

Somali | Soomaali

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| Foomka ogolaanshaha/fasax bixinta barnaamijka tallaalka dugsiga sare ee year 7  Buuxi, saxiix oo ku soo celi foomka oggolaanshaha dugsigaaga |

#### Sida loo buuxiyo foomka

* Akhri xogta lagu siiyay.
* Tallaal kasta u buuxi qaybta oggolaanshaha, oo saxiix ama ku qor magacaaga.
* Ku soo celi qaybaha ogolaanshaha dugsiga xitaa haddii aadan rabin in ilmahaaga la tallaalo.

### Waa maxay Barnaamijka Talaalka Qaranka?

Dhallinta ku jirta Year 7 iyo Year 10 waxa la siiyaa tallaalo lacag la'aan ah sida hoos timaada Barnaamijka Tallaalka Dugsiga Sare oo qayb ka ah Barnaamijka Talaalka Qaranka (National Immunisation Program - NIP).

Jadwalka NIP waa tallaalo taxane ah oo la bixiyo waqtiyo gaar ah inta aad nooshahay. Tallaalku wuxuu u dhexeeyaa dhalashada ilaa qaan-gaarnimada.

Macluumaad dheeraad ah oo ku saabsan tallaallada lagu bixiyo dugsiga sare ama NIP ayaa laga heli karaa kanaalka Caafimaadka Wanaagsan: <https://www.betterhealth.vic.gov.au/health/healthyliving/immunisation-in-secondary-schools>.

### Oggolaanshaha tallaalka

Dhallinta ku jirta fasalka 7-aad ee dugsiga sare (ama da'doodu u dhaxayso 12 ilaa 13 sano) ayaa lagula talinayaa tallaalada papillomavirus (HPV) iyo gawracatada (diphtheria), teetanada, xiiq-dheerta (xiiqdheerta).

Oggolaanshaha tallaal kasta waa in ay bixiyaan waalidiinta, mas'uuliyiinta ama go'aan-qaadayaasha daawaynta kale ee dhallinyarada si ay tallaal uga helaan dugsiga.

### Waa maxay sababta aan ilmahayga u tallaalayo?

* Tallaalku waa habka ugu dhibaatada yar uguna waxtarka badan ee lagu joojin karo faafida cudurro badan oo faafa.
* Difaaca ay bixiyaan qaar ka mid ah tallaalada caruurnimada ayaa yaraada oo u baahan in la xoojiyo xilliga qaan-gaarka tallaalada kalena, qaan-gaarnimada ayaa ah waqtiga ugu fiican ee tallaalka.
* Tallaaladu kaliya kama ilaalinayaan ilmahaaga cudurrada halista ah laakiin waxay bixiyaan faa'iidooyin muhiim u ah caafimaadka mustaqbalka fog ee bulshada.
* Haddii dad badan oo bulshada ka mid ah la tallaalo, cudurradu uguma sii faafi karaan qof ilaa qof.

Australia gudaheeda tallaalada waxaa u diiwaangeliyay isticmaalka Maamulka Alaabaha Therapeutic (Therapeutic Goods Administration - TGA). TGA waxay leedahay qaab ay kula socdaan kaas oo la socdo kana warbixinaya dhacdooyinka xun tallaalka ka dib.

Oggolaanshaha tallaalka waa laga noqon karaa wakhti kasta tallaalka ka hor. Waalidiinta, dadka ardayda masuulka ka ah ama kuwa kale ee go'aan ka gaadha daawaynta waa inay la xidhiidhaan adeega talaalka ee golaha deegaanka ee bixiya tallaalka dugsiga ilmahaaga.

# Macluumaadka human papillomavirus (HPV)

### Waa maxay human papillomavirus?

Human papillomavirus (HPV) waa magaca loo bixiyay koox fayras ah oo saameeya dumarka iyo ragga labadaba. Waa wax caadi ah in lagu qaado hal ama dhowr nooc oo HPV ah wax yar ka dib marka ay bilaabato hawsha galmada. In kastoo jidhku caadiyan u nadiifiyo caabuqa HPV oo aanay jirin wax calaamado ah, HPV waxa uu keeni karaa jirro halis ah; oo ay ku jiraan ku dhawaad dhammaan kansarka ilmo-galeenka, kansarka xubinta taranka iyo 60% kansarka afka iyo cunaha.

