

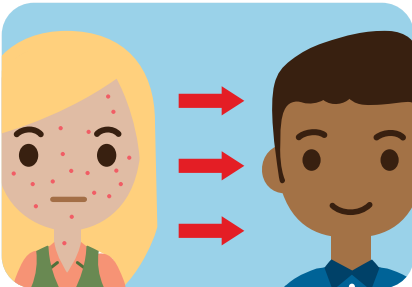


Goobta aad aaday:

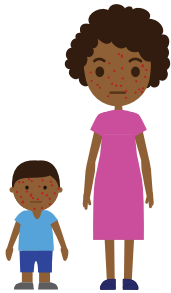
Taariikhda aad aaday goobtaan:

Gacaliso/Gacaliye

Qofku wuxuu aaday
wuxuu qabaa cudurka jadeecada.



Jadeecadu waa xanuun ay si fudud u kala qaadi karaan dadku.



Arrintaan waxay ka dhigan tahay in adiga ama cunugaagu qaadi kartaan cudurka jadeecada.



Talaalka Jadeecada, qaamo qaashiirka iyo caabuqa rubella (MMR) wuxuu kaa ilaalin karaa cudurka jadeecada.



Dadka horey u qaatay 2 cirbad oo ah talaalka MMR waxay u badan tahay inaysan qaadin cudurka jadeecada.



Xidhmadaan xogta waxaad ka helaysaa xog ku saabsan jadeecada iyo waxa ay tahay inaad oggaato hadda.

Waa muhiim inaad akhriso illaa dhamaadka xidhmada.

Xidhmadaan xogta waxaa kusoo diray

Waxa ay tahay inaad oggaato hadda



Qaar kamid ah dadka hela warqadaan waxay u baahan karaan inay la hadlaan dhakhtar.

Waa inaad la hadasho dhakhtarkaaga waana inaad u sheegto warqadaan haddii:



- nidaamka difaacaaga jirka uu laciif yahay. Tani waxay timaadaa marka jirkaagu ku dhibtoodo inuu la dagaalamo caabuqyada iyo inuu ilaaliyo caafimaadkiisa



- aad leedahay uur aadana aqoon inaad horey u qaadatay talaalka MMR

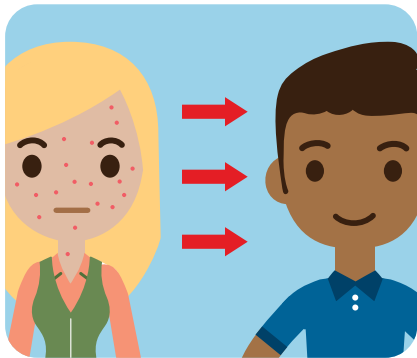


- aad haysato ilmo ama carruur ka yar 1 sano



- aadan qaadan 2 da cirbaddood ee talaalka MMR ama haddii aadan hubin inaad horey u qaadatay

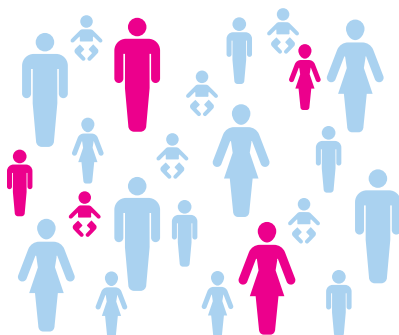
1 Waa maxay cudurka jadeecada



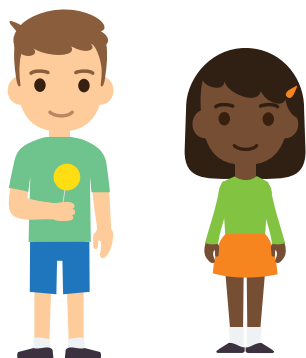
Jadeecadu waa xanuun ay si fudud u kala qaadi karaan dadku.



Wuxuu keeni karaa inaad si saa'id ah u xanuunsato.

