

Carruurta waaweyn iyo kuwa dhallinta ah waa in sidoo kale la tallaallo!

Tallaalada Lagu Taliyay ee Carruurta 7–18 Sanno Jirka ah

Ma rabtaa inaad wax badan ogaato?

Iskaan garee koodhka QR si aad u ogaato tallaalada ilmahaagu u baahan karo. Ama booqo

www.cdc.gov/vaccines/tool/teen.html



TALLAALADA LAGU TALIIYAY	7 SANNNO	8 SANNNO	9 SANNNO	10 SANNNO	11 SANNNO	12 SANNNO	13 SANNNO	14 SANNNO	15 SANNNO	16 SANNNO	17 SANNNO	18 SANNNO		
Fayrasyada Feexda (HPV)			[Purple bar]		[Purple bar]									
Teetanada, Gawracatada iyo Xiiqdheerta (Tdap ¹)					[Purple bar]									
Mininjokokal ACWY					[Purple bar]					[Purple bar]				
Mininjokokal B										[Hatched bar]				
Ifilada/Hargabka	[Purple bar: Sannad walba. Laba garoojo loogu talagalay carruurta qaarkood]		[Purple bar: Sannad walba]											
COVID-19	[Purple bar: /Ugu yaraan 1 garoojo oo tallaalka COVID-19 ah ee la cusbooneysiyyay (kan 2023–2024).]													
Fayraska Cudurrada Neefta iyo Sambabada (RSV)					[Light purple bar: Haddii aad uur leedahay xilliga tallaalka Fayraska Cudurrada Neefta iyo Sambabada (RSV)]									
Busbuska Daanyeeraha (Mpox)												[Light purple bar]		
Kaduudiyowga	[Light purple bar: KELIYA haddii aad ku nooshahay meel kaduudiyowgu ku badan yahay OO laga samayn karo baaritaan shaybaar oo xaqiijin kara inuu horay kuugu dhacay cudurka kaduudiyowga]													

¹ Hal garoojo oo tallalka Teetanada, Gawracatada iyo Xiiqdheerta (Tdap) ah ayaa lagu talinayaa xilliga uurka

MUHIIM AH



DHAMMAAN carruurta ku jirta da' kooxeeda waa inay qaataan tallaalka



DHAMMAAN carruurta ku jirta da' kooxeedka ayaa qaadan kara tallaalka



QAAR ka mid ah carruurta ku jirta da' kooxeedka waa inay qaataan tallaalka



Waalidiinta/daryeeyaashu waa inay la hadlaan bixiyaha daryeelka caafimaadkooda si ay go'aan uga gaaraan in tallaalkani ku habboon yahay ilmahooda iyo in kale

Kala hadal bixiyaha daryeelka caafimaadka ilmahaaga wixii hagsis dheeraad ah hadduu:

1. Ilmahaagu qabo xaalad caafimaad oo halis sarraysa u gelin karta caabuq ama haddii aad uur leedahay.
2. Ilmahaagu u safrayo meel ka baxsan Maraykanka.
3. Ilmahaaga seegay tallaalka kasta oo lagula taliyay da'diisa ama loogu talagalay dhallaanka iyo da' yarta.

Cudurradee ayay tallaaladani kaa difaaci karaan?

CUDUR TALLAALKA LOOGA HORTAGI KARO	DHIBAATOYINKA CUDURKA	TIRADA GAROOJOYINKA TALLAALKA
HPV (Fayrasyada feexda) Waa cudur fayras oo faafi karo oo lagu kala qaadi karo is-taabashada jireed, oo ay ku jirto xilliga galmada	Burooyinka ku dhaca xubinta taranka iyo noocyo badan oo kansarada xilliga waayeelnimo, oo ay ku jiraan kansarka ilmo-galeenka, farjiga, guska, futada, iyo cunaha	2 ama 3 garoojo
Teetanada (Kala-wareega qalka)* Cudurka waxaa keena manka bakteeriyada ee laga helo ciidda iyo boorka ka jira meel kasta; manka ayaa jirka ka gala nabarrada ama boogaha	Suuxdin, jajabka lafaha, neefsasho la'aan, dhimasho	1 garoojo da'aada 11-12 sanno Garoojo dheeraad ah haddii la seego garoojooyinka carruurnimo 1 garoojo boogaha wasakhda leh
Gawracatada* Waa cudur bakteeriyada oo faafi karo oo ku dhaca sanko, cunaha, iyo mararka qaarkood sambabada; waxaa lagu kala qaadi karaa hawada iyo is-taabashada	Murqaha wadnaha ee barara, wadne-xannuun, miyir-beel/kooma, curyaanimao/faalij, dhimasho	1 garoojo da'aada 11-12 sanno Garoojo dheeraad ah haddii la seego garoojooyinka carruurnimo
Xiiqdheerta (Hinraaga)* Waa cudur bakteeriyada oo faafi karo oo ku dhaca sambabada iyo marin-haweedka; waxaa lagu kala qaadi karaa hawada iyo is-taabashada	Caabuqa sambabada (wareento/burunkiito), dhimasho; gaar ahaan ay halista ugu jiraan dhallaanka	1 garoojo da'aada 11-12 sanno Garoojo dheeraad ah haddii la seego garoojooyinka carruurnimo 1 garoojo mar kasa oo uur la qaado
Mininjokokal** Waa cudur bakteeriyada oo faafi karo oo ku dhaca xuubka maskaxda iyo xangulada ama xiddidada dhiigga; waxaa lagu kala qaadi karaa hawada iyo is-taabashada	Beelida gacanta ama lugaha, dhe, suuxdin, dhimasho	2 garoojo. Qiyaaso dheeri ah ayaa loo baahan karaa iyadoo ku xiran xaalad caafimaad ama tallaal la isticmaalo.
Ifilada (hergab) Waa cudur fayras oo faafi karo oo ku dhaca sanko, cunaha, iyo mararka qaarkood sambabada; waxaa lagu kala qaadi karaa hawada iyo is-taabashada	Caabuqa sambabada (oof-wareen/burunkiito), caabuqa sanqaroorka iyo dhegaha, xaaladaha wadnaha ama sambabada ee cudurka ku lammaan ee ka sii daraya, dhimasho	1 garoojo sannad kasta 2 garoojo carruurta qaarkood ee da'doodu u dhexayso 6 bilood ilaa 8 sanno
COVID 19 Waa cudur fayras oo ku dhaca sanko, cunaha, ama sambabada; wuxuu u ekaan karaa hargabka ama ifilada. Waxaa lagu kala qaadi karaa hawada iyo is-taabashada	Caabuqa sambabada (oof-wareen/burunkiito); xinjirowga dhiigga; dhaawaca beerka, wadnaha ama kelyaha; COVID-ka raaga; dhimasho	1 garoojo ama in ka badan oo tallaalka COVID-19 ee la cusbooneysiijay ee 2023-2024 taasoo ku xiran xaaladda caafimaad. Wixii macluumaad dheeraad ah: www.cdc.gov/covidschedule
Fayraska Cudurrada Neefta iyo Sambabada (RSV) (Fayraska Cilladaha Neefsasho) Waa cudur fayras oo faafi karo oo ku dhaca sanko, cunaha, iyo mararka qaarkood sambabada waxaa lagu kala qaadi karaa hawada iyo is-taabashada	Caabuqa sambabada (oof-wareen/burunkiito) iyo marrinada hawada ee sambabada; ee gaar ahaan halista ku ah dhallaanka iyo carruurta yaryar	1 garoojo marka la gaaro 32 ilaa 36 toddobaad oo uur ah inta lagu gudajiro bisha Sitembar ilaa Janaayo inta badan Koonfur Ameerika
Busbuska Daanyeeraha (Mpox) Waa cudur fayras oo faafi karo oo lagu kala qaadi karo is-taabashada, oo ay ku jirto galmada; wuxuu sababaa firiiric xannuun badan, qandho, daal, qufac, dililiq, cune-xannuun, qanjir-barrar.	Nabarrada caabuqa leh, bararka maskaxda, caabuqa sambabada (oof-wareen/burunkiito), caabuqa indhaha, camoolanimo, dhimasho	2 garoojo
Kaduudiyowga Waa cudur fayras oo laga qaado qanniinyada kaniicada jirran; wuxuu keena qandho, madax-xannuun, indho xanuun, firiiric, kalagoysyo xannuun, jir xannuun, lallabbo, cunto xumo, daal, calool-xannuun.	Dhiigbax daran, qallal, shoog, dhaawac ku yimaada beerka, wadnaha, iyo sambabada, dhimasho	3 garoojo

*Tallaalka Tdap wuxuu kahortagaa cudurrada teetanada, gawracatada, iyo xiiqdheerta

Tallaalka Mininjokokal ACWY (2 garoojo); Tallaalka Mininjokokal B (2 qiy haddii loo baahdo).