



# Macluumaadka waalidka loogu talagalay – Barnaamijka tallaalka Fasalka 8

## Waa maxay sababta uu tallaalku muhiimka u yahay?

Mashruucyada tallaalku wuxuu ka ilaaliyaa dadka cudurada infekshinka oo wada khatar badan oo jirro daran leh, iin iyo dhimasho. Tallaaladu waxay kiciyaan jawaabta difaaca jirka oo ka ilaalisa dadka haddii la kulmaan cudurka mar labaad degaankaas.

Dhammaan tallaalada hadda laga helo Australia waa inay ka gudbaan imtixaanada ammaanka ee adag ka hor intaan la ogolaan. Tallaalada si joogta ah ayaa loola socdaa ammaankooda iyo wax ku oolnimadoodaba. Ka akhri wax badan oo ku saabsan ammaanka tallaalka iyo waxyeelada guud iyo ta dhifka ah: [healthywa.wa.gov.au/immunisation](http://healthywa.wa.gov.au/immunisation)

## Barnaamijka Tallaalka Fasalka 8aad

Australia gudaheeda, ardeyda fasalka 8 waxaa lagu siiyaa tallaalo bilaash ah Barnaamijka Tallaalka Qaranka si uu uga ilaaliyo:

- \* Gowracato
- \* Teetano
- \* Xiiq dheer (pertussis)
- \* Papillomavirus bani'aadamka (HPV).

Waxaad ka akhri kartaa wax badan oo ku saabsan cuduradaan iyo tallaalada loo isticmaalo in layskaga ilaaliyo: [healthywa.wa.gov.au/immunisation](http://healthywa.wa.gov.au/immunisation)

## Waxaad u baahan tahay inaad sameyso

Xirmadaan ka raali ahaansha tallaalka waxaa lagugu siiyey barnaamijka dugsiga fasalka 8 ee ilmahaaga. Xirmadu waxay ka kooban tahay macluumaad iyo foomka ka raali ahaanshaha.

- \* U akhri foomka ka raali ahaanshaha ee la socda iyo warqada xaqiiqda tallaalka si taxadar leh, oo booqo [healthywa.wa.gov.au/immunisation](http://healthywa.wa.gov.au/immunisation) ama la xiriir kalkaalisada dugsigaaga haddii aad u baahan tahay macluumaad dheeraad ah.

- \* sax sanduuqa guduudka ama cagaarka ee foomka ka raali ahaanshaha, si aad u tilmaanto tallaalada aad ka raali noqoneyso, iyo kuwaadan ka ahayn, ka dib saxiix meesha lagu banneeyey.

- \* ku bixi macluumaad foomka ka raali ahaanshaha oo ku saabsan Dhibaatooyinka caafimaadka ee laga yaabo inay saameeyaan jawaabta tallaalka ee ilmahaaga..

Waxaa laga yaabaa inuu kula soo xiriirto kalkaalisada haddii ay u baahan yihiin macluumaad dheeraad ah.

## Waxaa la tallaalayaa oo kaliya ardeyda leh foom dhammeystiran oo saxiixan.

Haddii ilmahaagu uusan helin tallaalka maalintaas, waa lagu soo wargelinayaa waxaana lagu siin doonaa fursado kale oo tallaalka.

## Ka hor intaan ilmahaaga la tallaalin

Jirrooyinka guud, fudud, sida hargabka oo leh xumad heer darajo hoosa ah leh, waa inuusan dib u dhigin tallaalka. Si kastaba ha ahaatee, xaaladaha qaarkood waxaa lagu talinayaa in tallaalka laga hayo ama daahiyo xaalad caafimaad awood. Ogeysii kalkaasadaada tallaalka ama dugsiga haddii ilmahaagu:

- \* uu lahaa falcelin daran oo xigtay tallaalo hore
- \* uu leeyahay taariikh daran oo xasaasiyadeed halkaas oo aan tallaalka lagu talin
- \* has had a live vaccine within the last month (e.g. tuberculosis, measles, yellow fever)
- \* has had an injection of immunoglobulin or whole blood transfusion in the last three months
- \* has a disease that lowers immunity, (e.g. leukaemia, cancer, HIV/AIDS) or is having treatment which lowers immunity (e.g. steroid drugs such as hydrocortisone or prednisolone, radiotherapy, chemotherapy)
- \* lives with someone who has a disease that lowers immunity or who is having

## Daryeelka tallaalka ka dib

Goobta cirbada waxaa laga yaabaa inay gudduud noqoto oo ay bararto – saar marro qabow oo qoyan.