### Waa maxay faa'iidooyinka ay leeyihiin qaadashada tallaalka HPV?

Tallaalka HPV GARDASIL®9 waxa uu ka difaacaa sagaal nooc oo halis ah oo HPV ah kuwaas oo keeni kara cillad unugyada iyo kansarrada qaarkood. Faa'iidooyinka tallaallada HPV ayaa aad u sarreysa marka la bixiyo ka hor inta aan la qaadin fayraska. Haddii qofka la tallaalay uu la kulmo caabuqyadaan, habdhiska difaaca ayaa awood u leh inuu si wax ku ool ah uga jawaabo, isagoo ka hortagaya in cudurka uu kordho ama aad u yareeyo darnaanta. Tani waa sababta aan u siino tallaalka dhallinta horraanta dugsiga sare ka hor intaysan noqon kuwo galmo sameeyay.

### Sidee loo bixiyaa tallaalka?

Tallaalka HPV Gardasil®9 waxa dadka badankood la bixiyaa hal cirbad oo gacanta sare ah.

Dhallinta qaar ayaa laga yaabaa inay u baahdaan saddex jeer oo tallaalka Gardasil®9 ah. Saddex qiyaasood oo tallaalka Gardasil®9 ayaa lagula talinayaa:

* qof qaba cudur ama la daweynayo taas oo keeni karta in difaaca jirku wiiqmo (tusaale HIV/AIDS , rheumatoid arthritis, kansar, radiotherapy , chemotherapy ama daawaynta difaaca jirka ee muhiimka ah).

Haddii saddex tallaal loo baahan yahay, waxaa lagugula talinayaa inaad la hadasho [GP-](https://www.betterhealth.vic.gov.au/health/serviceprofiles/general-practitioner-services) gaaga, Adeegga Caafimaadka Aboriginal-ka, farmashiistaha bulshada ama adeega tallaalka golaha deegaanka.

### Intee in la eg ayaa la dhihi karaa tallaalka HPV waa mid aan dhibaato lahayn?

Tallaalka HPV Gardasil®9 waa mid aan dhibaato lahayn aadna loogu dulqaadan karo. Tallaalada lagu isticmaalo Australia waa amaan waana in ay ku baasaan imtixaanka lagu hubinayo inay yihiin kuwo badbaado ah kaas oo adag ka hor intaysan oggolaan TGA. Intaa waxaa dheer, TGA waxay si dhow ula socota dhibaatada ka dhalan karta tallaalada marka la isticmaalo. Waxyeellada ka dhalata marka la qaato tallaalka HPV ka dib sida caadiga ah waa mid aad u fudud.

### Ma loo baahan doonaa baaritaanada baarista afka ilmo-galeenka mustaqbalka dambe ee nolosha?

Baaritaanka joogtada ah ee afka ilmo-galeenka (oo hore loogu yeeri jiray Pap smear) ayaa weli muhiim u ah haweenka la tallaalay iyo dadka qaba afka ilmo-galeenka, maadaama tallaalka HPV uusan ka badbaadin dhammaan noocyada HPV ee keeni kara kansarka ilmo-galeenka.

### Waa maxay waxyeellooyinka ka iman kara?

Waxaa jira falcelin fudud oo suurtagal ah oo daba socota tallaalka iyo khatar aad u yar ee fal-celinta xasaasiyadda daran ee tallaal kasta.

#### Waxyeellooyinka fudud ee caadiga ah

* Xanuun, guduudasho iyo barar goobta lagaa duray
* Buro yar oo ku meel gaar ah oo meesha lagaa duray ah
* Qandho yar
* Dareen inaad xanuunsan tahay
* Madax xanuun

Haddii falcelisyo fududi ay dhacaan, waxyeellooyinka waxaa lagu yarayn karaa:

* cabitaan badan iyo inaan si xad dhaaf ah dhar loogu galin haddii qofku qandho leeyahay
* qaadashada paracetamol
* saarida maro qabow, oo qoyan taas oo la saaray meesha la duray ee xannuunaysa.

