



# Wacyigelinta Tallaalka Xanuunka Hawamareenka 2023–2024 Agabka Shaqaalaha Daryeelka Caafimaadka

(Promoting Respiratory Illness Vaccination 2023–2024 Toolkit for Health Care Providers)

Wisconsin Department of Health Services (Waaxda Adeegyada Caafimaadka) | Division of  
Public Health (Qeybta Caafimaadka Dadweynaha)

Bureau of Communicable Diseases (Xafiiska Xanuunnada Faafa) | Qeybta Tallaallada

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# Macluumaadka Bukaanka iyo Siyaabaha Loola Xiriirayo

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Bukaanku waxay kuugu kalsoon yihiin markay kaa helayaan macluumaad caafimaad oo sax iyo sida looga hortago xanuunka hawamareenka. Kala soco wixii cusub adigoo si joogto ah u eegaya [macluumaadka tallaalka ee gobolka iyo faayruska hawamareenka](#). In kor loo qaado wacyigelinta tallaalka fuluuga oo dadka lala wadaago macluumaadkii ugu dambeeyey ee agabka iyo Centers for Disease Control and Prevention's (Xarumaha Xakameynta iyo Ka-hortagidda Cudurrada ama CDC) [HCP Agabka Fuluuga](#), [tasiilaadka tallaalka ee COVID-19](#), iyo [tasiilaadka RSV ee shaqaalaha](#). Xusuusi bukaanka in aysan ka daahin oo ay qaataan tallaalka xanuunnada hawamareenka iyo in ay ku dedaalaan nadaafadda.

## Waraaqaha Darbiyada, Jaantusyo, iyo Xaqiiqooyin Kooban

- Adigu daabaco [waraaqaha darbiyada iyo wax kasta](#), iyo [jaantusyo](#) ku kala duwan cabbirkooda, qaababkooda tallaalka fuluuga iyo luuqadaha ay dadku ku hadlaan. Si bilaash ah ku qaado [jaantusyo](#), iyo [waraaqaha darbiyada oo daabaco](#) macluumaadka COVID-19. Isticmaal xaqiiqooyin kooban, jaantusyo sawir leh, iyo wacyigelinta duuban ee [RSV](#).
- Isticmaal [sawir dhaqdhaqaaqaya](#), [fiidiyow](#), ama [su'aalo kedis ah](#) oo laga arko shaashadaha qolka sugidda ama barta internetka ee fuluuga iyo COVID-19.
- Xafiiskaaga wax kale ma u rabtaa ama waraaqaha darbiyada lagu dhejiyo? Eeg bogga [DHS ee Faayruska Hawamareenka](#) si aad uga hesho macluumaad dheeraad ah oo ku saabsan COVID-19, fuluuga, iyo RSV. Tasiilaadka dheeraadka ah waxaa ka mid ah [tasiilaad bilaash ah](#) oo ay qoysasku kula dagaallamaan fuluuga ama Children's Philadelphia [tasiilaadkooda macluumaadka tallaalka](#).

## Marka lala Hadlayo Bukaanka iyo Waalidka

Eeg [habka ugu fiican](#) ee loo kordhin karo qaadashada tallaalka fuluuga, sida dadka [loogula taliyo tallaalka fuluuga](#) si ay bukaanka caadiga ah u fahmaan [iyagoo wax looga sheegayo COVID-19](#), iyo habka looga qeybqaato su'aalo iyo jawaabo ku saabsan [fuluuga](#) iyo [COVID-19](#).

## Farriimaha Baraha Bulshada

Dadka kula wadaag farriimaha kore iyo sawirrada (sida tasiilaadka) adigoo u dhigaya baraha ay bulshadu ku wada xiriirto. Waxa kale oo aad qoraallada kula wadaagi kartaa baraha bulshada ee DHS iyo hay'adaha kale (sida CDC ama World Health Organization (Laanta Caafimaadka Adduunka)) isla baraha bulshada ee aad adigu isticmaasho. Weliba waxaad u raacisaa macluumaad ah tallaalka qiima jaban ama bilaash ah in aad u haysaan dadka aan ceymisku ka bixineyn-/kuwa aan ceymis haysan.

