar ka mid ah noloshooda	Gacan xanuun - 9 ka mid ah 10 qof
14,700 xaaladood oo burooyinka xubinta taranka oo laga helo Ontario gudaheeda sannadkii	Madax-xanuun ama qandho fudud- 2 ka mid ah 10-kii qof
630 haween ah ayaa laga helay kansarka ilma-mareenka sanad walba gudaha Ontario 150 dhimasho oo kansarka HPV la xidhiidha sannadkii gudaha Ontario	Dareen-celin halis ah oo aad dhif u ah

Wixii macluumaad dheeraad ah ee ku saabsan tallaalkan, fadlan booqo:

<https://www.ontario.ca/page/getting-hpv-vaccine>