

Winter-ka 2024

Gacaliye Waalid/Ilaaliye,

Waxaan ku faraxsanahay inaan kuugu fidinno rug tallaal sanadkaan dugsigga sare ee ilmahaaga. Ardaydu waxay tagi karaan rugta caafimaadka si ay u helaan tallaalada maqan. Tallaalada soo socda ayaa laga heli doonaa rugtan:

- Teetano, Gawracato, Xiiq-dheer, iyo dabeyl (Tdap-IPV)
- Fayraska Papillomavirus (HPV9)
- Teetano, Gawracato, iyo Xiiq-dheer (Tdap)
- Cagaarshow B (Hep B)
- jadeeco, qaamo-qshiir iyo Jadeeco Jarmal (MMR)
- Dabeyl (IPV)
- Qoor-gooye (Men-C-ACYW135)

Fadlan booqo www.hamilton.ca/highschoolclinics wixii macluumaad dheeraad ah oo ay ku jiraan taariikhaha rugta caafimaadka ee la qorsheeyay. Dugsiyadu sidoo kale waxay xasuusin doonaan ardayda taariikhda rugta tallaalka ee soo socota.

Ilmahaagu waxa laga yaabaa inuu warqad ka helay Hamilton Public Health Services taas oo muujinaysa in ay seegeen tallaalka carruurnimada ama tallaalka aan loo soo sheegin waaxda Caafimaadka Dadweynaha. Tallaalada rugahani waa fursad lagu cusboonaysiiyo diiwaannada iyo/ama lagu helayo tallaalada maqan. Waxaa lagula talinayaa in ilmahaagu keensado warqaddan maalinta rugta caafimaadka oo ay la socoto diiwaanka tallaalka hadda ama kaarka tallaalka jaalaha ah.

Kalkaaliyeyaasha caafimaadka ayaa qiimeyn doona rikoorka tallaalka ee ilmahaaga maalinta rugta waxayna siin doonaan tallaalka kasta oo waqtigiisii la dhaafay ee looga baahan yahay ee Sharciga Tallaalka Ardayda Dugsiga (1991), ama laga yaabo in la gefeytalaalkii fasalka 7. Kahor intaan tallaallada la siin, ardaydu waa inay keenaan oggolaansho wargelin ah. Rugta caafimaadka ee ku salaysan dugsigga kahor tallaalka sida ku cad Oggolaanshaha Sharciga Daaweynta (1992).

Haddii aad doorato in ilmahaaga uu tallaalo tallaalka bixiye kale oo daryeel caafimaad, fadlan xasuuso inaad cusboonaysiiyo diiwaanka tallaalkaaga Hamilton Public Health. Waxaa kale oo aad arki kartaa diiwaanka tallaalka ilmahaaga, ama waxaad u sheegi kartaa tallaalada waaxda Caafimaadka Dadweynaha Hamilton adigoo booqanaya hph.icon.ehealthontario.ca, ama wac 905-540-5250. Fadlan ogow in bixiyeyaasha daryeelka caafimaadka qoysku aanay u soo wargelin tallaallada Caafimaadka Dadweynaha Hamilton.

Haddii aadan rabin in ilmahaaga lagu tallaalo iskoolka, fadlan u sheeg ilmahaaga inuusan tagin rugta caafimaadka. Ardayda loogama yeedho rugta caafimaadka, waxay awoodi doonaan inay yimaadaan rugta waqtiyada loo cayimay maalintaas dugsigga. Kaliya ardayda timaada rugta caafimaadka ayaa la qiimeyn doonaa waxaana la siin doonaa tallaalo heer sare ah.

Maalinta rugta caafimaad ee tallaalka, fadlan weydii ilmahaaga inuu soo gashado funaanad gacmo gaab ah.

Mahadsanid,

Sharalyn Penner- Cloutier, RN, BScN
Vaccine Program Manager- Community Vaccination and School Clinics
City of Hamilton- Healthy and Safe Communities Department