

Carruurtaadu ma diyaarbaa?

Xeerka Tallaalka Minnesota

Shuruudaha Tallaalka

Shaxdan u isticmaal hagitaan si aad u ogaato nooca tallaalka loo baahan yahay si loo qoro ilmaha xannaanada ilmaha, iyo barnaamijyada carruurnimada hore, iyo dugsigaba (kuwa dadweynaha ama kuwa gaarka ahba).

Hel da'da/heerka fasal ee ilmaha oo eeg inaad aragto haddii u ilmahaagu qaatay tirada tallaalkada lagu muujiyay calaamadda saxda tallaalka kasta hoostiisa. Dhalashada ilmaha illaa da'da 2 ayaa laga yaaba inuuna qaadan dhammaan qiyaasaha tallaalkada. Eeeg shaxda gadaal taal, waxay tuseysaa da'da la joogo ina la qaato qiyaasaha tallaalkada.

Dhalashada illaa 4 sano	Da'da: 5 illaa 6 sano ^①	Da'da: 7 illaa 11 sano	Da'da: 12 sano iyo inta ka weyn
Barnaamijyada carruurnimada hore & Daryeelka ilmaha	Loogu talagalay Xannaanada Ilmaha (Kindergarten)	Loogu talagalay fasallada 1aad illaa kuwa 6aad	Loogu talagalay fasallada 7aad illaa kuwa 12aad
Cagaarshow A (Hep A) ✓✓			
Cagaarshow B (Hep B) ✓✓✓	Cagaarshow B ✓✓✓	Cagaarshow B ✓✓✓	Cagaarshow B ^⑥ ✓✓✓
DTaP/DT ✓✓✓✓	DTaP/DT ^④ ✓✓✓✓✓	✓✓✓ teetanaha iyo gawracatada wata qiyaaso tallaalka	Tdap ^⑦ ✓ darajada fasal ee 7aad
Dabayl (Polio) ✓✓✓	Dabayl (Polio) ^⑤ ✓✓✓✓	Dabayl (Polio) ✓✓✓	Dabayl (Polio) ✓✓✓
MMR ✓	MMR ✓✓	MMR ✓✓	MMR ✓✓
Hib ✓			Meningococcal ^⑧ ✓ darajada fasal ee 7aad & marka la yahay ✓ da'da 16
Pneumococcal ^② ✓✓✓✓			
Busbus ✓ ^③	Busbus ✓✓ ^③	Busbus ✓✓ ^③	Busbus ✓✓ ^③

Tallaalkada waa lagu talalinayaa laakiin qasab ma aha:

Hargabka

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

Rotavirus

Loogu talagalay 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 DTPaP/DT ee loogu talagalay kuwa ku jira barbaarinta (kindergarten).
- ^② Loogama baahna kaddib 24 bilood.
- ^③ Haddii ilmuhu uu hore u qaaday cudurka busbuska (hablo-baas), tallalka busbuska looma baahna. Haddii u cudurka dhacay kaddib 2010, dhakhtarka ilmuhu waa inuu saxeeaxa foom.
- ^④ Tallaalka shanaad ee DTPaP looma baahna haddii u ka afraad qaatay kaddib da'da 4. Qiyaasta ugu dambeysa ee DTPaP ayaa ah marka la yahay ama kaddib da'da 4.
- ^⑤ Tallaalka dabaysha ee afraad looma baahna haddii u ka saddexaad ahaa kaddib da'da 4. Qiyaasta ugu dambeysa ee tallaalka dabaysha ayaa ah marka la yahay ama kaddib da'da 4.
- ^⑥ Jadwal duwan oo ah 2-duritaan oo tallaalka cagaarshow B ayaa waliba la siin karaa caruurta laga bilaabo da'da 11 illaa 15 sano.
- ^⑦ Caddayn ugu yaraan in la qaatay saddex qiyaasood oo ah tallaalka gowracatada iyo teetanada ayaa loo baahan yahay. Haddii u ilmuhu ku qaatay tallaalka Tdap da'da 7-10 sano qiyaas kale ayaa loo baahan fasalka 7aad. Hase yeeshe, haddii ay ahayd keliya tallaalka Td, waxa loogu baahan yahay tallaalka Tdap fasallada 7aad.
- ^⑧ Hal qiyaas tallaalka ayaa looga baahan yahay fasallada 7aad, qiyaas labaadna da'da 16 sano (fasallada 10aad/11aad).

Ka dhaafitaannada

Si loo qoro daryeelka ilmaha, barnaamijyada carruurnimada hore, iyo dugsi ku yaal Minnesota, carruurta waa inay caddeeyaan inay qaateen tallaalkadan ama xereeyaan ka-dhaafitaan sharci ah.