#### Waxyeelooyin fudud oo aan caadiyan la arkin

* Finan ama cuncun

#### Waxyeellooyin dhif ah

* Xasaasiyad aad u daran, tusaale wajiga oo barara, neefsashada oo kugu adkaata.

Haddii sida dhifka ahba ay dhacdo fal-celin xasaasiyad oo aad u daran, daryeel caafimaad oo degdeg ah ayaa la bixin doonaa.

# Gawracatada (Diphtheria), teetanada iyo xiiq-dheerta (xiiqdheerta) macluumaadka

### Waa maxay gawracatada (diphtheria)?

Gawracatada waa cudur bakteeriyo halis ah oo sababa caabuq sanka, dhuunta iyo hawo mareenka (tuubada dabaysha). Bakteeriyadu waxay soo saartaa sun taasoo keenta in xuub aan caadi ahayn ka soo baxo dhuunta, taas oo adkeynaysa liqidda, neefsashada oo xitaa keeni karta in neeftu kugu dhagto.

Bakteeriyadu waxay soo saartaa sun ku faafi karta jidhka oo dhan waxayna sababi kartaa dhibaatooyin halis ah sida curyaannimo iyo wadnaha oo istaaga. Qiyaastii boqolkiiba 10 dadka uu ku dhaco gawracatada ayaa u dhinta.

Gawracatada waxaa lagu qaadi karaa marka aad neefsato qufaca ama hindhisada dhibco ka yimid qof cudurka qaba.

### Waa maxay teetanada?

Teetanada waxaa sababa bakteeriyada ku nool carrada, boodhka iyo digada. Bakteeriyadu waxay jidhka ka geli kartaa nabar kaas oo laga yaabo inuu u yaraado sida biin yar. Teetanaha dadku isuguma gudbin karaan qof ilaa qof.

Teetanada waa cudur halis ah oo keena murqaha oo adkaada iyo dhibaatooyin neefsashada ah. Bakteeriyadu waxay soo saartaa sun wax u dhimaysa habdhiska dareenka. Waxay keentaa murqaha oo kala jiidma marka horena waxaa laga dareemaa qoorta iyo muruqyada daanka. Teetanada waxay horseedi kartaa neefsashada oo adkaata, gariir xanuun leh iyo garaaca wadnaha oo aan caadi ahayn. Ku dhawaad 10kii qof ee ay ku dhacdo bakteeriyada teetanada ayaa dhiman doona.

Teetanuhu waa wax aan badanaa lagu arkin Australia sababtuna waxay tahay tallaalka teetanada oo aad loo qaato. Dhallinta aan laga tallaalin teetanada ama aan helin wax xoojin ah ayaa halis ugu jira.

### Waa maxay xiiq-dheerta (whooping cough)?

Xiiqdheertu (oo loo yaqaan whooping cough) waa cudur aad loo kala qaado oo saameeya marinnada hawada iyo neefsashada. Cudurku wuxuu keenaa qufac daran. Qufaca jiidmaya waxaa inta badan la socda matag, qufacuna wuxuu socon karaa bilo.

Xiiq-dheerta waxa lagu qaban karaa marka aad neefsato qufaca ama hindhisada dhibco ka imanaya qof cudurka qaba.

Ka-hortagga xiiq-dheerta labadaba cudurka iyo tallaalkuba wuu yaraadaa muddo ka dib. Sidaa darteed, qiyaasta tallaalka xoojiyaha xiiq-dheerta ku jira ayaa lagula talinayaa dhallinta da'doodu u dhaxayso 12 iyo 13 sano si ay usii lahaadaan difaaca ilaa qaangaarnimada.

### Intee in la eg ayaa lagu kalsoonaan karaa in tallaalku yahay mid aan dhibaato laheen?

Tallaalka gowracatada-tetanada-kixda waxa ku jira xaddi yar oo ah gawracatada iyo sunta teetanada kuwaas oo wax laga beddelay si looga dhigo kuwo aan waxyeello lahayn, qaybo yar oo ka mid ah qaybaha la sifeeyey ee xiiqdheerta, qadar yar oo milix ah oo aluminium ah iyo ilaalinta.

