



Su'aalaha Garoojooyinka Dheeraadka ah ee COVID-19 (8-16-2021)

Qeexitaano:

1. **Garoojada Dheeraadka ah:** Garoojo tallaal oo la siiyo dadka aan la kulmin falcelin difaac oo buuxda isxigxiga tallaalkooda aasaasiga ah. Garoojada dheeraadka ah waxaa loogu talagalay inay soo saarto falcelin difaac oo buuxda.
2. **Garoojada xoojinta ah:** Garoojo tallaal oo la siiyo haddii qof la kulmo falcelin difaac oo buuxda oo ka timida isxigxiga tallaalka aasaasiga ah, balse falcelinta difaac ay bilowdo inay yaraato waqti kadib.

S: Miyaan u baahannahay tallaal xoojin ah iyadoo ay jirto nooca Delta ee faafa?

J: Tallaaladu si aad ah ayay waxtar ugu sii leeyihiin kahortagga cudurrada halista ah iyo nooca Afaraad ee cudurka ee dadka da'doodu tahay 12 iyo ka sare. Xilligaan, CDC iyo Guddiga La-talinta ee Tababarada Tallaalka (ACIP) kuma talinayaan garoojooyinka tallaalada xoojinta ah oo loogu talagalay dadweynaha guud.

S: Ka waran hadduu difaacaygu hoos u dhacay? Miyaan codsadaa garoojo dheeraad ah oo tallaalka COVID-19?

J: [Markay ahayd Agoosto 12, Maamulka Cuntada iyo Daawooyinka ee Maraykanka \(FDA\) ayaa wax-ka-beddel ku sameeyay Oggolaanshaha Isticmaalka Degdegga ah \(EUA\)](#) ee loogu talagalay tallaalada COVID-19 ee Pfizer iyo Moderna si loogu oggolaado in dadka difaacoodu hoos u dhacay ay helaan garoojo saddexaad oo labada tallaal midkood ah.

Garoojada saddexaad ee tallaalka Pfizer ayaa laga yaabaa in la bixiyo ugu yaraan 28 maalmood kadib marka la qaato garoojada labaad ee nidaamka labada garoojo ah ee la siiyo dadka difaacoodu hoos u dhacay ee da'doodu tahay 12 iyo wixii ka weyn.

Garoojada saddexaad ee tallaalka Moderna ayaa laga yaabaa in la bixiyo ugu yaraan 28 maalmood kadib marka la qaato garoojada labaad ee nidaamka labada garoojo ah ee la siiyo dadka difaacoodu hoos u dhacay ee da'doodu tahay 18 iyo wixii ka weyn.

Mar kasta oo ay suurto gal tahay, waxaa lagugula talinayaa inaad qaadato isla noocii tallaalka ee aad qaadatay isxigxigayadaadii asalka ahaa. Haddii nooca tallaalkaas aan la heli karin, markaa waa caadi in la qaato tallaalka kale ee mRNA. CDC waxay kula talinaysaa dadka sida buuxda u tallaalan ee difaacoodu hoos u dhacay inay sii

wadaan xirashada afxirka marka ay joogaan goobaha dadweynaha, iska ilaalinta dadka badan iyo goobaha hawada fiican lahayn, iyo ka fogaanshaha lix fuudh dadka kale ee aysan la noolayn.

S: Yaa loo tixgeliyaa inuu yahay qof difaaciisu hoos u dhacay sida ku cad EUA-ga la cusbooneysiiday?

J: Sida laga soo xigtay bayaanka FDA, “shaqsiyaadka difaacoodu hoos u dhacay” waxaa lagu qeexay inay yihiin dadka xubin jireed laga beddelay ama kuwa kale ee uu hoos u dhac la mid ah ku yimid difaacooda.

ACIP ayaa sidoo kale ballaariyeen qeexitaanka FDA ee “shaqsiyaadka difaacoodu hoos u dhacay” si loogu daro dadka:

