



# Barnaamijka tallaalka dugsiga ee Sannadka 7 aad – macluumaadka loogu talagalay waalidiinta

## Muxuu tallaalku muhiim u yahay?

Tallaalku waxa uu dadka ka ilaaliyaa cudurrada faafa kuwaas oo leh khatar sare oo ah jirro halis ah, naafo iyo dhimasho. Tallaaladu waxay dhaliyaan falcelin difaac taas oo dadka ka ilaalinaysa haddii ay mar kale kula kulmaan cudurka deegaanka.

Dhammaan tallaalada hadda laga heli karo Australia waa inay ka gudbaan baaritaanada adag ee lagu xaqiijinayo inay amaan yihiin ka hor inta aan la ansixin. Tallaalada had iyo jeer waa la hubiyaa si loo xaqiijiyo inay yihiin kuwo badqab iyo waxtar leh. Dhammaan dawooyinka iyo tallaalada waxay yeelan karaan waxyeelooyin. Mararka qaarkood waa halis, inta badan ma ahan. Wixii macluumaad ah ee ku saabsan badqabka tallaalka iyo waxyeellooyinka caadiga ah iyo kuwa dhifka ah, fadlan wax badan ka akhri barta: [healthywa.wa.gov.au/immunisation](http://healthywa.wa.gov.au/immunisation)

## Barnaamijka tallaalka ee lagu bixiyo dugsiga

Iyada oo loo marayo barnaamijkan, cunugaada waxaa la siiyaa tallaalo bilaash ah, joogto ah oo lagula taliyay si looga hortago:

- gawracatada, teetanada, xiiq-dheerta (xiiqleyda) - 1 cirbad
- human papillomavirus (HPV) – 1 cirbad.

Waxaad ka akhriyi kartaa wax badan oo ku saabsan cudurradan iyo tallaalada loo isticmaalo si looga hortago iyaga barta:

[healthywa.wa.gov.au/immunisation](http://healthywa.wa.gov.au/immunisation)

## Maxaad u baahan tahay inaad sameyso

Xirmada oggolaanshaha tallaalku waxay ka kooban tahay macluumaad iyo foomka oggolaanshaha.

Haddii aad tahay waalid ama mas'uul, waxaa lagaa rabaa inaad:

1. si taxadar leh u akhrido foomka oggolaanshaha ee ku lifaaqan iyo xaashida ku qoran xogta muhiimka ah ee tallaalka, aadna booqatid barta [healthywa.wa.gov.au/immunisation](http://healthywa.wa.gov.au/immunisation) ama aad la xidhiidhtid kalkaalisada dugsigaaga haddii aad u baahan tahay macluumaad dheeraad ah
2. saxdo sanduuqa cas ama cagaarka ah ee ku qoran foomka oggolaanshaha, si aad u muujiso tallaalada aad ogolaatay, iyo mid kasta oo aadan oggolaanin, ka dibna saxiix booska lagu siiyay
3. ku bixiso macluumaadka foomka oggolaanshaha ee ku saabsan dhibaatooyinka caafimaad ee laga yaabo inay saameeyaan falcelinta ilmahaaga ee ka dhalanayso tallaalka.
4. ku soo celiso foomkii la buuxiyay dugsiga, **xitaa haddii aad diidayso tallaalka.**

Waxaa laga yaabaa in kalkaalisada ay kula soo xiriirto haddii ay u baahan yihiin macluumaad dheeraad ah.

## Kaliya ardayda haysata foom saxiixan oo dhamaystiran ayaa la tallaali doonaa.

Haddii ilmahaagu aanu qaadanin tallaalkooda maalintaas, waa lagu soo wargelin doonaa, waxaana lagu soo bandhigi doonaa xulashooyin tallaalo kale ah.

