

Carruurtaadu ma diyaarbaa?

Xeerka Tallaalka Minnesota

Shaxdan u isticmaal hagitaan si aad u ogato nooca tallalka loo baahan yahay si loo qoro ilmaha xannaanada ilmaha, iyo barnamijiyada carruurnimada hore, iyo dugsigaba (kuwa dadweynaha ama kuwa gaarka ahba).	
Hel da'da/heerka fasal ee ilmaha oo eeg inaad aragto haddii u ilmahaagu qaataay tirada tallaalada lagu muujiyay calaamadda saxda tallaal kasta hoostiisa. Dhalashada ilmaha illaa da'da 2 ayaa laga yaaaba inuuna qaadan dhammaan qiyaasaha tallaallada. Eeeg shaxda gadaal taal, waxay tuseysaa da'da la joogo ina la qaato qiyaasaha tallaallada.	
Dhalashada illaa 4 sano Barnaamijiyada carruurnimada hore & Daryeelka ilmaha	Da'da: 5 illaa 6 sano ① Loogu talagalay Xannaanada ilmaha (Kindergarten)
Cagaarshow A (Hep A) ✓✓	Cagaarshow B (Hep B)
DTaP/DT ✓✓✓✓	DTaP ✓✓✓✓✓ ④
Dabayl (Polio) ✓✓✓	Dabayl (Polio) ⑤ ✓✓✓✓✓
MMR ✓	MMR ✓✓
Hib ✓	
Pneumococcal ② ✓✓✓✓✓	Meningococcal ⑧ ✓ & xoojin tallaal (booster)
Busbus ✓ ③	Busbus ✓✓ ③
	Busbus ✓✓ ③
	Busbus ✓✓ ③

Tallaallada waa lagu talalinaya laakiin qasab ma aha:

Hargabka

Sannad kasta loogu talagalo giddi carruurta da'doodu tahay 6 bilood ama inta ka weyn ah