## Ku-dar Barta Internetka

Si fudud ugu dar CDC [xogteeda fuluuga](#) iyo [xogteeda tallaalka](#) barta internetka si ay dadka ugu xusuustaan tallaalka iyaga oo raacaya [sida lagula taliyo](#).

## Hannaanka Xusuusinta Ballamaha

- Waa in aad sameysataan [xusuusin/oqeysiisyada dadweynaha](#) adinka oo ka soo xiganaya Wisconsin Immunization Registry (Diiwaanka Tallaalqaadashada Wisconsin ama WIR) si ay bukaanku ula socdaan ballamahooda tallaalka.

- Waxaad raacdaan habka fudud ee CDC [farriimaha boostada intarnetka](#) si ay bukaanku ugu xusuustaan in ay qabsadaan ballamahooda tallaalka ifilada.
- Si fudud u isticmaala Ururka Maamuleyaasha Tallaalka [kaararkooda tallaalka joogtada ah](#) si ay bukaanka idiin yimaada ugu xusuustaan in ay idinla soo xiriiraan oo ay ballan qabsadaan.

## Tusaale Warmurtiyeedka Caafimaadka

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Halkan waxa ku qoran tusaale ah warmurtiyeedka loo gudbiyo shaqaalaha caafimaadka, waaxyada caafimaadka, iyo agaasimeyaasha caafimaadka qabiillada ee Wisconsin. Waa in aad wax ka beddesho tusaalaha adigoo u eegaya baahida ka jirta deegaankaaga.

### Warmurtiyeed Degdeg ah

Taariikhda: [xx-xx-xxxx]

## Naftaada iyo Qoyskaaga Tallaalka Uga Difaac Xanuunka Hawamreenka Sannad Kasta

Mar kasta oo la qaato tallaallada waxa ay u fiican yihiin adiga, qoyska, iyo bulshada si aad difaac uga heshaan fuluuga, COVID-19, iyo tallaalka RSV ee dadka waayeelka ah

Maaddaama uu faafo xanuunka hawamareenka, shaqaalaha caafimaadka waxay rabaan in aad naftaada iyo qoyskaaga ku difaacdo tallaalka fuluuga ee sannadka iyo kan COVID-19. Labada tallaalka waxaa la qaadan karaa ilaa inta ay jiraan oo ay faafayaan xanuunnada. Sannadkan, CDC waxay oggolaatay tallaalka RSV oo ah hal mar oo ay qaadan karaan dadka ka weyn 60 sano. Dadka gaaray ama ka weyn 60 sano waa in ay dhakhtarka kala hadlaan si ay u ogaadaan haddii ay tallaalka RSV qaadan karaan. Tallaalladu waa difaac waxtar leh oo waa habka ugu fiican ee looga hortagi karo xanuunka halista ah ee hawamareenka. Mar kasta oo la qaato tallaalka lagama daahin.

"Markaan anaga iyo dadka oo dhan tallaalka isaga difaacno fuluuga, waxaa yaraanaya qoysaska xanuunka u dhimanaya ama isbitaal loo dhigayo oo dadka ayaa helaya badqabid." sidaas waxaa yiri [insert health officer name and name of local health department]. "Markaad qaadatao tallaallada xanuunnada hawamareenka, waxaad naftaada iyo bulshada ka difaaceysaa xanuun khatar ah."

Qof kasta oo gaaray 6 bilood iyo ka weyn ayaa lagula talinayaa in uu tallaalka u qaato fuluuga sannad kasta iyo COVID-19. Qaadashada tallaallada fuluuga iyo COVID-19 si gaar ah ayey muhiim ugu tahay dadka khatarta weyn ugu jira dhibaatooyinka xanuunnada halista ah, sida:

- Haweenka uurka leh
- Carruurta yaryar
- Dadka gaaray 65 jir iyo ka weyn, gaar ahaan kuwa ku nool xarumaha dadka badan
- Dadka qaba xaaladaha caafimaadka qaarkood, sida neefta ama xanuun ah wadnaha

