

Cagaarshowga B iyo Tallaalka

Waa maxay Cagaarshowga B?

Cagaarshowga B (HB) waa fayras si fudud ugu faafa dhiiga iyo dareeraha jirka. 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 horseedaa qiyaastii:

- 350 dhimasho,
- 300 kansar, iyo
- 90 xaaladood oo beerku bararay ama dhaawacmay.

Maxaa ku jira Tallaalka Cagaarshowga B?

- Tallaalka cagaarshowga B waxa ku jira nooc dhintay, oo fayraska ah, oo aan shaqaynayn. Tallaalku wuxuu jidhkaaga u diyaariyaa difaac (antibodies) ka difaaca cudurka.

Walxaha tallaalka cagaarshowga B	Halkee kale ayaa laga helaa maaddooyinkan?
Aluminum	Khudaarta, badarka
Sodium chloride	Jidhka aadanaha, milixda
Sodium borate ¹	Biyaha, carrada
khamiir	Jirka aadanaha, rootiga
Latex (oo ku jira weel joojiyaha) ¹	Buufinnada, galoofyada
Formaldehyde ¹	Jirka aadanaha, miraha
Polysorbate 20 ²	Mariska kilkisha, looshinka
Disodium Phosphate Dihydrate ² Sodium dihydrogen phosphate dehydrate ²	Daawooyinka caloosha jilcisa

¹ Recombivax® waxa ku jira tallaalka

² Engerix®-B waxa ku jira tallaalka

Tallaalka Cagaarshowga B ma yahay mid badbaado leh?

- Haa, tallaalka Cagaarshowga B waxa lagu isticmaalay kilinigyada tallaalka ee caafimaadka dadweynaha Ottawa in ka badan 25 sano.
- Kama qaadi kartid fayraska cagaarshow xagga tallaalka.

Sideen iskaga ilaalin karaa fayraska Cagaarshowga B?

- Qaado tallaalka.
- Ka fogow. Haddii aad ka fekereyso inaad galmo samayso, waxaa jira siyaabo aad iskaga ilaalin karto cagaarshow B, la hadal waalidka, bixiyaha xanaanada caafimaadka ama wixii macluumaad dheeraad ah gal [OttawaPublicHealth.ca](https://ottawapublichealth.ca).
- Hubi in qalab nadiif ah loo isticmaalo tattooingka ama daloolinta jirka.
- Ha wadaagin mandiilada, cadayga ama alaabta kale ee daryeelka shakhsi ahaaneed.

Waa maxay faa'iidada qaadashada 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

Waa maxa waxyeellooyinka ka yimaadda tallaalka Cagaarshowga B?

Ugu badan	Ka Yar Caadi	Aad Dhif U Ah Iyo Halis
Guduud, xanuun iyo/ama barar goobta, gaar ahaan inta lagu jiro 24-ka saacadood ee ugu horreeya	Daal, madax-xanuun iyo/ama qandho yar	Xasaasiyad leh falcelin daran oo keenta; dhibaato neefsasho, bararka wejiga ama afka, cuncun
Daawaynta: Baraf mari aagga aad ka qaadatay tallaalka iyo/ama qaado acetaminophen (tusaale Tylenol®)		Kalkaaliyaasha caafimaadka waxaa loo tababaray inay daaweeyaan falcelinta daran

Is-barbar dhig Khataraha – Fayraska Cagaarshowga B ama Tallaalka Cagaarshowga B?

Khatarta Fayraska Cagaarshowga B	Halista Tallaalka Cagaarshowga B
1 ka mid ah 10-ka carruur ah uu ku dhacay waxay helaan cagaarshow ba'an	Gacan xanuun - 3 ka mid ah 10-ka qof
1-2 ka mid ah 100-kii qaba cagaarshowga ba'an ee B ayaa dhinta	Qandho - 6 ka mid ah 100-ka qof
9 ka mid ah 10-kii carruur ah ee cudurka qaba ma laha calaamado laakiin waxay qaadiin karaan kuwa kale (sidayaal) Mid ka mid ah 10-kii qof ee cudurka qaba ee ka weyn da'da 5 ayaa qaada cagaarshow B ee raaga. Ilaa 1 ee 4-tii qof ee qaba Cagaarshowga B ee dabadheeraada ayaa dhinta	Dareen-celin halis ah oo aad dhif u ah

Ma qaadatay tallaalka Twinrix®?

Twinrix® waa tallaalka ka ilaaliya Cagaarshowga A iyo Cagaarshowga B labadaba. Dhanka Ontario Twinrix si guud looma maalgeliyo. Haddii aadan hubin inaad si buuxda uga hortagtay Cagaarshowga A iyo Cagaarshowga B, booqo [Ottawapublichealth.ca/immunization](https://ottawapublichealth.ca/immunization).

Wixii macluumaad dheeri ah, fadlan booqo:

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