



Tallooyinka Tallaalka ee loogu Talagalay Qofka Difaaca Jirkiisu si Dhexdhexaad ah ama si Daran u Liito

(11/01/2022)

Xarumaha Xakameynta iyo Ka hortagga Cudurada (CDC) waxay kula talinayaan Qofka Difaaca jirkiisa si Dhexaad ah ama si Daran u Liito oo da'doodu tahay 6 bilood iyo ka weyn qaatayna tallalka Moderna, 5 sanno iyo ka weyn ee qaatay tallalka Pfizer iyo 18 sanno iyo ka weyn ee qaatay tallalka Johnson & Johnson (J&J) waa inay qaataan garooja dheeraad ah oo ah tallalka taxanaha koowaad, waana inay qaataan garoojooyinka xoojinta markii ay u qalmaan:

Da'da	Tallaalka	Garoojooyinka taxanaha koowaad	Cabirka garoojada	Maalmaha la kala qaadano	Kuuro xoojin ah
6 bilood ilaa 4 sano	Pfizer	3	3 mcg/0.2 mL	Garoojada 2aad ugu yaraan 21 maalmood kadib garoojada 1aad. Garoojada 3aad ugu yaraan 8 toddobaad kadib garoojada 2aad.	Laguma talin waqtigaan la joogo

Da'da	Tallaalka	Garoojooyinka taxanaha koowaad	Cabirka garoojada	Maalmaha la kala qaadano	Kuuro xoojin ah
6 bilood ilaa 5 sano jir	Moderna	3	25 mcg/0.25 mL	Kuurada 2aad ugu yaraan 28 maalmood kadib kuurada 1aad kuurada 3aad ugu yaraan 28 maalmood kadib kuurada 2aad	Laguma talin waqtigaan la joogo. Carruurta da'doodu tahay 5 sano waxay u qalmaan inay qaataan garoojada xoojinta bivalent Pfizer laba bilood ka dib marka ay dhammaystiraan taxanaha tallaalkooda aasaasiga ah.
5-11 sanno	Pfizer	3	10 mcg/0.2 mL	Kuurada 2aad ugu yaraan 21 maalmood kadib Kuurada 1aad Kuurada 3aad ugu yaraan 28 maalmood kadib Kuurada 2aad	Garoojada xoojinta mRNA ee Bivalent (qaacidada tallaalka ee la cusboonaysiiyay) ugu yaraan laba bilood kadib qiyaasta ugu dambaysa ee taxanaha aasaasiga ah ama laba bilood kadib garoojada xoojinta monovalent ee ugu dambaysay (qaabka tallaalka asalka ah) carruurta 5-ta sano jiro waxay xaq u leeyihiin oo keliya inay qaataan Pfizer. Dadka da'doodu tahay 6 ama ka weyn waxay leeyihiin doorashada ama ay kala doorani karaan Pfizer ama Moderna.
6-11 sanno	Moderna	3	50 mcgs/0.5 mL	Kuurada 2aad ugu yaraan 28 maalmood kadib Kuurada 1aad Kuurada 3aad ugu yaraan 28 maalmood kadib kuurada 2aad.	
12+ sanno	Pfizer	3	30 mcg/0.3 mL	Garoojada 2aad ugu yaraan 21 maalmood kadib garoojada 1aad kuurada 3aad ugu yaraan 28 maalmood kadib kuurada 2aad	
12+ sanno	Moderna	3	100 mcg/0.5 mL	Garoojada 2aad ugu yaraan 28 maalmood kadib garoojada 1aad kuurada 3aad ugu yaraan 28 maalmood kadib kuurada 2aad	