Qof kasta oo gaaray 60 jir ama ka weyn ayaa lagula talinayaa in uu dhakhtar kala hadlo qaadashada tallaalka RSV ee sannad kasta. Tallaalka RSV ee la oggolaaday waxa uu dadka waayeelka ah ka difaacaya dhibaatooyinka halista ah ee RSV, gaar ahaan kuwa ku nool xarumaha dadka badan. Waalidka dhallaanka iyo carruurta ka yar labada sano waxaa si adag loogu sheegayaa in ay dhakhtarka carruurta ee ilmahooda kala hadlaan sida ay u qaadanayaan hal qiyaas oo ah nirsevimab, falgalka habka difaaca, si looga hortago xanuun daran oo uga yimaada RSV.

Shaqaalaha caafimaadka [insert your jurisdiction name] waxay hubsan doonaan waa in tallaalka laga soo qaatay meel habboon oo badqabid leh. Waxaad tallaalka fuluuga ee sannad kasta ka heli kartaa [list any known flu vaccine sites in your jurisdiction] oo tallaalka COVID-19 ee sannad kasta ka eego [list any known COVID-19 vaccine sites in your jurisdiction]. Haddii aad ka weyn tahay 60 jir, waxaad tallaalka RSV ka heli kartaa kilinigga dhakhtarkaaga ama farmashiyaha deegaankaaga. Fadlan weydii shirkadda ceymiskaaga caafimaadka lacagta la iska rabo ee tallaalka kasta. Haddii aadan haysan ceymiska caafimaadka, waxaad aadi kartaa [insert name of free vaccine clinics in your jurisdiction] iyo [Bridge Access Program](#).

Tallaalku waa mid ka mid ah siyaabaha ugu fiican ee lagu ilaaliyo caafimaadka iyo sida looga hortago in lagu xanuunsado xanuunka hawamareenka sida fuluuga, COVID-19, iyo RSV. Marna lagama daaho in difaac la sameysto. Waxaa badqabid lagu heli karaa tallaalka fuluuga ee sannad kasta, tallaalka COVID-19, iyo tallaalka RSV (ee 60 jir ama ka weyn) xilliga la kala qaadayo xanuunka hawamareenka. La xiriir dhakhtarka ama kilinigga maanta oo ballanta tallaalka ka qabsada adiga iyo qoyskaaga. Haddii lacag la idinka rabo qaadashada tallaalka, adiga ama [carruurtaada](#) waxaad ka heli kartaan [tallaal qiima jaban ama bilaash ah](#) [or insert your local vaccine program information].

## Fahamka Muhiimadda Tallaalka Xanuunka Hawamareenka

### Macluumaad Guud

- Tallaalladu wax dhib ah ma keenaan ee waa sida ugu fiican ee hawamareenka looga difaaci karo xanuunka la kala qaado.
- Boqollaal milyan oo ah dadka Mareykanka ayaa qaata tallaallada fuluuga iyo COVID-19 oo aan wax dhib ah ku arkin 50kii sano ee la soo dhaafay, oo waxaa lagu sameeyey cilmibaaris badan oo lagu soo xaqiijiyey.
- Xanuunnada fuluuga, COVID-19, iyo RSV waa kuwa hawamareenka oo la kala qaado, waxaa keena saddex faayrus oo kala duwan oo waa in loo qaato saddex tallaalka oo kala duwan.
- Kala xiriir dhakhtarka ama shaqaalaha kale ee caafimaadka haddii aad wax su'aalo ah ka qabto fuluuga, COVID-19, ama tallaalka RSV.

Fariimo Muhiim ah	Macluumaadka taageeraya
1. Marna lagama daaho in aad qaadato tallaallada fuluuga, COVID-19, iyo RSV.	<ul style="list-style-type: none"> <li>• Qof kasta oo gaaray ama ka weyn 6 bilood waa in uu qaato tallaallada fuluuga iyo COVID-19, waa sida ay ku talinayaan Centers for Disease Control and Prevention (Xarumaha Ka-hortegidda iyo Xakameynta Cudurrada), Wisconsin Department of Health Services (Waxda Adeegyada Caafimaadka), iyo [insert your organization's name].</li> <li>• Qof kasta oo gaaray ama ka weyn 60 jir waa in uu kala hadlo dhakhtar haddii uu qaadnayo oo markaas lagula talinayo tallaalka RSV.</li> <li>• Waxay qaadanaysaa ilaa laba toddobaad in ay tallaallada fuluuga iyo COVID-19 si buuxda u kiciyaan habdhiska difaaca si uu jirku u sameysto dheecaan uu isaga difaaco faayruska.</li> <li>• Xataa haddii aadan iska tallaalin ka hor intuuusan bilaabmin xilliga xanuunka hawamareenka, waa in aad markii aad xusuusato qaadato tallaallada fuluuga, COVID-19, iyo RSV.</li> </ul>