- Maraya daaweynta socota oo loogu talagalay buro adag iyo kansarrada dhiigga
- Helay tallaalka xubin jireed oo maraya daaweynta jebinta difaaca jirka
- Qaatay CAR (chimeric antigen receptor) -T-cell ama beddelka unugyada dhiiga ee asalka ah (laba sano gudahooda xilliga ku tallaalida ama qaadanaya daaweynta jebinta difaaca jirka)
- Qabo hoos-u-dhac difaac oo dhexdhexaad ah ama daran (tusaale, cilladaha DiGeorge, Wiskott-Aldrich)
- Qabo cudurka HIV ee marxaladii ugu dambeysay marayo ama aan la daaweyn
- Marayo daaweyn socota oo ay qaadanayaan garoojo sare ee hormoonada lagu daaweeyo bararka (ie, ≥ 20 mg prednisone ama wax u dhigma maalintii), wakiilada daawooyinka kansarka, daawooyinka dheef-shiidka ka dhanka ah, daawooyinka jebiya difaaca jirka xilliga ku-tallaalidda xubinta, raajooyinka lagu daaweeyo kansarka oo lagu tilmaamay inay yihiin kuwo si daran u jebiyo difaaca jirka, xannibeyaasha TNF, iyo nooleyaasha kale cudurrada sababa ee jebiya difaaca jirka ama saameeya difaaca jirka

S: Haddii difaacaygu hoos u dhacay, ma wici karaa bixiyaha tallaalka si aan u qabsado ballan oo garoojo dheeraad ah?

J: Haddii aad buuxiso mid ama in ka badan shuruudaha loo adeegsaday in lagu qeexo “shaqsi difaaciisu hoos u dhacay” sida ku cad tilmaamahan EUA-ga, waa inaad la hadashaa bixiyaha daryeelkaaga caafimaad si loo go'aamiyo inaad u-qalanto garoojo dheeraad ah oo tallaalka mRNA.

Haddii aad u-qalanto, waxaa lagaaga baahan doonaa inaad adiga caddeeyso xaaladda difaacaaga liito kahor intaadan qaadan garoojo dheeraad ah ee tallaalkaaga.

S: Miyay garoojada dheeraadka ah noqon doontaa mid la mid ah garoojooyinkii hore?

J: Haa, qof kasta oo aan difaaciisu hoos u dhacay oo doortay inuu qaato garoojo dheeraad ah oo ka mid ah tallaalka mRNA wuxuu heli doonaa isla tallaalkii horay loo qoray.

S: Garoojada dheeraadka ah ma ka duwanaa kartaa isxigxiga tallaalka mRNA ee aasaasiga ahaa?

J: Markay dhacdo in tallaalka mRNA ee aasaasiga ah ee qofku helay aan la heli karin oo ay buuxiyeen shuruudaha da'da ee tallaalka mRNA ee beddelka ah, waxaa laga yaabaa inay qaataan garoojada tallaalka mRNA oo ka duwan tallaalkooda mRNA ee aasaasiga ah.

S: Maxay bixiyeyaasha u baahan yihiin inay ka ogaadaan badqabka iyo ka warbixinta kadib qaadashada garoojada saddexaad?

J: Bixiyeyaasha waa inay la socdaan dhacdooyinka badqabka, oo ay ku jiraan falcelinta deegaanka iyo midka nidaamsan. Bixiyeyaasha waxaa lagu dhiirigelinayaa inay soo sheegaan falcelin kasta oo xun oo ku aaddan Keyd-xogeedka Ka Warbixinta Falcelinta Xun ee Tallaalka (VAERS). <https://vaers.hhs.gov>

S: Ka warran hadduu qof difaaciisu hoos u dhacay qaatay Tallaalka Johnson & Johnson?

J: Xilligan, CDC ma hayso xog buuxda oo soojeedinaysa in garoojada dheeraadka ah ee Tallaalka Johnson & Johnson ay u yeeli doonto falcelin difaac jireed oo korortay qof difaaciisu hoos u dhacay oo lagu talin maayo inuu qaato garoojo dheeraad ah oo tallaalka Johnson & Johnson ama tallaalka mRNA. Talooyinka dib-u-eegis ayaa lagu sameyn doonaa marka xogtan ay noqoto mid la heli karo.

S: Immisa qof ayay saamayn doonaa EUA-ga la cusboonaysiiyay oo ma jiri doonaan tallaallo ku filan qof walba oo dabooli kara baahidan suurtoogalka ah?

J: CDC waxay ku qiyaasaysaa in ku dhawaad 3% dadka Ameerikaanka ah loo tixgeliyo inay yihiin kuwo difaacoodu hoos u dhacay iyadoo lagu saleeyay shuruudaha la bixiyay. Qiyaastan, si kastaba ha ahaatee, waa uun qiyaas.