Rotavirus

Loogu talagalo dhallaanka

Human papillomavirus

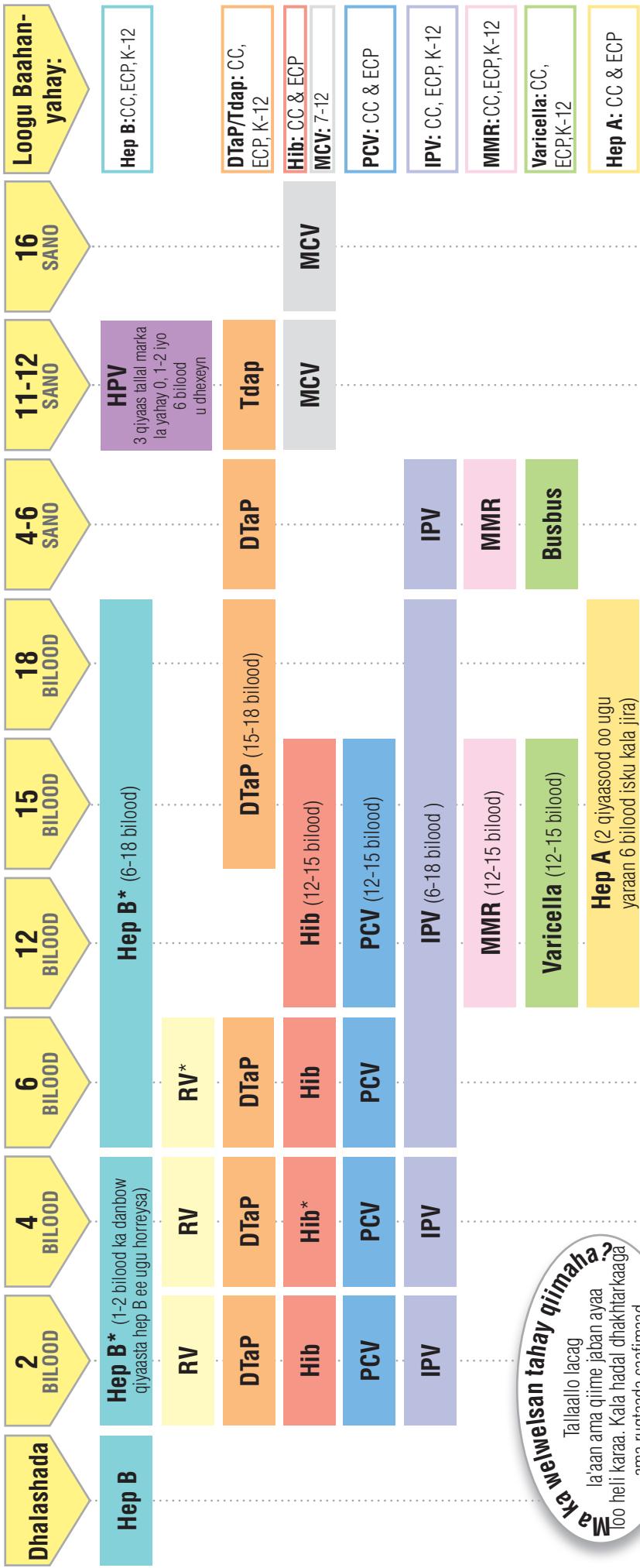
Da' ahaan 11-12 sano

- 1 Kuwa fasallada kowaad dhigta ee ah da'da 6 jirka ama ka yar ayaa ah in loo raaco jadwallada dabaysha (polio) iyo DTaP/DT ee loogu talagalay ku jira barbaarinta (kindergarten).
 - 2 Loogama baahna kaddib 24 bilood.
 - 3 Haddii ilmuuu uu hore u qaaday cudurka busbuska (hablo-baas), tallalka busbuska looma baahna. Haddii u cudurka dhacay kaddib 2010, dhakhtarka ilmuuu waa inuu saxeexaa foom.
 - 4 Tallaalitaanka shanaad ee DTaP looma baahna haddii u ka afraad qaatay kaddib da'da 4. Qiyaasta ugu dambeysa ee DTaP ayaa ah marka la yahay ama kaddib da'da 4.
 - 5 Tallalka dabaysha ee afraad looma baahana haddii u ka saddexaad ahaa kaddib da'da 4. Qiyaasta ugu dambeysa ee tallaalk dabaysha ayaa ah marka la yahay ama kaddib da'da 4.
 - 6 Jadwal duwan oo ah 2-duritaan oo tallalka cagaarshow B ayaa waliba la siin karaa caruurga laga bilaabo da'da 11 illaa 15 sano.
 - 7 Caddayn ugu yaraan in la qaatay saddex qiyaasood oo ah tallalka gowracaatada iyo teetanada ayaa loo baahan yahay. Haddii u ilmuuu ku qaatay tallalka Tdap da'da 7 illaa 10 sano qiyaas kale oo Tdap looma baahna. Td ma buuxinayso shuruudda Tdap.
 - 8 Hal qiyaas tallaal ayaa loo baahanyahay laga bilaabo fasalladfa 7aad. Qiyaasta tallalka xoojinta ayaa badiyaa la siiyaa da'da 16ka sano laakiin u wakhiiyavnta ayaa ku xiran goorta qivaastii hore la siivay.

Ka dhaafitaannada	Si loo qoro daryeelka ilmaha, barnaamijyada carruurnimada hore, iyo dugsi ku yaal Minnesota, carruurta waa inay caddeeyaan inay qaateen tallaaladan ama xereeyaan ka-dhaafitaan sharci ah. Waaliidinta ayaa ku xerayn kara rugtooda caafimaad ka dhaafitaan caafimaad u saxeexay bixiye daryeel caafimaad ama diidmo waajibaad u saxeexay waalid/mas'uul oo nootayo lagu sameeyay.
Ma Raadinaysaa	Si aad u hesho nuguullada diiwaanka tallalka ilmahaaga. Ia hadal dhakhtarkaaga ama Xiriinta Macluumadka Tallalka

**Marka La Qaadanayo Tallaalka
Dhalashada illaa 16 sano**

CC = Daryeelka ilmaha
 ECP = Barnaamijada Carruurnimada Hore
 K-12 = Fasallada barbaainta illaa kuwa 12aad
 7-12 = Fasallada 7aad illaa kuwa 12aad



Uur ma leedahay? Ka badbaadi naftaada iyo ilmahaagaba xiq-dheerka, qaado tallaalka Tdap inta u dhaxeeya
27.ivo 36. tondiganaad ee wuxkaana. Kala hadla dhakhtarkaana

***Tirada qiyashsha** ayaa ku xiran soo-saarka tallaal ee u dhakhtarkaagu isticmaalo.
Si aad u hesho nuqullada **diiwaanka tallaalka ilmahaaya**, la hadal dhakhtarkaaga ama Xiriinta Macluumadka Tallalka Minnesota (Minnesota Immunization Information Connection, MIIC) ka wac taleefanka 651-201-5503 ama 1-800-657-3970.

Euraïha gaahjinta mañaca tallaalka

Carrurta leh xaalaadaha caafimaad qaarkood ayaa laga yaabaa inay u baahdaan tallaalo gheeraad ah (lys., oneumococcal ama merinococcal). Kala hadal dhakhtirkaaqo ama ruqiaada caafimaad.

DTaP/Td/Tdap=gawracatada, xiiqdheerta, teetanaha	Hib = <i>hargabka Haemophilus nooca b</i>		
Hep B = cagaarshow B	Hep A = cagaarshow A	IPV = polio	MCV = meningococcal
MMR = iadeeccada, qanjo bararka (qaamo-qashiirta), iyo rubella		PCV = pneumococcal	RV = rotavirus

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