

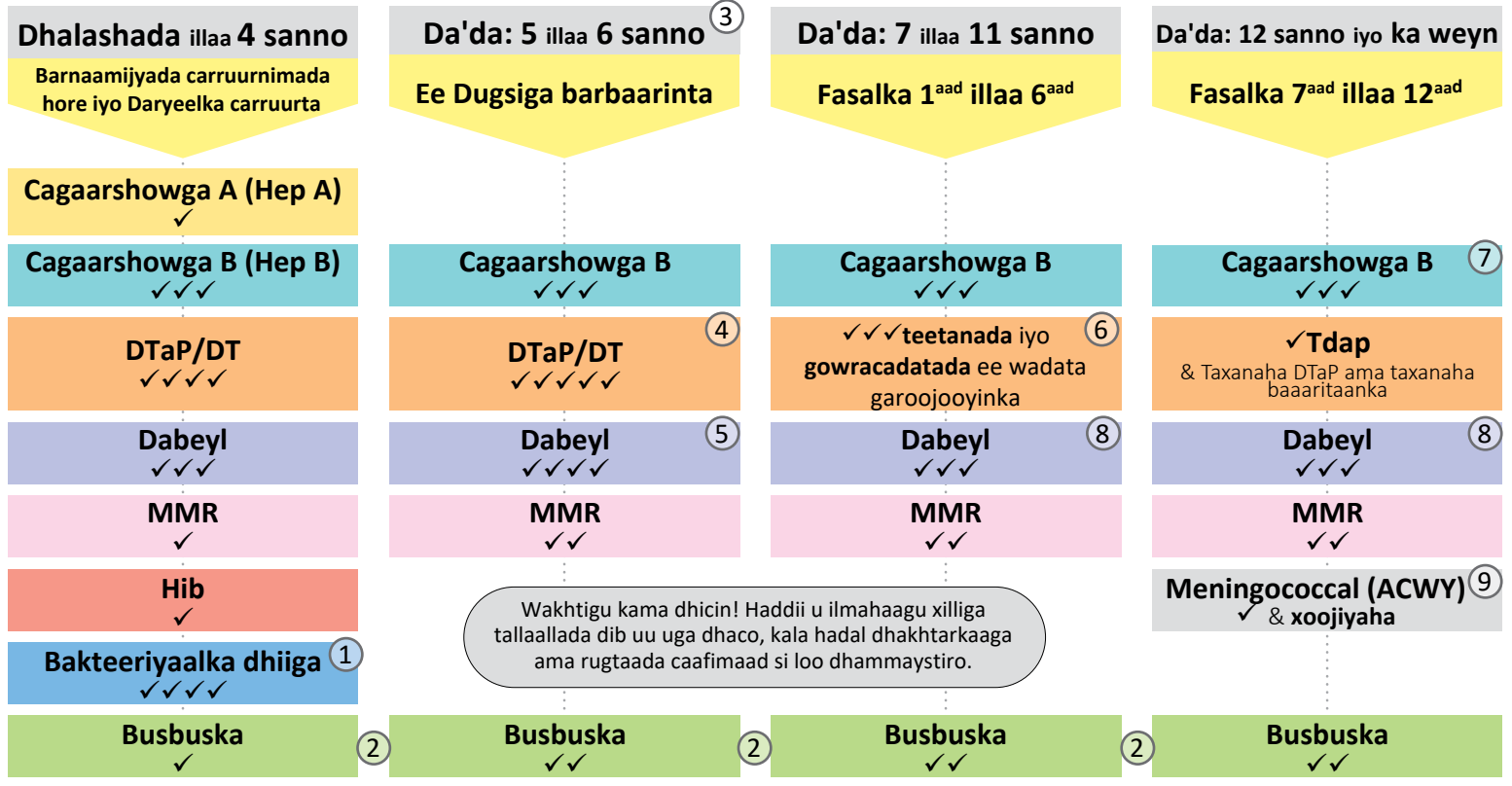
Carruurtaadu ma diyaarbaa?

Wuxuu Xeerka Tallaalitaanka Minnesota u Baahan Yahay

Shuruudaha Tallaalka

Isticmaal shaxdan in ay ku hagto si aad u go'aamiso tallaalada loo baahanyahay si la isugu diiwaangeliyo daryeelka carruurta, barnaamijyada carruurnimada hore, iyo iskuulka (internetka, iskuulka guriga, iskuulka dadweynaha, ama iskuulka gaarka loo leeyahay).

Hel da'da cunuga/heerka fasalka oo fiiri si aad u ogaato haddii cunugaaga helay tirada tallaalka ka muuqata calaamadaha saxitaanka ee ka hooseeya tallaal walba. Jadwalka gadaasha wuxuu muujinayaa da'aha goorta marqaadashooyinka xilligoo taagan yahay.



