

Ku socota waalidka,

Waxaan kaaga hambalyaynaynaa ilmaha cusub ee kuu dhashay.

Maadaama aad siddo fayruska cagaarshowga B, waxaa ilmahaaga la siiyey tallaalka cagaarshowga B iyo weliba borotiinka immunoglobulin ee cagaarshowga B xoogaa ka dib markii aad dhashay si loo yareeyo halista u kala gudbidda hooyada ilaa ilmaha.

Si loo hubiyo in ilmahaaga laga ilaaliyo caabuqa cagaarshowga B, takhtarkaaga guud ayaa ugu baaqi doona tallaallo taxane ah oo **bilaash** ah oo laga bixiyo cagaarshowga B oo siyaado ku ah tallaallada lagu bixiyo barnaamijka tallaalka carruurnimada ee caadiga ah.

Fadlan ballan ka qabso takhtarkaaga guud **marka ilmahaagu uu gaaro 1 bil si uu u helo tallaalka xiga ee cagaarshowga B**. Taas ka dib waxuu ilmahaagu u baahan doonaa 2 tallaalka kale.

Xaalado dhif ah ee caabuqa cagaarshowga B ayaa ku dhici kara xataa carruurta la tallaalay. Sidaas darteed, waxuu ilmahaagu u baahan yahay in dhiigga laga qaado ama laga baaro labo bilood ka dib marka loo dhammaystiro tallaallada taxanaha ah (matalan, booqashada tallaalka ee bisha 15aad).

Fadlan ballamo ka qabso takhtarkaaga guud si aad u hubiso in ilmahaagu uu tallaalka iyo baaritaanka u helo sidatan:

Da'da	Tallaalka	Baaritaanka carruurnimada
1 bil (mat., baaritaan toddobaad 5aad)	HBV <sup>1</sup>	√
2 bilood	HBV <sup>1</sup>	
3 bilood	gawracato-teetano-qiixdheer-dabayl-Hib+PCV <sup>2</sup>	
5 bilood	gawracato-teetano-qiixdheer-dabayl-Hib+PCV <sup>2</sup>	√
12 bilood	gawracato-teetano-qiixdheer-dabayl-Hib+HBV <sup>1</sup> +PCV <sup>2</sup>	√
15 bilood	MMR3 iyo baaritaanka cagaarshowga B	
2 sano		√
3 sano		√
4 sano	MMR <sup>3</sup>	√
5 sano	tallaalka xoojinta gawracato-teetano-qiixdheer-dabayl	√
12 sano	HPV <sup>4</sup> (labo jeer)	

1 Tallaalka cagaarshowga B. 2 Tallaalka nuumookokal ama oofwareen goobaaban. 3 Tallaalka Jadeeco-Qaamoqashiir iyo Jadeeco jarmal (MMR). 4 Fayruska caaro naas u eeg ee aadame.

Macluumaad dheeraad ah oo ku saabsan caafimaadka carruurta iyo barnaamijka tallaalka carruurnimada ee Denmark waxaad ka heli kartaa galka:

**Ku cusub waddan qalaad. Talo habboon oo ku saabsan caafimaadka carruurta.**

Lagu heli karo luqadaha soo socda: Afgaani, Ingiriisi, Carabi iyo Soomaali.

<https://sundhedsstyrelsen.dk/da/nyheder/2016/ny-i-et-fremmed-land>