



Hormarinta caafimaadka Colorado iyo ilaalinta ee meelaha aanu degan nahay, wax ku barano, ka shaqayno oo aynu ku ciyaarno

## Waalidiinta/masuulada qaaliga ah ee ardayda dugsiyada barbaarinta - fasalka 12<sup>aad</sup> ee Colorado ee sanad-dugsiiyeedka 2023-24:

Waan ognahay inaad ka fakereyso dhamaan waxyaabaha aad u baahan tahay inaad sameyso si aad u hubiso in ardaygaagu diyaar u noqdo dugsiga. Tallaalku waxa uu muhiim u yahay in la isu diyaariyo dugsiga oo carruurta ayuu ka ilaalinayaa qaadista iyo faafinta xanuunno ku dhici kara oo carqalad ku noqon karaa in dugsiga la yimaado.

Tallaalka waajibka ah iyo ka aan waajibka ahayn:

- Sharciga Colorado wuxuu uga baahan yahay ardayda dhigata dugsiga Barbaarinta - fasalka 12aad ee dadweynaha, kuwa gaarka loo leeyahay, ama kuwa kaniisadaha in laga tallaalo cudurro badan oo tallaalku ka hortagi karo, iyada oo la xareeyo *Shahaadada ka Dhaafidda* mooyee. Wixii macluumaad dheeraad ah, booqo [cdphe.colorado.gov/schoolrequiredvaccines](https://cdphe.colorado.gov/schoolrequiredvaccines) (Ingiriisi ah). Waxaa la rabaa in ilmaha laga tallaalo:
  - Gowracadata, teetanada iyo qiixdheerta (DTaP, Tdap).
  - Cagaarshowga B (HepB).
  - Jadeecada, qaamoqashiirka, rubeelada (MMR).
  - Dabaysha (IPV).
  - Busbuska (hablobaas).
- Colorado waxay raacdaa talooyinka ay dejiyeen Guddida Talobixinta ee Xarumaha Xakameynta iyo Kahortagga Cudurka (CDC) ee Shaqada Tallaalka. **Kahor inta aanay bilaabin Dugsiga Barbaarinta**, ardaydu waa in ay soo qaataan qeybta ugu dambaysa ee DTap, IPV, MMR, iyo busbuska. **Kahor inta aanay bilaabin fasalka lixaad**, ardaydu waa inay qaataan talaalka Tdap, xataa hadii uu ardaygu ka yar yahay 11 jir. Waxaad ka eegi kartaa jadwalada tallaalka lagu taliyay: [www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html](https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html) (Ingiriisi ah) (dhalashada ilaa 6 jirka) ama [www.cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html](https://www.cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html) (Ingiriisi ah) (7 ilaa 18 jirka).
- CDC sidoo kale waxay ku talisaa talaalada COVID-19, cagaarshow A (HepA), human papillomavirus (HPV), hargabka (flu), iyo xanuunka qoorgooyaha (MenACWY iyo MenB), laakiin kuwani khasab maaha si loo gelo dugsiga ku yaal Colorado.

### Ka-saaridda dugsiga

- Waxaa ilmahaaga laga reebi karaa dugsiga haddii aan la idinka helin *Shahaadada Tallaalka, ama Shahaadada ka Dhaafidda*, ama qorshe u socda oo ardaygaaga feylkiisa ku jiro.
- Haddii qof uu ku dhaco xanuun lagaga hortago tallaalka ama uu xanuun ka dillaaco dugsiga ilmahaaga oo uusan soo qaadan tallaalka ardayda oo dhan laga rabo, waxaa dhici karta in ilmahaaga laga reebo hawlaha waxbarashada. Taasi waxay uga dhigan tahay in wakhti waxbarasho ka khasaarayo iyo in ay shaqo iyo mushaar adiga kaa khasaarayaan. Tusaale ahaan, haddii uusan ardaygaagu qaadan tallaalka MMR, waxaa dugsiga laga saari karaa muddo ah 21 maalmood ka dib marka ay qof ku dhacdo jadeeco.