<p>2. Qaadashada tallaalka fuluuga, COVID-19, iyo RSV waa difaaca adiga iyo dadka kula nool.</p>	<ul style="list-style-type: none"> <li>• Xanuunnada hawamareenka ee fuluuga, RSV, iyo COVID-19 waa kuwa si fudud u sii faafi kara markay dadku isla kulmaan, gaar ahaan meel gudaha ah.</li> <li>• Qaadashada tallaalka fuluuga ee sannad kasta iyo tallaalka COVID-19 arka lagu taliyo waxay dadka ka difaacayaan in dad xanuun laga qaado iyo in dadka kale xanuun la sii qaadiyo. Haddii aad gaartay ama ka weyn tahay 60 sano, qaadashada tallaalka RSV ee sannad kasta adiga iyo dadka kale ayuu ka difaacayaa RSV.</li> <li>• Dhallaanka jira 8 bilood ama ka yar iyo carruurta jira 8 ilaa 19 bilood ee halista badan ugu jira RSV waa in ay qaataan hal qiyaas oo ah nirsevimab si aysan aad ugu xanuunsan RSV.</li> <li>• Qof kasta oo gaaray 6 bilood iyo ka weyn waxaa lagula talinayaa inuu qaato tallaallada fuluuga ee sannad kasta iyo marka loo sheego COVID-19.</li> </ul>
<p>3. Taleefan u dir dhakhtarka ama kiliniga aad la xiriirto si aad maanta ballan uga qabsato!</p>	<ul style="list-style-type: none"> <li>• Waxaad tallaalka ka soo qaadan kartaa dhakhtarkaaga, farmashiye, waaxda caafimaadka deegaanka, ama goobaha tallaalka ka baaro <a href="https://www.vaccines.gov">Vaccines.gov</a>.</li> <li>• Haddii lacag la idinka rabo qaadashada tallaalka, adiga ama <a href="#">carruurtaada</a> waxaad heli kartaan <a href="#">tallaal qiima jaban ama bilaash ah</a> oo ay bixinayaan <a href="#">Bridge Access Program</a>.</li> <li>• Waxaa dadkoo dhan loo diyaariyaa tallaalka fuluuga si ay u wada qaataan.</li> <li>• Waxaad hal mar a isla qaadan karaa tallaalka fuluuga iyo kan COVID-19.</li> </ul>

## Tusaaleyaasha Farriimaha Baraha Bulshada

Door muhiim ah ayaad ka qaadan kartaa in ay bukaanku qaataan tallaalka. Waxaad kor u qaadi kartaa qaadashada tallaalka hawamareenka adigoo fariimaha muhiimka ah dadka kula wadaagaya warbaahinta bulshada. Fadlan isticmaala oo sidii aad rabto u sii beddelo. Waafaji wixii aad beddeleyso habka iyo hadalka aad rabto iyo baahida dadka kugu xiran ee warbaahinta bulshada.

Sawirrada linkiga ah waa talooyin la soo jeediyey. Sawirradu qaarkood waa bilaash in la sii isticmaalo, laakiin waxaa laga yaabaa in ay adinka idiin qoran yihiin sharciyo mamnuucay. Kala hadal kooxda sharciyaqaanka ah waxa adinka idiin qoran ee ah isticmaalidda sawirrada linkiga ah.