Waxaa laga yaabaa inuu jiro waxoogaa xannuun ah, xumad, madax xannuun ama daal. Wixii ah madax xannuun iyo xannuun, sii paracetamol sida ku tilmaaman qoraalka dusha. Haddii xumada sii jirto, dhakhtarkaaga la tasho.

booqo [healthywa.wa.gov.au/immunisation](http://healthywa.wa.gov.au/immunisation) wixii macluumaad dheeraad ah ee ku saabsan waxyeelada dhifka ah iyo ta guud ee tallaalada.

Isla markiiba raadso tallo caafimaad haddii uu jiro falcelin aad u maleynayso khatar ama waxaan la fileynin.

Dhammaan tallaal bixiyayaasha WA waxaa looga baahan yahay sharci ahaan inay soo sheegaan falcelinta xun tallaalka ka dib. Waalidintu sidoo kale waa soo sheegi karaan waxay saluugaan ee ku saabsan falcelinta tallaalka ka dib midkood internetka [wavvs.health.wa.gov.au](http://wavvs.health.wa.gov.au), ama adoo taleefan u soo diraya Rugta caafimaadka Tallaalka ee Dhexe 9321 1312.

## Diiwanada tallaalka

Tallaalka ka dib, ardeydu waxay heli doonaan diiwaanka tallaalada ay qaateen.

Dhammaan tallaalada lagu maamulay barnaamijyada ku saleysan dugsiga waxaa lagu diiwaangeliyaa Diiwaanka Tallaalka Australia (AIR).

Waxaa tan weheliya, tallaalada HPV waxaa lagu diiwaangeliyaa diiwaanka Qarabja HPV: [hvpregister.org.au](http://hvpregister.org.au)

## Xirriirada

### Central Immunisation Clinic

Taleefan: 9321 1312 8.30am–4.30pm  
maalmaha shaqada ee toddobaadka

### Dhakhtarkaaga xaafada

**Xaruntaada caafimaadka bulshada ee xaafada, unuga caafimaadka dadweynaha ama isbitaalka**  
[healthywa.wa.gov.au/publichealthunits](http://healthywa.wa.gov.au/publichealthunits)

### healthdirect Australia

Taleefanka: 1800 022 222

## Wixii macluumaad dheeraad ah

### Wasaaradda Caafimaadka

[healthywa.wa.gov.au/immunisation](http://healthywa.wa.gov.au/immunisation)

### Barnaamijka Tallaal Australia

1800 671 811 ama [immunise.health.gov.au](http://immunise.health.gov.au)

Dukumiiintigan waxaa lagu diyaarin karaa qaab kale oo bedel ah haddii uu codsado qof iin leh.

Waxaa soo saaray Agaasinka Kontoroolka Cudurka Lays qaadsiiyo  
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Xuquuqda qalabkan waxa lagu aaminey Dawlad Goboleedka Galbeedka Australia ilaa si kale la tilmaamo meeyee. Ka sokow macaamilka cadaalada ah oo ujeedadiisu tahay waxbarasho gaar ah, cilmi baaris, wax ka sheegid ama dib u eegis, siduu ogol yahay ee waafaqsan *Xeerka Xuquuqda 1968* wuxuu bixinayo, qaybna dib looma daabici karo ama looma isticmaalayo ujeeda kasta oo jirta si kastaba ha ahaatee iyadoon laga heysan ogolaansho qoraal ah Gobolka Galbeedka Australia.