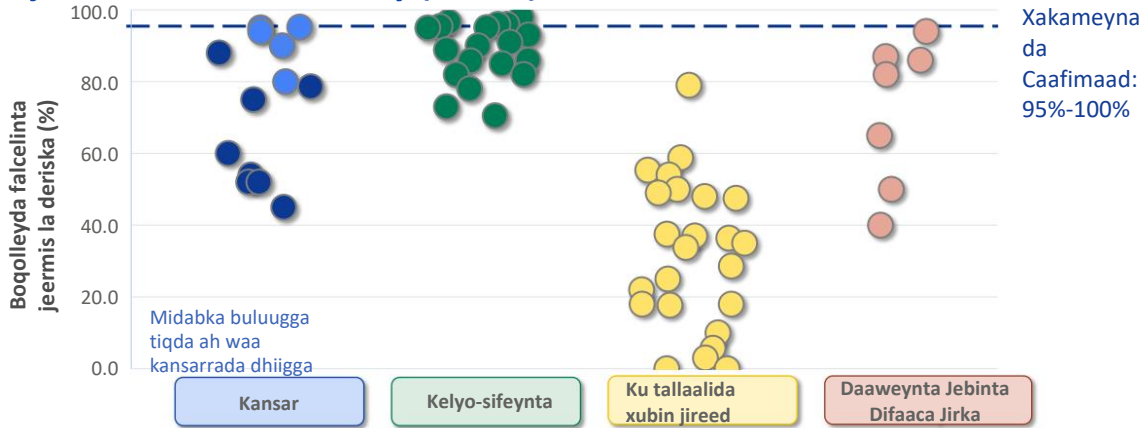
S: Soo ifbaxa nooca Delta ma ku qasbaysaa FDA iyo CDC inay beddelaan EUA-ga loogu talagalay Pfizer iyo Moderna?

J: Inkastoo wadasheekaysiyada ku saabsan garoojada dheeraadka ah la sameeyay kahor inta uusan bilaaban faafitaanka, nooca Delta ayaa saameynaya dhammaan wadahadalada laga yeeshay wax ku saabsan hababka iyo kahortagga COVID-19.

S: Maxaa shuruudo gaar ah oo sida caadiga ah loo tixgelin difaaca hoos u dhacay loogu darin wax-ka-beddelka EUA-ga?

J: "Shaqsiyaadka difaacoodu hoos u dhacay" waxay ka kooban yihiin dadyow aad u ballaaran. Si kastaba ha ahaatee, CDC waxay rabtay inay hubiso in soojeedinta garoojada dheeraadka ah keliya loo adeegsado dadka aan la kulmin falcelin buuxda oo isxigxiga tallaalka aasaasiga ah. Dadka halista ugu badan ugu jira COVID-19, balse ay muuqato inay la kulmeen falcelin difaac jireed oo buuxda ee ka dhalatay isxigxiga tallaalka COVID-19, laguma darin EUA-ga wax laga beddelay. Jaantuska hoose wuxuu muujinayaa qaar ka mid ah natiijooyinka CDC.

Boqolleyda dadka leh falcelinta jeermis la deriska kadib labada garoojo ee tallaalka mRNA ee xaaladda iyo daraasadda difaaca jireed ee hoos u dhacay (n = 63)



- Daraasado isbarbardhig ku sameeyay falcelinta kadib garoojada 1aad iyo 2aad ayaa muujiyeen falcelin xun oo garoojada 1aad ah
- Cabbirka iyo heerarka jeermis la deriska iyo heerarka marinka ayaa ku kala duwan hababka daraasad kasta

Eeg liiska tixraaca ee ku yaala dhammaadka

Dokumentiyadaan waxay bixiyaan macluumaad dheeraad ah oo ku saabsan talooyinka tallaalka ee dadka difaacoodu hoos u dhacay:

- [Tilmaamaha Awoodda Difaaca Jirka ee La Bedelay ee ACIP ee loogu talagalay Tallaalka](#)
- [Tilmaamta Adeegsiga Caafimaad ee IDSA ee Loogu Talagalay Tallaalka Gabbaadka Difaaciisu Hoos U Dhacay 2013](#)
- [Buugga Jaalaha ah ee CDC 2020](#)

S: Ka waran u adeegsiga borotiinnada jeermis la deriska ah tallaabo ka-hortag ahaan?

J: FDA ayaa oggolaatay [ku daaweynta borotiinka jeermis la deriska ah](#) in loo isticmaalo si degdeg ah shakhsiyaadka jira 12 sanno iyo ka weyn, culeyskoodu yahay ugu yaraan 88 rodol oo halis weyn ugu jira COVID-19 daran ama isbitaal dhigis.