Tallaalkan xoojiyaha ah waxa uu leeyahay tirooyin hoose gaar ahaan gawracatada iyo qaybaha qufaca xiiqdheerta marka la barbar dhigo tallaalka carruurta.

Tallaalku waa badbaado oo si wanaagsan ayayna dhalinyaradu ugu dulqaadataa. Tallaalkan isku dhafka ah waxaa la bixin karaa ugu yaraan 4 toddobaad kadib marka la bixiyay tallaal ka kooban teetanada.

### Maxay tahay sababta uu ilmahaygu ugu baahan yahay qiyaas tallaal oo xoojiye ah?

Dhallinta waxa lagula talinayaa in ay qaataan qiyaasta tallaalka ee xoojiyaha gawracatada-tetanus-pertussis si loo kordhiyo heerka difaaca gawracatada, teetanada iyo xiiq-dheerta ilaa inta hore ay ka qaangaarayaan.

### Sidee loo bixiyaa tallaalka?

Gawracatada, teetanada, iyo xiiq-dheerta ayaa kaliya laga heli karaa Australia ayadoo ah tallaal isku dhafan.

Tallaalka gowracatada-tetanus-pertussis waxa uu ka kooban yahay hal cirbad oo gacanta laisaga duro.

### Waa maxay waxyeellooyinka ka iman kara?

Waxaa jira falcelin fudud oo suurtagal ah oo daba socota tallaalka iyo khatar aad u yar ee fal-celinta xasaasiyadda daran ee tallaal kasta.

#### Waxyeellooyinka caadiga ah, sahlan

* Xanuun, guduudasho iyo barar meesha cirbada lagu muday
* Buro yar oo ku meel gaar ah oo meesha cirbada lagu muday ka soo baxdo
* Qandho yar
* Dareen ah inaad xanuunsan tahay
* Madax xanuunka

Haddii falcelisyo fududi ay dhacaan, waxyeellooyinka waxaa lagu yarayn karaa:

* cabitaan badan iyo inaan si xad dhaaf ah dhar loogu galin haddii qofku qandho leeyahay
* qaadashada paracetamol
* saarida maro qabow, oo qoyan taas oo la saaray meesha la duray ee xannuunaysa.

#### Waxyeelooyin fudud oo aan caadiyan la arkin

* Finan ama cuncun

#### Waxyeellooyin dhif ah

* Xasaasiyad aad u daran, tusaale wajiga oo barara, neefsashada oo kugu adkaata.

Haddii sida dhifka ahba ay dhacdo fal-celin xasaasiyad oo aad u daran, daryeel caafimaad oo degdeg ah ayaa la bixin doonaa.

# U diyaarinta dhallinta tallaalka dugsiga

Qaar ka mid ah talooyinka waxtarka leh ee loogu diyaarinayo dhallinta tallaallada dugsiga ku saleysan waxaa ka mid ah:

* siinta quraac fiican
* hubinta inay xidhaan shaadh dabacsan
* xaqiiji inay caafimaad qabaan maalintaas
* xaqiiji inay ogeysiiyaan macalinka ama shaqaalaha tallaalka in loo sheego haddii ay dareemayaan cabsi ama xaaladoodu wanaagsaneyn.

Haddii qofka dhalinta yar la ogyahay inuu suuxo ama aad uu u cabsanayo, waxaa laga yaabaa inay ku fiican tahay in lagu tallaalo meel ka baxsan dugsiga, la hadal bixiyahaaga tallaalka si aad u go'aamiso in go'aankani ku habboon yahay ilmahaaga.

### Liiska hubinta ee tallaalka ka hor

Waa muhiim in dhallinyaradu u sheegaan bixiyaha tallaalkooda haddii mid ka mid ah waxyaabahan soo socda ay ayaga khuseyso.