Talaalada lagu taliyey laakiin aan shardi ahayn:

COVID-19

Dhammaan carruurta ku jirta kooxda da'da u qalanta

Hargabka

Sannadlaha oo dhammaan carruurta da'da 6 bilood iyo ka weyn

Faayruska dhiiga

Ee dhallaanka

Human papillomavirus

Da'da 11-12 sanno

- ① Looma baahna kadib 24 bilood.
- ② Haddii cunugga uu mar hore ku dhacay cudurka busbuska, tallaalka busbuska looma baahno. Haddii cudurka uu dhacay kadib 2010, dhaqtarka cunuga waa inuu saxiixaa foom xaqiijinayo cudurka.
- ③ Ardayda fasalka koowaad oo 6 sano jir ah ama ka yar waa inay raacaan jadwalada dabeysha iyo DTap/DT ee dugsiga barbaarinta.
- ④ Tallaalka shannaad ee DTap looma baahno haddii durista afraad ay ahayd kadib 4 jirka. Marqaadashada ugu dambaysa ee DTap ee 4 jir ama kadib.
- ⑤ Durista afraad ee dabeysha looma baahna haddii durista saddexaad ay ahayd kadib 4 jirka. Marqaadashada ugu dambaysa ee dabeysha ee 4 jir ama kadib.
- ⑥ Hal dhoos waa in uu ka koobanyahay xiiq-dheerta (tusaale, DTap ama Tdap) waana in hal dhoos la qaatay dhalashadii afraad kadib. Haddii dhooska ugu horreeya ee taxanaha la bixiyay kahor da'da 12 bilood, markaa afar dhoos ayaa loo baahanyahay.
- ⑦ Jadwalka labo duris oo kale ee cagaarshowga B ayaa sidoo kale loo isticmaali karaa carruurta da'dooda tahay 11 ilaa 15 jir.
- ⑧ Ugu yaraan hal dhoos waa in la bixiyay kadib dhalashada afraad. Haddii dhooska saddexaad la bixiyey kahor dhalashada afraad, dhoos afraad ayaa loo baahanyahay.
- ⑨ Hal dhoos oo ah meningococcal ACWY ayaa loo baahanyahay laga bilaabo fasalka 7aad. Dhooska xoojiyaha meningococcal ACWY waxaa lagu talinayaa marka ay jiraan 16 sano waxaana looga baahanyahay ardayda fasalka 12aad.

