

# Waddajir si loo helo caafimaad

Agab loogu talagalay in looga  
wadahadlo talaalada



Buugaanu wuxuu ka  
koobanyahay xog,  
shaqooyin iyo ilo  
laysku halayn karo si  
aad u gala hadli karto  
macaamiishaada  
muhiimada tallaalada  
iyo qaababka kale  
aad ku ilaalin karto  
caafimaadkooda.



## **Xaanshiyaha Talooyinka**

4-19

Marka isha la mariyo xaqiiqooyinka ku saabsan talaalada iyo wadhadalka aad la yeelan karto macaamiisha. Mawduucyada waxa ku jira;

- **WADAAGISTA XAQIIQOYINKA** dhiirigeliya tallaalka iyo dabeecadaha kale ee caafimaadka leh
- **ADEEGSIGA CODKA KU HABBOON** marka aad ka hadlayso tallaalada
- **WAX KA QABASHADA WALAACYADA INTA BADAN LA ARKO** ee laga yaabo inay qabaan macaamiishu
- **IXTIRAAMISTA QIYAMKA** adigoo kor u qaadaya caafimaadka



## **Su'aalaha inta badan la is weydiyo**

20-23

Jawaabaha su'aalaha guud, sida:

- Sidee u sharaxaa COVID-ka mudada Dheer?
- Sidee uga hadlaa tallaalada la xidhiidha caruurta iyo uurka?
- Sideen wax uga qabtaa walaacyada diinta ku salaysan ee macmiilka?



## **Sixista macluumaadka beenta ah**

24-27

Hagitaanka caawimaada macaamiisha si loo ogaado macluumaadka khaldan ee talaallada laga bixiyo.



## **Hagaha Wadhadalka**

28-32

Tusaalooyinka wadhadalada u dhexeeya CHWs iyo macaamiisha.



## **Waraaqda wadhadalka**

33.

Waa agab kaa caawinaya inaad ku tababarato qaabka macaamiisha loola hadlo.



## **Ilo dheeraad ah**

34-36

Linkiyada waxyaabaha kale ee kujira agabka.



**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 hortaggaan ku fiditaanka xanuun bulshadaada dhexdeeda.



## Waa kuwan qaar ka mid tallaalada inta badan la qaato iyo goorta lagu taliyay qaadashadooda.

### ○ 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

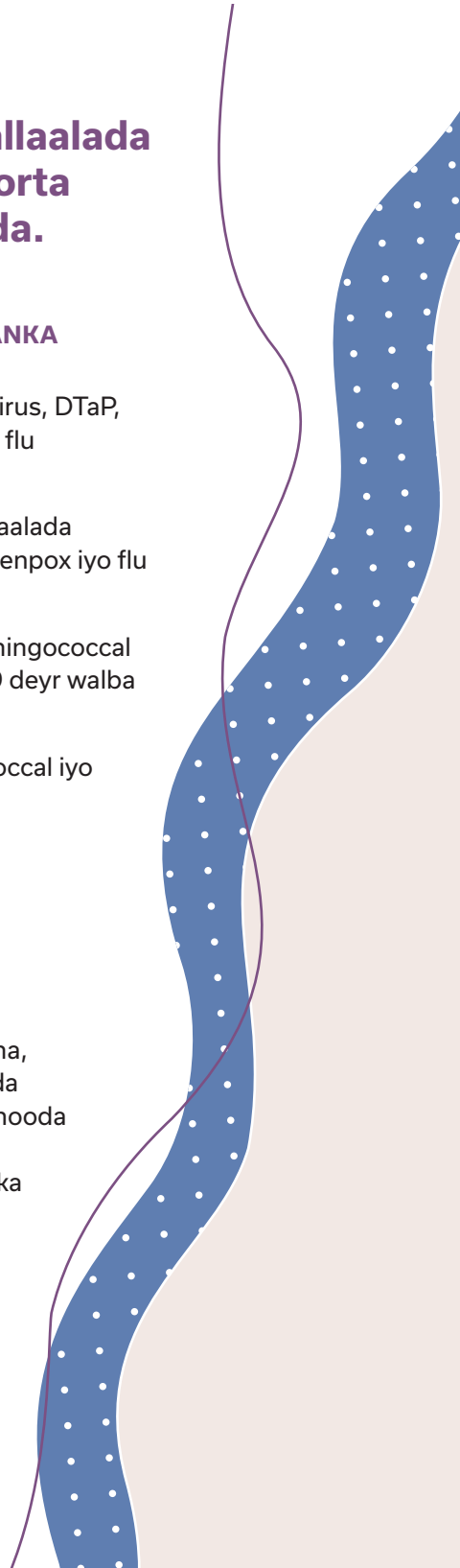
### ○ DADKA WAAWEYN:

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 waaxaha caafimaadka ayaa fidiya ballamo tallaal.



### Waxbadan ka ogoow

Iskaan garee koodhka QR-ka,  
kadibna guji **Xaanshiyaha**  
**Tilmaamta** badhankeeda wixii  
aggab badan ah iyo linkiyo.



Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).

Tan waxa lagu maalgeliyay deeq ka timi US Centers for Disease Control and Prevention (Xaruunta Mareykanka ee Xakamaynta Xanuunka iyo ka Hortagga) taas oo la siiyay Washington State Department of Health (Waaxda Caafimaadka Gobolka Waanshitoon) (6NU50CK000515-05-14). **DOH 130-118 Abriil 2026 Somali**



**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

Iskaan garee koodhka QR-ka, kadibna guji **Xaanshiyaha Tilmaamta** badhankeeda wixii aggab badan ah iyo linkiyo.