* Ay xanuunsanayaan maalinta tallaalka (heerkul ka sarreeya 38.5°C)
* Horay ugu xanuunsaday tallaaal uun
* Ma leeyihiin xasaasiyad daran sida falcelinta anaphylactic ee khamiirka ama cinjirka
* Ma qabaan cudur ama ma qaataan daawo sababta in difaaca jirku wiiqmo.
* Ma leedahay dareen kacsanaan ah oo loo yaqaan diphtheria toxoid
* Uur maleedahay
* Taariikhda cuncunka tallaalka ka dib

Ka hel [liiska hubinta tallaalka ka hor oo](https://www.healthtranslations.vic.gov.au/resources/pre-immunisation-checklist) dhameystiran bogga Waaxda Caafimaadk<<https://www.healthtranslations.vic.gov.au/resources/pre-immunisation-checklist>>.

### Tallaalka ka dib

Dhalinyaradu waa inay ku sugnaadaan goobta tallaalka ugu yaraan 15 daqiiqo si loo hubiyo inaysan la kulmin dhibaato degdeg ah, iyo in shaqaalaha tallaalka ay bixiyaan daryeel caafimaad oo degdeg ah haddii loo baahdo.

Haddii sida dhifka ahba ay dhacdo fal-celin xasaasiyad oo aad u daran, daryeel caafimaad oo degdeg ah ayaa la bixin doonaa. Halka falcelinta tallaalka ka dib ay yihiin kuwo daran ama joogto ah, ama haddii aad walwalsan tahay, la xiriir dhakhtarkaaga ama isbitaalka.

[Waxyeellada tallaalka](https://www.betterhealth.vic.gov.au/health/healthyliving/immunisation-side-effects) waa in lagu wargeliyaa [adeegga badbaadada tallaalka Victoria (SAFEVIC)](https://www.safevac.org.au/Home/Info/VIC), adeegga warbixinta dhexe ee Victoria, Tel. 1300 882 924 (dooro doorashada 1), email [enquiries@safevic.org.au](mailto:enquiries@safevic.org.au).

# Macluumaad dheeraad ah

#### Macluumaadka tallaalka la xiriira

Macluumaad faahfaahsan oo ku saabsan HPV ama gowracatada, teetanada iyo xiiq-dheerta ee la bixiyay, fadlan tixraac [kanaalka Caafimaadka Wanaagsan](https://www.betterhealth.vic.gov.au/health/healthyliving/immunisation-in-secondary-schools) <<https://www.betterhealth.vic.gov.au/health/healthyliving/immunisation-in-secondary-schools>>

#### Qoraalka taariikhda tallaalka

Waa qasab bixiyeyaasha tallaalka inay Diiwaanka Talaalka Australia (Australian Immunisation Register -AIR) usoo sheegaan NIP tallaalada ay bixiyaan. Nuqul ka mid ah qoraalka taariikhda tallaalka ilmahaaga ayaa laga heli karaa:

* Akoonka internetka ee Medicare iyada oo loo marayo myGov <[www.my.gov.au](http://www.my.gov.au) >
* Medicare mobile app <<https://www.servicesaustralia.gov.au/medicare> >
* Diiwaanka Tallaalka Australia, Tel. 1800 653 809
* Adeegga Fasiraada iyo Turjumaada Qaranka, Tel. 131 450

Haddii aad u baahan tahay talo ama macluumaad dheeraad ah, fadlan la xidhiidh bixiyahaaga tallaalka, ama booqo shabakadaha soo socda:

#### Ilaha macluumaadka (Resources)

* [Kanaalka Caafimaadka Wanaagsan](https://www.betterhealth.vic.gov.au/health/healthyliving/immunisation-in-secondary-schools) <<https://www.betterhealth.vic.gov.au/health/healthyliving/immunisation-in-secondary-schools>>
* [Waaxda Caafimaadka ee Dowladda Australia](https://www.health.gov.au/topics/immunisation/when-to-get-vaccinated/immunisation-for-adolescents) <<http://www.health.gov.au/health-topics/immunisation/when-to-get-vaccinated/immunisation-for-adolescents>>

# Foomka oggolaanshaha: Tallaalka papillomavirus (HPV) iyo tallaalka gawracatada-tetanus-pertussis (xiiqdheer)

### Faahfaahinta ardayga (sida ku qoran kaarkooda Medicare)

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| Nambarka Medicare (oo uu ku jiro lambarka tixraaca ee ku ag yaal magaca ilmaha) | Stop outlineStop outlineStop outlineStop outlineStop outlineStop outlineStop outlineStop outlineStop outlineStop outline Stop outline |
| Magaca qoyska |  |
| Magaca hore |  |
| Cinwaanka boostada |  |
| Koodhka boostada |  |
| Taariikhda Dhalashada |  |
| Jinsiga |  |
| Magaca dugsiga |  |
| Fasalka |  |

