

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

(Jadwalka Tallaalka Ay Ku Talinayso CDC)



	Dhalashada	2 bilood	4 bilood	6 bilood	12 bilood	15 bilood	18 bilood	4-6 sanno	11-12 sanno	16 sanno
<b>Hep B</b> cagaarshowga B	<b>Hep B*</b>	1-2 bilood kadib marqaadasahada cagaarshowga B ee 1aad		<b>Hep B*</b> 6 - 18 bilood						
<b>RV</b> fayruska dhiiga		<b>RV</b>	<b>RV</b>	<b>RV*</b>						
<b>DTap</b> gowracatada, xiidheerta, teetanada		<b>DTap</b>	<b>DTap</b>	<b>DTap</b>			<b>DTap</b> 15 - 18 bilood	<b>DTap</b>	<b>Tdap</b>	
<b>Hib</b> Haemophilus influenza type b		<b>Hib</b>	<b>Hib*</b>	<b>Hib</b>	<b>Hib</b> 12 - 15 bilood					
<b>PCV</b> bakteeriyaalka dhiiga		<b>PCV</b>	<b>PCV</b>	<b>PCV</b>	<b>PCV</b> 12 - 15 bilood					
<b>IPV</b> dabeyl		<b>IPV</b>	<b>IPV</b>	<b>IPV</b> 6 - 18 bilood				<b>IPV</b>		
<b>Hargabka flu</b>				<b>Influenza</b> dayr kasta kadib marka ilmuhu gaaro 6 bilood						
<b>COVID-19</b> Coronavirus disease 2019				<b>COVID-19</b>						
<b>Hep A</b> cagaarshowga A				<b>Hep A</b> 2 marqaadasho oo ugu yaraan 6 bilood u dhaxayso						
<b>MMR</b> jadeeco, qaamo bararka, jadeecada jarmalka				<b>MMR</b> 12 - 15 bilood				<b>MMR</b>		
<b>Varicella</b> Busbuska				<b>Varicella</b> 12 - 15 bilood				<b>Varicella</b>		
<b>MenACWY</b> Cudurka ka dhasha bakteeriyada									<b>MenACWY</b>	<b>MenACWY</b>
<b>HPV</b> Caabuqa keena Burooyinka jirka									<b>HPV**</b>	

## Kala hadal dhakhtarkaaga ama rugtaada caafimaad:

- Cunugaagu wuxuu dib oga dhacay talaalada laga rabay inuu qaato
- Waxaad leedahay uur waxaadna qabtaa su'aalo
- Cunugaagu wuxuu qabaa xaalad caafimaad oo halis u gelinaysa inuu qaado caabuqa
- Waxaad qabtaa su'aalo ku saabsan talaalada bilaashka ah ama kuwa qiimaha jaban
- Waxaad u baahan tahay nuqulada diiwaanada talaalka cunugaaga

\*Tirada marqaadashooyinka waxay ku xiran yihiin waxyaabaha dhaqtarkaaga isticmaalo.

\*\*Laba marqaadasho 9 ilaa 14 jirrada; saddex marqaadasho 15 ilaa 26 jirrada.

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 dhaafitaan sharci ah waa la heli karaa.

Tilmaamo dheeraad ah oo ku saabsan helitaanka talaallada ayaa laga heli karaa Find My Immunization Record (Hel Diiwaanadayda Talaalka) ([www.health.state.mn.us/people/immunize/miic/records.html](http://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.