Xilliga	Darbi ku dheji	Linkiga sawirka
<p>Horraanta Deyrta</p>	<p>Sannad-dugsiyeedka cusub si fiican ha idiinku bilowdo! Carruurta wax ha barato oo iskuulka ha joogaan iyagoo soo qaatay tallaallada caadiga ah, sida COVID-19 iyo tallaalka fuluuga. #PreventionIsProtection</p>	<ul style="list-style-type: none"> <li>• <a href="https://unsplash.com/photos/fu3RFotmMdE">https://unsplash.com/photos/fu3RFotmMdE</a></li> <li>• <a href="https://www.pexels.com/photo/girl-getting-vaccinated-3992931/">https://www.pexels.com/photo/girl-getting-vaccinated-3992931/</a></li> </ul>
<p>Horraanta Deyrta</p>	<p>Waxaa la joogaa xilligii xanuunka hawamareenka! COVID-19, fuluuga, iyo RSV si aad ah ayey carruurta ugu xanuunsan karaan. Difaaco carruurtaada oo ha qaataan tallaalka iyagoo mar kasta dhaqanaya gacmaha. Haddii aad ka walaaceyso kharashka, eeg Wisconsin barnaamijkeeda Tallaalka Carruurta: <a href="https://www.dhs.wisconsin.gov/immunization/vfc.htm">https://www.dhs.wisconsin.gov/immunization/vfc.htm</a></p>	<ul style="list-style-type: none"> <li>• <a href="https://www.pexels.com/photo/red-leaf-trees-near-the-road-33109/">https://www.pexels.com/photo/red-leaf-trees-near-the-road-33109/</a></li> <li>• <a href="https://www.pexels.com/photo/photo-of-kids-smiling-8087930/">https://www.pexels.com/photo/photo-of-kids-smiling-8087930/</a></li> </ul>