Qofkan asalkiisu ma Aboriginal baa mise Torres Strait Islander? Ku calaamadee jawaabta la doortay 'X'

|  |  |
| --- | --- |
| Maya |  |
| Aborijinaal |  |
| Torres Strait Islander |  |
| Aborijiniska iyo Torres Strait Islander |  |

### Faahfaahinta xiriirka waalidka ama masuulka

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| Magaca waalidka ama masuulka |  |
| Taleefanka maalintii |  |
| Mobile |  |
| iimaylka |  |

# Oggolaanshaha tallaalka

**Bayaanka**: Waxaa la ii oggolaaday in aan bixiyo oggolaansho ama oggolaan la'aan in ilmahayga la tallaalo anoo fasaxaas bixinaya, waxaan fahamsanahay in ilmahayga la siin doono tallaallo kala duwan oo loogu talagalay diphtheria-tetanus-pertussis (xiiqdheer), iyo fayraska papillomavirus. Waan akhriyay oo waan fahmay macluumaadka la isiiyay ee ku saabsan tallaalka, oo ay ku jiraan khataraha tallaal la'aanta iyo waxyeelada tallaallada. Waxaan fahamsanahay inaan kala hadli karo khataraha iyo faa'iidooyinka tallaalka bixiyahayga. Waxaan fahamsanahay in oggolaanshaha laga noqon karo waqti kasta ka hor inta aan tallaalka dhicin.

## Tallaalka Human papillomavirus (HPV)

Fadlan ku calaamadee jawaabta aad dooratay, hoos, 'X'.

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| HAA, waan ogolahay in ilmahaygu qaato talaalka HPV. | | | | | |  |
| Haddii aad dooratay 'Haa' xagga sare fadlan saxiix ama ku qor magacaaga. | | | |  | | |
| Taariikhda aad saxiixday foomkan. | | | |  | | |
| Maya, ma ogola in ilmahaygu qaato tallaalka HPV. | | | | | |  |
| Maya, ilmahaygu meel kale ayuu ku qaatay tallaalka HPV. | | | | | |  |
| Haddii ilmahaagu meel kale ku qaatay tallaalka HPV, fadlan hoos ku bixi taariikhaha qiyaas kasta. | | | | | | |
| Qiyaasta 1aad: |  | Qiyaasta 2aad:  (haddii ay khusayso) |  | | Qiyaasta 3aad:  (haddii ay khusayso) |  |

## Diphtheria-tetanus-pertussis (xiiqdheerta) tallaalka

Fadlan ku calaamadee jawaabta aad dooratay, hoos, 'X'.

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| HAA, waan ogolahay in ilmahaygu qaato talaalka xoojinta gawracatada-tetanus-pertussis. | | |  |
| Haddii aad dooratay 'Haa' xagga sare fadlan saxiix ama ku qor magacaaga. |  | | |
| Taariikhda aad saxiixday foomkan. |  | | |
| Maya, ma ogoli in ilmahaygu qaato tallaalka gawracatada-tetanus-pertussis. | | |  |
| Maya, ilmahaygu meel kale ayuu ku qaatay tallaalka gawracatada-tetanus-pertussis. | | |  |
| Haddii ilmahaagu meel kale ku qaatay tallaalka gawracatada-tetanus-pertussis, fadlan bixi taariikhda la helay. | |  | |

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| Haddii ilmahaaga la tallaalayo, fadlan la soco xaalad kasta oo caafimaad oo hore u jirtay, xasaasiyad daran ama fal-celin daran oo hore oo tallaalka ah halkan: |

# Bayaanka la xiriira sirta/baraayfasiga

Barnaamijka Tallaalka Dugsiga Sare ee Sannadka 7-aad waxaa maalgeliya dawladda Australia iyo Victoria waxaana bixiya golayaasha deegaanka. Sida uu dhigayo sharciga caafimaadka dadweynaha iyo badqabka ee 2008, golaha deegaanka ayaa masuul ka ah isku xidhka iyo bixinta adeegyada tallaalka carruurta wax lagu baro gudaha degmada.

