

Carruurtaadu ma diyaarbaa?

Wuxuu Xeerka Tallaalitaanka Minnesota u Baahan Yahay

Shuruudaha Tallaalka

Isticmaal shaxdan hage ahaan si aad u go'aamiso tallaalada looga baahanyahay in la isqoro daryeelka cunuga, barnaamijyada carruurnimada hore, iyo dugsiga (dawladda ama gaarka ah).

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

Dhalashada illaa 4 sanno	Da'da: 5 illaa 6 sanno ^③	Da'da: 7 illaa 11 sanno	Da'da: 12 sanno iyo ka weyn
Barnaamijyada carruurnimada hore iyo Daryeelka carruurta	Ee Dugsiga barbaarinta	Fasalka 1 ^{aad} illaa 6 ^{aad}	Fasalka 7 ^{aad} illaa 12 ^{aad}
Cagaarshowga A (Hep A) ✓			
Cagaarshowga B (Hep B) ✓✓✓	Cagaarshowga B ✓✓✓	Cagaarshowga B ✓✓✓	Cagaarshowga B ^⑦ ✓✓✓
DTaP/DT ✓✓✓✓	DTaP/DT ^④ ✓✓✓✓✓	✓✓✓ teetanada iyo gowracadatada ee wadata garoojooyinka ^⑥	✓Tdap ^⑧ & ugu yaraan 2 teetanada iyo gowracatada ee wadata garoojooyinka ^⑧
Dabeyl ✓✓✓	Dabeyl ^⑤ ✓✓✓✓	Dabeyl ✓✓✓	Dabeyl ✓✓✓
MMR ✓	MMR ✓✓	MMR ✓✓	MMR ✓✓
Hib ✓			Meningococcal ^⑨ ✓ & xoojinta
Bakteeriyaalka dhiiga ^① ✓✓✓✓			
Busbuska ^② ✓	Busbuska ^② ✓✓	Busbuska ^② ✓✓	Busbuska ^② ✓✓

Tallaalada lagu taliyey laakiin aan shardi ahayn:

COVID-19

Dhammaan carruurta jira 12 iyo ka wayn

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 U baahan caddayn ugu yaraan ay kujiraan marqaadashooyinka saddex teetano iyo gowracato. Haddii taxanaha tallaalka DTaP/DT u dhan yihiin, ma jiraan marqaadashooyin dheeraad ah oo loo baahan yahay.
- ⑦ Jadwalka labo duris oo kale ee cagaarshowga B ayaa sidoo kale loo isticmaali karaa carruurta da'dooda tahay 11 ilaa 15 jir.
- ⑧ Hal qiyaas tallaalka Tdap ayaa loo baahanyahay laga bilaabo heer fasallada 7aad. Walibana waxa loo baahan yahay ugu yaraan laba qiyaas tallaalka oo ay ku jiraan teetanada iyo gawracatada (DTaP/ DT/ Td).
- ⑨ Hal kuuro ayaa loo baahan yahay laga bilaabo fasalka 7aad. Kuurada xoojinta ah ayaa la siinayaa markay gaaraan 16 sano jir.

