

# Goormaa la Tallaali Karaa Ilmaha iyo Da'a Yarta

| Da'aha  | Hep B<br>Cagaarsho<br>w nooca B                                  | DTP<br>diphtheria,<br>teetano, xiiq<br>(xiiq-dheer) | Polio<br>Dabayl                      | MMR<br>Jadeeco,<br>qaamow-<br>qashiir,<br>jadeeco-jarmal   | Hib<br><i>Fayruuska</i><br><i>ifilo-weysada</i><br><i>nooca B</i> | Varicella<br>(Bus-bus)  | PCV<br>Tallaalka<br>Nimooniyadda              | Hep A<br>Cagaarsho<br>nooca A                        | MCV4<br>meningococcal<br>conjugate   | Rotavirus | HPV<br>Human<br>Papilloma-<br>virus                              | Ifilo-<br>weyso<br>(ifilo)  |
|---|--|---|--------------------------------------|--|---|---|---|--|--|-----------|--|-----------------------------|
| Dhalashada  | ✓  |   |                                      |  |   |   |   |  |  |           |  |                             |
| 2 bilood  | ✓<br>1-2 bilood ka<br>dib tallaalkii<br>ugu horeeyey<br>ee hep B | ✓   | ✓                                    |  | ✓   |   | ✓   |  |  | ✓         |  |                             |
| 4 bilood  |  | ✓   | ✓                                    |  | ✓   |   | ✓   |  |  | ✓         |  |                             |
| 6 bilood  |  | ✓   |                                      |  | ✓   |   | ✓   |  |  | ✓         |  |                             |
| 12-18 bilood  | ✓<br>6-18 bilood   | ✓<br>15-18 bilood                                   | ✓<br>6-18 bilood                     | ✓<br>12-15 bilood  | ✓<br>12-15 bilood   | ✓<br>12-18 bilood   | ✓<br>12-15 bilood                             | ✓✓<br>2 talaal oo<br>ugu yaraan 6<br>bilood isu jira |  |           |  |                             |
| 4-6 sanno   | ✓✓✓  | ✓   | ✓                                    | ✓  |   | ✓   |   |  |  |           |  | ✓<br>Deyr (fall)<br>kasta * |
| 11-12 sanno   | 3 talaal<br>haddii aan<br>ilmaha<br>horay loo<br>talaalin        | ✓   |                                      |  |   | ✓✓<br>2 talaal haddaan<br>ilmahu talaalka hore<br>uqaadan ama<br>cudurku aanu ku<br>dhicin.   |   |  | ✓<br>Haddaan ilmuhu<br>ku qaadan 11-12<br>jir, ku sii markuu<br>galo dugsi sare<br>(15 sano) |           | ✓✓✓<br>3 talaal<br>markuu jiro<br>0, 2, iyo 6 bili<br>u dhexayso |                             |
| Sharciga gobolku<br>wuxuu dhigayaa<br>in tallaaladaas la<br>qaato bilowga<br>Is-diiwaan<br>gelinta: | Fasalada<br>K&7  | Xanaanada<br>ilmaha Fasalada<br>K-12                | Xanaanada<br>ilmaha Fasalada<br>K-12 | Xanaanada<br>ilmaha Fasalada<br>K-12<br>(Waa in tallaalka<br>la siiyaa marka<br>uu ilmuhu hal<br>sano jir noqdo<br>ama wixii ka<br>danbeeya) | Xanaanada<br>ilmaha   | Xanaanada ilmaha<br>Fasalada K&7<br>(Waa in tallaalka la<br>siiyaa marka uu<br>ilmuhu hal sano jir<br>noqdo ama wixii ka<br>danbeeya) | Xanaanada<br>ilmaha,<br>da'aha<br>2-24 bilood |  |  |           |  |                             |

Jadwalkani wax yar ayuu kala duwanaa karaa, waxayna ku xiran tahay dhakhtarkaaga iyo ilmahaaga.

**Ilmaha 2 (labo) jirka iyo wixii ka weyn jira waxay u baahan karaan tallaallo dheeraad ah** (tusaale ahaan, pneumococcal polysaccharide, meningococcal polysaccharide, ama ifilo-weysada). La hadal dhakhtarkaaga ama rugtaada caafimaadka.

**\*Ifilo-weysada (Influenza):** Dhamaan caruurta da'doodu u dhexeyso 6 bilood ilaa 18 bilood waa in talaal ifilo-weyso oo sanadle ah la siiyo – gaar ahaan kuwa qaba cuduro ay khatar uga imaan karto sida neefta iyo sokorowga/macaanka. Hadii canug 9 sano ka yar yahay isla markaana ifilo-weyso markii ugu horeysay laga tallaalay, wuxuu u baahan yahay 2 talaal oo ay u dhexeyso 4 todobaad.

**Sharciga Minnesota** wuxuu u baahan yahay/qasbayaa in ilmo kasta ee xannaano caruur oo shati leh lagu hayo in laga hayo ama dhigta iskool fasalada K-12 u dhexeeye cadeyn qoraal ah oo tallaalada qaarkood in uu soo qaatay cadeynaya. Laakiin, hadii xaalad caafimaad darteed aan ilmaha loo tallaali karin ama ay ilmaha waalidkood iyaga oo ogsoon ay ka soo horjeedaan tallaalada qaar ka mid ah ama tallaalada oo dhan, waxay heli karaan ogolaansho sharci ah oo lagaga deynayo tallaaladii qasabka ahaa. Si aad u dalbato in lagaa daayo tallaalada qasabka ah waa in aad foom soo buuxisaa, kaas oo aad ka heli karto xarumaha xanaanada caruurta iyo iskoolada.



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When to Get Shots for Children & Adol/Somali  
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