## Kahor intaan la tallaalin ilmahaaga

Jirro fudud, sida hargab leh qandho yar, waa in aanu dib u dhigin tallaalka. Si kastaba ha ahaatee xaaladaha qaarkood waxaa lagu talinayaa in tallaalka la joojiyo ama dib loo dhigo xaaladaha caafimaadka daba dheeraada awgeed. U sheeg kalkaalisada tallaalka ama dugsiga haddii ilmahaagu:

- kala kulmay falcelin daran tallaalladii hore ee uu qaatay
- qabo taariikh xasaasiyad daran oo aan lagu talin in la siiyo tallaalka
- qaatay tallaalka la daciifiyay (live vaccine) bishii u dambaysay tusaale. qaaxada, jadeecada, cagaarshow
- qaatay cirbad immunoglobulin ah ama dhiig dhan lagu shubay saddexdii bilood ee la soo dhaafay.
- uu qabo cudur hoos u dhiga difaaca jirka, (tusaale. kansarka dhiiga, kansar, HIV/AIDS) ama la siiyay daaweyn hoos u dhigaysa difaaca (tusaale dawooyinka steroid sida hydrocortisone ama prednisolone, daaweynta shucaaca, kiimoterabi)
- uu la nool yahay qof qaba cudur hoos u dhiga difaaca jirka ama qaata daawaynta hoos u dhigta difaaca
- uu xanuunsan yahay waqtiga tallaalka la bixinayo.

## Daryeelka marka tallaalka la qaato kadib

Meesha layska duray waxa laga yaabaa inay casaato ayna bararto – mari maro qoyan oo qabow.

Waxaa jiri kara xoogaa xanuun, qandho, madax-xanuun ama daal. Wixii ah mdax xanuunka iyo xanuunka, sii paracetamol sida lagugu faray calaamadda. Haddii qandhadu sii socoto, la tasho dhakhtarkaaga.

Booqo [healthywa.wa.gov.au/immunisation](https://healthywa.wa.gov.au/immunisation) Wixii macluumaad dheeraad ah oo ku saabsan waxyeellooyinka caadiga ah iyo kuwa dhifka ah ee ay keenaan tallaallada.

Isla markiiba raadso talo caafimaad haddii ay jirto falcelin aad u malaynayso inay tahay mid halis ah ama lama filaan ah.

Dhammaan bixiyeyaasha tallaalka ee WA waxuu sharciga uga baahan yahay inay soo sheegaan falcelinta xun ee ka dhalata tallaalka. Waalidiintu sidoo kale waxay soo sheegi karaan welwelka ku saabsan falcelin kasta oo halis ah ee ka dhalata tallaalka. Wax dheeri ah ka ogoow barta [healthywa.wa.gov.au/WAVSS](https://healthywa.wa.gov.au/WAVSS) ama wac 6456 0208.

## Diiwaanada tallaalka

Tallaalka ka dib, ardaydu waxay heli doonaan diiwaanka tallaalka ay qaateen.

Dhammaan tallaalka lagu bixiyo barnaamijka ku saleysan dugsiga waxaa la galiyaa diiwaan geliyay Diiwaanka Tallaalka Australia (AIR).

Waxaad ka heli kartaa Bayaannada Taariikhda Tallaalka ilmahaaga AIR si aad u hubiso in tallaalladoodu ay yihiin kuwii ugu danbeeyay.

## Xidhiidhada

### Dhakhtarka deegaankaaga

**Xarunta caafimaadka bulshada ee degaankaaga, isbitaalkaaga ama qaybtaada caafimaadka dadweynaha**

[healthywa.wa.gov.au/publichealthunits](https://healthywa.wa.gov.au/publichealthunits)

### healthdirect Australia

Taleefanka 1800 022 222

## Macluumaad dheeraad ah

### Department of Health

[healthywa.wa.gov.au/immunisation](https://healthywa.wa.gov.au/immunisation)

### Commonwealth Department of Health

1800 671 811 ama

[health.gov.au/health-topics/immunisation](https://health.gov.au/health-topics/immunisation)



Dukumeentigan waxaa lagu heli karaa qaabab kale haddii uu codsado qof naafa ah.

Waxaa soo saaray Communicable Disease Control Directorate (Agaasinka Xakamaynta Cudurada la Isqaadsiyo)

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Xuquuqda daabacaadda agabkan waxaa leh State of Western Australia ilaa si kale loo tilmaamo mooyee. Marka laga reebo sida cadaalaha ah ee leh ujeedooyinka daraasad gaar ah, cilmi-baaris, dhaleecayn ama dib-u-eegis, sida lagu oggol yahay qodobbada *Sharciga Xuquuqda daabacaadda 1968*, lama oggola in qayb dib loo daabaco ama dib loogu isticmaalo ujeedooyin kasta, iyada oo aan oggolaansho qoran laga helin State of Western Australia.