

# Jadeecada: Waxa ay Waalidiintu u Baahan yihiin in ay Ogaadaan

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Jadeecadu waa cudur faafis badan oo ka yimaadda fayruska jadeecada (measles virus). Caabuqu waxuu keeni karaa dhibaatooyin daran oo mararka qaar lagu dhinto. Nasiib wanaag, jadeecadu waa cudur leh tallaalka lagaga hortago.



Jadeecada waxaa hore loogu xakameeyey Maraykanka, laakiin waxaan cudur **dillaacyo** dib ugu aragnaa degaanno ama gobollo ay hoos ugu dhaceen tallaalladu. (“Eeg Miyay habboon tahay in ay dugsiga tagaan carruurta aanan helin tallaalka jadeecada waqtiga cudur dillaaca?” iyo “tallaalka jadeecada marka caalamka loo safrayo”)

Maadaama ay jadeecadu aad u faafto, cudur dillaacyada ayaa dhakhso u dhaca. Inta ugu badan, carruurta qaada jadeecadu ulama socdaan sida loogu **[taliyey \(/English/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx\)](#)** tallaallada ama ma gaarin **[da' ku filan \(/English/safety-prevention/immunizations/Pages/Protecting-Your-Baby-from-a-Measles-Outbreak-FAQs.aspx\)](#)** si ay u helaan tallaalka jadeecada.

Barnaamijyada tallaalista carruurnimada iyo dhowr iyo toban jirka ee Maraykanka ayaa keenay in ay in ka badan boqolkiiba 99 (99%) hoos ugu dhacaan dadka qaba cudurka jadeecadu tan iyo sanadkii 1963. Hase yeeshee, socdaaleyaasha soo booqanaya ama dib ugu soo noqonaya Maraykanka ee ka imanaya waddamada kale ayaa jadeecada u fidin kara dadka halis ugu jira oo keeni kara **[cudur dillaac \(https://www.cdc.gov/global-measles-vaccination/data-research/global-measles-outbreaks/\)](https://www.cdc.gov/global-measles-vaccination/data-research/global-measles-outbreaks/)**.

Marka ugu horraysa ee caabuqa jadeecada lagu sheego bulsho, waxaa loo arkaa cudur dillaac sababtoo ah sida dhakhsada badan ee ay jadeecadu u faafto. Khuburrada caafimaadka ee degaanku waa in ay dhakhso uga shaqeeyaan in ay soo ogaadaan dadka kale ee u fayday ama u dhawaaday si ay jadeecada uga horjoogsan karaan in ay u fiddo dadka kale.

## Fikradaha safarka dalka dibaddiisa ee loogu talagalay qoysaska haysta carruur yar yar

- **Dhallaanka ka yar da'da 6 bilood** lama tallaali karo laakiin waxaa laga yaabaa in ay difaac ka helaan unugyada difaaca jirka ee iyaga loo gudbiyey muddadii uurka. (Eeg "[Sidee ayay Tallaalladu u Shaqeeyaan ama Wax u taraan.](#)") Ku fikir in aad dib u dhigto safarka lagu tagayo goobaha uu ka socdo dillaaca cudurka jadeecadu si aad iskaga ilaaliso halisaha cudur daran.
- **Dhallaanka da'doodu tahay 6 ilaa 11 bilood waa** [\(<https://emergency.cdc.gov/han/2024/han00504.asp>\)](https://emergency.cdc.gov/han/2024/han00504.asp) in ay helaan tallaalkooga koobaad ee MMR laba toddobaad ka hor safarka. Waxay weli u baahan doonaan taxanaha 2 qiyaasood [\(<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Your-Babys-First-Vaccines.aspx>\)](https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Your-Babys-First-Vaccines.aspx) haddii ay qiyaas tallaali helaan ka hor da'da 12 bilood.
- **Dhallaanka 12 bilood jira ama ka weyn** waa in ay helaan qiyaastooda koowaad ee tallaalka MMR oo siyaado ku ah [tallaallada kale ee loogu taliyo](#) da'daas. Sabiyada ama dhallaanka 12 bilood jira ama ka weyn waxay weliba heli karaan qiyaas labaad ee tallaalka MMR ugu yaraan 28 maalmood ka dib qiyaasta koowaad.
- **Safarka ka hor**, hubi talooyinka caafimaadka ee ku jira bogga internetka [Ogaysiinnada Caafimaadka Safarka ee Xarunta Xakamaynta iyo Ka hortagga Cudurrada](#) [\(<https://wwwnc.cdc.gov/travel/notices/>\)](https://wwwnc.cdc.gov/travel/notices/). [Iyada oo ku xidhantahay meesha aad u safrayso iyo hawlaha kuu qorshaysan, waxa laga yaabaa in lagu taliyo tallaalo kale.](#)