### Wax su'aalo ah?

Kala hadal dhakhtarka daryeelka caafimaadka ama hay'adda caafimaadka dadweynaha deegaanka (LPHA) tallaallada ardayga looga baahan yahay ama haddii aad su'aalo qabto. Waxa aad ka heli kartaa bixiyaha talaalka [cdphe.colorado.gov/immunizations/get-vaccinated](https://cdphe.colorado.gov/immunizations/get-vaccinated) (Ingiriisi ah). Waxa aad ka akhriin kartaa amaanka iyo muhiimiyada tallaalka [www.cdc.gov/vaccines/parents/FAQs.html](https://www.cdc.gov/vaccines/parents/FAQs.html) (Ingiriisi ah), [childvaccine.org](https://childvaccine.org) (Ingiriisi ah), [ImmunizeForGood.com](https://immunizeforgood.com) (Ingiriisi ah), iyo [cdphe.colorado.gov/immunization-education](https://cdphe.colorado.gov/immunization-education) (Ingiriisi ah). In la wada qaato talaalka joogtada ah ayaa muhiim u ah dadka waawayn, iyo sidoo kale caruurta. Waxa aanu ku dhiiri gelinaynaa waalidka iyo koriyayaasha inay ogaadaan nooca talaalada wakhtigoodu taagan yahay. Marka maaha habsan in qoysasku ay wada qaataan! Macluumaad dheeraad ah ka ogow tallaalka dadka waawayn [www.cdc.gov/vaccines/adults/rec-vac/index.html](https://www.cdc.gov/vaccines/adults/rec-vac/index.html) (Ingiriisi ah).

### Bixinta lacagta tallaalka

Hadii aad u baahan tahay inaad wax ka ogaato tallaalka bilaashka ah ama qiimaha jaban iyo bixiyayaasha bixiya, booqo [COVax4Kids.org](https://COVax4Kids.org) (Ingiriisi ah), la xidhiidh hay'adda caafimaadka dadweynaha deegaanka (ka eeg macluumaadka xidhiidhka LPHA [cdphe.colorado.gov/find-your-local-public-health-agency](https://cdphe.colorado.gov/find-your-local-public-health-agency) (Ingiriisi ah)), ama la hadal Khadka Caafimaadka Qoyska Mile High 303-692-2229 ama 1-800-688-7777 si aad u waydiiso macluumaadka xidhiidhka Medicaid iyo xarumaha caafimaadka ee ku yaala aagaaga.

### Diiwaanka tallaallada

- La wadaag *Shahaadada Tallaalka* ardaygaaga dugsiga mar kasta oo la soo siiyo tallaalka cusub.
- Ma u baahan tahay inaad hesho diiwaanka tallaalka ardaygaaga? Waxaad ka heli kartaa **Diiwaanka Macluumaadka Tallaalka ee Colorado (CIIS)**. (Ingiriisi ah). Booqo [COVaxRecords.org](https://COVaxRecords.org) (Ingiriisi ah) wixii macluumaad dheeraad ah, sida tilmaamaha sida loo isticmaalo Boortalka Dadweynaha ee CIIS ee laga eegan karo ama laga daabacdo diiwaanka tallaalka ardayga.

