Hargabka (Flu):

Waxa Aad U Baahan Tahay Inaad Ogaato

Qof kasta oo jiro 6 bilood iyo ka weyn waa inuu qaataa tallaalka hargabka sannad kasta ka hor dhammaadka Oktoobar* si uu u helo ka hortagga ugu wanaagsan.

Booqo bit.ly/FindCOVaxProvider si aad u hesho bixiye tallaal oo kuu dhow!

Maxaad ugu baahan tahay inaad qaadato tallaalka hargabka?

Hargabku waa mid ka mid ah cudurrada ugu halista badan ee tallaalku ka hortagi karo ee ka jira Maraykanka. Qaadashada tallaalka hargabka sannad kasta waa habka ugu wanaagsan ee lagu yareyn karo khatarta kugu keeni karto xanuun. Khubaradu waxay ogaadeen in tallaalladu ay 80% yareeyaan khatarta ay carruurta iyo dhallinyaradu ugu dhiman karaan hargabka. Waxay yareynaysaa khatarta ah in hargabku kuu keeno saameynno daran. Dadka qaar ee qaata tallaalka hargabka weli way xanuunsan karaan, laakiin waxay u badan tahay in xanuunkoodu uusan aad u daranayn, isbitaalka la dhigin, ama uusan u horseedin dhimasho.

Xilligii hargabka ee 2025-26, waxaa lagu qiyaasay in hargabku sababay:

- 31 milyan ilaa 54 milyan oo kiisas xanuun ah
- 14 milyan ilaa 24 milyan oo booqashooyin caafimaad
- 380,000 ilaa 780,000 oo isbitaal la dhigay
- 23,000 ilaa 78,000 dhimasho

Kooxaha halista ugu jira hargab daran:

- Dadka waaweyn ee da'doodu ka weyn tahay 65 sano
- Haweenka uurka leh
- Dhallaanka
- Dadka qaba xaalado caafimaad oo hore u jiray

Ma jiraan talooyin gaar ah oo ku salaysan da'da?

Carruurta da'doodu u dhaxayso 6 bilood ilaa 8 sano:
Haddii carruurta ka yar 9 sano aysan weligood qaadan tallaalka hargabka ama ay hal mar oo keliya noloshooda qaateen, waa inay qaataan laba kuuro. Kuurooyinkaan waa in la qaataa iyadoo loo dhexaysiinayo ugu yaraan afar toddobaad.

Dadka waaweyn ee da'da ah:
Haddii ay suurtagal tahay, dadka waaweyn ee da'doodu tahay 65 sano iyo ka weyn waa inay qaataan tallaalka hargabka ee kuuro sare leh ama tallaalka hargabka oo leh walax xoojinaysa waxtarkiisa. Laga bilaabo Agoosto 2026, FDA waxay ansixisay tallaalkii ugu horreeyay ee hargabka ee mRNA-ga ah, oo loo yaqaan MFLUSIVA, kaas oo loogu talagalay dadka waaweyn ee da'doodu tahay 50 sano iyo ka weyn. Sayniska tallaallada mRNA-ga ah waxaa la daraaseynayay tobannaan sano, waxaana loo arkaa mid aad u ammaan ah.

***Qaadashada tallaalka hargabka xilli dambe ayaa ka wanaagsan inaadanba qaadan.**

Dadka xubnaha jirka lagu beeray ma qaadan karaan tallaalka hargabka?

Haa. Dadka da'doodu u dhaxayso 18 ilaa 64 sano ee xubno adag lagu beeray, isla markaana qaata daawooyin hoos u dhiga difaaca jirka, waxay qaadan karaan tallaalka hargabka ee kuuro sare leh ama tallaalka hargabka ee leh walax xoojinaysa waxtarkiisa, kaas oo loo oggolaaday dadka da'doodu tahay 65+ sano.

Tallaalka hargabku ma u fiican yahay dadka xasaasiyadda ukunta ku qaba?

Haa. Dadka xasaasiyadda ukunta ku qaba, waxay si wanaagsan u qaadan karaan tallaal kasta oo hargabka ah, haddii tallaalkaasi uu ku habboon yahay da'dooda iyo xaaladdooda caafimaad. Tallaalladu waxay ka kooban yihiin qadar yar oo borotiinka ukunta ah, laakiin daraasado ayaa muujiyay in qaddarkaas borotiinka ukuntu ay u badan tahay inuusan keenin xasaasiyad daran.

Yaa Aan QAADAN Karin tallaalka hargabka?

Dadka aan qaadan karin tallaalka hargabka sababo caafimaad awgood, sida kuwa horey ugu dhacay xasaasiyad daran (tusaale, xasaasiyad aad u daran oo naftooda halis gelisa) oo ay keentay qayb ka mid ah tallaalka (marka laga reebo ukunta), waa in aan la tallaalin. Waxaa jira xaalado badan oo ka reebaya isticmaalka ikhtiyaarka Tallaalka hargabka ee sanka lagu buufiyo (FluMist). La hadal bixiyahaaga adeegga caafimaadka haddii aad rabto FluMist.

Maxaa kale oo aan u baahanahay inaan ogaado?

Waxaad qaadan kartaa tallaalka hargabka iyo inta badan tallaallada kale, oo ay ku jirto tallaalka COVID-19, isku marka ah. Dhammaan tallaallada hargabka ee xilliga 2026–27 waa saddex-geesood. Taas macnaheedu waa in waxaa loo sameeyey inay ka hortagaan saddex nooc oo kala duwan oo fayraska hargabka ah. Xilliga hargabku caadi ahaan wuxuu socdaa Oktoobar ilaa Abriil. Inkasta oo ay ugu fiican tahay in tallaalka hargabka la qaato dhammaadka Oktoobar, tallaalka oo la qaato wakhti kasta inta lagu jiro xilliga hargabku ay fiican tahay marka loo eego inaan wax tallaal ah la qaadan.

Bixiyahaaga adeegga caafimaadka wax ka weydii tallaallada COVID-19 iyo RSV sidoo kale!

Sources

- https://vaccinateyourfamily.org/current-flu-season/
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- https://www.nytimes.com/2026/08/05/health/mrna-flu-vaccine-moderna.html
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