

# Vaccines for Your Children

Vaccines help prevent disease. Babies born in the United States may have their first vaccine right after birth. Future vaccines are given at well child check-ups with your child's doctor or at a local health department. Vaccines are often given at these ages: 2 months, 4 months, 6 months, 12 months, 15-18 months, 4-6 years, and 11-12 years. Vaccines are needed for children to enroll in school.

Vaccines are also called immunizations. They are often given as injections or shots with a needle. Some vaccines need to be given in more than one dose over time.

**The full number of doses for each vaccine must be completed for the vaccine to protect your child from the disease.**

**If vaccines are given on schedule, they help protect against these serious diseases:**

- Hepatitis B
- Diphtheria
- Tetanus
- Pertussis, also called whooping cough
- Haemophilus influenzae type b
- Polio
- Measles
- Mumps
- Rubella
- Varicella, also called chickenpox
- Meningococcal infection
- Pneumococcal infection
- Influenza, also called the flu
- Hepatitis A

# Talaalada Caruurtaada

Talaaladu waxay gargaar ka geystaan joojinta cudurka. Ilmaha ku dhashay gudaha Maraykanka waxa la siin kara talaalkooda ugu horeeya isla markiiba ka dib dhalashada. Talaalada ku xiga waxa la siiyaa wakhiyada baadhitaanada wacnaanta ilmaha ee laga sameynayo xafiiska dhakhtarka ama goob caafimaad oo degmada ah. Talaalada waxa la siiyaa marka ay jiraan da'ahan: 2 bilood, 4 bilood, 6 bilood, 12 bilood, 15-18 bilood, 4-6 sannadood, iyo 11-12 sannadood. Waxa loo baahan yahay talaalo si ilmaha loo qoro dugsiga.

Waxa talaalada af Ingiriisiga loogu yeedhaa “vaccines” ama marmarka qaarkood “immunizations.” Waxa badanaa la bixiyaa iyaga oo ah duris ama irbad. Talaalada qaarkood waxa loo baahan yahay in laga qaato wax ka badan hal qaadasho muddo gudaheed. **Tirada buuxda ee laga qaadanayo talaal kasta waa in la dhameysto si ilmahaaga looga badbaadiyo cudurka.**

**Haddii talaalada lagu bixiyo jadwal, waxay gargaar ka geystaan in laga badbaado cuduradan culus:**

- Cagaarshow/Joonis Nooca B
- Gawracato (Diphtheria)
- Teetano
- Kix, oo waliba loo yaqaano xiiq-dheer
- Ifilada nooca b (Haemophilus influenzae type b)
- Dabaysha (Polio)
- Jadeeco
- Qaamow-qashiir/Teeriyo-tanbuur
- Jadeeco jarmal
- Busbus, oo sidoo kale loo yaqaano hablobaas (varicella)
- Caabucid Meningokokal (Meningococcal)
- Caabucid Nuumokokal (Pneumococcal)
- Ifilada/fuluuga (Influenza)
- Cagaarshowga/Jooniska Nooca A (Hepatitis A)

**If your child has not had vaccines to prevent these diseases, check with your child's doctor or local health department to get the needed vaccines.** The Vaccines for Children Program provides free vaccines to children who do not have health insurance. Your child's doctor will talk to you about what vaccines your child needs, how many doses and when the doses are to be given.

Ask for written information about a vaccine from your child's doctor or nurse.

### **After Getting a Vaccine**

Some children will be fussy, have redness and swelling where the shot was given, or a fever. This is normal. **Call your child's doctor right away** if your child has any of these problems:

- A fever taken under the arm over 100 degrees F or 38 degrees C
- Seizures or muscle spasms
- Trouble waking from sleep
- Constant crying for more than 3 hours

**Haddii ilmahaaga aan la siin talaaladaa si looga hortago cuduradaa, la xidhiidh dhakhtarka ilmahaaga ama waaxda caafimaadka ee degmadaada si loo siiyo talaalada loo baahan yahay.** Barnaamijka Talaalada Caruurta (Vaccines for Children Program) ayaa talaalo bilaash ah siiyaa caruurta aan lahayn caymis caafimaad. Dhakhtarka ilmahaaga ayaa kaala hadli doona noocyada talaalada ilmahaagu u baahan yahay, inta qaadasho ee la rabo iyo goorta la qaadanayo.

Dhakhtarka ilmahaaga ama kalkaalisada weydiiso war qoran oo ku saabsan talaalka.

### **Ka Dib Marka la Siiyo Talaal**

Caruurta qaarkood waxay noqon doonaan kuwo oohin badan, oo casaan iyo barar ku leh meesha irbadda lagaga muday ama duray, ama waxay yeelan doonaan qandho. Taasi waa caadi. **Isla markiiba wac dhakhtarka ilmahaaga** haddii ilmahaagu leeyahay mid ka mid ah dhibaatooyinkan:

- Qandho laga qaaday kilkisha oo ka sareysa 100 darajo F ama 38 darajo C
- Suuxdimmo ama dubaaxin muruq
- Hurdo ka-toosidda oo dhib ku ah
- Oohin joogto ah oo ka badan 3 saacadood

## **Vaccine Record**

Bring your child's vaccine record with you each time you visit your child's doctor or your local health department. Keep your child's vaccine record so you will have it for:

- Women, Infants and Children (WIC) visits, a food aide program
- Head Start, a preschool program
- Day Care
- School
- College

**Talk to your child's doctor or nurse if you have any questions or concerns.**

## **Diiwaanka Talaalka**

Soo qaad diiwaanka ama qoraalka talaalada ilmahaaga wakhti kasta oo aad imanaysid xafiiska dhakhtarka ilmahaaga ama waaxda caafimaadka ee degmadaada. Meel ku kaydso diiwaanka talaalada ilmahaaga si aad ugu haysatid:

- Booqashooyinka barnaamijka Haweenka, Ilmaha Yaryar iyo Caruurta (Women, Infants and Children) (WIC), oo ah barnaamij gargaar cunto
- Barnaamijka (Head Start), oo ah barnaamij ka horeeya dugsiga
- Sii-haynta Ilmaha (Day Care)
- Dugsiga
- Koleejka

**La hadal dhakhtarka ilmahaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac.**

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