

Talaalada Caruurtaada

Vaccines for Your Children

Vaccines help prevent disease. Babies born in the United States may have their first vaccines right after birth. Future vaccines are given at well child check-ups with your child's doctor or at a local health department. Vaccines are needed for Women, Infants and Children (WIC) visits or for when children enroll in school.

Vaccines are also called immunizations. They are often given as injections or shots with a needle. Vaccines are either given as a single dose or as several doses given over time. **The full number of doses for each vaccine must be completed for the vaccine to protect your child from the disease.**

The below vaccine schedule is recommended for children birth to 6 years. If your child has not had these vaccines, check with your child's doctor or local health department to get the needed vaccines.

Talaaladu waxay gargaar ka geystaan joojinta cudurka. Caruurta ku dhalata Maraykanka waxa laga yaabaa in tallaalada ugu horeeya la siiyo isla ka dib dhalashada. Talaalada ku xiga waxa la siiyaa wakhiyada baadhitaanada wacnaanta ilmaha ee laga sameynayo xafiiska dhakhtarka ama goob caafimaad oo degmada ah. Tallaalada waxa loo baahan yahay wakhiyada booqashada xarumaha Hooyada, Dhalaanka iyo Ilmaha (WIC) ama marka caruurta la qoro dugsigu.

Waxa talaalada af Ingiriisiga loogu yeedhaa "vaccines" ama marmarka qaarkood "immunizations". Waxa badanaa la bixiyaa iyaga oo ah duris ama irbad. Talaalada qaarkood waxa loo baahan yahay in laga qaato wax ka badan hal qaadasho muddo gudaheed. **Tirada buuxda ee laga qaadanayo talaal kasta waa in la dhameysto si ilmahaaga looga badbaadiyo cudurka.**

Jadwalka tallaalada ee hoose waxa loogu ilmaha min dhalasho illaa 6 sanno. Haddii aan ilmahaaga la siijn tallaaladaas, weydii dhakhtarka ilmahaaga ama waaxda caafimaadka dadweynaha ee degmadaada si loo helo tallaalada loo baahan yahay.

| Da'da Age | Tallaalka Vaccines |
|----------------|--|
| Dhalasho Birth | <ul style="list-style-type: none">Cagaarshow/Joonis Nooca B: qaadashada 1aadHepatitis B: 1st dose |

| Da'da Age | Tallaalka Vaccines |
|---|---|
| <p>2 bilood Jir 2 Months Old</p> | <ul style="list-style-type: none"> • Cagaarshow/Joonis B; qaadashada 2aad oo ah 1 illaa 2 bilood Hepatitis B: 2nd dose at 1 to 2 months • DTaP (Qoorgooye, Teetano iyo Kix/Xiiqdheer): qaadasha 1aad DTaP (Diphtheria, Tetanus and Pertussis): 1st dose • Hib (Haemphilus influenzae type b): qaadashada 1aad Hib (Haemphilus influenzae type b): 1st dose • Pneumococcal Conjugate (PCV13): qaadashada 1aad Pneumococcal conjugate (PCV13): 1st dose • Dabayl: qaadashada 1aad Polio (IPV): 1st dose • Rotavirus: qaadashada 1aad Rotavirus: 1st dose • Meningococcal: 2 bilood illaa 18 sanno oo ah kooxaha qaarkood ee halis sare ku jira Meningococcal: 2 months through 18 years for certain high risk groups |
| <p>4 bilood jir 4 Months Old</p> | <ul style="list-style-type: none"> • DTaP (Qoorgooye, Teetano iyo Kix/Xiiqdheer): qaadashada 2aad Diphtheria, Tetanus & Pertussis (DTaP): 2nd dose • Hib (Haemphilus influenzae type b): qaadashada labaad Haemphilus influenzae type b (Hib): 2nd dose • Pneumococcal Conjugate (PCV13): qaadashada 2aad Pneumococcal Conjugate (PCV13): 2nd dose • Dabayl: qaadashada 2aad Polio (IPV): 2nd dose • Rotavirus (RV): qaadashada 2aad Rotavirus (RV): 2nd dose |

