



# Dib Ugu Warcelinta Bulshada: Ra'yi-ururinta MMR

Kaddib dillaacii jadeecada sannadkii 2017, shaqaalaha gacan-u-fidinta Soomalidaa ee Waaxda Caafimaadka ee Gobolka Minnesota (MDH) ayaa ra'yi-ururin telefoonka ah ku sameeyay 300 oo qoysas Soomaali ah oo markii hore daahiyay tallaalka jadeecada, qaamo-qashiirta (qanjo-bararka), iyo Jadeeco Jarmal (MMR). Dhammaan qoysaska ayaa ku noolaa aagga toddobada deegaan (county) ee magaalo-waynta. Marka laga eego qoysaskaas, 380 carruur ah ayaa ka qaatay tallaalka MMR muddadii u cudurku dillaacay. Kahor intaanu cudurku dillaacin, in ka badan kala badh qoysaska Minnesota ayaa dib u dhigay tallaalka MMR ee carruurtooda. Waxaan rabnay inaan in ka sii badan ka ogaano sababta ay qoysasku u go'aansadeen inay tallaalaan carruurtooda, iyo halkay ka heleen macluumaadka ku saabsan tallaalka MMR, iyo siday carruurtooda yihiin kaddib markii la tallaalay.

## Qoysaska intooda badan ayaa qaatay tallaalka MMR sababta oo ah cabsida ay ka qabeen jadeecada ku dhex jirtay bulshada.

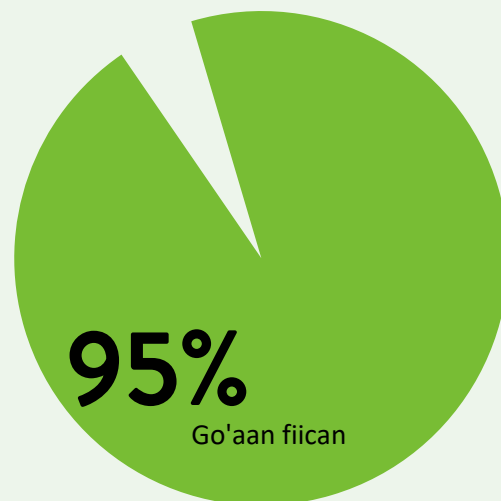
Cabsida jadeecada ka jirto waa la fahmi karaa sababta oo ah jadeecada ayaa darnaan karta. 21 carruur ah ayaa la dhigay isbitaalka muddadii lagu jiray dillaaca cudurka jadeecada.

Cabsida jadeecada

**95%**

Shuruudda dugsiya ama xannanada ilmaha	9%
Ilmaha oo hadda gaaray heerkiis da'da (tallaaka)	5%
Ku talin dhakhtar	4%
Wax kale	5%
Lama oga	4%

## Qoysaska ayaa dareensanaa inay tallaaliddu ilmahooda u ahayd go'aan fiican.



## Carruurta ayaa caafimaad qab ahyd kaddib tallaalka MMR.

- Dhibaatooyinka la soo sheegay badankood waa kuwo caadi u ah tallaalka. Carruurta qaarkood ayaa yeeshay qandho, furuuruc sahlan, xanuun barta laga duray ah, iyo oohin kaddib tallaalka. Calaamadahaasi ayaa ka tagay hal maalin ama laba kaddib.
- Qoysaska qaarkood ayaa walaacsanaa markay arkeen isbeddellada ku yimid hadalka ama dabecadda kaddib tallaalka MMR. Waanu raadraacnay dhammaan arrimahaas laga walaacsanaa. Kuwii aan la hadalnay ama si kaleba aan ula xiriirnay, ayaa noo sheegay in wixii ay ka walaacsanaayeen ee ku saabsan hadalka iyo dabecadda ay ka tagtay ama jirtay kahor intaan ilmaha la tallaalin.

Ma jirin wax walaac ah kaddib  
tallaalka MMR

**80%**

Qandho	15%
Xanuun ka jiray barta laga duray	3%
Walwalka dabecadda	3%
Furuuruc/ka soo yaac	2%
Xanuun/bararitaan	1%
Dhibaatooyin/ka walaac hadal	1%

## Markii ay qaadaneen tallaalka MMR ayay badankood qoysasku kala kulmeen wax wanaagsan rugta caafimaadka.

92%

qoysaska ayaa guud ahaan kala kulmay wax wanaagsan rugta caafimaadka.

- Gaar ahaan markay heleen macluumaadka ku saabsan jadeecada, tallaalka MMR, waxay ka filan lahaayeen tallaalka kaddib, iyo markay heleen wakhti ay ku weyddiiyaan su'aalo dhakhtarka.



8%

qoysaska ayaa kala kulmay wax xun rugta caafimaadka.

- Gaar ahaan markay dareemeen in mowqafkooda si xun loola dhaqmay, mayna helin macluumaad ku saabsan tallaalka ama dhibaataada talaalka keeno MMR ah iyo markaan si fiican arrimaha loogu kala caddayn.

Markii la weyddiiyay, qoysaska ayaa yiri wey aaminsan yihiin dhakhtarraoooda iyo dugsiyadooda markay tahay macluumaadka ku saabsan tallaalka, cudurka iyo hadalka iyo dabeecadda carruurnimada.



### Waxaad samayn karto haddii aad su'aalo qabto ama aad wax ka walaacsan tahay:



U soo qaado liis su'aalo ah dhakhtarkaaga. Waxaad walibana weyddiiisan kartaa inaad waqti dheeraad ah u hesho dhakhtarkaaga markaad u soo wacdo inaad ballanqabsato.