Bixiyeyaasha walaaca ka qaba dadka sida buuxda u tallaalan oo laga yaabo inuu difaacoodu hoos u dhacay ah, ku daaweynta borotiinka jeermis la deriska ah ayaa hadda la ballaariyey si loogu daro qaadashada daawada u-baylah noqoshada kadib ee dadka sida buuxda u tallaalan balse difaacoodu hoos u dhacay. Ku daaweynta borotiinka jeermis la deriska ah ayaa hadda laga heli karaa ka qaadashada jirka hoostiisa iyo xiddidka.

Ku daaweynada borotiinka jeermis la deriska ah ma ahan bedel tallaalka.

S: Ka waran haddii dhakhtarkaygu ii qoro garoojada mRNA ee dheeraadka ah oo uusan difaacaygu hoos u dhicin?

J: Tallaalada xoojinta ah lama oggola sida ku cad oogolaanshaha isticmaalka degdega ah (EUA) ee FDA ee loogu talagalay dadka aan difaacoodu hoos u dhicin. Heshiiska bixiyaha tallaalka COVID-19 ma oggolaanayo u isticmaalka tallaalka xaalad kale, oo ay ku jiraan garoojooyinka dheeraadka ah sida garoojada labaad kadib tallaalka Johnson & Johnson ama garoojada saddexaad kadib isxigxiga tallaalka Pfizer ama Moderna. Garoojooyinka dheeraadka ah oo uu ku taliyay dhakhtar ka baxsan EUA waa in si toos ah loogala hadlaa soo-saaraha iyo FDA.

Sida ku cad heshiisyada bixiyaha ee ku jira Barnaamijka Tallaalka COVID-19 ee CDC, bixiyeyaasha waxaa looga baahan yahay inay u bixiyaan tallaallada COVID-19 si waafaqsan hagista CDC/ACIP.

S: Miyuu bukaanka difaaciiisu hoos u dhacay ee qaatay laba garoojo oo tallaalka mRNA ah hadda keliya loo tixgeliyaa inuu qayb ahaan tallaalan yahay?

J: No. Sida laga soo xigtay saraakiisha CDC, qeexidda shaqsi si buuxda u tallaalan isma beddeli doonto iyadoo lagu saleynayo go'aankan cusub. Dadka qaatay hal garoojo oo tallaalka Johnson & Johnson ah ama laba garoojo oo tallaalka mRNA ah ayaa loo tixgeliyaa in si buuxda u tallaalan yahay. Shaqsiyaadka si dhexdhexaad ah ilaa si daran difaacoodu hoos ugu dhacay, si kastaba ha ahaatee, waa inay fahmaan halista sii kordhaysa ee caabuqa COVID-19 waana inay tixgeliyaan garoojada saddexaad ee tallaalka mRNA haddii ay buuxiyaan shuruudaha lagu qeexay EUA-ga la cusboonaysiiyay.

S: Miyey gobolka Oregon hirgelin doontaa talo-bixinta ACIP ee garoojooyinka dheeraadka ah?

J: Guddiga Badqabka Reer Galbeedka iyo La-talinta Cilmiyeysan waxay ka wadhadleen talo-bixinta ACIP waxayna oggolaadeen u adeegsiga garoojooyinka dheeraadka ah ee tallaallada mRNA shakhsiyaadka u-qalma ee difaacoodu hoos u dhacay. Bukaannada iyo bixiyeyaasha ayaa lagu dhiirrigelinayaa inay ka hadlaan faa'iidooyinka iyo khataraha garoojooyinka dheeraadka ah si loo go'aamiyo go'aannada shaqsiyeed ee garoojooyinka dheeraadka ah. Macluumaadka dheeraadka ah ayaa laga heli karaa bogga CDC ee tixgelinta caafimaad ee bukaanka: <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html>

Helitaanka dukumiintiga: Shaqsiyaadka naafada ah ama shakhsiyaadka ku hadla luuqad aan ka aheyn Ingiriiska, OHA waxay ku bixin kartaa warbixinta qaabab kale oo dadban sida fasiraadaha, daabicida farta waaweyn, ama farta indhoolayaasha. La xiriir Xarunta Warbixinta Caafimaadka ee 1-971-673-2411, 711 TTY ama [COVID19.LanguageAccess@dhsosha.state.or.us](https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html).