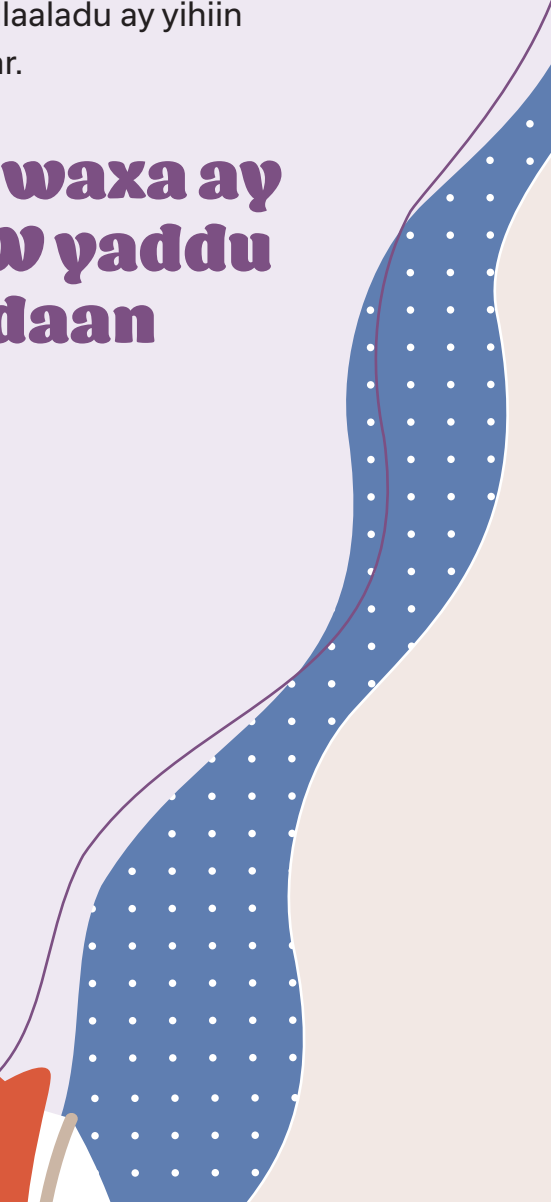


**Marka aad la hadashid
macaamiisha, waa muhiim
in warkaagu caddaado oo
garanaysid xaqiiqooyinka.**



La wadaagista xog sugan oo saynis waxa ay dhisi kartaa kalsoonida macaamiishaada waxayna u sheegaysa in tallaaladu ay yihiin kuwo leh badqab iyo waxtar.

**Waa kuwan waxa ay
tahay in CHW yaddu
ay ka oggaadaan
tallaalada.**



Waa kuwan qaar ka mid ah xaqiiqooyin ku saabsan tallaalada.



Tallaalada si **taxadar leh ayaa loo tijaabiyay** ka hor inta aan la diyaarin. Xataa kadib marka la ansixiyo, weli si joogto ah ayaa loola socdaa sababo badqab.



Tallaaladu waxa ay **badbaadiyaan nafo** iyagoo ka hortaggaya xanuun, naafonimo iyo dhimasho. Tallaaladu waa difaaceena ugu wanaagsan ee xanuunada sida polio, measles, COVID-19 iyo kuwa kale oo badan.



Haddii aad xanuunsato, in aad tallaalantahay waxay **yaraynaysaa khatarta** xanuunkaagu ku noqon karo mid khatar badan ama dilaa ah.