| Da'da Age | Tallaalka Vaccines |
|---|---|
| 6 bilood jir 6 Months Old | <ul style="list-style-type: none"> • Cagaarshow/Joonis B: qaadashada 3aad oo ah 6 illaa 18 bilood Hepatitis B: 3rd dose at 6 to 18 months • DTaP Qoorgooye, Teetano iyo Kix/Xiiqdheer): qaadashada 3aad Diphtheria, Tetanus & Pertussis (DTaP): 3rd dose • Hib (Haemphilus influenzae type b): qaadashada 3aad oo ku xidhan taxanaha talaalka Haemphilus influenzae type b (Hib): 3rd dose depending on vaccine series • Pneumococcal Conjugate (PCV13): qaadashada 3aad Pneumococcal Conjugate (PCV13): 3rd dose • Dabayl: qaadashada 3aad oo ah 6 illaa 18 bilood Polio (IPV): 3rd dose at 6 to 18 months • Rotavirus (RV): Haddii ay tahay taxane tallaalka oo ah 3 qaadasho Rotavirus (RV): if 3 dose vaccine series • Ifilo/Infuwensa: sannad kasta laga bilaabo 6 bilood Influenza: yearly beginning at 6 months |
| 12 bilood jir 12 Months Old | <ul style="list-style-type: none"> • Hib (Haemphilus influenzae type b): qaadashada 3aad ama 4aad oo ah 12 illaa 15 bilood iyada oo ku xidhan taxanaha tallaalka Hib (Haemphilus influenzae type b): 3rd or 4th dose at 12 to 15 months depending on vaccine series • Pneumococcal Conjugate (PCV13): qaadashada 4aad oo ah 12 illaa 15 bilood Pneumococcal Conjugate (PCV13): 4th dose at 12 to 15 months • Measles, Mumps, Rubella (MMR): qaadashada 1aad oo ah 12 illaa 15 bilood Measles, Mumps, Rubella (MMR): 1st dose at 12 to 15 months • Busbus: qaadashada 1aad oo ah 12 illaa 15 bilood Varicella: 1st dose at 12 to 15 months • Cagaarshow/Joonis A: qaadashada 1aad oo ah 12 illaa 23 bilood Hepatitis A: 1st dose at 12 to 23 months |
| 15 illaa 18 bilood jir 15 to 18 Months Old | <ul style="list-style-type: none"> • DTaP Qoorgooye, Teetano iyo Kix/Xiiqdheer: qaadashada 4aad DTaP (Diphtheria, Tetanus & Pertussis): 4th dose |
| 2 illaa 3 jir 2 to 3 Years Old | <ul style="list-style-type: none"> • Cagaarshow/Joonis A: qaadashada 2aad Hepatitis A: 2nd dose • Pneumococcal polysaccharide (PPSV23): 2 sanno illaa 18 sanno oo ah kooxaha qaarkood ee halis sare ku jira Pneumococcal polysaccharide (PPSV23): 2 years through 18 years for certain high risk groups |

| Da'da Age | Tallaalka Vaccines |
|-----------------------------------|--|
| 4 illaa 6 jir 4 to 6 Years Old | <ul style="list-style-type: none"> • DTaP Qoorgooye, Teetano iyo Kix/Xiiqdheer qaadashada 5aad Diphtheria, Tetanus & Pertussis (DTaP): 5th dose • Dabay; qaadashada 4aad Polio (IPV): 4th dose • Jadeeco, Qaamowqashiir/Teeriyotanbuur iyo Jadeeco Jarmal (MMR): qaadashada 2aad Measles, Mumps, Rubella (MMR): 2nd dose • Busbus: qaadashada 2aad Varicella: 2nd dose |

After Getting a Vaccine

Some children will be fussy, have redness and swelling where the shot was given, or a fever. This is normal. **Call your child's doctor right away** if your child has any of these problems:

- Wheezing or problems breathing
- Swelling of the neck or face
- Convulsions (seizures) or muscle spasms
- Trouble waking from sleep
- A fever taken under the arm over 100 degrees F or 38 degrees C
- Constant crying for more than 3 hours
- A rash or hives

Ka-dib Qaadashada Tallaal

Caruurta qaarkood waa ay ooyi doonaan, waxa casaan iyo barar ay ku yeelan doonaan bartii laga duray, ama waxa ay yeelan doonaan qandho. Taasi waa caadi. Isla markiiba wac dhakhtarka ilmahaaga haddii ilmahaagu leeyahay mid ka mid ah dhibaatooyinkan:

- Xiiq ama dhibaatooyin neefsasho
- Wajiga iyo luqunta oo barara
- Gariir (suuxdinno) ama dubaaxin muruq
- Hurdo ka-toosidda oo dhib ku ah
- Qandho laga qaaday kilkisha oo ka badan 100 darajo F ama 38 darajo COohin joogto ah oo ka badan 3 saacadood
- Finan ama xajiin

Vaccine Record

Bring your child's vaccine record with you each time you visit your child's doctor or your local health department. Keep your child's vaccine record so you will have it for:

- Women, Infants and Children (WIC) visits, a food aide program
- Head Start, a preschool program
- Day Care
- School
- College

Talk to your child's doctor or nurse if you have any questions or concerns.

Diiwaanka Talaalka

Soo qaad diiwaanka ama qoraalka talaalada ilmahaaga wakhti kasta oo aad imanaysid xafiiska dhakhtarka ilmahaaga ama waaxda caafimaadka ee degmadaada. Meel ku kaydso diiwaanka talaalada ilmahaaga si aad ugu haysatid:

- Booqashooyinka, barnaamijka Haweenka, Ilmaha Yaryar iyo Caruurta, oo ah barnaamij gargaar cunto (WIC)
- Barnaamijka, oo ah barnaamij ka horeeya dugsiga
- Sii-haynta Ilmaha
- Dugsiga
- Koleejka

La hadal dhakhtarka ilmahaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac.