

Talaalada



Ma'ogtahay in shantii caruura ah ee ku nool San Diego aan mid kamid ah la Talaalin, iyo in tobankiiba sagaal waalidkoodu ogayn taas? Talaalku waxu ka ilaalinaya ilmahaaga khatarta cudurada, caruurta waxay u baahanyihiin in ay qaataan talaalada oo dhan si ay uga badbaadaan cudurada. Adiga waalid ahaan, taasi waa masuuliyad ku saaran talaalada uu ilmahaagu u baahanyahay in aad la socotid ama aad ogaatid. Waana muhiim in aad dhigtid meel fiican oo amaan ah, kaardhka jaalaha ah ee California ee talaalada lagu diiwaan geliyo.

Waa in uu ilmuhu haystaa talaaladiisa oo dhamaystiran si loo qoro xanaanada caruurta ee guruga, meelaha caruurata lagu hayo inta aanay da'da Dugsiyada gaadhin, iskuulka, xarumaha caruurta lagu xanaaneeyo. Qaado kaadhka talaalka markasta oo aad ilmaha dhakhtar, bukaan socoto ama isbataaka geyneyso. Hubi in ilmahaagu qaatay talaaladii uu u baahnaa oo dhan; faa'iidooyinka laga helayo ayaa ka badan khatarta ka iman karta.

Maka ilmuhu dhasho:	HepB #1 Cagaarsho #1
2 Bilood:	DTaP #1 Hib #1 Polio #1 HepB #2
4 Bilood:	DTaP #2 Hib #2 Polio #2
6 Bilood:	DTaP #3 Hib #3 Polio #3 HepB #3
12 - 15 Bilood:	DTaP #4 Hib #4 MMR #1 VAR
2 Sano:	HepA #1 & 6-12 months later HepA #2
4 -6 Sano:	DTaP #5 MMR #2 Polio #4
11 Sano:	TD teetanas, Gowracato (iyo, Cagaarsho A taxan, Cagaarsho B taxan, Jadeeco dhuungooye Fanto#2 Hablo baas/Busbus Hadii aan ilmaahaagu qaadaniin ku wan inta uu yeryahay.)

Talaalo Bilaash ah/lacag la'aan ah:

Waxa jirta bukaan socod eegto ku siineysa talaalo lacag la'aan ah caruuraha da'doodu ka yartahay laba sano. Balan u ma baahnid iska tag waxaanad sii qaa dataa kaadhka jaalaha ah ee talaalada lagu diiwaan geliyo. (hadii aad haysato) Bukaan socod tadu waxay ku taal Bariga San Diego:

Bukaan socod eegto	Maalmaha	Waqtiyada	Luqadaha lagu hadlo
Central Region Public Health Center 5202 University Ave. 92105 619-229-5400	Isniinta & Khamiista	8:30 - 11:00 a.m.	Ingiriisi, Isbaanish, Tagalog
Bukaan socod eegto La Maestra Family Inc. 4185 Fairmount Avenue 92105 619-280-4213	Isniinta ilaa Jimcaha	9:00 a.m. to 6:00 p.m.	Carabig, Ingiriisi, Farsi, Somali, Isbanish, Tagalog
Bukaan socod eegto Mid-City Community 4305 University Street 150 92105 619-280-8562	Isniinta ilaa Khamiista 4th Saturday each month	9:00 to 11:00 a.m. & 1:00 to 4:00 p.m. 9:00 a.m. to 1:00 p.m.	Ingiriisi, Isbanish, Fiidnaamiis