## Sidee ayay u faafis badan tahay jadeecadu?

Jadeecadu waxay ka mid tahay cudurrada ugu faafis badan adduunka. Dhab ahaan, [9 ka mid ah 10kii qof](#) [\(<https://www.cdc.gov/measles/resources/measles-is-highly-contagious-infographic.html>\)](https://www.cdc.gov/measles/resources/measles-is-highly-contagious-infographic.html) ee u fayday jadeecada ayaa, iyaguna, taas qaadi doona, haddii aanan la tallaalin, aanay cudurka hore u qaadin ama ay dhibaato ka qabaan nidaamkooda difaaca dabiiciga ah. Xataa u feydanka ama u dhawaanshaha aad u waqti gaaban ee qofka caabuqa qaba ee lagula jiro meel ama bannaan la wadaago ayaa halis badan u keenaya dadka aanan la tallaalin.

## Muddo intee leeg ayuu cudurka faafin karaa qofka jadeecada qaba?

Dadka jadeecada qaba waxay cudurka faafin karaan ka hor inta aanay ogayn in ay bukaan ama jirran yihiin. Qofka caabuqa qaba waxuu jadeecada si fudud ugu fidin karaa dadka kale 4 maalmood ka hor inta uusan firiiricu ku soo bixin, waxayna weli cudurka faafin karaan 4 maalmood ka dib marka uu firiiricu ku soo baxo.

## Sidee ayay jadeecadu u fiddaa?

Jadeecadu waxay u fiddaa qofba qofka kale waxayna martaa hawada iyadoo ka timaadda dhibcaha yar yar ee neefsashada ee ka soo baxa qufaca ama hindhisada ilmaha. Fayrusku ilaa labo saacadood ayuu ku noolaan karaa sagxadaha ama meelaha uu fariisto ama duulitaanka hawada. Qofka gala qol uu hore ugu jiray qof jadeecada qaba ayaa cudurka qaadi kara. Fayrusku waxuu weliba ku safri karaa qulqullada hawada waxuuna caabuqa gelin karaa dadka ku jira qol kale.

Xataa u feydanka ama u dhawaanshaha waqti gaaban ee fayruska ayaa halis badan caabuqa u gelinaya qofka aanan la soconin ama buuxsanin tallaalka jadeecada ama aanan hore u qaadin jadeecada. Dadka qaba xaalado caafimaad oo daciifiya nidaamka difaaca dabiiciga ah ayaa iyaguna halis badan ugu jira caabuqa.

## Waa maxay calaamadaha cudurka jadeecadu?

Calaamadaha guudka ah ee caabuqa jadeecada waxaa ka mid ah xummad ama qandho badan iyo firiiric ama finan yar yar. Firiiricu waxuu caadi ahaan soo baxaa 3 ilaa 5 maalmood ka dib calaamadaha cudurka ee ugu horreeya. Waxuu ka bilaabmaa madaxa waxuuna hoos ugu fidaa jirka intiisa kale.

