

Talaalka loogu talagalay Dadka Qaangaarka ah Marnaba lagama weynaado tallaalka!

Qaadashada tallaalku waa shaqo soconeyso inta qofku nool yahay, oona nafta ilaaliso. Ha ka tagin xafiiska daryeel bixiyahaaga caafimaadka adoon xaqiijin inaad qaadatay dhammaan tallaallada aad u baahan tahay.

Tallaalka	Ma u baahan tahay?
COVID-19	Haa! Dhammaan dadka qaangaarka ah waxay u baahan yihiin inay qaataan dhammaan tallaalka COVID-19. La hadal bixiyahaaga daryeelka caafimaadka.
Cagaarshowga A (Hepatitis A) (HepA)	Waa laga yaabaa. Waxaad u baahan tahay tallaalkan haddii aad halis ugu jirta cagaarshowga A* ama aad rabto inaad iska ilaaliso cudurkan. Tallaalka caadiyan waa 2 garoojo, oo ay qaadashadoodu u dhaxayso 6-18 bilood.
Cagaarshowga B (Hepatitis B) (HepB)	Haa! Dhammaan dadka qaangaarka ah ee aan la tallalin ee da'doodu ka yar tahay 60 sano ayaa lagula talinayaa inay dhammaystiraan taxan ah 2 ama 3 garoojo oo ah tallaalka cagaarshowga B, taasi oo ku xiran nooca tallaalka. Waxaad sidoo kale u baahan tahay tallaalkan haddii aad tahay 60 jir ama ka weyn tahay oo aad halis qaas ah ugu jirta cudurka,* ama aad rabto inaad iska ilaaliso caabuqa. Dhammaan dadka qaangaarka ah waa in laga baaro cagaarshowga B iyadoo la adeegsanayo baaritaan dhiig ugu yaraan hal mar; kala hadal bixiyahaaga daryeelka caafimaadka.
Hib (Haemophilus influenzae nooca b)	Waa laga yaabaa. Qaar kamid ah dadka qaangaarka ah oo qaba waxyaabo halis sare u gelinayo cudurka ayaa u baahan tallaalka Hib. La hadal bixiyahaaga daryeelka caafimaadka si aad u ogaato inaad u baahan tahay tallaalkan iyo in kale.
Human papillomavirus (HPV)	Haa! Waa inaad qaadataa tallaalkan haddii aad tahay 26 jir ama ka yar tahay. Dadka qaangaarka ah ee da'doodu u dhaxayso 27 ilaa 45 sano jir ayaa sidoo kale dooran kara in la tallaalo ka dib markii ay kala hadlaan bixiyahooda daryeelka caafimaadka.* Tallaalka waxaa caadiyan lagu qaataa 2 ama 3 garoojo, taasi oo ku xidhan da'da uu qofka ku qaatay garoojada koowaad.
Hargabka (Flu)	Haa! Waxaad u baahan tahay in lagaa tallaalo hargabka xilliga dayrta ama jiilaal kastaa.
Jadeecada, qaamo-qashiirka, rubella (Measles, mumps, rubella, MMR)	Waa laga yaabaa. Waxaad u baahan tahay ugu yaraan 1 garoojo oo ah MMR haddii aad dhalatay 1957 ama ka dib. Waxaad sidoo kale u baahan kartaa garoojo labaad.* Dadka uurka leh iyo dadka uu nidaamka difaaca ee jirkooda aad u liito waa in aysan qaadan MMR.*
Meningococcal ACWY (MenACWY, MenABCWY)	Waa laga yaabaa. Waxaa laga yaabaa inaad u baahato tallaalka MenACWY haddii aad leedahay mid ka mid ah dhowr cudur* iyo sidoo kale haddii halistaadu sii socoto. Waxaad sidoo kale u baahan doontaa tallaalkan haddii aad tahay arday sannadka koowaad kujira oo ku nool hoolka degaanka oo (1) aadan qaadan garoojo tan iyo markii aad gaartay 16 jir, ama (2) in ka badan 5 sano laga soo wareegay tan iyo markii kuugu dambaysay ee aad qaadatay garoojo. Qof kasta oo da'diisu u dhaxayso 19 ilaa 21 jir ayaa qaadan kara garoojo la-qabsasho ah haddii uusan garoojo qaadan tan iyo markuu gaaray 16 jir. Isku darka MenABCWY ayaa ah xulasho la heli karo marka tallaalka MenB iyo MenACWY labaduba loo baahan yahay.
Meningococcal B (MenB, MenABCWY)	Waa laga yaabaa. Waxaa laga yaabaa inaad u baahato tallaalka MenB haddii aad leedahay mid ka mid ah dhowr cudur* iyo sidoo kale xoojiyeyaal haddii halistaadu sii socoto. Haddii aad tahay 16 ilaa 23 jir, waxaad qaadasahda tallaalka MenB kala hadli kartaa bixiyahaaga daryeelka caafimaadka, xitaa haddii aadan qabin cudur halis sare leh. Isku darka MenABCWY ayaa ah xulasho la heli karo marka tallaalka MenACWY iyo MenB labaduba loo baahan yahay.
