

Cagaarshowga B iyo Tallaalka

Waa maxay Cagaarshowga B?

Cagaarshowga B (HB) waa fayras si fudud ugu faafa dhiiga iyo dareeraha jidhka. Fayrasku waxa uu ku noolaan karaa waxyaalaha ay ka midka yihiin mandiilada ama burushka cadayga ilaa hal toddobaad. Waxay keeni kartaa dhaawac, barar ama kansarka beerka. Sannad kasta Ontario HB waxay u horseeddaa qiyaastii:

- 350 dhimasho
- 300 kansar
- 90 kiisas oo ah beer bararsan oo dhaawacan

Maxaa ku jira tallaalka cagaarshowga B ?*	Meelahee kale ayaa laga helaa maaddooyinka?
Qaybaha cagaarshawga B	Fayraska cagaarshowga B
Almuniyam	Khudaarta midhaha, cadarada
Sodhyam Koloraydh	Jirka dadka, milixda
Sodhyam borate	Biyaha, ciida
Fixiso	Jirka dadka, rootida, rooti yar
Formaldehyde	Jirka dadka, kalluunka midhaha

* Recombivax[®] vaccine ingredients.

Waa maxay faa'iidada tallaalka cagaarshowga B?

- Haddii dhammaan qiyaasaha la qaato, tallaalku wuxuu dadka intiisa badan (>95%) ka ilaaliya fayraska cagaarshow B ugu yaraan 15 sano ama ka badan.

Tallaalka cagaarshowga B ma leeyahay badbaado?

- Haa!
- Tallaalka Cagaarshowga B waxa lagu isticmaali jiray xarumaha tallaalka ee dugsiga Caafimaadka Dadweynaha Ottawa in ka badan 25 sano.
- Tallaalka kama qaadi kartid cagaarshow.

Waa maxay waxyeellooyinka tallaalka cagaarshowga B?

Ugu Badan	Aan badnayn	Aad u dhif iyo halis yar
Casaan, xanuun, iyo/ama barar goobta, gaar ahaan 24-ka saac ee ugu horreeya	Daal, madax xanuun iyo/ama qandho yar	Xasaasiyad daran oo keenaysa neefsashada oo adkaata, barar wejiga iyo afka, cuncun
Daaweynta: Ku qabo baraf goobta aad ka qaadatay tallaalka iyo ama qaado baarasitamol (e.g. Tylenol [®])		Kalkaalisoooyinka xarunta ayaa u tababaran daaweynta xasaasiyada daran

Sideen uga ilaalin karaa naftayda cagaarshowga B?

- Qaado tallaalka.
- Dhowrsoonow
- Haddii aad ka fekereyso inaad galmo samayso, waxaa jira siyaabo aad iskaga ilaalin karto cagaarshow B, la hadal waalidkaaga, bixiyahaaga caafimaadka ama wixii macluumaad dheeraad ah ParentinginOttawa.ca/immunization.
- Hubi in qalabka nadiifka ah loo isticmaalo tattoo-ga ama daloolinta jirka.
- Ha wadaagin mandiiyiyaasha, cadayga ama alaabta kale ee daryeelka shakhsi ahaaneed.

Isbarbardhiga Khataraha – Fayraska Cagaarshowga B ama Tallaalka Cagaarshowga B?

Khatarta Fayraska Cagaarshowga B	Khatarta Tallaalka Cagaarshowga B
1 ka mid ah 10kii carruur ee qaba waxay qabaan caabuqa beerka	Gacan xanuun - 3 ka mid ah 10kii qof
1-2 ka mid ah 100kiiba waxay u dhintaan cagaarshowga B	Qandho - 6 ka mid ah 100kii qof
9 ka mid ah 10kii carruur qaba malaha astaamo laakiin way qaadiin karaan dadka kale (sidayaal) 1 ka mid ah 10kii qof ee qaba oo ka weyn da'ada 5 waxay qaadan caabuqa cagaarshowga B ee daba dheeraada. 1 ka mid ah 4tii qof ee qaba caabuqa beerka ee daba dheer ayaa dhinta	Xasaasiyad halis ah waa dhif iyo naadir

Sideen ugu diyaar garoobi karaa tallaalka?