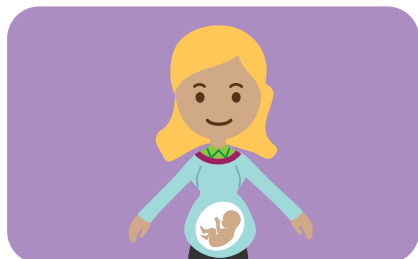
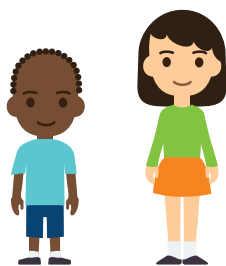


Qaar kamid ah dadka waxay u badan tahay inay saa'id ula xanuunsadaan jadeecada marka loo eego kuwo kale.



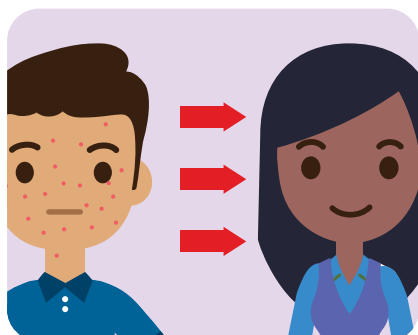
Qof walba wuu qaadi karaa cudurka jadeecada, laakiin waxaa badanaa qaada carruurta.

Inta badan dadka ay u badan tahay inay saa'id ula xanuunsadaan jadeecada waa:



- carruurta yaryar
- dumarka uurka leh
- dadka nidaamkooda difaaca jirka uu daciifka yahay. Tani waxay timaadaa marka jirkaagu ku dhibtoodo inuu la dagaalamo caabuqyada iyo inuu ilaaliyo caafimaadkiisa

2 Sidee u qaadi kartaa cudurka jadeecada



Waxaad qaadi kartaa cudurka jadeecada haddii aad u dhawaato qof qaba jadeecada.



Sidoo kale waxaad cudurka jadeecada ku qaadi kartaa taabashada waxyaabaha uu qofka cudurka qaba ku qufacat ama ku hindhisay.

3 Maxaa dhacaaya haddii uu kugu dhaco cudurka jadeecada

	X	X	X	X	X	X
X	X	X	X	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Inta badan dadku waxay bilaabaan inay dareemaan xanuun 10 maalmood kadib marka cudurka jadeecadu ku dhaco.

1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Laakiin marar qaar waxay qaadan kartaa ilaa 3 asbuuc. Tani waxay la mid tahay 21 ka maalmood.



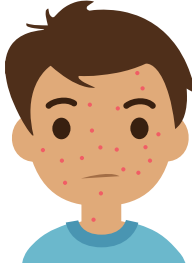
Marka koowaad ee aad la xanuunsato jadeecada waxaa laga yaabaa:

- inaad dareento heerkul aad u sareeya, oo la micno ah 37.5°C ama ka badan
- inaad isku aragto biyo sanko ka yimaada ama cabur
- inay kugu dhacdo hindhiso ama qufac
- in indhahaagu noqdaan casaan, yeeshaan xanuun, ilin

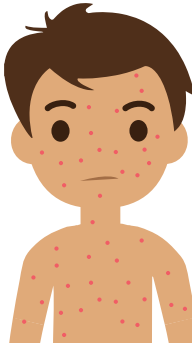
Waxaa afka kaa soo bixi kara nabaro yaryar oo cadaan ah dhowr maalmood kadib marka aad dareento xanuun.



Caadiyan waxaad nabaro isku arki doontaa inta u dhaxeysa 2 iyo 4 maalmood kadib marka aad billoowdo dareemida xanuun.



Nabaradu waxay ka bilaabanayaan wajigaaga iyo qaybta dambe ee dhegta.



Dabadeed waxay ku faafayaan jirkaaga.



Nabaradu waxay u muuqdaan baroon ama casaan haddii maqaarkaagu cad yahay.



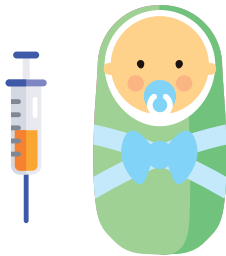
Waa ay adkaan kartaa in la arko nabarada haddii maqaarkaagu yahay baroon ama madow.

4 Jadeecada, qaamo qaashiirka iyo caabuqa rubella (MMR)



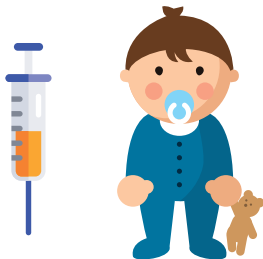
Talaalka MMR waa cirbad.