Mpox	Waa laga yaabaa. Waxaad u baahan tahay taxan ah 2 garoojo oo ah tallaalka mpox (Jynneos) haddii aad halis ugu jirto cudurka maadaama aad ogtahay inaad udhawaatay ama aad ka shakisan tahay inaad udhawaatay qof qaba mpox ama haddii aad leedahay dhaqammo galmo oo qaas ah kuwaasi oo kordhinaya halista ah inuu ku soo gaaro cudurka mpox.* La hadal bixiyahaaga daryeelka caafimaadka.
Pneumococcal (PCV, PPSV23)	Haa! Dhamaan dadka da'dooda tahay 50 ama ka weyn waxay u baahan yihiin tallaalka pneumococcal. Dadka waweyn aay da'dooda ka yar tahay 50 oo heystaan cuduro bukaan socod ah ama waxyeelooyin kale oo qatar* ah waxay sidookale u baahan yihiin tallaalka pneumococcal. Tallaalo cusub ayaa lagu talinayaa dadka horaan u qaatay tallaalka. Dhammaan dadka qaangaarka ah ee da'doodu tahay 65 iyo wixii ka weyn ayaa sidoo kale u baahan in la tallaalo haddii aysan hore u qaadan tallaalka pneumococcal conjugate (PCV). Bixiyahaaga daryeelka caafimaadka ayaa go'aamin kara tallaalka, haddii uu jiro tallaalka aad u baahan tahay.
Fayraska Keena Cudurka Neef-mareenka (Respiratory Syncytial Virus, RSV)	Haa! Waa qasab inaad hesho tallaalka hal mar ah haddii aad jirto 75 sano ama ka weyn tahay, ama haddii aad u dhaxeeyso 60 ilaa 74 oo aad qatar u tahay ineey hesho RSV daran. Si dhallaanka looga ilaaliyo RSV, qofta uurka leh waa in lagu tallaalo tallaalka RSV ee Abrysvo (Pfizer), ama cunuga markaa dhashay waa in la siiya difaac kahortagga RSV (nirsevimab).
Teetanada, gawracatada, xiiq-dheerta (Tdap, Td)	Haa! Haddii aadan waligaa qaadan garoojo ah tallaalka Tdap, waxaad u baahan tahay inaad hadda qaadato tallaalka Tdap. Intaa ka dib, waxaad u baahan tahay garoojo Tdap ama Td oo xoojin ah 10-kii sanaba mar. La tasho bixiyahaaga daryeelka caafimaadka haddii aadan weli qaadan ugu yaraan 3 tallaalka oo loogu talagalay teetanada iyo xiiq-dheerta oo ay ku jiraan ama haddii aad qabto boog qoto dheer ama wasakh ah.
Varicella (Busbuska)	Waa laga yaabaa. Haddii uusan waligaa kugu dhicin busbus, weligaa lagaa tallaalin, ama lagaa tallaalay laakiin lagu siiyey kaliya 1 garoojo, la hadal bixiyahaaga daryeelka caafimaadka si aad u ogaato inaad u baahan tahay tallaalkan iyo in kale. Dadka uurka leh iyo dadka uu nidaamka difaaca ee jirkoodu aad u liito waa in aysan qaadan tallaalka varicella.
Zoster (Caano-gocata)	Haa! Haddii aad 19 jir tahay ama ka weyn tahay oo aad uu nidaamka difaaca ee jirkaagu daciif yahay ama aad tahay 50 jir ama ka weyn, waa inaad qaadataa taxan ah 2 garoojo oo ah tallaalka caano-gocatada ee Shingrix.

* La tasho bixiyahaaga daryeelka caafimaadka si aad u go'aamiso heerka halista aad ugu jirta caabuqa iyo baahidaada tallaalkan.

Ma qorsheyneysaa inaad u safarto meel ka baxsan dalka Mareykanka? Booqo mareegta Xarunta Xakamaynta iyo Kahortagga Cudurrada (Centers for Disease Control and Prevention, CDC) ee ah www.cdc.gov/travel/destinations/list si aad u hesho macluumaad ku saabsan safarka, ama la tasho rugta safarka.



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Immunize.org

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"Vaccinations for Adults"
www.immunize.org/catg.d/p4030-som.pdf
 Item #P4030-som Somali (10/30/2024)



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