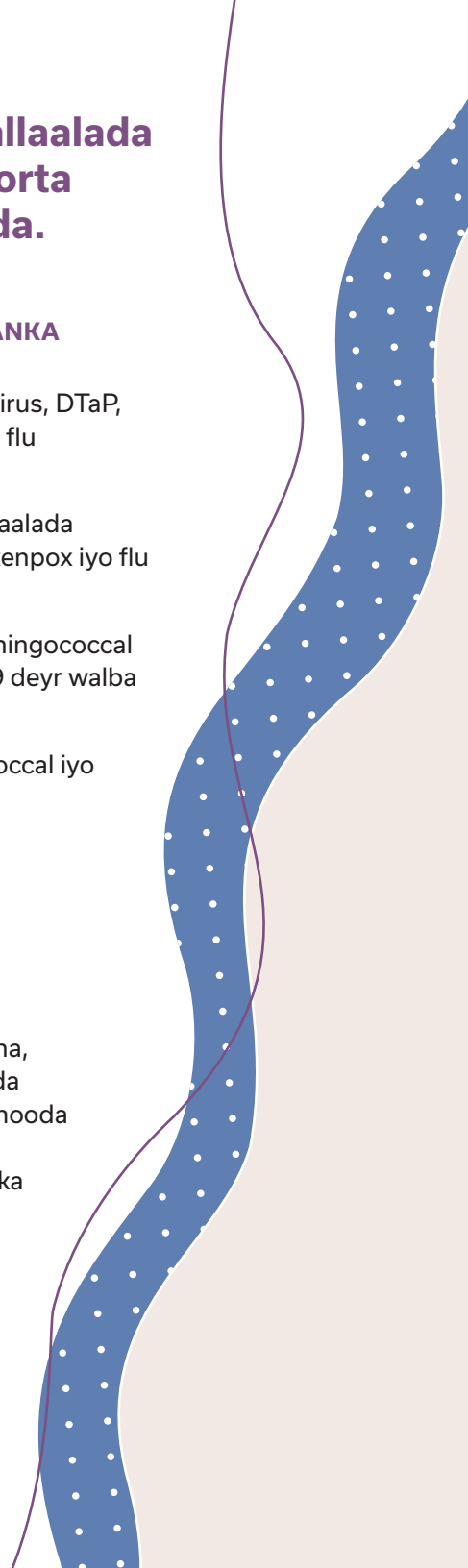
Tallaaladu waxa ay ka **caawiyaan jidhkaaga in uu aqoonsado** oo la dagaalamo caabuqyadda. Sidoo kale waxa ay ka hortagaan ku fiditaanka xanuun bulshadaada dhexdeeda.



Waa kuwan gaar ka mid tallaalada inta badan la qaato iyo goorta lagu taliyay qaadashooda.

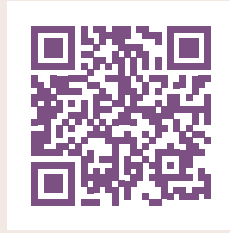
- **KUWA LOOGU TALOGALAY DHALLAANKA DHALASHADA ILAA 12 BILOOD:**
Hepatitis B marka uu dhasho, RSV, rotavirus, DTaP, Hib, pneumococcal, polio, COVID-19 iyo flu
- **CIYAALKA JIRA 1-8:**
Kuurooyin dheeraad ah oo ka mid ah tallaalada dhallaanka, plus hepatitis A, MMR, chickenpox iyo flu
- **CIYAALKA JIRA 9-18:**
HPV marka uu jiro 9 sanno, Tdap iyo meningococcal marka uu jiro 11 sanno, flu iyo COVID-19 deyr walba
- **DADKA WAAWEYN:**
Flu, COVID-19, shingles, RSV, pneumococcal iyo xoojiyayaasha Tdap
- **TALLAALADA LA XIDHIIDHA UURKA:**
Tdap, flu, COVID-19 iyo RSV
tallaaladaas ayaa lagu taliyaa
inta uurka la leeyahay si loo ilaaliyo
waalidka iyo ilmaha labaddoodaba

Tallaal walbaa waa mid gaar ah. Macaamiisha, gaar ahaan kuwa uu daciifay nidaamyadooda difaac, waa in ay kala tashadaan bixiyayaashooda kuwa laga yaabo in ay u baahanyihiin. Inta badan farmashiyaasha, ruggaha caafimaadka bulshada ama waxaha caafimaadka ayaa fidiya ballamo tallaal.



Waxbadan ka ogoow

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Marka aad wadda hadal la leedahay macaamiisha kaas oo ku saabsan tallaalada, codkaaga iyo dabeecadaadu waa muhiim.