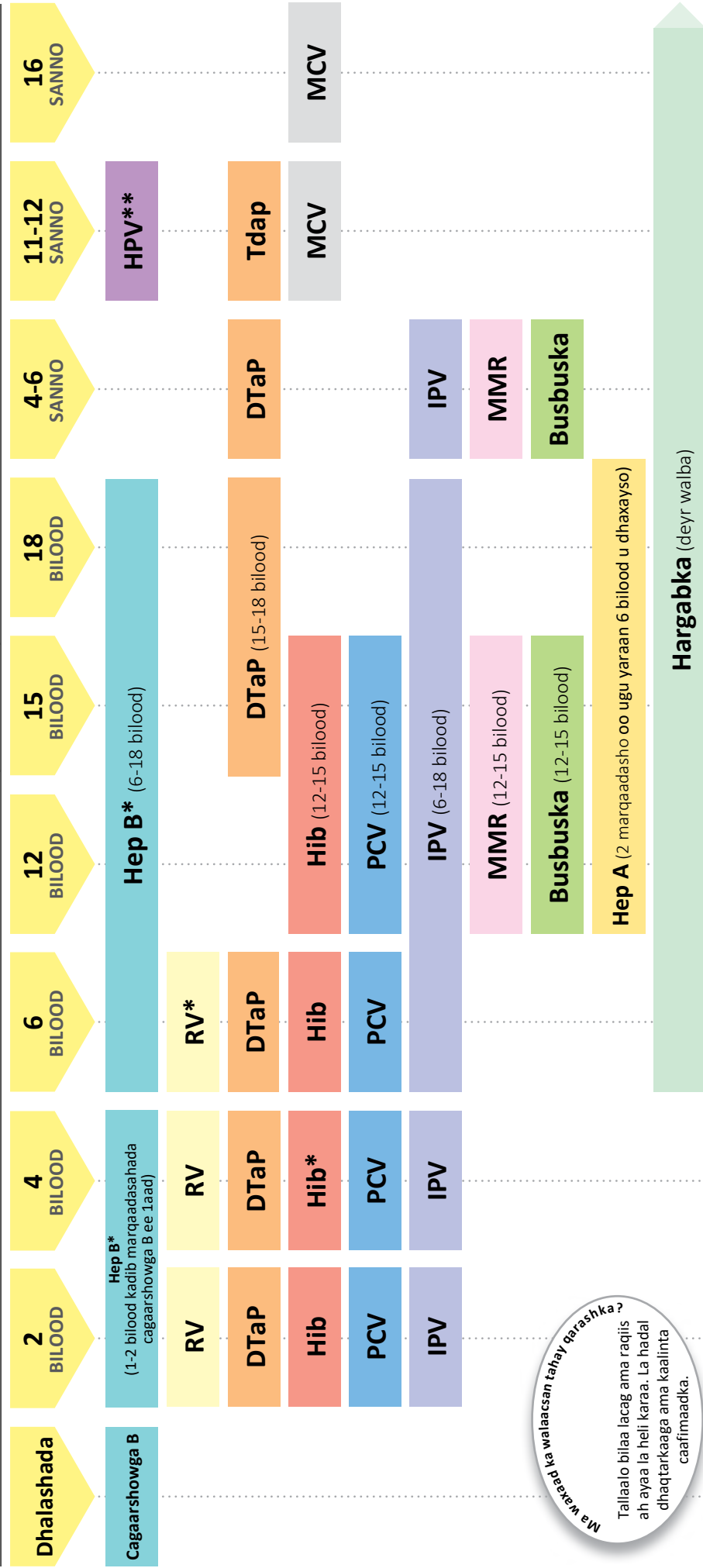
Ka reebidda

Si la isaga diiwaangeliyo daryeelka carruurta, barnaamijyada carruurnimada hore, iyo dugsi Minnesota, carruurta waa inay muujiyaan inay qaateen tallaaladan ama fayl garaystaan ka dhaafid sharci ah.

Waaladiinta waxay fayl garaysan karaan ka dhaafid caafimaad oo uu saxiixay bixiye daryeel caafimaad ama ka dhaafid aan caafimaad la xidhiidhin oo uu saxiixay waalidka/masulka oo la sharciyeeyey.

Goorta ay tahay in la Helo Tallaallada, Dhalashada illaa 16 Sano

(Jadwalka Tallaalka Ay Ku Talinayso CDC)



Ma waxa kale walaacsan tahay qarashka?
Tallaalo bilaa lacag ama raqiis ah ayaa la heli karaa. La hadal dhaqtarkaaga ama kaalinta caafimaadka.

Wakhtigu kama dhicin! Haddii u ilmahaagu xilliga tallaallada dib uu uga dhaco, kala hadal dhaqtarkaaga ama rugtaada caafimaad si loo dhammaystiro.

Sharci Minnesota ayaa u baahan caddayn qoran oo laga hayo tallaallada qaarkood ee loogu talagalay carruurta ku jirta xannaanada carruurta, iyo barnaamijyada carruurimada hore, iyo dugsigaba. Hase yeeshe, haddii u ilmo uu leeyahay sabab caafimaad ama haddii u waalidkiisu/keedu waajib ahaan uga soo horjeedaan midkoodba ama dhammaan tallaalladaba, ka dhaaftaan sharci ah waa la heli karaa.

Carruurta leh xaaladaha caafimaad qaarkood ayaa laga yaabaa inay u baahdaan tallaalo dheeraad ah (tus., pneumococcal polysaccharide ama meningococcal conjugate). Kala hadal dhaqtarkaaga ama rugtaada caafimaad.

*Tirada marqaadashooyinku waxay ku xiran yihiin waxyaabaha dhaqtarkaaga isticmaalo.

**Laba marqaadasho 9 ilaa 14 jirrada; saddex marqaadasho 15 ilaa 26 jirrada.

Si aad u hesho nuqullada diwaannada talaalka ee cunugaaga, la hadal dhaqtarkaaga. Tilmaamo dheeraad ah oo ku saabsan helitaanka talaallada ayaa laga heli karaa **Find My Immunization Record (Hel Diwaanadayda Talaalka)** (www.health.state.mn.us/people/immunize/miic/records.html) ama waxaad wici kartaa Xariirka Xogta Talaalka ee Minnesota (MIIC) ood ka wacayso 651-201-3980.

Fure u ah erayada la soo gaabiyay ee tallaalka

DTaP/Td/Tdap = gowracatada, xiidheerta, teetanada	Hib = Fayruska Harbagka nooca b
Hep B = cagaarshowga B	Hep A = cagaarshowga A
MMR = jadeeco, qaamo bararka, jadeecada jarmalka	PCV = bakteeriyaal dhiiga
	RV = fayruska dhiiga
	IPV = dabeyl
	MCV = caabuqa bakteeriyaalka

Immunization Program
651-201-5503 or 1-800-657-3970
www.health.state.mn.us/immunize