

Xog muhiim ah oo ka timid Agaasimaha Caafimaadka Dadweynaha  
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Gacaliye Waalid/Masuul,

Cusboonaysiinta jadeecada: in ilmahaaga la tallaalo waxay ka ilaalin kartaa in guriga looga soo diro dugsiga si ay [Iso go'doomiyaan](#).

Waxaan sii wadeynaa inaan aragno kororka jadeecada ee ku wareegaysa London. Fadlan hubi in ilmahaaga tallaalkiisa Jadeecada, Qaamo-qashiirta iyo Rubella (MMR) uu yahay mid cusub marka ay bilaabaan ama ku soo noqdaan dugsiga.

**Jadeecadu aad bay u faaftaa waxayna u horseedi kartaa dhibaatooyin sida caabuqa dhegta iyo laabta, suxitaan, shuban, dhaawac maskaxda ah, naafo muddo dheer ah ama dhimasho. Waa muhiim in tallaalada la seegay la qabto.**

Ilmahaagu wuxuu la socdaa tallaalkooda MMR markii ay qaateen laba qiyaasood oo tallaalkan ah. Tallaalka MMR waxa la bixiyay tobannaan sano, cilmi-baadhisyo badanna waxay muujiyeen inuu badbaado iyo waxtar leeyahay. Caddaynta ayaa cad in aanu jirin xidhiidh ka dhexeeya tallaalka MMR iyo autismka. Tallaalku wuxuu siinayaa ilmahaaga 99% ilaalin cimri-dherer ah wuxuuna kaa caawinayaa yaraynta faafidda caabuqa ee bulshadeena.

**Haddii ilmahaaga loo aqoonsado inuu xiriir dhow la leeyahay qof jadeeco qaba oo ilmahaaga aan si buuxda looga tallaalin MMR (labada qiyaasood), ilmahaaga waxaa laga yaabaa in lagu weydiiyo inuu is karantiilo ilaa 21 maalmood. [Tani waxay la macno tahay in ilmahaagu uu dugsiga ka maqnaanayo ilaa 21 maalmood.](#)**

**Si kastaba ha ahaatee, carruurta si buuxda loo tallaalay [lagama saari doono dugsiga](#) sababtoo ah si wanaagsan ayaa loo ilaaliyaa mana sii wadi doonaan faafinta caabuqa. Tallaalku wuxuu kaa caawin karaa in ilmahaagu dugsiga ku sii jiro.**

Ku qaadashada 15 daqiiqo ama ka badan xiriir toos ah oo lala yeesho qof qaba jadeeco ayaa ku filan faafinta caabuqa. Calaamadaha jadeecada waa:

- Xumad sare
- Xanuun, casaan, indho biyo leh
- Xanuun iyo dareen guud ahaan caafimaad darro
- Finan guduudan oo casaan/brown ah, oo badanaa soo baxa calaamadaha bilowga ah ka dib

- Qufac

**Ilmaha jadeecada qaba wuxuu ku dhici doonaa ku dhawaad dhammaan dadka aan la ilaalin ee ay la kulmaan. Jadeecadu dhib kuma aha oo kaliya carruurta yaryar, qof kasta oo difaaciisa uu daciifo iyo haweenka uurka leh waxay halis dheeraad ah ugu jiraan cudurro daran haddii aan lagaga ilaalin tallaalka.**

Qofkasta oo leh calaamadaha jadeecada waxaa lagula talinayaa inuu joogo guriga (shaqada ama dugsiga) oo uu waco GP-gooda ama NHS 111 si ay talo u helaan, halkii ay booqan lahaayeen xaruntooda GP-ga ama A&E. Taas waxaa sabab u ah jadeecada si dhakhso ah oo fudud ayay u faaftaa sidaa awgeed waa muhiim in la isku dayo oo laga hortago in cudurku sii faafo.

Waxaad ku hubin kartaa in ilmahaagu cusub yahay tallaalka MMR adiga oo eegaya diiwaankooda caafimaad ee shakhsi ahaaneed (Buug cas) ama adoo waydiinaya dhakhtarkaaga GP-gaaga. Haddii ilmahaagu aanu la socon, ballan u qabso ilmahaaga si uu u qaato tallaalka sida ugu dhakhsaha badan (eeg faahfaahinta sida ballan loo sameeyo hoos).

Si daacadnimo leh



**Dr Will Maimaris,  
Agaasimaha Caafimaadka Dadweynaha**

## Su'aalaha Inta Badan La Isweydiyo iyo Talooyin kale & Xog Faa'iido leh

### Tallaalka MMR ma yahay mid nabdoon oo waxtar leh?

Talaalkan waxa la bixiyay tobanaan sano waxaana loo arkaa inay yihiin kuwo badbaado leh oo wax ku ool ah ka hortagga jirada. Daraasado badan ayaa dhacay si loo eego badbaadada iyo waxtarka tallaalka MMR. Caddaynta ayaa cad in aanu jirin xidhiidh ka dhexeeya tallaalka MMR iyo autismka.

### Ilmahaygu waa da' dugsi, sidee ayaan u tallaalaa?

Haddii ilmahaagu dhigto Dugsiga Hoose ama Sare ee Haringey, waxaad ka ballansan kartaa rugta caafimaadka khadka tooska ah bixiyaha tallaalka da'da dugsi:

<https://www.schoolvaccination.uk/catch-up-clinics/polio-mmr-catch-up-clinics>

ama <https://www.schoolvaccination.uk/catch-up-clinics>

Haddii kale, waxaad ballan ka qabsan kartaa adiga oo wacaya 0208 017 4292.

### Talooyin iyo xog kale oo waxtar leh

- Ku dhaq gacmahaaga/gacmaha carruurtaada saabuun iyo biyo ama u isticmaalida gacmo nadiifiyaha si joogto ah inta lagu jiro wakhtiga sidoo kale waxay kaa caawinaysaa inaad iska ilaaliso qaadista iyo faafinta fayrasyada.
- Waalid ahaan/waayeel ahaan, haddii aanad hubin heerkaaga tallaalka/aanad iska ilaalinayn Jadeecada, ka hubi GP-gaaga. **Marna aad uma daahdo in la istallaalo!**
- Wixii macluumaad dheeraad ah ee ku saabsan caabuqyada jadeecada, fadlan hubi macluumaadka hoose:  
<https://www.nhs.uk/conditions/measles/>
- Wixii macluumaad dheeraad ah ee ku saabsan jadwalka tallaalka iyo tallaalada:  
<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>  
[www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them](https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them)