Da'da	Tallaalka	Garoojooyinka taxanaha koowaad	Cabirka garoojada	Maalmaha la kala qaadanayo	Kuuro xoojin ah
18+ sanno	J&J	2	0.5 mL	Garoojada 2aad, iyadoo la doorbidayo tallaalka mRNA, ugu yaraan 28 maalmood kadib garoojada (J&J) ee koowaad.	Garoojada xoojinta bivalent mRNA ugu yaraan 2 bilood kadib garoojada ugu dambaysa ee taxanaha aasaasiga ah AMA ugu yaraan laba bilood ka dib garoojada xoojinta monovalent (tallaalka asalka ah) ee ugu dambaysay, waxay noqon kartaa Pfizer ama Moderna
12+	Novavax	2	50 mcggrams/ 0.5 mL	Garoojada 2aad ugu yaraan 21 maalmood kadib garoojada koowaad	Garoojada xoojinta bivalent mRNA ugu yaraan laba bilood ka dib garoojada labaad, waxay noqon kartaa Pfizer ama Moderna

Dadka loo tixgaliyo inay in difaaca jirkoodu si dhexaad ah ama si daran u liito

Bayaanka Maamulka Cuntada iyo Daawada Maraykanka (FDA) ayaa ku qeexay “shaqsiyaadka difaacooda jirku liito” inay yihiin qaatayaasha lagu beeray xubnaha gudaha ama dadka kale ee qabo hoos u dhaca kale ee la midka ah jawaab celinta difaacooda.

Guddiga Tallobixinta ee qaranka ee Hab dhaqamada Tallaalka (ACIP) ayaa sidoo kale ballaariyay qeexitaanka FDA ee “shaqsiyaadka difaacooda jirku liito” si loogu daro dadka:

- Maraya daaweynta socota oo loogu talagalay buro adag ama kansarrada dhiigga
- Helay tallaalka xubin jireed oo maraya daaweynta jebinta difaaca jirka
- Qaatay unugyada daaweynta difaaca (CAR)-T-cell ama ku beerista unugyada isbadelo ee dhiiga (laba sanno gudahooda ee ku beerista ama qaadanaya daaweynta difaaca jirka liita)
- Qabo difaaca jirka liita ee dhexdhaxaadka ama daran ee koowaad (tusaale, cilladaha DiGeorge, Wiskott-Aldrich)

- Qabo cudurka HIV ee marxaladii ugu dambeysay marayo ama aan la daaweyn
- Marayo daaweyn socota oo uu qaadanayo garoojada sare ee corticosteroids (tusaale, ≥ 20 mg prednisone ama wax u dhigma maalintii), daawooyinka alkylating, antimetabolites, daawooyinka ku beerista la xiriirta difaaca jirka liita daawooyinka kansarka ee chemotherapeutic lagu tilmaamay inay yihiin kuwo si daran difaaca jirka u liida, xannibeyaasha TNF, iyo nooleyaasha kale ee difaaca jirka liida ama saameeya difaaca jirka ee liita.

Sida loo jadwaleeyo garoojo dheeraad ah ama garoojada xoojinta ah haddii difaacaaga jirku liito

Haddii lagu tixgeliyo “in difaacaaga si dhexdhexaad ah ama si daran uu u liito” sida kor lagu qeexay, waa inaad la hadashaa bixiyaha daryeelkaaga caafimaad si loo go'aamiyo inaad u-qalanto garoojo dheeraad ah oo tallaalka mRNA ah.

Haddii la go'aamiyo inaad u-qalanto, waa inaad adiga caddeyso xaaladda difaacaaga jirka uu liito ka hor intaadan qaadan garoojada dheeraadka ah ee tallaalkaaga.

Garoojooyinka “dheeraadka ah” ee loogu talagalay dadka difaacooda jirku liito waxay qaataan garoojo la mid ah tan dadka kale marka la eego taxanaha tallaalka koowaad ee mRNA, laakiin *xoojiyaha* Moderna wuxuu ku lug leeyahay garoojo hoose oo tallaalkaas ah.

Wali waxaa lagu tixgalinayaa inaad “si buuxda” u tallaalan tahay haddii difaacaagu liito oo aadan helin garoojo dheeraad ah ama garoojooyinka xoojinta.