# Talaalka Loogu hortagi karo Cudurada iyo Talaalada ka kahortaga

Cudurka	Talaalka	Ku faafa	Calaamadaha	Ciladaha
<b>Cagaarshowga B</b>	Talaalka HepB wuxuu ka hortaga cagaarshowga B.	Taabashada dhiiga ama dheecaanka	Waxaa laga yaabaa inuusan lahayn wax astaamo ah, qandho, madax wareer, daal, matag, maqaarka oo jaale noqda (maqaarka iyo indhaha oo jaalle noqda), xanuunka kalagoysyada	Caabuqa beerta ee muddada dheer, beerta oo hawlgab noqda, kansarka beerka, dhimasho
<b>Fayruska Dhiiga</b>	Talaalka RV wuxuu ka hortaga fayruska dhiiga.	Ee afka kasoo baxa	Shuban, qandho, matag	Shuban saa'id ah, jirka oo qalala, dhimasho
<b>Gowracatada</b>	Talaalka DTaP* wuxuu ka hortaga gowracatada.	Hawada, Taabashada tooska ah	Cunne xanuun, qandho meel dhexe ah, daciifnimo, qanjiraha dhuunta oo barara	Murqaha wadnaha oo barara, wadne xanuun, koomo, barataali, dhimasho
<b>Xiidheerta</b>	Talaalka DTaP* wuxuu ka hortaga, xiidheerta (qufaca xiidheerta).	Hawada, Taabashada tooska ah	Qufac saa'id ah, sanko oo biyo ka yimaadaan, neef yari (ilmaha yaryar oo ay neeftu ku dhegto)	Oof wareenka (cudur ku dhaca sambabada), dhimasho
<b>Teetanada</b>	Talaalka DTaP* wuxuu ka hortagaa, teetanada.	Wuxuu qofka gaara marka maqaarku wax jaraan	Qalafsanaan laga dareemo dhuunta, murqo aan si caadi ah u kobcin, wax laqis la'aan, murqo xanuun, qandho	Lafo jajab, neef yari, dhimasho
<b>Haemophilus influenza type b</b>	Talaalka Hib wuxuu ka hortaga Fayruska Harbagka nooca b.	Hawada, Taabashada tooska ah	Waxaa laga yaabaa inuusan yeelan wax calaamado ah ilaa in bakteeriyadu gasho maahee dhiiga	Cudurka Qoorgooyaha (cudur ku dhaca daboolka maskaxda iyo xangulada laf dhabarta), naafonimada garaadka, epiglottitis (infekshan nafta halis gelin kara oo xannibi kara dhuumaha dabaysha una horseedi kara dhibaatooyin ku imaada neefta oo halis ah), oof-wareen (cudurka sambabada), dhimasho
<b>Bakteeriyaalka Dhiiga</b>	Talaalka PCV13 wuxuu ka hortaga bakteeriyaalka dhiiga	Hawada, Taabashada tooska ah	Waxaa laga yaabaa inaysan lahayn wax astaamo ah, oof-wareen (cudur ku dhaca sambabada)	Bakteeriyada (caabuqa dhiigga), cudurka qoorgooyaha (cudurka daboolka maskaxda iyo xangulada ku dhaca), dhimasho
<b>Dabeyl</b>	Talaalka IPV wuxuu ka hortaga cudurka booliyada.	Hawada, taabashada tooska ah, ee afka kaasoo baxda	Waxaa laga yaabaa inaysan lahayn wax astaamo ah, cunne xanuun, qandho, lalabo, madax wareer	Cudurka baralaatiga, dhimasho
<b>Hargabka (flu)</b>	Talaalka hargabka wuxuu ka hortaga Hargabka.	Hawada, Taabashada tooska ah	Qandho, murqo xanuun, cunne xanuun, qufac, daal saa'id ah	Cudurka Oof wareenka (cudur ku dhaca sambabada), borokitada, caabuq sanko, caabuqa dhegta, dhimasho
<b>COVID-19</b>	Talaalka COVID-19 wuxuu ka hortagaa cudurada daran ee ka dhasha cudurka koronaha	Hawada, Taabashada tooska ah	Waxaa laga yaabaa inuusan yeelan wax astaamo ah, murqo xanuun, cunne xanuun, qufac, biyaha sanko ka yimaada, shuban, matag, urka ama dhadhan oo dhuma cusubna	Burikiito (caabuqa sambabada), ciladaha neefmareenada, dhiig xinjiroowga, dhiig bax, dhaawaca beerka, wadnaga ama kalyaha, cudurka caabuqa nidaamyada badan, ciladaha laga dhaxlo COVID, dhimasho