- Kala hadal waalidkaaga ama mas'uulkaaga tallaalka.
- Baro siyaabaha aad uga hortagi karto welwelkaaga ku saabsan tallaalka (diirada saar neefsashada, ka jeedso cirbadda, tiri ilaa toban, iwm.).
- Xidho shaadh gacmo gaab ah.
- Quraac cun oo soo qaado sharaab dheeraad ah ama cunto fudud si aad iskaga ilaaliso dawakhaada (ku badan dhallinta koraysa).

Ma waxaad qaadatay tallaalka Twinrix[®]?

Twinrix[®] waa tallaalka difaaca labadaba Cagaarshawga A iyo B. Ontario Twinrix si guud looma maalgeliyo. Si aad si buuxda u tallaalnaato waxaad u baahan tahay 2 ama 3 garoojo oo ah Twinrix[®]. Haddii aadan hubin inaad si buuxda uga tallaalan tahay Cagaarshowga A iyo B wac 613-580-6744.

Wixii macluumaad dheeraad ah, fadlan booqo:

<https://www.health.gov.on.ca/en/public/publications/immune/hepb.aspx>

Hepatitis B and the Vaccine

What is Hepatitis B?

Hepatitis B (HB) is a virus that spreads easily through blood and body fluids. The virus can stay alive on things like razors or toothbrushes for up to one week. It can cause damage, swelling or cancer of the liver. Each year in Ontario HB leads to about:

- 350 deaths
- 300 cancers
- 90 cases of swollen or damaged liver

What is in the Hepatitis B Vaccine ?*	Where else are these ingredients found?
Parts of Hepatitis B virus	Hepatitis B virus
Aluminum	Vegetables, cereal, deodorant
Sodium chloride	Human body, salt
Sodium borate	Water, soil
Yeast	Human body, bread, bagels
Formaldehyde	Human body, fruits, fish

* Recombivax® vaccine ingredients.

What is the benefit of get the Hepatitis B vaccine?

- If all doses are received, the vaccine protects most people (>95%) against hepatitis B virus for at least 15 years or more.

Is the Hepatitis B vaccine safe?

- Yes!
- Hepatitis B vaccine has been used in Ottawa Public Health school immunization clinics for over 25 years.
- You cannot get the hepatitis virus from the vaccine.

What are the side effects from the Hepatitis B vaccine?

Most Common	Less Common	Very Rare and Serious
Redness, pain and/or swelling at the site, especially during the first 24 hours	Tiredness, headache 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 the Hepatitis B virus?

- Get the vaccine.
- Be abstinent
- If you are considering having sex, there are ways to protect yourself against hepatitis B, talk to your parents, health care provider or for more information go to ParentinginOttawa.ca/immunization.
- Make sure sterile tools are used for tattooing or body piercing.
- Do not share razors, toothbrushes or other personal care items.

Compare the Risks – Hepatitis B Virus or Hepatitis B Vaccine?

Hepatitis B Virus Risk	Hepatitis B Vaccine Risk
1 in 10 infected children get acute hepatitis	Sore arm - 3 in 10 people
1-2 out of 100 with acute Hepatitis B die	Fever - 6 in 100 people
9 in 10 infected children have no symptoms but can infect others (carriers) 1 in 10 infected people over age 5 get chronic Hepatitis B . Up to 1 in 4 people with chronic Hepatitis B die	Serious reactions very rare

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.).
- Wear a short sleeve shirt.
- Eat breakfast and have an extra juice or small snack to prevent fainting (common with growing teens).

Did you have a Twinrix® vaccine?

Twinrix® is a vaccine that protects against both Hepatitis A and Hepatitis B. In Ontario Twinrix is not publicly funded. To be fully protected you need 2 or 3 doses of Twinrix®. If you are unsure if you are fully protected against Hepatitis A and Hepatitis B call 613-580-6744.

For more information, please visit:

<https://www.health.gov.on.ca/en/public/publications/immune/hepb.aspx>