Dadka qaatay hal garoojo oo tallaalka Johnson & Johnson ah ama laba garoojo oo tallaalka mRNA ah ayaa loo tixgeliyaa inay “si buuxda u tallaalan yihiin,” xitaa haddii ayna qaadan garoojada dheeraadka ah ee lagu taliyey. Shaqsiyaadka difaacoodu si dhexdhexaad ah ama si daran u liito, si kastaba ha ahaatee, waa inay fahmaan halistooda sii kordhaysa ee caabuqa COVID-19 waana inay tixgeliyaan qaadashada garoojo saddexaad oo tallaalka mRNA ah haddii ay buuxiyaan shuruudaha lagu qeexay Oggolaanshaha Isticmaalka Degdegga ah.

Waxaa laga yaabaa inaad u qalantid Evusheld: difaaca jirka ka hortaga muddada dheer

Haddii difaacaagu si yar ama daran u liito ama aad si daran xasaasiyad uga qaaddo tallaalkada COVID-19, waxa dhici karta inaad mutaysatay Evusheld, oo ah antibodhiyo muddo dheer jira oo uu ku siinayo bixiyahaaga daryeelka caafimaad si uu kaaga

caawiyo kahortagga qaadista COVID-19. La hadal bixiyahaaga daryeelka caafimaad si aad u ogaato haddii ikhtiyaar kaan kugu habboon yahay adiga.

Daaweyno hore ayaa loo heli karaa dadka halista sare ku jira ee qaada COVID-19

Paxlovid iyo Lagevrio (molnupiravir) waa kaniiniyada ka hortagga fayraska oo afka laga qaato oo lagu heli karo warqad dhakhtarku kuu qoray ama iyadoo loo marayo [barnaamijka faderaalka Baarista illaa Daaweynta](#). Paxlovid iyo Lagevrio (molnupiravir) labaduba waa in la qaataa shan maalmood oo isku xigta, laguna bilaabo shan maalmood gudahooda marka astaamuhu bilawdaan.

Bebtelovimab waa unuga difaaca jirka oo ay ansixiyeen FDA si loogu isticmaalo dadka aan isbitaalka la jiiifin ee da'doodu tahay 12+ sanno jir ee qaba COVID-19 kuwaas oo halis sare ugu jira inuu ku noqdo cudur daran. Waa in laga siiyaa cirbida xiddidka, laga bilaabo toddobo maalmood gudahooda kadib marka astaamuhu bilawdaan.

VEKLURY (remdesivir) waxaa loogu talagalay daaweynta COVID-19 ee dadka qaangaarka ah iyo bukaannada carruurta ah (28+ maalmood jira oo culeyskoodu yahay 3+ kiilo) kuwaas oo isbitaal la dhigay ama aan la dhigin, qaba COVID-19 fudud ilaa dhexdhexaad ah oo halis sare ugu jira inuu ku noqdo COVID-19 daran, oo ay ku jiraan isbitaal-dhigista ama dhimashada. Waxa la isugu duraa sida tallaalka oo kale, hal mar maalintii saddex maalmood oo isku xigta, laguna bilaabaa toddobo maalmood gudahooda marka astaamuhu bilawdaan.

Dokumentiyadaan waxay bixiyaan macluumaad dheeraad ah oo ku saabsan talooyinka tallaalka ee dadka difaacooda jirku liito:

[Tilmaamaha Awoodda Difaaca Jirka ee ay Bedeshay ACIP ee loogu talagalay Tallaalka](#)

[Tilmaamta Dhaqanka Caafimaad ee IDSA ee 2013 ee Loogu Talagalay Tallaalka Qofka Difaaciisu Hoos U Dhacay](#)

[Buugga Jaalaha ah ee CDC 2020](#)

Helitaanka dukumiintiga: Shakhsiyaadka naafada ah ama shakhsiyaadka ku hadla luuqad aan aheyn Ingiriisi, OHA ayaa ku siin kartaa warbixinta qaabab kale oo dadban sida fasiraadaha, daabicida farta waaweyn, ama farta indhoolayaasha. Kala xiriir COVID-19 Communications Unit 1-971-673-2411, 711 TTY ama COVID19.LanguageAccess@dhsosha.state.or.us.