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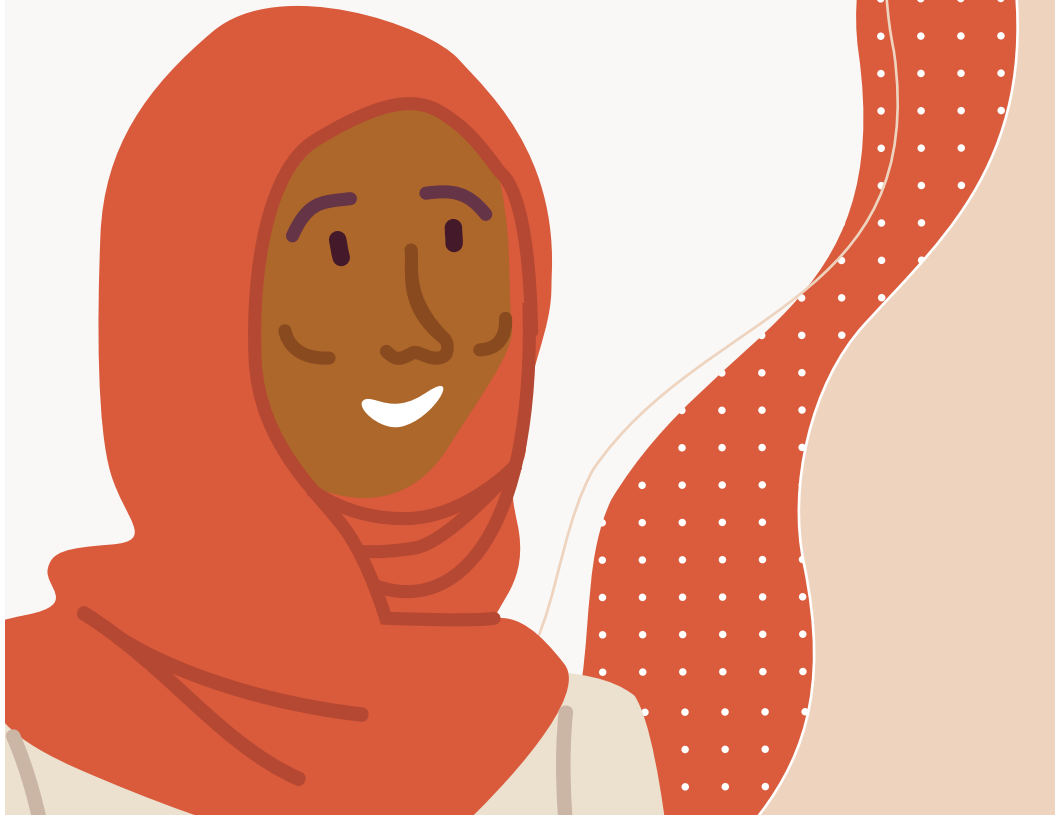


**Marka ay macaamiishu kuula yimaadaan walaacyo ay ka qabaan tallaalada, waxa aad ugu jawaabi kartaa waddooyin ah furfurnaan, taageerid iyo xaqiiqo.**



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?”**

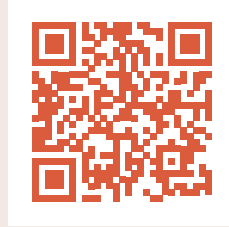
Fayrasyadu way isbeddelaan tallaaladana waa la cusboonaysiiyaa si ay si fiican uga hortaggaan. Daryeel bixiyahaaga ayaa sidoo kale laga yaabaa in uu ku taliyo inaad istallaashid mar labaad oo loogu talagalay ilaalin muddo qaadata.

**“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.

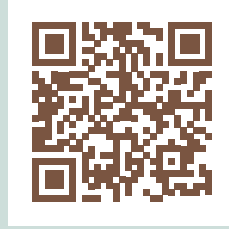
### Tallaaladu waa waddada ugu waxtarka badan ee aad uga hortaggi karto xanuuno badan.