Waa kuwan sida aad u yeelan karto doodo waxsoosaar uguna dejin karto.

Waa CAADI in aad qabto su'aalo ku saabsan tallaalada.



Waxa jira xogo badan oo aan sax ahayn ama marin habaabina oo ku saabsan tallaalada, macaamiishana waxa laga yaabaa in ay wadaagaan walaacyo, shakiyo iyo aaraa xoogan oo xogahaas ku saabsan. Dhib maleh sida aad adigu ama macmiilkaagu uu dareemi karo, waxa aad hoggaamin kartaa wadda hadal ixtiraam iyo macne leh oo ku saabsan muhiimada tallaalada.

- Weydii in aad awoodo in aad wadaagto xogta tallaalka.
- Ahow mid degan, ixtiraam iyo edeb leh.
- Dhageyso marka koowaad. U jawaab si feker badan
- Weydii su'aalaha ay qabaan.
- Ku hadal cod isku mid ah
- Garawsho dareemadooda.
- Noqo qof dabacsan oo wax dhiirigeliya.



Noqo mid jawaad raadinaya, ha malayn. Weydii su'aalo furan si aad u fahamto dareemahooda iyo qiyamkooda.

TUSAALE AHAAN

“Ma ii sheegi kartaa waxa aad ka maqashay tallaalada? Waa maxay su'aalaha aad ka qabto tallaalada ku saabsan qoyskaaga?”

Garowso walaacyadooda oo iska ilaali xukumid.

TUSAALE AHAAN

“Keligaa ma qabtid su'aalo ku saabsan tallaalada. Waxa aynu dhamaanteen doonaynaa in aynu kuwa aynu jecelnahay badqabaan oo caafimaad qabaan, waxana jira xog is khilaafsan oo jaahwareer leh oo ku jirta internetka iyo baraha bulshada.”

Diirada saar dheefaha shakhsiyeed ee tallaalada.

TUSAALE AHAAN

“Waxaan garan karaa in aad ka walaacsantahay caafimaadka qoyskaaga. Tallaaladu waxay idinka ilaalin karaan adiga iyo iyagaba in aad xanuunsataan.”

Fudaydi xaaladda oo noqo mid furfuran, laakiin sidoo kale u sheeg in aad tahay il xogeed oo lagu kalsoonaan karo.

TUSAALE AHAAN

“Ma kula wadaagi karaa wixii aan ka bartay sida tallaaladu kuu ilaaliyaan adiga iyo kuwa aad jeceshahay?”

Fidi aggabyo iyo taageero.

TUSAALE AHAAN

“Haddii aad danaynayso, waxa aan kula wadaagi karaa xog laga yaabo in ay ka jawaabto qaar ka mid ah su'aalahaaga ku saabsan tallaalada. Waxa aan sidoo kale diyaar u ahay in aan sii wado wadda hadalkan haddii aad mar uun doonto in aynu in badan sii hadalno.”



Waxbadan ka ogoow

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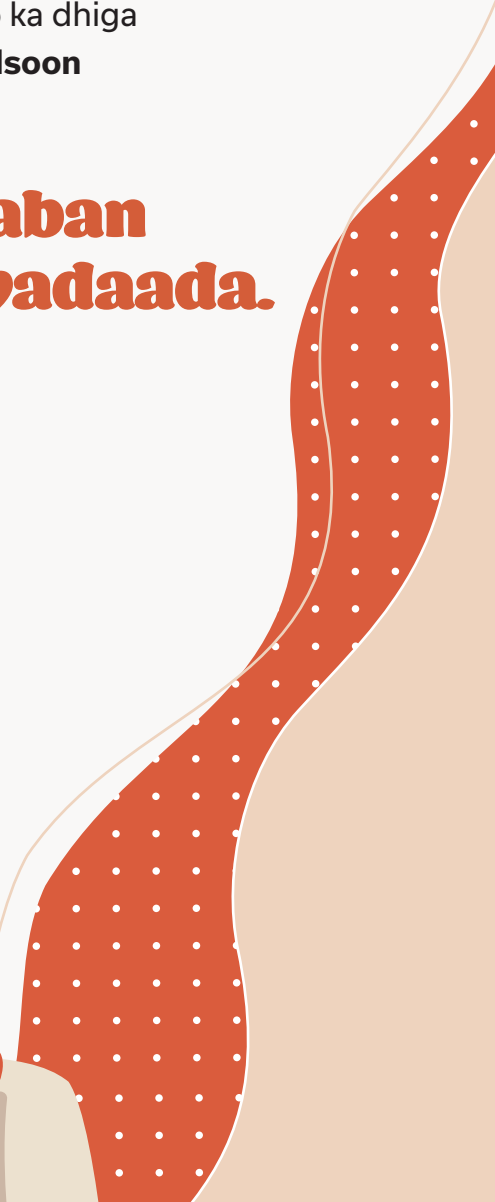
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Marka ay macaamiishu kuula yimaadaan walaacyo ay ka qabaan tallaalada, waxa aad ugu jawaabi kartaa waddooyin ah furfurnaan, taageerid iyo xaqiiqo.