Goleyaasha deegaanka waxaa ka go'an inay ilaaliyaan sirta, sirta iyo amniga macluumaadka shakhsiyeed, si waafaqsan Xeerka Ilaalinta Xogta iyo Baraayfasiga 2014 iyo Xeerka Diiwaanka Caafimaadka 2001.

Goleyaasha deegaanku waxay soo gudbiyaan tallaallada lagu bixiyo barnaamijyada dugsiga Diiwaanka Tallaalka Australia (Australian Immunisation Register - AIR). Faahfaahinta aqoonsiga shakhsiga ah waxaa loo keydin doonaa inay barayfasi tahay oo kale. Faahfaahintan waxa loogu talagalay in lagu bixiyo adeegyada caafimaad ee la hormariyay ee dhammaan carruurta Victoria. Intaa waxaa dheer, tafaasiisha waxay awood u siineysaa qalabka sida dib u soo celinta iyo hababka xasuusinta si loo hagaajiyo heerarka tallaalka. Tani waa muhiim si loo hormariyo guud ahaan heerarka tallaalka. Shakhsiyaadka ayaa heli doona diiwaankooda dhammaan tallaalada lagu keydiyay AIR. Xogta guud ee tallaalka waxa laga yaabaa in loo bandhigo dawladda Victoria iyadoo ujeedaduna tahay in lala socdo, la maalgeliyo isla markaasna la hormariyo Barnaamijka Tallaalka Dugsiga Sare ee Sannadka 7. Macluumaadkani maaha mid tilmaamaya ama lagu aqoonsan karo shaqsi.

Macluumaadka adiga ama ilmahaaga la xidhiidha waxaa loo isticmaali doonaa ama loo shaacin doonaa ujeeddooyin toos ah oo la xidhiidha tallaalka ilmahaaga, iyo siyaabo aad si macquul ah u fili karto. Tan waxa ku jiri kara wareejinta ama beddelka macluumaadka muhiimka ah GP-gaaga, GP-ga ilmahaaga, adeeg caafimaad oo daweyn kale ama cisbitaal ama golaha deegaanka kale. Golaha deegaanka ayaa laga yaabaa inuu kuugu soo diro macluumaadka la xidhiidha barnaamijka tallaalka dugsiga sare SMS ama iimaylka. Waxaad heli kartaa macluumaadka tallaalka ilmahaaga markaad la xiriirto golaha deegaanka ee uu ilmahaagu ka dhigto dugsiga.

Inta badan dadka ayaa buuxiya oo soo celiya foomkan. Waad ku mahadsan tahay soo celinta kaaga.

Xafiiska keliya ayaa isticmaali kara

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| **Tallaalka** | **Taariikhda tallaalka** | **Kalkaalisadii hore** | **Goobta: L/R gacan** |
| HPV |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Tallaalka** | **Taariikhda tallaalka** | **Kalkaalisadii hore** | **Goobta: L/R gacan** |
| Diphtheria-tetanus-pertussis |  |  |  |

|  |
| --- |
| Si aad dukumeentigan ugu hesho qaab kale, iimayl u dir [barnaamijka](mailto:immunisation@health.vic.gov.au) Talaalka<immunisation@health.vic.gov.au>. Daabacaaddani waa xuquuq daabacan, qayb ka mid ahna laguma soo saari karo hab-raac kasta marka laga reebo si waafaqsan *xeerarka Xeerka Xuquuqda Daabacaadda 1968.*  Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.  © Gobolka Victoria, Australia, Waaxda Caafimaadka, Juun 2024 .  laga heli karo [Barnaamijka tallaalka dugsiga sare - agabka dugsiyada sare iyo golayaasha](https://www.health.vic.gov.au/immunisation/vaccination-for-adolescents/secondary-school-immunisation-program) <<https://www.health.vic.gov.au/immunisation/vaccination-for-adolescents/secondary-school-immunisation-program>> |