Ka sokow xummadda iyo firiirica, calaamadaha kale ee cudurka jadeecada waxaa ka mid noqon kara:

- Qufac, sanko dareeraya, iyo indho cas, oo biyo biyaynaya
- Finan yar yar oo ku yaalla dhanka dhabanka afka gudihiisa, oo la yiraahdo finanka Koplik (<https://medlineplus.gov/ency/imagepages/2558.htm>)
- Shuban
- Caabuqa dhegta



Jadeecadu waxay weliba keeni kartaa [dhibaatooyin daran \(https://www.cdc.gov/measles/signs-symptoms\)](https://www.cdc.gov/measles/signs-symptoms), sida oofwareen, bararka maskaxda (encephalitis), dhego la'aan ama maqal beel, naafada caqliga iyo xataa dhimasho.

## Muddo intee la'eg ayay qaadataa si jadeecada loo qaado ka dib marka loo feydmoo ama loo dhawaado?

Calaamadaha cudurka jadeecadu waxay caadi ahaan bilaabmaan qiyaas ahaan 8 ilaa 12 maalmood ka dib marka uu ilmahaagu u feydmoo ama u dhawaado fayruska. Haddii ilmahaagu u dhawaaday qof jadeecada qaba, islamarkaaba wac takhtarkaaga carruurta (pediatrician). Waxay hubin karaan diwaannada caafimaadka ilmahaaga. Haddii loo baahdo, takhtarkaaga carruurta ayaa diyaarin kara in ilmahaaga la baaro iyagoo aanan halis gelinayn dadka kale.

## Muddo intee la'eg ayaa habboon in ilmaha qaba jadeecadu uu guriga ka joogo dugsiga?

Carruurta qabta jadeecadu waa in ay guriga ka joogaan dugsiga ama daryeelka carruurta ilaa ugu yaraan 4 maalmood oo buuxa ka dib bilowga firirica, marka aanay faafin karin cudurka.

## Miyay habboon tahay in ay dugsiga tagaan carruurta aanan helin tallaalka jadeecada waqtiga cudur dillaaca?

Waqtiga dillaaca cudurka jadeecada, maskaxda ku hay oo xasuuso:

- Carruurta aanan helin tallaalka jadeecada (tallaalka MMR ama MMRV) waa in laga reebo dugsiga.
- Carruurta aanan la tallaalin ee aanan si la og yahay ugu dhawaanin qof qaba jadeecadu waxay ku noqon karaan dugsiga ama daryeelka carruurta islamarkaaba ka dib marka ay helaan qiyaasta tallaalka MMR ama MMRV.
- Carruurta aanan la tallaalin ee u dhawaaday qof qaba jadeecada laakiin hela qiyaasta tallaalka MMR ama MMRV muddada 72 saacadood ah ee ka dambaysa u dhawaanshahooda koowaad waxay islamarkaaba ku noqon karaan dugsiga.
- Carruurta aanan la tallaalin ee u dhawaaday qof qaba jadeecada laakiin hela qiyaasta tallaalka MMR ama MMRV in ka badan muddada 72 saacadood ah ee ka dambaysa u dhawaanshahooda koowaad waa in laga reebo dugsiga muddo 21 maalmood ah laga bilaabo waqtigii u dhawaanshihii ugu dambeeyey (ugu sokeeyey).
- Carruurta aanan la tallaalin ee heli waaya tallaalka MMR ama MMRV muddada cudur dillaaca, iyadoo aanan la eegayn haddii la og yahay in ay u feydmeeen ama u dhawaadeen, waa in laga reebo dugsiga muddo 21 maalmood ah ka dib bilowga firirica ee qofkii ugu dambeeyey ee jadeecada qabay ee lagu arkay dugsiga ama bulshada.

Takhtarkaaga carruurta ayaa adiga ku ogaysiin kara waqtiga ay nabad tahay ama badbaadsan tahay in ilmahaagu ku noqdo dugsiga ama daryeelka carruurta. Waxay tani caawin doontaa in la iska ilaaliyo in jadeecadu u fiddo dadka kale ee laga yaabo in aanay helin karin tallaalka sababtoo ah da'dooda ama sababtoo ah xaalad caafimaad oo saamaysa nidaamkooda difaaca dabiiciga ah.

