

# **Xaashida Xaqiiqda Waalidka**

## **Shuruudaha Tdap ee Ardayda Dugsiga Sare iyo Dhexe**



Sharci tallaalka Wisconsin waxa uu u baahanyahay in dhammaan ardayda gelaya fasalka 6<sup>aad</sup> ay helaan tallaalka Tdap. Si loogu hogaamsamio sharciga dugsiga, waalidku waa inay siiyaan dugsiga ilmaha caddaynta tallaalka ama sheegashada ka dhaafida.

### **1. Waa maxay Tdap?**

Tdap waa tallaalka difaaca Teetanada, Qowracatada, iyo Kixda (kixda).

### **2. Waa maxay heerkasaamaynta oo tallaalka ayaa loo baahanyahay?**

Dhammaan ardayda gelaya fasalada 6 ilaa 12 waa inay qaataan hal tallaalko oo Tdap ah.

### **3. Maxay waalidku u baahanyihiin?**

Ilmahaaga ku tallaalka tallaalka Tdap haddii isaga ama iyaddaanay hore u qaadan tallaalka. Ku diiwaangeli taariikhda tallaalka bogoska saxda ah ee raacsan Diiwaanka Tallaalka Ardayga, saxeex foomka oo ku soo celi dugsiga ilmaha. Husbo inaad ku darto taariikhda tallaalka Tdap diiwaanka tallaalka hadda aad u hayso ilmahaaga. Mustaqbalka, ilmahaagu waxa uu u baahan doonaa inuu siiyo taariikhda dugsiyada kale, kulliyadaha ama loo shaqeeyayaasha. Si loo sheegto ka dhaafid caafimaad, diimeed ama asbaabo shakhsiga u gaar ah, raac tilmaamaha ku yaala Diiwaanka Tallaalka Ardayga oo ku soo celi foomka saxeexan dugsiga ilmahaaga.

### **4. Ma jiraan waxa ka reebitaano tallaalka Tdap ah?**

Haa Haddii ilmahaagu qaatay tallaalka teetanada ka kooban (sida Td) shan sano ka hor isaga/iyaddu intaanu gelin fasalka looga baahanyahay, ilmahaagu wuu u hogaansamay oo loogama baahnaa inuu helo Tdap. Sax ogoska ay ku calaamadsantahay “Td” Diiwaanka Tallaalka Ardayga, geli taariikhda la helay oo ku soo celi foomka saxeexan dugsiga.

### **5. Marka ilmahaagu buuxiyo shuruuda Tdap miyaa iyadda ama isagu u baahan doonaa qaadashada tallaalka kale oo fasal ka duwan ah?**

Maya. Tdap waa shuruud hal wakhti ah. Marka ilmahu buuxiyo shuruuda tallaalka ee fasalka taas oo shuruudu ku xidhantahay, wax tallaalka qaadasho ah looma baahna. Si kale haddii oo dhigo, ardayga qaata Tdap ka hor bilowga fasalka 6<sup>aad</sup> uma baahna tallaalka qaadasho dheeraad ah. Haddii ilmahu qaato tallaalka Td gudaha 5 sanadood gelida fasalka 6aad, ilmaha waxa uu buuxiyay shuruuda Tdap, (xataa in kastoo iyada/isaga aanu dhab ahaan qaadan tallaalka Tdap) oo aan looga baahan doonin tallaalka Tdap hadda ama fasal mustaqbalka ah.

### **6. Haddii ilmahaagu hadda ka hor cudurka kixda qabo (kixda), miyaa isaga aama iyaddu qaadan doontaa tallaalka Tdap?**

Taariikhda cudurka kixda maaha ka reebanaanta shuruuda Tdap. Carruurta qabay kixda weli waxay heli doonaan Tdap sababtoo ah muddada ka ilaalinta ee cudurka lama garanayo oo sababtoo ah cudur aqoonshada way adkaan kartaa in la xaqiijiyo tusaalooyinka qaarkood.

#### **7. Xageen uga heli karaa tallaalka Tdap ilmahayga?**

Tdap waxaa laga heli karaa adeeg bixiyaha caafimaad, waaxaha caafimaadka maxaliga ah iyo farmasiyada qaarkood. Fadlan hore si waanagsan ilmahaaga haloogu sii tallaalo furitaanka dugsiga si la isaga ilaaliyo degdega xagaaga xaga xafiisyada dhakhtarka iyo rugaha tallaalka.

#### **8. Maxaa Tdap loogu baahanyahay?**

Kixdu waa cudur halis ah. Waxa ay si fudud ugu gudubtaa qof ilaa qof oo waxay sababi kartaa dilaaca gudaha dugsiga. Wisconsin waxay la kullantay labba dilaac kixda ah oo gobolka oo dhan 10 sanadood ee u dambeeyay. Dadka la xanuusanaya kixda waa inay guriga joogaan oo aanay tegin shaqada ama dugsiga ugu yaraan shan maalmood. Daraasadahu waxay muujiyeen in ka ilaalinta laga helay tallaalka DTP/DTaP sidii ilma yar ay bilowdo inay hoos u dhacaan 5 ilaa 10 sanadood ka dib tallaalka; tallaalka Tdap waxa uu xoojin doonaa dicaafa jidhka oo waxa uu ka caawin doonaa kurayda kixda.

#### **9. Ma jiraan wax tallaalo kale oo lagula talinayo kuraydayda?**

Haa Waxaa jira saddex tallaalo kale oo caadi ahaan lagula taliyo kurayda. Tallaalka Human Papillomavirus Vaccine (HPV) waxaa uuka ilaaliyaa fayraska ah sababta ugu wayn ee kansarka. Tallaalka meningococcal conjugate waxa uu ka ilaaliya cudurka maaninjaytiska (qoorgooyaha), iyo tallaalka hargabka sanadlaha ah waxaa lagula taliyaa qof kasta oo 6 bilood jir ah ama ka wayn.

#### **10. Halkeen ka heli karaa macluumaad dheeraad ah?**

- Xarunta Xakamaynta Cudurka (Center for Disease Control, CDC)  
<http://www.cdc.gov/vaccines/vpd-vac/pertussis/default.htm>
- Barnaamijka Tallaalka Wisconsin <https://www.dhs.wisconsin.gov/immunization/pertussis.htm>
- Adeeg bixiyaha daryeelka caafimaadka ilmahaaga ama waaxda caafimaadka maxaliga ah



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