

## WARAAQ KU SOCOTA WAALIDKA/ILAALIYAASHA LA XIDHIIDHA ARDEYGA HEERKA TALLAALKA MMR – 2019

Mudane Waalid ama Ilaaliye:

Iyadoo laga jawaabayo dilaaca jadeecada ee qaran, waxaad u helayaa ogeysiiskan xasuusin ahaan gobolka Ohio baahiyaha tallaalka ee (Xeerka Muraajiceysan ee Ohio 3313.67) ee MMR (jadeeco, qoorgooye iyo rubeela). Dhamaan ardeyda barbaarinta ilaa fasalka 12<sup>aad</sup> waxaa looga baahyahey iney qaataan 2 dhows oo tallaalka MMR ah.

Si loo yareeyo halista dilaacitaanka gudaha, fadlan caawi wakiiladayada iyo bulshada dugsiya adigoo bixinaya nuqulka diiwaanka tallaalka ee dugsiya. Hadii ilmahaagu aanu ka tallaalneyn MMR hel sida ugu dhakhsaha badan oo soo gudbi diiwaanka

Hadii ilmahaaga aan la tallaali doonin waa inaad saxeexdaa oo soo celisaa foomka cafiska tallaalka (i.e. caafimaad, diimeed ama shakhsiyeed) inta lagu jiro 7 maalmood ee helitaanka waraaqdan iyo kusoo celinteeda dugsiya. Hadii kiis jadeeco ka dhaco dugsiya ilmahaaga, ardey kasta oon qaadan tallaalka looma ogolaan doono inuu kasoo qeybgalo 21 MAALMOOD kadib bilowga kiiska ugu dambeeye la ogyahey ee dugsiya.

### Xog ku saabsan jadeecada:

- Tallaalka MMR waa amaan labada dhowsna waa 97% waxtar ah
- Jadeecadu aad ayey u faaftaa. Hadii hal qof qabo, 90% kuwa ag jooga sidoo kale way qaadi doonaan hadii aanu ilaalin tallaalka MMR
- Fayruska jadeecadu wuxuu ku faafaa hawada marka qof qaba qufaco ama hindhiso
- Shakhsiyaadka qaba jadeecada waxey gudbin karaan xanuunka ilaa 4 maalmood kahor calaamaduhu muuqan
- Calaamadaha jadeecada waxaa ku jira: xummad sare (waxey dhaafi kartaa ilaa 104° F), qufac, siin badan, casuus/casaan, indho ooyaya, iyo finan
- Meelaha 1 ka firsan 5 qof kasta kuwaaso qaba jadeeco dhakhtarka la jiiifaa
- 1 ka mida 1,000 kasta oo qof oo qaba jadeeco waxa ku dhici doona maskax barar uu caabuq ugu wacanyahey (encephalitis) kaaso ku hogaamin kara dhaawac maskaxeed.
- 1 ilaa 3 ka firsan 1,000 qof oo qaba jadeecadu way dhiman doonaan, xitaa daryeelka ugu fiican kadib

Waad ku mahadsantahey inaad naga caawisey ka hortaga dilaaca jadeecada. Hadii aad qabto sualo la xidhiidha jadeecada ama tallaalka MMR, ama aad jeclaan laheyd inaad jadwaleyso ballan tallaalka, fadlan la xidhiidh daryeel bixiyaha caafimaad ee ilmahaaga ama booqo [columbus.gov/measles](http://columbus.gov/measles) or [myfcph.org/measles](http://myfcph.org/measles).

Mudnaan,



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