Dabayaaqada Deyrta	Qoyskaagu yeysan xanuunsan xilliga qaboobaha soo socda ee iska tallaala COVID-19 iyo fuluuga. Isku mar ayaa tallaallada la wada qaadan karaa! La xiriir dhakhtarkaaga ama farmashiye oo maanta ka qabso ballan! #TogetherWeAreStrong	<ul style="list-style-type: none"> <li>• <a href="https://www.pexels.com/photo/women-playing-basketball-2116469/">https://www.pexels.com/photo/women-playing-basketball-2116469/</a></li> <li>• <a href="https://www.pexels.com/photo/a-man-pulling-a-sled-and-snow-tube-6617820/">https://www.pexels.com/photo/a-man-pulling-a-sled-and-snow-tube-6617820/</a></li> </ul>
Thanksgiving (Feystada Mahadcelinta ka hor Darbi ugu dheji 11/23)	Feystada Thanksgiving waa in la wada qaato tallaallada! Tallaalladu waa difaac waxtar leh iyo habka looga hortagi karo xanuunka hawamareenka. Waa in aad qaadato tallaalka COVID-19 iyo kan fuluuga ka hor fasaxa sannadka cusub. #TogetherWeAreStrong	<a href="https://www.pexels.com/photo/family-preparing-food-in-the-kitchen-4262010/">https://www.pexels.com/photo/family-preparing-food-in-the-kitchen-4262010/</a>
Qaboobaha	Xanuunnada hawamareenka waa khatar. Carruurtaadu ha kuu caafimaad qabto ee xusuusi dhaqista gacmaha, in ay daboolaan afka iyo sanku markay hindhisaan ama qufacayaan, oo ha qaataan tallaalka COVID-19 iyo fuluuga. #PreventionIsProtection	<a href="https://unsplash.com/photos/ae1db1_a7l">https://unsplash.com/photos/ae1db1_a7l</a>
Fasaxa Qaboobaha	Diyaar ma u tahay fasaxa qaboobaha? Caafimaadka ku dedaal si aadan wax dhib ah ugala kulmin marka lagu jiro xilliga qaboobaha: 1. Qaado tallaalka COVID-19 iyo fuluuga 2. Gacmaha ku dhaqo saabuun iyo biyo 3. Naso in badan oo jimicsi samee. #EnjoyAHealthyBreak	<ul style="list-style-type: none"> <li>• <a href="https://www.pexels.com/photo/a-young-girl-playing-in-the-snow-6289793/">https://www.pexels.com/photo/a-young-girl-playing-in-the-snow-6289793/</a></li> <li>• <a href="https://unsplash.com/photos/zqeXZRnW7l4">https://unsplash.com/photos/zqeXZRnW7l4</a></li> </ul>
Fasaxa Qaboobaha	Caafimaadka waa in lagu dedaalo xilliga fasaxa! In la qaato tallaalka hawamareenka waa habka ugu fiican ee aad ku difaaci karto naftaada iyo dadka kula nool. #HealthIsAGift #HappyHealthyHolidays	<ul style="list-style-type: none"> <li>• <a href="https://www.pexels.com/photo/a-girl-putting-a-christmas-star-on-a-christmas-tree-5727889/">https://www.pexels.com/photo/a-girl-putting-a-christmas-star-on-a-christmas-tree-5727889/</a></li> <li>• <a href="https://www.pexels.com/photo/photo-of-father-kissing-the-forehead-of-his-daughter-6114368/">https://www.pexels.com/photo/photo-of-father-kissing-the-forehead-of-his-daughter-6114368/</a></li> </ul>
Jannaayo	Sannadka cusub, difaacaagu waa in uu sii fiicnaado! Hawshaada Sannadka Cusub ka hor ha kuu noqoto tallaallada fuluuga iyo COVID-19. Raadso meel kuu dhow oo aad tallaalka ka soo qaadato: <a href="https://www.vaccines.gov/search/">https://www.vaccines.gov/search/</a>	<ul style="list-style-type: none"> <li>• <a href="https://www.pexels.com/photo/a-cute-boy-wearing-a-black-suit-jacket-and-bow-laughing-under-a-falling-confetti-6363874/">https://www.pexels.com/photo/a-cute-boy-wearing-a-black-suit-jacket-and-bow-laughing-under-a-falling-confetti-6363874/</a></li> <li>• <a href="https://www.pexels.com/photo/kids-inside-a-tipi-tent-7600186/">https://www.pexels.com/photo/kids-inside-a-tipi-tent-7600186/</a></li> </ul>
Valentine's Day (Maalinta Jaceylka ka hor darbiga ku dheji 2/14)	Bilicda ubaxyada cascada. Midab cawlan oo qurxoon. Tallaalka qaata adiga iyo qoyskaaga si aad isaga difaacdaan COVID-19 iyo fuluuga. #GiftsThatMatter	<a href="https://www.pexels.com/photo/medical-stethoscope-and-mask-composed-with-red-foiled-chocolate-hearts-4386466/">https://www.pexels.com/photo/medical-stethoscope-and-mask-composed-with-red-foiled-chocolate-hearts-4386466/</a>

Maaj/Horraant a Guga	Gugii ayaa na soo haya! Laakiin jeermiskii xanuunka ayaa weli jira. Marna ha ka daahin inaad qaadato tallaallada COVID-19 iyo fuluuga si aad difaac u sii hesho. #TogetherWeAreStrong	<ul style="list-style-type: none"> <li>• <a href="https://www.pexels.com/photo/a-happy-family-in-the-park-4543640/">https://www.pexels.com/photo/a-happy-family-in-the-park-4543640/</a></li> <li>• <a href="https://www.pexels.com/photo/child-in-red-jacket-and-black-pants-standing-on-water-puddle-5792945/">https://www.pexels.com/photo/child-in-red-jacket-and-black-pants-standing-on-water-puddle-5792945/</a></li> </ul>
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Haddii aad isticmaaleysaan tusaaleyaashaas wax ka mid ah ama aad ka bixineysaan faallo, fadlan noo soo sheega! Su'aalo? Caawimaad kale? [Noo soo gudbiya!](#)

Waxa kale oo aad isticmaali kartaa tasilaadka kale ee CDC ee [fuluuga](#) iyo [COVID-19](#) ama Qoysaska Difaacooda Fuluuga [ee ay raacaan](#). Ka feker in aad isticmaasho oo dadka la wadaagto macluumaadka tallaallada isbitaalka Children's ee Philadelphia sida [fiidiyow ciyaar ah](#) iyo [ciyaar su'aalo ah](#).