- 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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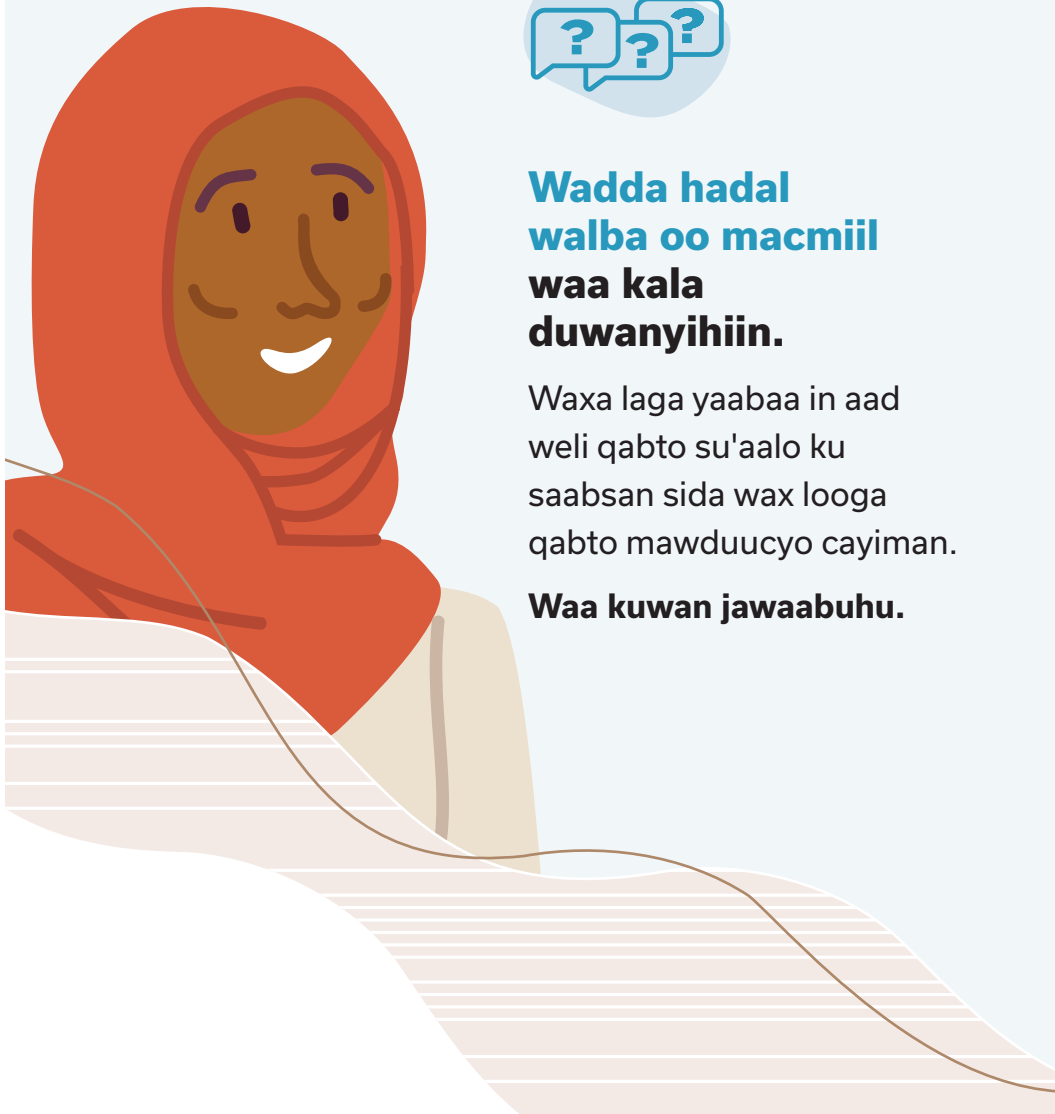


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## Su'alaha ka yimi CHW adigoo kale ah.



**Wadda hadal  
walba oo macmiil  
waa kala  
duwanyihiin.**

Waxa laga yaabaa in aad  
weli qabto su'aalo ku  
saabsan sida wax looga  
qabto mawduucyo cayiman.

**Waa kuwan jawaabuhu.**

### **Maxaan sameeyaa haddii macmiil aanu isu tallaalayn sababo diimeed?**

- Hoggaamiyayaal diimeedyo badan ayaa taageera tallaalista, laakiin qaar ayaa dadka u baqa geliya ama ka shakisiya tallaalada.
- Aaminaadaha dadkoo dhan waa kala duwanyihiin, markaa waxa ugu fiican inaad dhagaysato oo weydiiso su'aalo macmiilkaaga intii aad isku dayi lahayd inaad rayigiisa beddesho. Kula tali bixiye ama xirfadle caafimaad oo siin doona xog xaqiiq ah.
- U sheeg macmiilkaaga in aad u furantahay hadal badan iyo fidinta xaqiiqooyin ku saabsan tallaalada.

### **Sidee ula taliyaa macaamiisha uurka leh ama hadda waalidka noqday ee walaacyada ka qaba tallaalada?**

- Ku dhiirigeli in ay la hadlaan daryeel bixiye caafimaad ama dakhtarka carruurta wixii ku saabsan badqabka tallaalada — ee naftooda ama caruurtooda.
- U sheeg in laga yaabo ay ku qasbanaadaan in ay u weydiyaan bixiyayaashooda caafimaad si toos ah tallaalada, oo uu ku jiro ka COVID-19.
- Sidoo kale waxa aad tixraaci kartaa talooyinka lagu taliyay ee jadwalka tallaalka ee lagu soo bandhigey [Xaanshida Tilmaamta 1](#).



### Ma la ii oggolyahay in aan la xidhiidho daryeel bixiyaha koowaad ee macmiilka haddii ay qabaan su'aalo aanan ka jawaabi karin?

- Haa, laakiin marwalba hel oggolaanshaha macmiilka marka horre kadibna iska ilaali weydiinta bixiyayaasha xog caafimaad oo shakhsi.
- Waad ka caawin kartaa macmiilka ballamaha jadwalka tallaalka adigoo sii maraya bixiyahooda, ama weydii tallaalada ay u baahanyihiin.

### Ka waran haddii macmiilku aanu isu tallaalin sabab ah mahadhooyin taban oo horre uga soo maray bixiyayaal horre?

- Garowso mahadhooyinkooda iyo dareemahooda, una sheeg in walaacyadoodu yihiin kuwa jira oo ay u qalmaan in loola dhaqmo si xushmad leh.
- U bandhig inaad kala hadasho habka tallaalka. U oggolow in ay ku weydiiyaan su'aalo, qaataan wakhtigooda oo sameeyaan xulashooyin xog ogaal ah.
- Haddii ay danaynayaan, ku xidh bixiye lagu kalsoonyahay oo aad ogtahay in uu dhagaysanayo, si xishmadlehna ugaga jawaabay su'aalaha oo abuuraya mahadhooyin togan oo badan.



Ku xidh macaamiisha meelo maxalli ah oo ay awoodaan in ay iska tallaalaan.

