

Tallaal ka raadso:

- Daryeel caafimaad bixiyahaaga.
- Farmashiyayaasha qaarkood.
- Waaxda Caafimaadka Degaanka Multnomah ee dadka waaweyn iyo carruurta, adigoo balan ka samaysanaya. Wac **503-988-3406** ama booqo www.multco.us/health/immunizations.

Tallaalka jadeecadu waa mid badbaado ah.

- Tallaalka jadeecada, qaamo-qanshiirka/qanjir bararku ama jadeeco jarmalka “rubella” waa mid badbaado ah.
- Waxaa dhici karta in uu raad yar yeesho kuwaasi oo ay ka mid yihiin xanuun laga dareemo meesha la iska tallaalay, xumad, finan yar yar iyo barar yar.
- Raad xun oo uu yeelan karo iyo xasaasiyad/aleerjig waa kuwo marar dhif ah dhaca.
- Tallaalada carruurta kuma jirto maadada mercury-gu.



Waaxda Caafimaadka Degaanka Multnomah

Adeegyada Cudurada la isku Gudbiyo

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Jadeecadu.

Kaliya maaha finan

- Jadeecadu waa fayras la is qaadsiiyo oo dadka iskaga gudba.
- Jadeecadu waxay noqon kartaa mid khatar ah, gaar ahaan dhallaanka iyo carruurta yar yar.
- Affartii qof ee kasta ee jadeecada qaba qof ka mid ah ayaa u baahan doona in uu aado istitaalka.
- Saddexdii qof ee kasta qofka ka mid ah ayaa lahaan doona infekshanka ku dhaca dhagaha, infekshanka ku dhaca sambabka iyo marar dhif ah, maskaxda oo bararta.
- 1000-kii carruur ah ee kasta ee qaba jadeecada, hal ilaa labba ka mid ah ayaa dhiman doona.



Astaamaha jadeecada

- Xumad
- Qufac iyo sanko oo duufka socdo
- Indhaha oo casaada/guduuta
- Finan cas/guduudan oo ka bilaabma madaxa iyo wajiga iyagoo markaa ka dibna ku fida jirka intiisa kale.
- Astaamaha waxaa la yeeshaa hal ilaa toddobaad gudahood. Marar dhif ah, wuxuu qaadan karaa ilaa affar toddobaad si astaamuhu u bilaabmaan.

Sideey ayay jadeecadu u fidaa

- Jadeecada waxaa la fidiyaa marka qof qaba fayras uu qufaco ama hindhiso. Waxaa sidoo kale la fidin karaa marka si toos ah oo loo taabto sanko ama dheecaanka ka yimaada dalqada (sanko) qof qaba jadeecada.

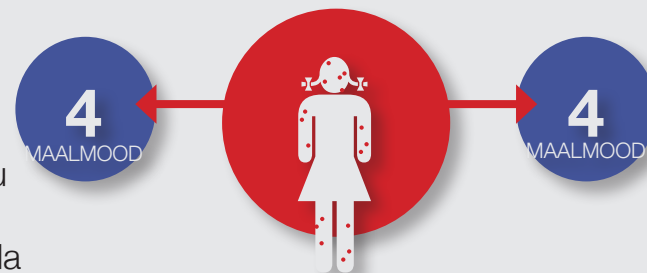


Dadku way fidin karaan jadeecadaha ka hor intaanay jiran.

Dadka aan weligood laga tallaalin jadeecada ama la jiranaa jadeecada ayaa boqolkii 90 u badan tahay in ay qaadaan xanuunka haddii ay u dhow yihiin qof qaba jadeecada. Dadku waxay jadeecada fidin karaan ilaa muddo affar maalmood ah ka hor in intaanay finanku soo muuqan iyo ilaa muddo affar maalmood ah taasi ka dib.

Marka hore wac

Haddii aad u malaynayso in ilmahaagu qabo jadeeco fadlan marka hore wac xaruntaada caafimaad ama Xaruntaada Daryeelka Degdega ah si aad uga hortagto in fayraska ku faafo dadka kale.



Jadeeco ma qaadaysid haddii:

- Ay da'daadu ka yar tahay affar sano oo aad qaadatay qiyaasta hal “dose” oo ah tallaalka jadeecada, qaamo-qanshiirka/qanjir bararka iyo jadeeco jarmalka “rubella”.
- Aad tahay affar sano jir ama ka weyn tahay oo aad qaadatay labba tallaalka jadeecada ah.
- Aad dhalatay ka hor 1957-kii.
- Dhiig lagaa qaaday oo uu tilmaamay in aadan qaadi karin jadeecada.

Carruurtaada illaali

- Qiyaasta “dose” koowaad ee tallaalka jadeecada waa in la siiyaa 12 ilaa 15 bilood jirka.
- Qiyaasta “dose” labbaad waa in la siiyaa 4 ilaa 6 jirka.