

# Warar ku saabsan Talaalka Caruurta Da' Dugsiyada Gaartay

Waaxda Caafimaadka Guud ee Peel waa in ay— sharciyan — hayaan wakhtigana waafajiyaan rikoorka talaalka caruurtaada da' dugsiyeeda gaartay ilaa iyo sanadaha<sup>1</sup> uu ilmahaagu dugsiga dhiganayo oo idil.

## Markaad ilmahaaga dugsiga ku qoreeysid

- Waxaad foomka ku-qoritaanka dugsiga ku lifaaqda nuqul rikoorka ilmahaaga talaalkooda. Dugsiga ayaa rikoorka u diridoona Waxda Caafimaadka Guud ee Peel.
- Hubi in ay ku idil yihiin **dhammaan** cadadda qiyaasta talaalada la siiyey ilmahaaga tan iyo dhalashadoodi.
- U tag takhtarkaaga qooyaska ama wac Waaxda Caafimaadka Guud ee Peel haddii aan ilmahaaga la talaalin ama aadan muujin karin in ilmahaaga ay talaalan yihiin.

## Ku talaal wakhtiga loogu talagalay

- Muddada u dhaxeeyso afar ilaa iyo lix sano ilmahaagu waxuu u baahan yahay in la siiyo qiyaas lagu xoojinayo talaalka ka hortagidda cudurrada qoor-go'ye 'diphtheria', xiiqdheerta 'pertussis', teetanaha 'tetanus' iyo dabeeysha<sup>2</sup>.
- Muddada u dhaxeeyso afar iyo taban ilaa iyo lix iyo toban sano ilmahaagu waxuu baahan yahay in la siiyo qiyaas lagu xoojinayo talaalka ka hortagidda cudurrada qoor-go'ye, xiiqdheer, iyo teetano<sup>2</sup>.
- Si talaalk u shaqeeyo waa in la siiya wakhtiyada ku haboon. Tusaale ahaan, qiyaasta kowaad ee MMR (jedeeco 'measles', qaamo-qanshiir 'mumps' iyo 'rubella') waa in ilmaha la siiya sanad gurada kowaada ee dhalashadeeda/iisa **kadib** qiyaasta labaadna waa in la siiya ugu yaraan 28 maalmooda kabib markii la siiyey qiyaastii<sup>2</sup> kowaad.

- Takhtarkaaga iyo dugsiga ilmahaagu dhigto midkoodna uma tabinayo Waaxda Caafimaadka Guud ee Peel warka ku saabsan talaalka ilmahaaga
- Mar haddii ilmahaaga lagu qoro dugsiga, **waa in aad la socodsisa Waaxda Caafimaadka Guud ee Peel rikoorka talaalka ilmahaaga** mar kasto oo ilmahaaga la talaalo
- Waaxda Caafimaadka Guud ee Peel si joogta ayey dib ugu eegta rikoorada talaalka ardeyga si loo hubiyo in ardada si ay dugsiga u dhigtaan rikoorada talaalkoodu ay wakhtiga waafaqsan yihiin
- Ardada rikoorada talaalkoodu uusan wakhtiga waafaqsanayn (oo aan lahayn ka cafis ansax ah) waxaa dhici karta in aan loo oggolaan in ay dugsiga dhigtaan.
- Adeyda lagu soo talaalay dibadda Ontario ama Canada waxuu u baahan kara talaalo dheeri ah si loo waafajiyo sharciyada talaalka gobolka Ontario
- Talaalada la iska doonayo si loo dhigto dugsiyada Ontario waxaa si **lacag la'aan** ah looga heli kara takhtarkaaga qooyaska.
- Waaxda Caafimaadka Guud ee Peel **lacag la'aan** ayey ku tarjumeeyso rikoorada talaalka ilmaha oo dal kale laga soo sameeyey.

1. Immunization of School Pupils Act, September 1990. Queens Printer for Ontario.

2. Canadian Immunization Guide. 7th Edition. 2006. Published by the Public Health Agency of Canada. : 93/95&196/200.

- Ilmo da' dugsiyeedka gaaray oo aan haysan Warqadda Caafimaadka ee Ontario laakin si uu dugsi u aado ugu baahan rikoorka talaal waxuu Peel uga ka heli kara talaal **lacag la'aan** ah seddex melood oo ay leedahay Waaxda Caafimaadka Guud ee Peel.
- Waaxda Caafimaadka Guud ee Peel waxey dugsiyada dhexdooda ku leedahay kilinikoyaal lagu talaalo ka hortagga cudurrada 'Hepatitis B' iyo 'Meningococcal C' (oo loogu talagalay ardada fasalka 7baad) iyo 'Human Papillomavirus' (oo loogu talagalay ardada fasalka 8daad).
- **Ka wac Waaxda Caafimaadka Guud ee Peel**  
905-799-7700 ; dadka degan Caledon waxey ka wici karaan teleefoonkan lacag la'aanta ah 905-584-2216.  
**Waxaa la heli kara adeegyo turjibaneed**

- **Gal** [www.immunizepeel.ca](http://www.immunizepeel.ca) si aad internetka ugu tabsiso rikoorka talaalka ilmahaaga.
- **Boostada ugu dir nuqul rikoorka ama gacanta ugu gee:**  
7120 Hurontario Street, P.O. Box 630  
Mississauga, ON L5M 2C5  
(Ha dirin rikoorka asalka ah)