



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

Waalidiinta/koriyayaasha qaaliga ah ee ardayda dugsiyada barbaarinta - fasalka 12^{aad} ee Colorado ee sanad-dugsiyeedka 2024-25: Waanu ognahay inayna jirin wax ka muhiimsan in la xaqiijiyo in caruurteenu ay caafimaad qabto oo ay wax barato sanadka oo dhan. Tallaaladdu waa qeyb muhiim ka ah in caruurta joogto dugsiga, maadaama oo uu ka ilaaliyo qaadista iyo faafinta cudurrada ku sababi kara inay xanuunsadaan. Warqadan waxaa la socda macluumaad muhiim ah oo ku saabsan shuruudaha tallaalka ee dugsiga ee Colorado, iyo sidoo kale khayraad kale.

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.

Si ay u dhigtaan dugsiga, waa inaad ilmahaaga ka talaashaa:

- Gowracadata, teetanada iyo xiiqdheerta (DTaP, Tdap)
- Cagaarshowga B (HepB)
- Jadeecada, qaamoqashiirka, rubeelada (MMR)
- Dabeysa (IPV)
- Busbus (hablobaas)

Colorado waxay raacdaa talooyinka ay dejiyeen Gudiga Talobixinta Tallaalada ee [Xarumaha Xakameynta iyo Kahortaga Cudurada](#). Gudidan waxaa weeye koox khabiiri caafimaad iyo caafimaadka dadwaynaha ah oo daraasad ku sameeya tallaalka oo dadwaynaha kula taliya inay qaataan. **Kahor inta aanay bilaabin dugsiga barbaarinta**, ardaydu waa in ay soo qaataan qeybta ugu dambeysa ee DTaP, IPV, MMR, iyo busbuska. **Kahor inta ayna bilaabin fasalka lixaad**, ardaydu waa inay qaataan hal tallaalka oo tallaalka Tdap ah, xataa hadii ay 10 jir yihiin. Ka eeg jadwalka tallaalka lagu taliyay: www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html (dhalasho ilaa 6 jir) ama www.cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html (7 ilaa 18 jir).

CDC sidoo kale waxay ku talisaa tallaalka COVID-19, cagaarshow A (HepA), human papillomavirus (HPV), hargabka (flu), iyo xanuunka qoorgooyaha (MenACWY iyo MenB), ee ardayda fasalada K-12, laakiin kuwani khasab maaha si loo gelo dugsiga ku yaal Colorado.

Jadwalkan lagu taliyay waa amaan oo waa wax-ku-ool. Waxa uu ku salaysan yahay sida nidaamka difaaca ilmuhu uga jawaabo tallaalka da'daha kala gedisan, iyo sida ay macquul u tahay in ilmahaagu u qaadi karo xanuunada qaar.

Ka-saaridda dugsiga

Waxaa ilmahaaga la saari karaa hadii dugsigu aanu ka hayn Shahaadada Tallaalka, Shahaadada ka Dhaafidda, ama qorshe u socda oo ilmahaaga feylkiisa ku jiro.

Haddii qof uu u xanuunsanayo ama safmar cudurada lagaga hortagi karo tallaalka uu ka dillaaco dugsiga ilmahaaga oo uusan ilmahaagu soo qaadan tallaalka cudurkaasi, waxaa dhici karta in ilmahaaga laga saaro hawlaha dugsiga. Taasi waxay uga dhigan tahay in wakhti waxbarasho ka khasaarayo iyo in ay shaqo iyo mushaar adiga kaa khasaarayaan. Tusaale ahaan, haddii uusan ilmahaagu qaadan tallaalka MMR, waxa uu u baahan karaa inuu joogo guriga oo aanu iman dugsiga muddo ah 21 maalmood ah ka dib marka ay qof ku dhacdo jadeeco.

Wax su'aalo ah?

Kala hadal dhakhtarka daryeelka caafimaadka ama hay'adda caafimaadka dadweynaha deegaanka si loo waydiiyo su'aalo oo loo ogaado tallaalka uu ilmahaagu u baahan yahay. Waxaad ka helayaa tallaalka bixiye barta cdphe.colorado.gov/get-vaccinated. Waxaad ka akhrin kartaa xogta badqabka iyo muhiimada tallaalka barta www.cdc.gov/vaccines/parents/FAQs.html, childvaccine.org, immunizeforgood.com, iyo cdphe.colorado.gov/immunization-education.

In la wada qaato tallaalka joogtada ah ayaa muhiim u ah dadka waawayn, iyo sidoo kale caruurta. Marka maaha habsan in qoysasku ay wada qaataan! Macluumaad dheeraad ah ka ogow www.cdc.gov/vaccines/adults/rec-vac/index.html.

