



SOMALI – The importance of immunisation before and during pregnancy

Muhimadda tallaalka uurka ka hor iyo waqtiga uurka

Tallaalka

- Wuxuu ka ilaalin karaa adiga, canuggaaga aan dhalan iyo kan dhashay cudurada faafa qaarkood. Cuduradan waxay u keeni karaan waxyeelo aad u daran adiga iyo canuggaaga.

Uurka Ka hor

Jadeecada, qaamo-qashiirka iyo rubeelaha

- Caabuqa rubeellaha oo loo yaqaan jadeecada Jarmalka, intaad uurka leedahay wuxuu kuu keeni karaa cilad oo u daran oo la dhasho.
- Waxaa muhiim ah inaad hubiso difaaca rubellahaaga ka hor uurka kasta.
- Waxaa waajiba inaad sugto afar toddobaad ka dib markaad qaadato tallaalka ka hor intaadan isku dayin inaad uur yeelato.
- Ha qaadan tallaalka haddii aad uur leedahay.

Varicella (busbuska)

- Infakshanka busbuska marka ilmuhu uurku jiro badanaa uma keeno xanuun daran adiga iyo cunuggaaga aan dhalan.
- Haddii aadan xasuusan karin haddii busbus kugu dhacay, wydii dhakhtarka (GP) inuu dhiig kaa qaado si loo hubiyo.
- Sug afar toddobaad ka dib markaad hesho tallaalka ka hor intaadan isku dayin inaad uur yeelato.

Intaad uurka leedahay

Hargabka

- Haweenka uurka leh waxay halis dheeraad ah ugu jiraan inay qaadaan caabuqa hargaba oo qalafsan.
- Tallaalka hargabka waxaa lagula talinayaa haweenka uurka leh.

Pertussis (xiiqdheer)

- Iska Tallaalida xiiqdheerta intaad uurka leedahay waxay ka difaacdaa ilmahaaga bisha ugu horraysa dhalashada ka dib.
- Tallaalka Kixdheerta (Boostrix) ayaa lagu talinayaa 20 asbuuc ka dib uurka, xataa haddaad mid samaysay kahor uurka ama inta lagu jiro uurka.
- Isla tallaalka Qiixdheertu (Boostrix) wuxuu kaloo difaaca cudurrada gawracatada iyo teetanada.

Uurka Ka dib

- Tallaalka Qiix dheerta (Boostrix) wuxuu difaaca Qiixdheerta welina wuxuu qiima u leeyahay uurka haddii aadan mid qaadan 10kii sano oo ugu dambeysay.

Ka waran naas-nuujinta?

- Tallaaladaani waa u amaan markaad naas nuujinayso.

Ka waran aabayaasha, awooweyaasha, carruurta iyo dadka kale ee daryeela ilmahayga?

- Tallaalka Qiixdheerta (Boostrix) 10kii sanaba hal mar waxaa lagu talinayaa in dhamaan dadka daryeellaya ilmaha qaataan.
- Waa u ammaan inay qaataan tallaaladan intaad uurka leedahay.
- Carruurtaada kale waxaa waajiba inay lacusboonaysiiyo talaalada si loo caawimo difaacida ilmahaaga dhashay.
- Fadlan arag dhakhtarkaaga guud si aad ugala hadashid tallaalka.

Ka waran carruurta yaryar?

- Dhamaan carruurta yaryar waa in la tallaalaa sida uu ku taliyey Barnaamijka Tallaalka Qaranka (National Immunisation Program).

Xiriirada waxtarka leh

<https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/immunisation-for-pregnancy>

<https://mumbubvax.org.au/>

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