Iskaan garee koodhka QR-ka, Kadibna ku dhufo **FAQs** badhankeeda.



## Sidee uga caawin karaa macaamiisha aan caymisnayn in ay is tallaalaan?

- U sheeg macaamiisha in tallaalo badan ay diyaar ku yihiin si bilaash ah ama kharash yar bilaa caymis.
- U tilmaam ruggaha caafimaadka bulshada, farmashiyayaasha iyo waaxaha caafimaadka ee maxalliga ah ee fidiya ballamaha tallaalka iyagoo aan eegayn xaaladda caymiseed.
- Ku xidh bulshada barnaamijyadda ku salaysan bulshada ee dhaqan ahaan jawaab celinta leh ee u fidiya dadka waaweyn ee aan caymisnayn kharash dhimis ama tallaalo bilaash ah.

## Waa maxay COVID ka Dheer sideena ugu sharaxaa macaamiisha?

- Cid walba oo uu ku dhacay COVID-19 waxa uu yeelan karaa COVID ka Dheer, oo macnaheedu tahay in astaamahoodu ay kasii muuqanayaan 3 billood ama billo ka badan.
- Astamaha guud waxa ka mid ah daal daba dheeraada, neefsasho adkaan, dawakhsanaan, dhibaatooyin xasuuseed iyo isbeddelo ku yimaada wadna garaaca.
- Dhakhaatiirtu weli waxbay ka baranayaan COVID ka Dheer. Haddii astaamaha macmiilkuu ay wakhti badan hayaan, la xidhiidhsii bixiyahooda.
- La socodka tallaalada ayaa ah waddada ugu wanaagsan ee lagu yarayn karo khatarta COVID ka Dheer Tallaladu waxay diyaar ku yihiin bilaash ama kharash yar



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Macaamishu waxa laga yaabaa in ay kuula yimaadaan xog marin habaabin ah oo ay soo arkeen kana maqleen tallaalada.



**Waa tan sida aad uga  
caawin karto iyaga  
helista xaqiiqooyinka.**

**Sixida xog  
qaldan.**



## **Sidee uga caawin karaa macaamiishayda in ay aqoonsadaan xogta tallaalka ee beenta ah?**

Marka macaamiishu ku arkaan ama ka maqlaan wax su'aal ka dhalan karto onlaynka ama bulshadooda dhexdeeda, waxa aad u soo jeedin kartaa in ay isweydiiyaan iyagu su'aalahan maagalka ah.

### **○ XAGEE XOGTU KA TIMI?**

Waxa ay ka timi cisbitaal, rug caafimaad ama waax caafimaad oo maxalli ah, badanaa waa u qalantaa in la rumaysto. Waxa ay ka timi qof wadaagaya aaraa aan xaqiiqooyin la socon, iska dhaaf.

### **○ MIYAY ISTICMAALAYSA EREYO KA BADBADIN AH SIDA**

**"MARWALBA," "WELIGAA" AMA "DHAMAAN"?** Tusaale ahaan: "*Weligaa* hays tallaalin" ama "*dhamaan* tallaaladu isku si bay u shaqeeyaan." Xogta caafimaadku marar dhif ah bay saa u fududahay, tallaal walbaana waa ka gaar kuwa kale.



○ **MA WAXA AY ISKU DAYAYSAA IN AY KU BAQO AMA WALAAC GELISO?**

Ma waxa ay kug hoggaminaysaa ereyo kicin ah sida "Waa tan waxa aanay doonayn in aad oggaato" ama "10 sirood oo tallaal oo kaa yaabin doona!" Haddii ay ku dareensiiso baqdin, naxdin, xanaaq, waxay u badantahay in ay been tahay.

○ **MA WAXA AY WEERARAYSAA QOF LA YAQAAN AMA URRUR IYADOO AAN WADAAGAYN XAQIIQOYIN?**

Tusaale ahaan: "Dhakhaatiirtu been bay kuu sheegayaan!" ama "dawladdu waxa ay qarinqaysa xaqiiqda ka danbaysa tallaalada!" Haddii ay sida tahay, labbo jeer feker.

○ **MA WAXA AY ISKU DAYAYSAA IN AY WAX KAA IIBISO?**

Xogo badan oo been ah baa loo isticmaalaa si oogu suuq geeyo alaabo. Haddii ay kugu riixdo in aad wax iibsato mar uun, waxa laga yaabaa in aan la aamini karin.

Iskaan garee QR koodhka, kadibna guji badhanka ay ku qorantahay **Misinformation Document** si aad u hesho mareegaha xaqiiq hubinta ee lagu taliyay iyo aggabyo kale.



## Waxbadan ka ogoow

Iskaan garee QR koodhka, kadibna hoos ka eeg qaybta **Misinformation Document** si aad u hesho mareegaha xaqiiq hubinta ee lagu taliyay iyo aggabyo kale.



Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).

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# Haggayaasha wadda hadalka



Marka aad kala hadasho macaamiisha tallaalada, waa muhiim in aad la yeelato wadda hadal iyaga wax ogeysiiya, taageera oo ixtiraama dhaqankooda.

## Xasuusnow in aad:

- **KA HESHO OGGOLAANSHO** macmiilkaga marka horre intaadan ka hadlin tallaalada: "Ma jeclaan lahayd in aad ka hadasho sida tallaaladu u ilaalin karaan adiga iyo dadka aad jeceshahay?"
- **AADAN ISTICMAALIN** ereyo iyo weedho laga yaabo in ay culays ku dareemaan: Iska ilaali "qasab," "loo baahanyahay" ama "waa in."
- **KU HOGGAAMISO TOGNAAN**, si macmiilkaagu aanu u dareemin in lagu xukumay dareenkooda: ""Waa CAADI in aad qabto su'aalo ku saabsan tallaalada. Waxaan sida ugu wanaagsan isugu dayi doonaa in aan ka jawaabo."