Bixinta lacagta tallaalka

Haddii aad u baahan tahay in lagaa caawiyo tallaalka bilaash ah ama qiimo jaban inaad hesho, tag COVax4Kids.org, la xidhiidh hay'ada caafimaadka dadwaynaha ee deegaankaaga (cdphe.colorado.gov/find-your-local-public-health-agency), ama wac 2-1-1 wixii macluumaad ah ee ku saabsan Health First Colorado (Medicaid) iyo rugaha tallaalka ee aagaaga.

Diiwaanada tallaalka

La wadaag dugsigiisa Shahaadada Tallaalka ilmahaaga 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 \(CIIS\)](#). Booqo COVaxRecords.org si aad u hesho xog dheeri ah, ayna ku jiraan tilmaamaha si aad u aragto una daabacato diiwaanka tallaalka ee ardaygaaga.

Ka-dhaafidda

Haddii ilmahaagu uusan qaadan karin [tallaalada sababo la xiriira caafimaadka](#), waa inaad u dirtaa Shahaadada ka Dhaafidda Caafimaadka dugsigaaga, uuna saxiixay kalkaaliso sare (APN), dhakhtar (MD, DO), ama kaaliye dhakhtar (PA) oo liisan u haysta inuu ka qabto shaqada wixii gobolo ama deegaano ah ee Maraykanka. 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.

Hadii aad doorato in aanad tallaalin ardaygaaga sida ay dhigayaan shuruudaha tallaalka dugsiga Colorado sababo aan caafimaad ahayn dartood, waa inaad usoo gudbisaa Shahaadada ka Dhaafidda Aan Caafimaadka Ahayn dugsigaaga. Wixii ka dhaafid aan caafimaad ahayn ah, waa in la soo gudbiyaa sanad kasta. Waxaa jira laba siyaabood oo lagu helo ka-dhaafidda aan ahayn caafimaadka.

1. Gudbi Shahaadada ka Dhaafidda Aan Caafimaadka Ahayn oo uu saxeexay kalkaaliso sare (APN), farmasiile, dhakhtar (MD , DO), kaaliyaha dhakhtar (PA), kalkaaliso duwaan gashan (RN), oo liisan ka haysta Colorado, ama
2. Gudbi Shahaadada ka Dhaafidda Aan Caafimaadka Ahayn, taas oo aad heli doonto marka aad dhammayso Casharka Waxbarashada Tallaalka ee Onlaynka ah ee gobolka.

Ka hel Shahaadada iyo Casharka Waxbarashada Onlaynka ah cdphe.colorado.gov/vaccine-exemptions.

Waa sidee xaalka iyo heerka tallaalka dugsiga?

Sanadkii, dugsiyadu waa in ay u soo sheegaan waaxda caafimaadka gobolka heerka tirada ardayda tallaalka qaatay iyo kuwa ka dhaafidda (laakiin maya magacyada ardayda ama taariikhda dhalashada). Dugsiyadu ma maamulaan tirooyinka gaarka ah ee tallaalka iyo ka dhaafidda tallaalka ama ma dhisaan Heerarka Ilmaha Tallaalan ee lagu qeexay [§25-4-911, CRS](#).

Tirada tallaalka dugsiga ilmahaaga laga bilaabo sanad dugsiiyeedka 2022-23. Ka hel xogta sanadkii lasoo dhaafay COVaxRates.org .		
Magaca dugsiga	Heerka tirada qaadatay tallaalka MMR 2022-23 (waajib)	Heerka tirada tallaalka MMR laga dhaafay 2022-23 (waajib)
Dugsigu waxay dooran karaan in lagu daro tirooyinka tallaalka kale ee dugsiga looga baahan yahay		
Heerka Carruurta Tallaalan 95% heerka tirada la tallaalayo ee dhammaan tallaalka dugsiga u baahan yahay	2022-23 DTaP tirada tallaalka	2022-23 DTaP tirada ka-dhaafidda
	2022-23 Tdap tirada tallaalka (wixii ah fasalada 6-12)	2022-23 Tdap tirada ka-dhaafidda (wixii ah fasalada 6-12)
	2022-23 HepB tirada tallaalka	2022-23 HepB tirada ka-dhaafidda
	2022-23 IPV tirada tallaalka	2022-23 IPV tirada ka-dhaafidda
	Tirada tallaalka Busbuska 2022-23	Tirada ka-dhaafitaanka Busbuska 2022-23