Waa qaabka ugu fiican ee looga hortago cudurka jadeecada.



Carruurta waxay qaataan 2 cirbadood oo ah talaalka MMR.

Waxay caadiyan qaataan 1 cirbad marka ay gaaraan 1 sano.



Waxay qaataan 2 cirbad marka ay gaaraan 3 sano.



Haddii cunugaagu u dhawaaday qof qaba cudurka jadeecada, waxaa laga yaabaa inuu u baahdo inuu qaato talaalka MMR isla markiiba lagana soo hormariyo xiliga uu qaadan lahaa.



Cudurka jadeecada waa uu kugu dhici karaa da' walba haddii aadan qaadan talaalka waagaa ilmaha ahayd.

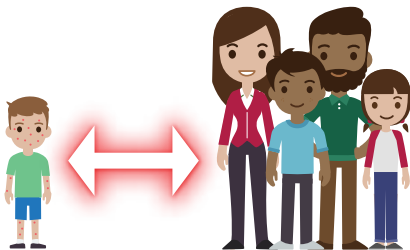
5 Waxa la sameeyo haddii adiga ama cunugaaga xanuunsataan



Haddii aad xanuunsato aadna u maleyneyso inaad qaaday cudurka jadeecada, kala hadal dhakhtar taleefoonka oo u sheeg warqadaan.



Ama waxaad caawimaad ku heli kartaa [NHS 111 online](https://111.nhs.uk/) (<https://111.nhs.uk/>).



Haddii aad qaado cudurka jadeecada, dadka kale ayaad qaadsiin kartaa.

Haddii aad qabto jadeeco, ka dheeroow dadka kale si aad u joojiso faafida cudurka jadeecada.



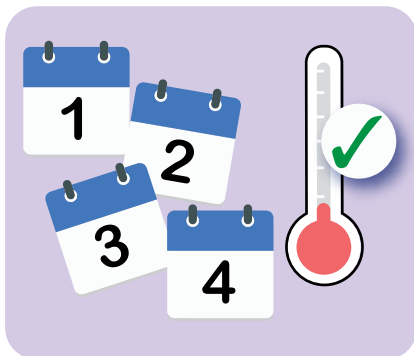
Dadka kale waxay kaa qaadi karaan jadeecada 4 maalmood kadib marka aad isku aragto nabarada.



Haddii cunugaagu qabo cudurka jadeecada, waa inuusan aadin dugsi ama goobta xanaanada ama qofka daryeelka siiya.



Ha aadin goobaha aad caadiyan aadi jirtay. Goobahaan waxaa kujiri kara shaqada, meelaha mutadawacnimada, kuleej, ama xarunta daryeelka maalinlaha ah.



Kadib 4 maalmood hawlahaagii ayaad dib ugu laaban kartaa haddii aad caafimaad dareemeyso aadana qabin qandho saa'id ah.

6 Haddii aada ka diiwaangashaneyn dhakhtar guud (GP)



Waxaad sida la iskaga diiwaangeliyo goobta dhakhtarka ka baran Kartaa webseedka Adeegga Caafimaadka Qaran (NHS).



Waxaad koodhka QR-ka ku iskaan gareyn kartaa kaamirada taleefoonkaaga ama booqo:

<https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>



Iska qorista xarunta dhakhtarka waxaa laga yaabaa inay ku adkaan karto qaar kamid ah dadka.

Kaarka 'Xaqa aan u leeyahay Daryeelka Caafimaadka' (my right to healthcare) ayaa kaa caawin kara tan.



Si aad u isticmaasho karka, koodhka QR-ka ku iskaan garee kaamirada taleefoonkaaga ama booqo:

<https://groundswell.org.uk/all-resources/healthcare-cards/>



Sidoo kale waxaa jirta hagrid muhiim ah oo ku saabsan sida loo helo daryeelka caafimaadka.

Si aad u hesho macluumaadkaa, koodhka QR-ka ku iskaan garee kaamirada taleefoonkaaga ama booqo:

<https://www.gypsy-traveller.org/advice-section/finding-healthcare/>