## Ka-dhaafidda

- Hadii ardaygaagu aanu qaadan karin tallaalka [sababo caafimaad dartood](#) (Ingiriisi), waa inaad u gudbisaa *Shahaadada Ka Dhaafidda Caafimaadka* dugsigaaga, oo uu saxeexay dhakhtar (MD, DO), kaaliye caafimaad oo sare (APN), ama kaaliye dhakhtar oo la wakiishay (PA). Waa in aad soo gudbisoo shahaadadan halmar oo keliya, haddii aysan macluumaadka ilmahaaga ama dugsigu isbeddelin. Waxaad ka heli kartaa foomka [cdphe.colorado.gov/vaccine-exemptions](http://cdphe.colorado.gov/vaccine-exemptions) (Ingiriisi).
- Hadii aad doorato in aanad talaalin ardaygaaga sida ay dhigayaan shuruudaha talaalka dugsiga Colorado sababo aan caafimaad ahayn dartood, waa inaad usoo gudbisaa *Shahaadada ka Dhaafidda Aan Caafimaadka Ahayn* dugsigaaga. Ka-dhaafitaannada aan caafimaadka ahayn waa in la soo gudbiyo sannad-dugsiiyeed kasta oo cusub (Julaay 1 ilaa Juun 30). Waxaa jira laba siyaabood oo loo soo gudbiyo ka-dhaafidda aan ahayn caafimaadka.
  - 1.Xeree *Shahaadada ka Dhaafidda Aan Caafimaadka Ahayn* EE uu saxeexay bixiye talaalka Colorado oo ah dhakhtar (MD, DO), kaaliye caafimaad oo sare (APN), kaaliye dhakhtar oo la wakiishay (PA), kaaliye caafimaad oo duwaan gashan (RN), ama farmasiile liisan ka haysta Colorado; AMA
  - 2.Xeree *Shahaadada ka Dhaafidda Aan Caafimaadka Ahayn*, taas oo aad heli karto marka aad dhammayso casharka waxbarashada tallaalka ee onlaynka ah ee gobolka.
- Shahaadada lala soo degi karo iyo linki ku gaynaya casharka waxbarashada onlaynka ah waxaa laga heleyaa [cdphe.colorado.gov/vaccine-exemptions](http://cdphe.colorado.gov/vaccine-exemptions) (Ingiriisi ah).

## Waa sidee xaalka iyo heerka tallaalka dugsiga?

Qaar ka mid ah waaliyiinta/koriyayaasha/daryeelayaasha, gaar ahaan kuwa ay u joogaan arday ay difaaca jirkoodu liitaan ayaa u baahan kara idugsigu ay ardaydoodu tiro aad u badan oo mid ah ay qaataan tallaalkada. Sanadkii, dugsiyadu waa in ay u soo sheegaan waaxda caafimaadka gobolka heerka tirada ardayda tallaalka qaatay iyo kuwa ka-dhaafitaanka (laakiin maya magacyada ardayda ama taariikhda dhalashada). Dugsiyadu ma xukumaan heerka tallaalkada tirada ardayda la tallaalayo iyo kuwa laga dhaafayo ama ma qorsheeyaan Shuruudaha Tallaalka Carruurta oo ku qeexan sharciiga [§25-4-911, CRS](#) (Ingiriisi ah). Dugsiyadu waa inay waraaqdan soo raaciyaan heerarka tirada ardayda laga tallaalay MMR iyo tirada inta laga dhaafay sannad-dugsiiyeedkii ugu dambeeyay. Dugsiyadu sidoo kale waxay dooran karaan in ay ku daraan heerarka tirada ardayda la tallaalay iyo tirada inta laga dhaafay tallaalkada kale ee dugsigu waajibiyey. Heerarka tirada ardayda la tallaalay iyo tirada ka dhaafitaanka oo dheeraad ah waxaa laga heli karaa [COVaxRates.org](#) (Ingiriisi ah).

Magaca dugsiga	Heerka tirada qaadatay tallaalka MMR 2021-2022 WARAAQDA AYAA LA ISKAGA RABAA	Heerka tirada ka-dhaafidda MMR 2021-2022 WARAAQDA AYAA LA ISKAGA RABAA
<i>Dugsiyadu waxa ay ku dari karaan heerarka tirada ardayda in la tallaalo dugsigu u baahan yahay ee ku hoos qoran waraaqda sanadkii ee waaliyiinta/masuuliyiinta loo dirayo</i>		
Shuruudaha Tallaalka Carruurta 95% heerka tirada la tallaalayo ee dhammaan tallaalkada dugsigu u baahan yahay	Heerka tallaalka DTaP/Tdap 2021-2022	Heerka ka-dhaafidda DTaP/Tdap 2021-2022
	Heerka tallaalka HepB 2021-2022	Heerka ka-dhaafidda HepB 2021-2022
	Heerka tallaalka IPV 2021-2022	Heerka ka-dhaafidda IPV 2021-2022
	Heerka tallaalka Busbuska 2021-2022	Heerka ka-dhaafitaanka Busbuska 2021-2022