## Wadda hadal guulaystay waxa laga yaabaa in uu:

- **DIIRADA SAARO NATIJOOYIN**. Tusaale ahaan: "Tallaaladu waa waddada ugu wanaagsan ee aad uga ilaalin karto naftaada xanuuno badan hoosna ugu dhigi karto darnaanshaha xanuunka."
- **MUHIIMADA SII DHEEFAHA SHAKHSIYEED EE TALLAALKA**. Tusaale ahaan: "Waxaan garan karaa in aad ka walaacsantahay caafimaadka qoyskaaga. Tallaaladu waxa ay kaa ilaalin karaan in aad xanuunsato."
- **KU DAR SHEEKOYIN SHAKHSIYEED OO DHIIRIGELIN AH OO KU SAABSAN TALLAALADA**. Tusaale ahaan: "Waxa aan go'aan ku gaadhay in aan is tallaalo sababtoo ah ma doonayn in aan ku ag xanuunsado aabahayga da'da ah iyo carruurta. Waan ku faraxsanahay go'aankayga."

Sidan ayaa qaar ka mid ah wadda hadalada togan u dhici karaan.



# Sidee loola hadlaa:

## Macmiil aan doonayn in uu is tallaalo.



**CHW:** Aad ayaan ugu faraxsanahay in aan ku arko maanta. Sidee tahay?

**Macmiil:** Waan fiicanahay. In kastoo aniga iyo xaaskayga nagu dhacay COVID billo yar ka hor waxana na dhaafay waxoogaa shaqo ah.

**CHW:** Waan ka xumahay in aan taa maqlo. Maxaad samaysay markii uu kugu dhacay COVID-19?

**Macmiil:** Waxa aanu iska joognay guriga waanuna nasaney.

**CHW:** Waan ku faraxsanahay in aad hadda fiicnaan dareemayso. Maku weydiin karaa in aad la socoto tallaalada?

**Macmiil:** Maba aaminsani iyaga. Waxaan u malaynayaa in difaaca dabiiciga ah aad uga awood weyn yahay tallaalada.

**CHW:** Weli ma lagu tallalay weligaa?

**Macmiil:** Haa, laakiin maya dhawrkii sanno ee ugu danbeeyay.

**CHW:** Waan fahmay. Wax dheeraad ah ma ii sheegi kartaa?

**Macmiil:** Saaxiibkay ayaa ii sheegay in tallaaladu runtii ay xanuun kuu keenayaan.

**CHW:** Waa run in dadka qaar ay dareemaan waxyeello saamayneed oo yar, laakiin markaba waa laga bogsadaa. Raalli maku tahay haddii an kula wadaago xaqiiqooyin door ah oo ku saabsan sida tallaaladu ay u yihiin kuwo badqab iyo waxtar leh?

**Macmiil:** Runtii ma danaynayo.

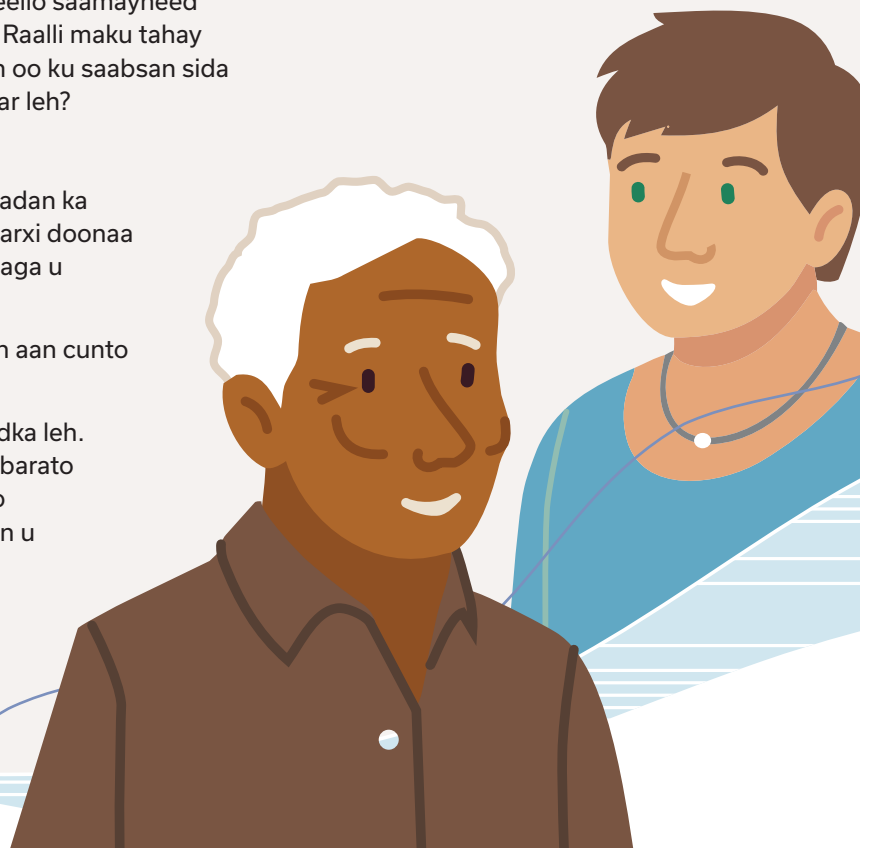
**CHW:** Waan fahmayaa. Haddii aad rabto in aad in badan ka hadasho tallaalada mustaqbalka, Waan ku farxi doonaa inaan kaala hadlo. Sidee *adigu* caafimaadkaaga u ilaalisaa?