Waalidiinta ayaa ku xerayn kara rugtooda caafimaad ka dhaafitaan caafimaad u saxeeaxay bixiye daryeel caafimaad ama diidmo waajibaad u saxeeaxay waalid/mas'uul oo nootayo lagu sameeyay.

Ma Raadinaysaa Diiwaanno?

Si aad u hesho nuqullada diiwaanka tallaalka ilmahaaga, la hadal dhakhtarkaaga ama Xiriinta Macluumaadka Tallaalka Minnesota (Minnesota Immunization Information Connection, MIIC) ka wac 651-201-5503 ama 1-800-657-3970.

Marka La Qaadanayo Tallaalka Dhalashada illaa 16 sano

CC = Daryeelka ilmaha
 ECP = Barnaamijyada Carruurnimada Hore
 K-12 = Fasallada barbaarinta illaa kuwa 12aad
 7-12 = Fasallada 7aad illaa kuwa 12aad

Dhalashada	2 BILOOD	4 BILOOD	6 BILOOD	12 BILOOD	15 BILOOD	18 BILOOD	4-6 SANO	11-12 SANO	16 SANO	Loogu Baah- anyahay:
Hep B	Hep B* (1-2 bilood ka danbow qiyaasta hep B ee ugu horreysa)	Hep B* (6-18 bilood)	Hep B* (6-18 bilood)	Hep B* (6-18 bilood)	Hep B* (6-18 bilood)	Hep B* (6-18 bilood)	Hep B* (6-18 bilood)	HPV 3 qiyaas tallal marka la yahay 0, 1-2 iyo 6 bilood u dhexeyn	Hep B: CC, ECP, K-12	
	RV	RV	RV*	RV	RV	RV	RV			
	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP (15-18 bilood)	DTaP	Tdap	DTaP/Tdap: CC, ECP, K-12	
	Hib	Hib*	Hib	Hib (12-15 bilood)	Hib (12-15 bilood)	Hib (12-15 bilood)	Hib (12-15 bilood)	MCV	Hib: CC & ECP MCV: 7-12	
	PCV	PCV	PCV	PCV (12-15 bilood)	PCV (12-15 bilood)	PCV (12-15 bilood)	PCV	MCV	PCV: CC & ECP	
	IPV	IPV	IPV	IPV (6-18 bilood)	IPV (6-18 bilood)	IPV (6-18 bilood)	IPV		IPV: CC, ECP, K-12	
				MMR (12-15 bilood)	MMR (12-15 bilood)	MMR (12-15 bilood)	MMR		MMR: CC, ECP, K-12	
				Varicella (12-15 bilood)	Varicella (12-15 bilood)	Varicella (12-15 bilood)	Busbus		Varicella: CC, ECP, K-12	
				Hep A (2 qiyaasood oo ugu yaraan 6 bilood isku kala jira)	Hep A (2 qiyaasood oo ugu yaraan 6 bilood isku kala jira)	Hep A (2 qiyaasood oo ugu yaraan 6 bilood isku kala jira)			Hep A: CC & ECP	
				Influenza (deyr kasta)						

Ma ka welwelsan tahay qiimaha?
 Tallaallo lacag la'aan ama qiime jaban ayaa loo heli karaa. Kala hadal dhakhtarkaaga ama rugtaada caafimaad.

Wakhtigu kama dhicin! Haddii u ilmahaagu xilliga tallaalka dib uu uga dhaco, kala hadal dhakhtarkaaga ama rugtaada caafimaad si u ula qabsado.

Sharciga Minnesota ayaa u baahan caddayn qoran oo laga hayo tallaalka qaarkood ee loogu talagalay carruurta ku jirta xannaanada carruurta, iyo barnaamijyada carruurnimada hore, iyo dugsigaba. Hase yeeshe, haddii ilmuhu uu leeyahay sabab caafimaad ama haddii u waalidkiisu/keedu waajib ahaan uga soo horjeedo in ay wax ka mid ah ama dhammaan talaalada, ka dhaaftaan sharci ah waa la heli karaa.

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

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

***Tirada qiyaasha** ayaa ku xiran soo-saar ka talaal ee u dhakhtarkaagu isticmaalo.

Ur ma leedahay? Ka badbaadi naftaada iyo ilmahaagaba xiiq-dheerta, qaado tallaalka Tdap inta u dhexeeya 27 iyo 36 toddobaad ee uurkaaga. Kala hadal dhakhtarkaaga.

Si aad u hesho nuqullada **diwaanka tallaalka ilmahaaga**, la hadal dhakhtarkaaga ama Xiriinta Macluumaadka Tallaalka Minnesota (Minnesota Immunization Information Connection, MIIC) ka wax taleefanka 651-201-5503 ama 1-800-657-3970.

Furaha gaabinta magaca tallaalka