<b>Cagaarshowga A</b>	Talaalka HepA wuxuu ka hortaga cagaarshowga A.	Taabashada tooska ah, cuntada ama biyaha wasakhda ah	Waxaa laga yaabaa inuusan lahayn wax astaamo ah, qandho, calool xanuun, oomateed la'aan, daal, matag, maqaar jaalle (maqaarka oo jaalle noqda iyo indhaha), kaadida oo madoow noqota	Beer xanuun, arthralgia (xanuunka kalagoysyada), kalyaha, beer yaraha iyo ciladaha dhiiga, dhimashada
<b>Jadeeco</b>	Talaalka MMR** wuxuu ka hortaga = jadeeco.	Hawada, Taabashada tooska ah	Nabar, qandho, taabasho, sanko oo biyo ka yimaadaan, il noqoto binki	Caabuqa maskaxda (bararka maskaxda), oof-wareen (cudur ku dhaca sambabada), dhimasho
<b>Qaamo Bararka</b>	Talaalka MMR** wuxuu ka hortaga qaamo bararka.	Hawada, Taabashada tooska ah	Qanjidhada candhuufta oo barara (daanka hoostiisa), qandho, madax xanuun, daal, murqo xanuun	Cudurka Qoorgooyaha (cudur ku dhaca daboolka maskaxda ku wareegsan iyo xangulada laf dhabarta), caabuqa maskaxda (bararka maskaxda), caabuqa xiniinyaha ama ugxansidaha, dhego la'aan, dhimasho
<b>Jadeecada Jarmalka</b>	Talaalka MMR** wuxuu ka hortaga jadeecada jarmalka.	Hawada, Taabashada tooska ah	Waxaa mararka qaar yeelan karaa nabaro, qandho, burooyin yaryar oo bararsan	Aad ayuu halis u yahay haddii uu ku dhaco dumarka uurkaa leh - wuxuu keeni karaa in ilmuhu dhiciso, dhasho asagoon waqtigiisa la gaarin, kasoo hormari waqtii la filayay, ku dhasho cuduro
<b>Busbuska</b>	Talaalku Busbuska wuxuu ka hortaga busbuska.	Hawada, Taabashada tooska ah	Nabar, boogo, madax wareer, qandho	Finanka caabuqa, cilada keenta dhiigbax, encephalitis (maskax bararka), oof wareen (cudurka sambabada ku dhaca), dhimasho
<b>Cudurka ka dhasha bakteeriyada</b>	Talaalka MenACWY wuxuu ka hortagaa cudurka meningococcal	Hawada, Taabashada tooska ah	Qandho degdeg ah, madax wareer, iyo dhuun qalafsanaan, nabaro leh midab soosali-madoow ah	Luminta adimada, dhego la'aanta, khalkhalka nidaamka neerfaha, naafonimada kobaca, khalkhalka suuxdinta, istaroogga, dhimasho
<b>Caabuqa keena Burooyinka jirka</b>	Talalaka HPV wuxuu ka hortagaa cudurka Human Papillomavirus	Maqaarka oo yeesha nabaro mad-madoow ah	Waxaa laga yaabaa inuusan yelaan astaamo, nabarada kasoo baxa xubnaha taranka	Kansarada ku dhaca Afka ilmo galeenka, xubinta taranka dumarka, geesaha xubinta taranka dumarka, xubinta taranka raga, dabada, gudaha dhuunta

Talaalka \* DTaP wuxuu isku daraa ka hortagga cudurka gawracatada, teetanada, iyo, xiiqdheerta. Talaalka MMR\*\* wuxuu isku daraa ka hortaga = jadeeco, qaamo bararka, iyo, jadeecada jarmalka.

Ilaha xogta: Tixraaca agabyada gaarka ah ee ganacsiga, soo saarayaasha, shirkadaha, ama astaamaha ganacsiga kama dhigna taageerada ama talada Dowladda Mareykanka, Waaxda Caafimaadka iyo Adeegyada Dadwaynaha, ama Xarumaha Xakameynta iyo Kahortagga Cudurrada