Jawaab celintaada ayaa bilaabi karta wadda hadal waxsoosar leh oo ka dhiga macmiilkaaga **mid aad ugu kalsoon** in uu istallaalo.

Waxbaan ka qaban karaa walaacyadaada.



Waa kuwan qaar ka mid ah walaacyada badanaa ka yimaada macmiilka.

La qabso jawaab celinahan si ay kuugu dareemaan mid wanaagsan. Noqo mid naxariis badan oo jawaab raadiya, laakiin sidoo kale wax ku hoggaami xaqiiqooyin.

“Waxaan ka akhriyey onlaynka in tallaaladu ay keenaan autism.”

Tallaaladu ma keenaan autism. Tan waxa ay daraasaynayeen saynisyahanadu sannado. Hiddesidayaasha iyo arrimo deggaan ayaa keena autism. Tallaaladu ma saameeyaan hiddesidayaasha.

“Waxan maqlay waad xanuunsatay kadib markii aad istallaashay.”

Dadka qaar ayaa ka dareema xanuun gacantii laga tallaalay. Waxa laga yaabaa in aad dareento qandho yar maalin. Waaxyeellooyin samayneedo badani waa kuwo aad u dhif ah.

“Ma haysto caymis tallaaladuna waa qaali.”

Inta badan tallaaladu waa bilaash ama kharash yar. Waashintoon dhexdeeda, carruurta ka yar 19 waxa lagu tallaali karaa bilaash. Sidoo kale waxa jira barnaamij fidiya tallaalo kharash yar oo loogu talagalay dadka waaweyn ee aan caymisnayn ee 19 iyo ka weyn.

“Waxaan ka baqayaa in la i tallaalo sababtoo ah xaaladdayda sharci degganaansho.”

Uma baahnid in aad la wadaagto xaaladdaada sharci degganaansho qofna si aad isu tallaasho.

“Horre ayuu iigu dhacay COVID, waxaan dareemayaa in aan fiicanahay.”

QOf walba waa ku dhici karaa COVID-19 in ka badan hal mar, kaas oo sababi kara astaamo muddo dheer raaga ama wuxuu kordhin karaa khataraha dhibaatooyinka wadnaha. Xataa dadka caafimaadka qaba waa in ay istallaalaan si ay isaga ilaaliyaan xanuuno xun.

“Dhakhaatiirtu keliya waxa u doonayaan istallaalka sababtoo ah way ka faa'iidaan.”

Dhakhaatiirta iyo saynisyahanadu waxa ay ugu taliyaan tallaalada in ay ilaaliyaan dadka. Waxba kama faa'iidaan.

“Horre ayaan u qaatay tallaalkaas. Maxaan uga baahanahay in aan mar labaad qaato?”