**Macmiil:** Waan firfircoonahay waxaan isku dayaa in aan cunto fiican cuno.

**CHW:** Sidaa u sii joogtee dabecadaha caafimaadka leh. Haddaadna doonayso in aad wax badan ka barato sida tallaaladu kaaga ilaalin karaan adiga iyo qoyskaaga in aad xauunsataan, Diyaar ayaan u ahay in aan in badan kaala hadlo.

## Wadda hadalkani waa mid guulaystay sababtoo ah waxa uu:

- Kor u qaaday oo dhirigeliyay dabecadaha caafimaadka leh ee ka baxsan tallaalada
- Wax ka qabtay walaacyo ku saabsan waxyeello saamayneed iyo saamayn asaageed.
- Ahaanayaa mid deggan oo jawaab raadiya
- Ku martiqaadayaa macmiilka in uu xidhiidh soo sameeyo wixii wadda hadalo dheeri ah





## Sidee loola hadlaa:

Macmiil qaba walaacyo badqabeed oo ku saabsan tallaalada.



**CHW:** Sidee dareemaysay?

**Macmiil:** Fiicnaansho ma dareemayn.

**CHW:** Oh maya, maxaa dhacay?

**Macmiil:** Hargab ayaa iga baxay.

**CHW:** Waan ka xumahay in aan taa maqlo. Maku weydiin karaa in aad la socoto tallaaladaada, oo uu ka mid yahay tallaalka hargabku?

**Macmiil:** Uma malaynayo in aan u baahnahay tallaalo.

**CHW:** Sidaas maxaa u dareemaysaa?

**Macmiil:** Waxaan maqlay in run ahaantii aad in badan kusii xanuunsanayso isagaba.

**CHW:** Waan fahmayaa walaacaaga. Tallaaladu waa waddada ugu wixtarka badan ee aad uga ilaalin karto naftaada xanuuno badan. Waxa laga yaabaa in aad ka dareento waxyeello saamayneed tallaalka, laakiin tani waa nidaamkaaga difaaca oo ka shaqaynaya in uu ku ilaaliyo.

Ma jiraan wax kale oo aad ka walaacsantahay?

**Macmiil:** Waxa i dhaafi doonta shaqadda hadii ay isoo gaadho waxyeello saamayneed.

**CHW:** Waxyeello saamayneedyadu inta badan waa kuwo yar waxana lagaga bogsadaa maalin ama labbo. Dadka qaar ee aan is tallaalin ayaa laga yaabaa in ay muddo dheer xanuunsadaan oo shaqo badani dhaafto.

**Macmiil:** Oh, taas ma rabo.

**CHW:** Ma jeclaan lahayd xog badan oo ku saabsan tallaalada laga yaabo in aad rabto in aad hesho?

**Macmiil:** Waa si wanaagsan, waad mahadsantahay.

**CHW:** Si fiican! Diyaar ayaan ahay haddii aad qabto su'aalo dheeraad ah ama walaacyo.

### Wadda hadalkani waa mid guulaystay sababtoo ah waxa uu:

- U hogaaminaya jawaab raadin, weydiinta ku saabsan macmiilka caafimaadkooda iyo taariikhhooda tallaalka
- Soo bandhigayaa xaqiiqooyin saynis
- Fidinayaa caawimad looga gacansiinayo macmiilku in uu qaado tallaabooyinka xigga oo is tallaalo
- Ku martiqaadayaa macmiilka in uu xidhiidh soo sameeyo wixii wadda hadalo dheeri ah



## Sidee loola hadlaa:

**Macmiil leh qoys balaadhan kaas oo aan badanka aan ka war hayn wax ku saabsan tallaalada.**



**CHW:** Sidee tahay?

**Macmiil:** Waxa aan ka werwersanaa dabaal-deg qoys oo soo socda.

**CHW:** Maxay yihiin qorshayaashaadu?

**Macmiil:** Qaraabaddayda ayaa joogi doona gurigayaga. Ciyaalo, caruur loo awoowyahay, cid walba.

**CHW:** Waxaad filaysaa in cid walba isugu timaado si waddajir ah! Sida aad ogtahay, dadku badana waxay u badantahay in ay xanuunsadaan marka ay safrayaan ama dareemayaan werwer.

Ma waxaad ka werwersantahay naftaada mise in kuwa kale xanuunsadaan?

**Macmiil:** Inyar. Inta badan waxay u egtahay in aan xanuunsado marka aanu si waddajir ah u wadda joogno, igama go'do in aan wakhti badan fasax ka qaato shaqadda.

**CHW:** Dhib miyay kugu tahay haddii aan ku weydiyo in aad si dhamaystiran u tallaalantahay?

**Macmiil:** Ma hubo. Sabab?

**CHW:** Tallaaladu waa waddada ugu waxtarka badan ee aad uga ilaalin karto naftaada xanuun. Sidoo kale waxa uu ilaaliyaa ciyaalka, dadka waaweyn iyo kuwa aan awoodin in laga tallaalo in ay xanuunsadaan.