## Sidee ayaad uga hortagaysaa fidista jadeecada?

Jadeecadu waa caabuq leh tallaalka lagaga hortago. Qiyaas ahaan 100kii qof walba 95 ayaa la baddadin doonaa ama la difaaci doonaa ka dib marka ay helaan hal qiyaas ee tallaalka MMR. Labo qiyaasood ee tallaalka MMR waxay badbaadiyaan 100kii qof walba 97-99.

Si aad iskaga ilaaliso cudurka, ku tallaalka adigoo raacaya [jadwalka lagu taliyey \(/English/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx\)](/English/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx)—marka ilmuhu yahay da'da 12 ilaa 15 bilood iyo qiyaas labaad waqtiga [baaritaankooda caafimaadka \(/English/ages-stages/Your-Childs-Checkups/Pages/your-checkup-checklist-4-years-old.aspx\)](/English/ages-stages/Your-Childs-Checkups/Pages/your-checkup-checklist-4-years-old.aspx) marka ay yihiin da'da 4 ilaa 6 jir. Carruurta qaarkood oo halis dheeraad ah ku jira ayaa u baahan kara 3 qiyaasood haddii uu cudur dillaacay.

Sabiyada ama dhallaanka 6-12 bilood jira waxay heli karaan [tallaalka jadeecada \(/English/safety-prevention/immunizations/Pages/Protecting-Your-Baby-from-a-Measles-Outbreak-FAQs.aspx\)](/English/safety-prevention/immunizations/Pages/Protecting-Your-Baby-from-a-Measles-Outbreak-FAQs.aspx) waqtiga cudur dillaaca ama ka hor safarka dalka dibaddiisa ay ku tagayaan [goob \(https://www.cdc.gov/measles/travel/index.html\)](https://www.cdc.gov/measles/travel/index.html) uu ka socdo dillaaca cudurka jadeecadu.

## Xasuuso

Carruurta lagu tallaalay MMR waxay dhistaan difaac dabiici ah oo waara waxayna badbaadiyaan dadka kale. Marka inteenaa ugu badan aan difaac dabiici ah ka helno jadeecada, waxaa suurogal yaraanaysa in ay fiddo. Haddii aad u aragto in ilmahaagu u feydmey ama u dhawaaday jadeecada, islamarkaaba wac takhtarkaaga carruurta.

## Ku saabsan Dr. Hashikawa



**Andrew Hashikawa, M.D., M.S., FAAP**, waa barafasoor dadka daaweeya oo ka mid ah waaxyaha Caafimaadka iyo Cudurrada carruurta (Emergency Medicine and Pediatrics) ee Michigan Medicine waana takhtar ka shaqeeya caafimaadka degdegga ah ee carruurta oo jooga isbitaalka carruurta ee Mott Children's Hospital ee Jaamacadda Michigan. Waxuu xubin ka yahay Golaha ku jira Guddiga Agaasinka Carruurnimada Hore ee Akaadamiyadda Cudurrada Carruurta ee Maraykanka (American Academy of Pediatrics) waxuuna hormuud u yahay carruurnimada hore waana la taliye ka shaqeeya caafimaadka daryeelka carruurta. Cilmibaaristiisu waxay diiradda saartaa ilaalinta cudurrada faafa ee barnaamijyada daryeelka carruurta.

## Ku saabsan Dr. Ratner



**Adam Ratner, MD, MPH, FAAP**, waa khabiir ku lug leh cudurrada faafa ee carruurta oo ka shaqeeya Jaamacadda New York kulliyadda caafimaadka Grossman School of Medicine iyo isbitaalka carruurta ee Hassenfeld Children's Hospital, New York. Waxuu xubin ka yahay Guddiga Cudurrada Faafa ee Akaadamiyadda Cudurrada carruurta ee Maraykanka (American Academy of Pediatrics).

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#### Isha American Academy of Pediatrics (Xaqa daabacaadda @ 2024)

Macluumaadka ku jira Bartan internetka ma habboona in loo isticmaalo si loogu beddelo daryeelka iyo talada caafimaadeed ee takhtarkaaga carruurta. Waxaa jiri kara daawayno kala duwan oo laga yaabo in uu takhtarkaaga carruurta ku taliyo oo ku salaysan arrimaha iyo xaaladaha shakhsiyeed.