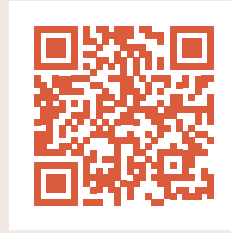
Fayrasyadu way isbeddelaan tallaaladana waa la cusboonaysiiyaa si ay si fiican uga hortaggaan. Daryeel bixiyahaaga ayaa sidoo kale laga yaabaa in uu ku taliyo inaad istallaashid mar labaad oo loogu talagalay ilaalin muddo qaadata.

“Hoggaamiyaha kaniisadayda ayaa yidhi in aanan istallaalin.”

Ku dhowaad dhamaan diimuhu way oggolyihiin ama way ku dhiirigeliyaan dadka in ay istallaalaan. Laga yaabee in ay waxtar yeelato in aad la wadaagto xaqiiqooyin hoggaamiyaha kaniisadaada. Xog dheeraad ah ayaan kula wadaagi karaa adiga.

Waxbadan ka ogoow

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Waxa aad awooda in aad kor ugu qaado caafimaadka habab ixtiraamaya dhaqamada macmiilkaaga.



Waxa aad ogeysiin kartaa macaamiisha in tallaaladu ay ka hortaggayaan xanuun daran adigoo sidoo kale taageeraya go'aamadooda. Sii wad wadda hadalada tallaalka si aad si fiican u fahamto aragtiyahooda.

Iyagoo la raacinayo tallaalo, caadooyinkani caafimaadkaagay ilaalin doonaan.



Waxa laga yaabaa in aad hayso macaamiil aan doonayn in ay is tallaalaan. Ka CHW ahaan, waxaad awooda in aad sii wado gudbinta sayniska tallaalada adigoo ixtiraamaya xulashooyinkooda. Kuwani waa tilmaamo caafimaad oo maalin walba ah oo ku ilaalin karta macaamiishaada, kuwa ay jecelyihiin iyo bulshadooda caafimaad qab.

Haddii aad xanuunsatid:

- Xasuusnow in ciyaalka yaryar, dhallaanka, dadka waaweyn iyo dadka leh xaaladdaha xanuunada lala noolaado muddada ayaa **khatar badan ugu jira** waxyeello saamayneed ka imanaysa xanuuno badan.
- **Joog guriga** haddii aad awoodid, iskana ilaali goobaha dadka badan ee deddan.
- **Afkaaga ku dabool** suxulkaaga ama af maris marka aad qufacdid iyo hindhistid.
- **Xidho N95** af xidhka la dhoho si aad uga hortagto faafinta fayrasyada hawo mareenka ee sabab xanuunad sida COVID-19 iyo Flu.
- **Dhaq gacmahaaga** badanaa.
- Haddii lagaa helo COVID-19, daawooyinka ka hortagga fayraska sida Paxlovid ayaa kaa caawin karta **in aad degdeg u bogsato iyo ka hortagga xanuun daran.**



Naftaada ka ilaali inay xanuunsato.

- Joogtee cunto caafimad leh oo dheeli tiran, ahoow mid firfircoon oo hel hurdo badansi aad u **xoojiso nidaamkaaga difaaca.**
- La soco waxyaabaha guud ee **ballamaha caafimaadka iyo baadhitaanada.** Booqo bixiyahaaga ugu yaraan hal mar sannadkii. Baadhitaanada joogtada ah waxa ilaalin karaan caafimaadkaaga waxayna yarayn karaan khatartaada in aad xanuunsato.
- **Dhaq gacmahaaga** kadib marka aad isticmaasho suuliga, ka hor inta aadan wax cunin iyo ka hor inta aadan wajigaaga taaban.

Tallaaladu waa waddada ugu waxtarka badan ee aad uga hortaggi karto xanuuno badan.

- In aad istallaasho waxay kaa **ilaalin kartaa** xanuuno badan oo dilaayo ah.
- Xog ku salaysan saynis ayaa muujinaysa in **tallaaladu ay badbaadiyeen nafo** kana hortaggeen xanuuno iyo silic. Tallaaladu waxa ay ka dhigeen xanuuno ay ka mid yihiin polio iyo measles kuwo aan badanka la arkin waxayna yareeyeen khatarta naafonimo nolosha oo dhan ah.



Waxbadan ka ogoow

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