**Macmiil:** Ma garanayo tallaalada aan u baahan karo.

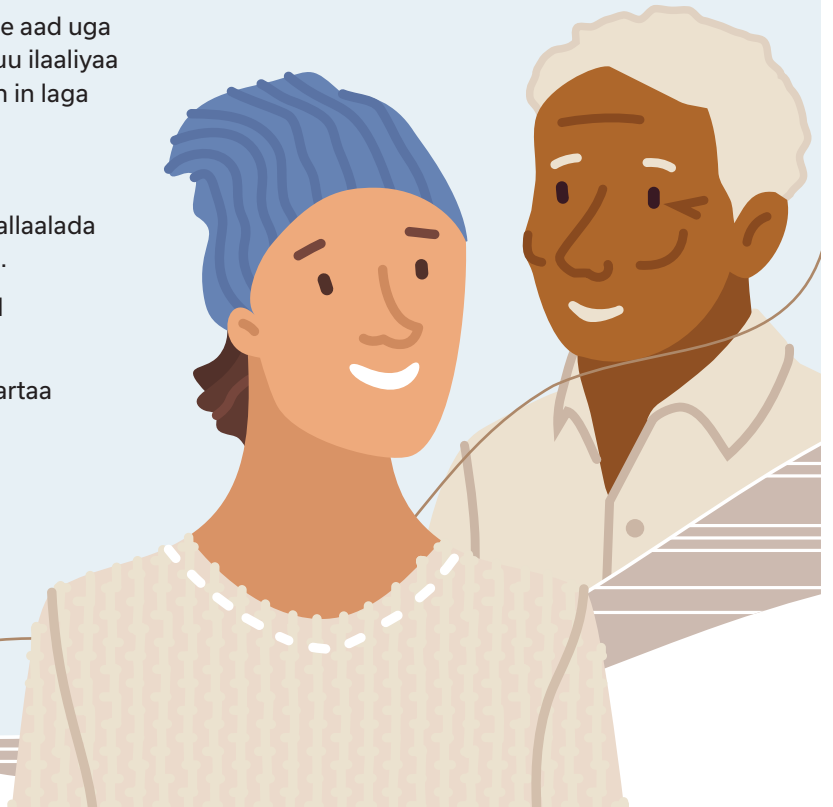
**CHW:** Aniga ayaa kula wadaagi kara xog ku saabsan tallaalada lagu taliyay si aad u weydiiso bixiyahaaga iyaga.

**Macmiil:** Taasi waxay noqon kartaa mid waxtar leh, waad mahadsantahay.

**CHW:** Adiga ayaa mudan! Mar walba waad ii sheegi kartaa haddii aad waax u baahantahay.

### Wadda hadalkani waa mid guulaystay sababtoo ah waxa uu:

- U hoggaamiyay su'aalo furan oo u oggolaanaya macmiilka in uu wax wadaago
- Kusoo darayaa xaqiiqooyin ku saabsan xanuun faafaya
- Caawinayaa in macmiilku qaato go'aanadooda iyadoo kor loo qaadayo waxtarka tallaalka
- Ku martiqaadayaa macmiilka in uu xidhiidh soo sameeyo wixii wadda hadalo dheeri ah





# How to talk to:

A client who has challenges getting health care.



**Client:** I haven't been to the doctor in awhile.

**CHW:** Oh, really? Why not?

**Client:** I don't have insurance, so I haven't gone. I also haven't found a doctor who speaks my language. But I really don't want to get sick this year.

**CHW:** I understand. It's tough to not have health insurance. I can recommend ways for you to still get care.

May I ask if you're vaccinated?

**Client:** I thought you needed insurance to get vaccinated.

**CHW:** Most vaccines are available with no insurance or at little to no cost. You can also get them at your local pharmacy or places that don't need you to make an appointment.

**Client:** That's good to know. But I don't have a car, so I can't get to any appointments. And the bus doesn't run near my place.

**CHW:** There are organizations that give free rides to appointments, and services that offer free translation.

**Client:** That would be helpful. When are they available?

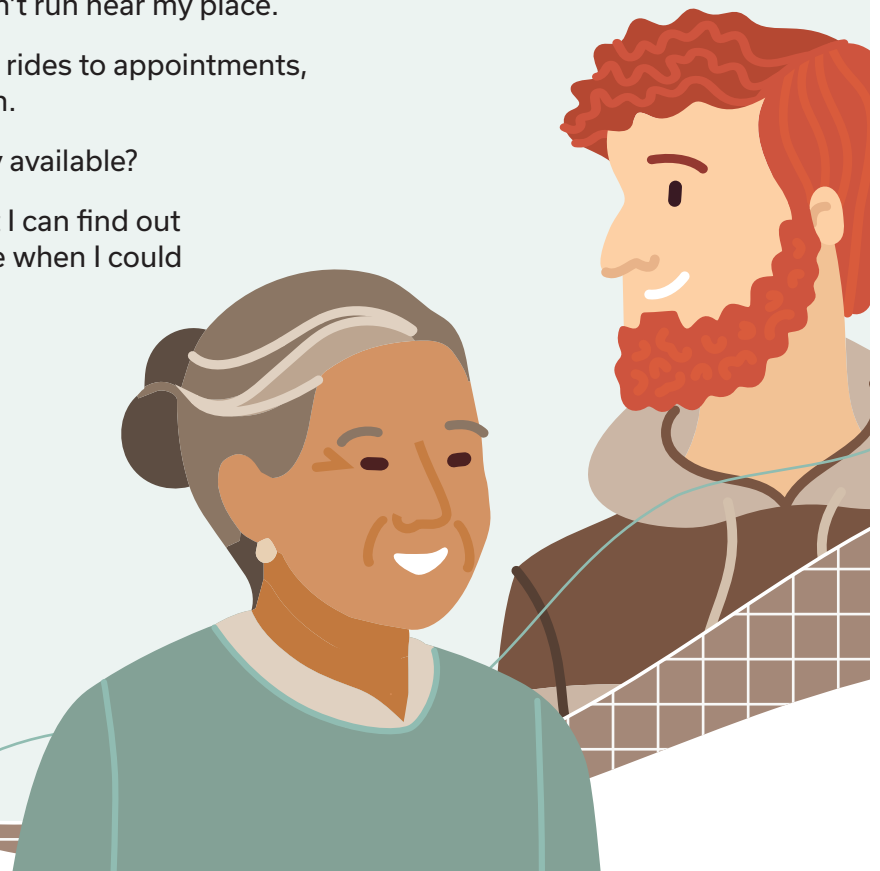
**CHW:** I don't have an exact answer now, but I can find out and let you know. Is there a good time when I could send you that information?