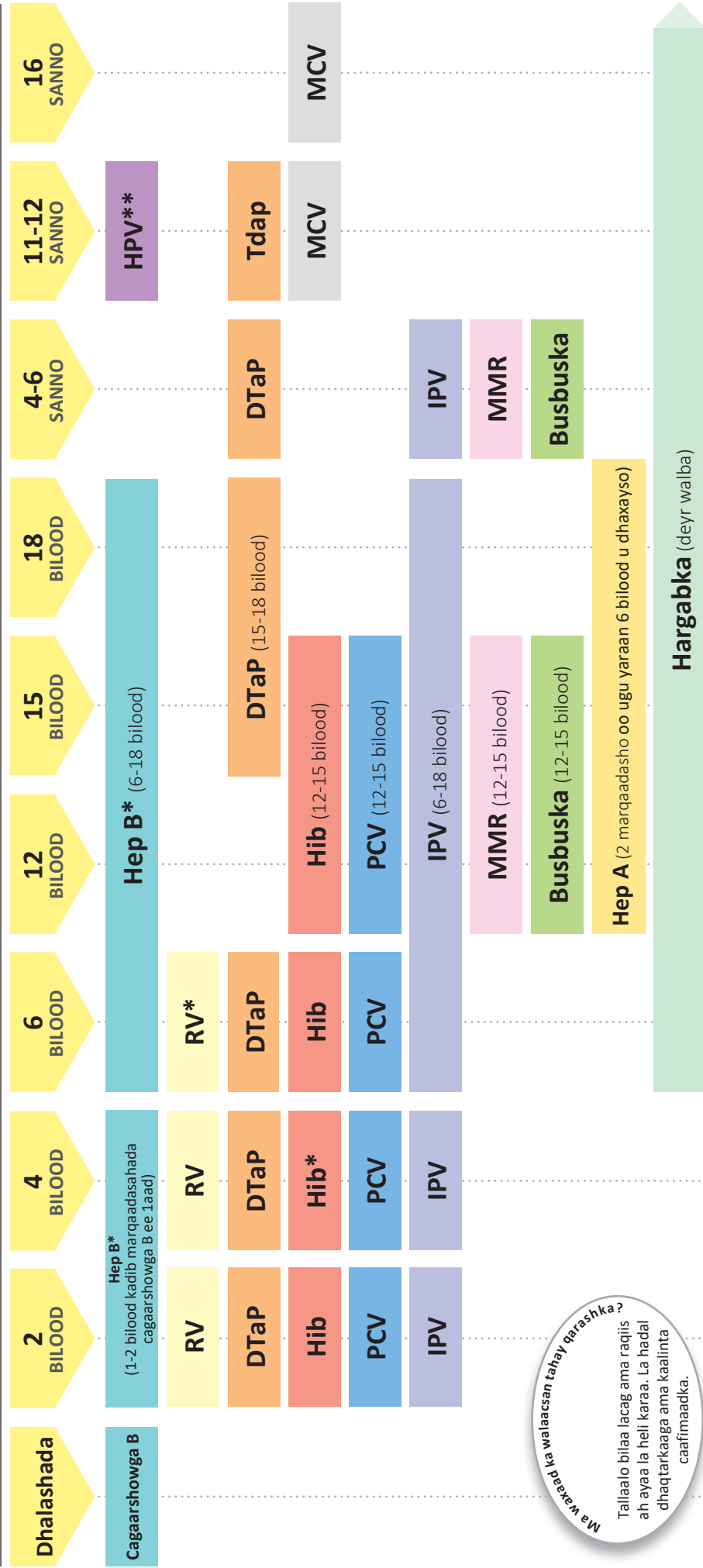
Ka reebidda

Si la isaga diiwaangeliyo daryeelka carruurta, barnaamijyada carruurnimada hore, iyo dugsiga 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/masuulka oo la sharciyeeyey.

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

(Jadwalka Tallaalka Ay Ku Talinayso CDC)



Ma waxay ka 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.

Sharciga Minnesota ayaa u baahan caddayn qoran oo laga hayo tallaallada qaarkood ee loogu talagalay carruurta ku jirta xannaanada carruurta, iyo barnaamijyada carruurnimada 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 tallaaladaba, 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 dhakhtarkaaga ama rugtaada caafimaad.

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 = bakteeriyaalaha dhiiga
	RV = fayruska dhiiga
	IPV = dabeyl
	MCV = caabuqa bakteeriyaalaha

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



Uur ma leedahay? Ka illaali naftaada iyo cunugaaga xiiq-dheerta, hel tallaalka Tdap inta u dhaxaysa toddobaadka 27 iyo 36 uurkaaga. La hadal dhaqtarkaaga.

*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 dhakhtarkaaga. 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.