Ka hel macluumaadka ku saabsan tallaalka MMR iyo hadalka iyo dabeecadda carruurnimada ee laga helo iloa la aaminsan yahay, sida dhakhtarkaaga, dugsiyadaada, iyo barahan internetka:

- Barta internetka Jadeecada ee MDH ([health.mn.gov/diseases/measles/](http://health.mn.gov/diseases/measles/)) aya ku jiraan macluumaad ku saabsan jadeecada iyo tallaalka MMR oo ah Af Ingiriisi iyo Soomaali.
- Help Me Grow (<http://helpmegrowmn.org/HMG/>) ayaa ah bar internet oo laga helo macluumaad ku saabsan kobcistaanka carruurnimada oo Ingiriisi iyo Soomaali ah.
- Autism Speaks ([www.autismspeaks.org](http://www.autismspeaks.org)) ayaa laga helaa macluumaad ku saabsan calaamdaha iyo sababaha keena ootiismka.



Dillaaca cudurka jadeecada ayaa meelo ka mid ah aduunka oo dhan ka dhacaay (oo ay ka mid yihiin Yurub, Afrika iyo Aasiya). Taas macnaheedu waa cudurka jadeecada oo dib ugu soo noqon kara Minnesota waqti kasta ha noqotee. Tallaalka MMR ayaa ah dariiqa ugu wanaagsan ee aad kaga badbaadinayso jadeecada ilmahaaga.

### Waxay MDH samayn doonto:

- Inaan la wadaagno wixii aan soo ogaannay bixiyeyaasha daryeelka caafimaadka, rugaha caafimaadka, dugsiyada iyo xannaanada ilmaha.
- Inaan ka hadalno muhiimadda ay leedahay waqti u oggolaanta su'aalo in la weyddiiyo inta lagu jiro ballamaha bixiyeyaasha daryeelka caafimaadka lala leeyahay.
- Inaan arrimaha ka qaybgalino kuwa aan iskaashano oo aan ugu sii wadno siinta macluumaadka dhabta ah ee ku saabsan tallaalka bulshada Soomaaliyeed.
- Inaan ku sii wadno wax ka ogaanta iyo ka qaybgalina bulshada Soomaaliyeed.



# Reporting Back to the Community: MMR Survey

Following the 2017 measles outbreak, Minnesota Department of Health (MDH) Somali outreach staff conducted a telephone survey with 300 Somali Minnesota families who had previously delayed vaccination with the measles, mumps, and rubella (MMR) vaccine. All families lived in the seven county metro area. From these families, 380 children got MMR vaccine during the outbreak. Before the outbreak, more than half of Somali Minnesota families delayed the MMR vaccine for their children. We wanted to learn more about why families decided to vaccinate their children, where they got information about MMR vaccine, and how their children are doing after vaccination.

## Most families got the MMR vaccine because of fear of measles in the community.

Fear of measles is understandable because measles can be serious. 21 children were hospitalized during the measles outbreak.

Fear of measles

**95%**

	School or child care requirement	9%
	Child now old enough	5%
	Doctor recommendation	4%
	Other	5%
	Unknown	4%

## Families felt that vaccinating their child was a good decision.



## Children did well after MMR vaccination.

- Most side effects reported are normal for the vaccine. Some children had fever, mild rash, pain at injection site, and crying after the vaccine. These symptoms went away after a day or two.
- A few families were worried they saw changes in speech or behavior after the MMR vaccine. We followed up on all these concerns. For those we were able to reach, the concerns around speech and behavior had gone away or were present before the child was vaccinated.

No concerns after MMR

**80%**

	Fever	15%
	Pain at injection site	3%
	Behavior concerns	3%
	Rash	2%
	Pain/swelling	1%
	Speech issues/concerns	1%

## When getting their MMR most families had positive clinic experiences.

92%

of families had an overall good clinic experience.

- Especially when they received information about measles, MMR vaccine, what to expect after vaccination, and had time to ask the doctor questions.



8%

of families had some bad clinic experiences.

- Especially when they felt judged for not vaccinating on time, did not receive information about MMR vaccine or side effects, and did not have things explained clearly.



When asked, families said they trust their doctors and their schools for information on vaccines, disease and childhood speech and behavior.



### What you can do if you have questions or concerns:



Bring a list of questions to your doctor's appointment. You can also ask to have more time with your doctor when you call to make the appointment.



Get information about MMR vaccine and childhood speech and behavior from trusted resources, such as your doctor, schools, and these websites:

- The MDH Measles ([health.mn.gov/diseases/measles/](http://health.mn.gov/diseases/measles/)) website has information on measles and the MMR vaccine in English and Somali.
- Help Me Grow (<http://helpmegrowmn.org/HMG/>) is a website with information on childhood development in English and Somali.
- Autism Speaks ([www.autismspeaks.org](http://www.autismspeaks.org)) has information on symptoms and causes of autism.



Measles outbreaks are occurring around the world (including Europe, Africa and Asia).

This means measles could come back to Minnesota at any time. MMR vaccine is the best way to protect your child from measles.

### What MDH will do:

- Share what we learned with health care providers, clinics, schools and child care.
- Discuss the importance of allowing time for questions during appointments with health care providers.
- Engage partners and continue to provide factual information about vaccines to the Somali community.
- Continue to learn and engage with the Somali community.