**Client:** Anytime would be great!

**CHW:** OK! If I could get your contact info, I'll send it over.

**This conversation is successful because it:**

- Shows compassion for the client's situation
- Offers solutions
- Offers to share more information later
- Informs the client about available services
- Asks permission to share information





XAANSHIDA KU CELCELINTA

# Maxaad dhihi lahayd?

Halkan waxa kuugu yaalo fursad aad ugu celcelin karto sida aad ula yeelan lahayd macaamiisha wada hadal ku saabsan tallaalka.

Hoos waxaa ku yaal tusaalooyin waxyaabo ay macaamiishu dhihi karaan. Meelaha bannaan, ku qor sida aad uga jawaabi lahayd.



## Waa muhiim in:

- La iska ilaaliyo xukumida
- Wax ku hoggaami xaqiiqooyin
- Muuji ixtiraam
- Fidiso fursad aad wada hadalka ku sii waddo

**Talo muhiim ah:** Weydiiso oggolaansho si aad ugula taliso ururrada iyo agabyada maxalliga ah.

Si aad u hesho caawimaad, barbar dhig jawaabahaaga macluumaadka lagu bixiyey

**Xaanshida tilmaamta 3.**

“Waxaa horre iigu dhacay COVID waana caafimaad qabaa.”

“Waxaan maqlay inaad xanuunsatay ka dib markaad tallaalka qaadatay.”

“Hoggaamiyaha kaniisaddayda ayaa igu yiri yaan la i tallaalin.”

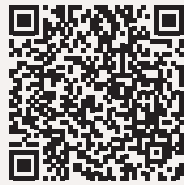
“Anigu ma haysto caymis, tallaalladuna waa qaali.”



## Ilo dheeraad ah

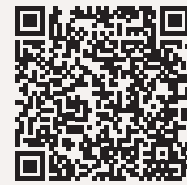
Hadda maadaama aad baratay agabyadaan ku saabsan sida loo galo wadahadalada waxtarka leh ee wanaagsan oo ku saabsan talalaada, waxaad adeegsan kartaa codad, muuqaalo waxaadna ku tababaran kartaa shaqooyinka.

Booqo [waportal.org/CHW-VCT](http://waportal.org/CHW-VCT)



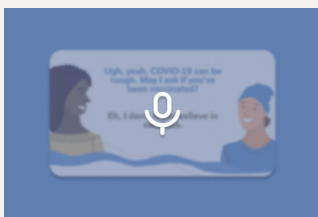
### **Kaarka jeebka lagu qaato**

Daabaco kaarkan la qaato, cabirka jeebka le'eg oo ay ku qoranyihiin xeeladaha iyo xasuusinada qaabka loo bilaabo wadahadalka. Adigu isticmaal ama la wadaag macaamiisha.



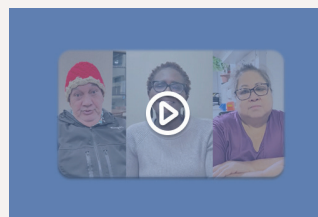
### **Waraaqda shaqada**

Qor oo ku tababaro jawaabahaaga aad ka bixiso su'aalaha guud ee ku saabsan talaalada.



### **Wadasheekaysiga codka ah (Ingiriisi kaliya)**

Dhegayso ama daawo wadasheekaysigaan qoraalka ah ee u dhexeeya CHW iyo macmiil ka walaacsan inuu talaalka qaato.



### **Muuqaalada marag-furka ah (Ingiriisi kaliya)**

Ka dhegayso sheekooyinka xubnaha bulshada iyo CHWs kuwaasoo ku saabsan qaabka ay u wadaagaan macluumaadka waxtarka leh ee ku saabsan nabadgalyada iyo waxtarka talaalada. Adigu daawo ama tus macaamiisha.

## **Ka hel macluumaaddheeraad ah oo ku saabsan talaalada.**

### **Talooyinka talaalka:**

Iskaan garee si aad talooyinka iyo jadwalada talaalada ee Waaxda Caafimaadka Gobolka Washington (Washington State Department of Health).



### **West Coast Health Alliance:**

Iskaan garee si aad wax uga ogaato WCHA, taasoo ay kujiraan California, Hawaii, Oregon iyo Washington. WCHA waxay gaartaa go'aano wadajir ah oo ku saabsan habraacyada caafimaadka bulshada ayadoo ku salaynaysa cilmiga ugu wanaagsan ee la heli karo.



### **Linktree**

#### **waa maktabad xogeed:**

Iskaan garee si aad u daalacato maktabadda ay kujiraan adeegyada talaalka ee la isku halayn karo.



Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).

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**DOH 790-028 May 2026 Somali**