

# Ma bilaabysaa dugsiga hoose?

Macluumaadka tallaalka ee loogu talagalay waalidiinta ilmaha dugsiga ku qoraya

**Sharci ahaan, waa in ilmahaagu lahaadaa shahaadada heerka tallaalka si loogu qoro dugsiga hoose.**

## Maxaa loo tallaalayaa?

Carruurta bilaabaysa dugsiga waxay la kulmaan dad tiro badan iyo cuduro aad halis u ah.

Tallaalku waxaa la ogaadey inuu yahay hab ammaan ah oo laysaga ilaaliyo cudurada kuwaas oo keena jirrooyin daran iyo mararka qaarkood caafimaad darro.

Ku-qoridda ilmaha dugsiga hoose waa waqtiga ugu habboon oo aad hubin karto in tallaalkii ilmahaagu uu dhammaystiran yahay.

## Maxay tahay shahaadada heerka tallaalka?

Waa caddayn muujinaysa in ilmahaagu helay tallaalkii.

Sharci ahaan, waa inaad keentaa shahaadada heerka tallaalka markaad ilmahaaga ku qorayso dugsiga hoose.

Haddii aan ilmahaagu qaadan tallaalkii, waa inaad mar kasta keentaa shahaadada.

Dugsigu wuxuu haysanayaa koobiga shahaada si haddii, uu dillaaco cudur, carruurta aan tallaalayn si dhaqso leh loo garto lagana saaro dugsiga ilaa inta ay dhammaanayso qatarta faafista cudurka.

Haddii aadan shahaadada keenin dugsiga ilmahaaga waa laga saarayaa dugsiga maaddaama aan la aqoon heerka tallalkooda.

Daaweynta Homeopathic maahan qaab tallaal sharci ahaan loo aqoonsan yahay lagumana dari karo shahaadada heerka tallaalka.

**Sidee baan ku heli karaa shahaadada heerka tallaalka?**

**Waxaad ka helaysaa: the Australian Childhood Immunisation Register**

- Wac 1800 653 809 ama
- email acir@medicareaustralia.gov.au
- www.medicareaustralia.gov.au/online
- U tag xafiiska Medicare ee degaankaaga.

Guud ahaan nooca shahaadada heerka tallaalka waa caddaaynta *Taariikhda Ilmaha* oo laga heli karo Australian Childhood Immunisation Register (ACIR).

Waxaa laguu soo diri doonaa caddaynta markii ilmahaagu gaaro da'da shan sano, si kastaba mar kasta waad codsan kartaa shahaadada.

Waa inaad la xiriirtaa ACIR haddii aad:

- guurto ama aad dhawaan soo degtey, si loo hubiyo in faahfaahinta xiriirkaagu ay joogto tahay
- u malaynayso in caddaynta ilmahaagu aysan dhammaystirnayn ama sax ahayn.

## Dhaqtarkaaga ama dowladda hoose ee degaankaaga.

Haddii aan ilmahaaga xaq u lahayn kaarka medicare-ka, markaas la xiriir dhaqtarkaaga ama adeegga tallaalka ee dowladda hoose ee degaankaaga kuwaas oo kaa caawin kara inaad hesho shahaadada heerka tallaalka.

## Sidee kale ayaan macluumaad dheeraad ah ku heli karaa?

Wixii macluumaad dheeraad ah iyo qaybaha turjuman ee dokumantigan ka eeg [www.health.vic.gov.au/immunisation](http://www.health.vic.gov.au/immunisation)



**Adeegga Fasiraada  
iyo Turjumidda  
Ka wac 131 450**

Si loogu helo dokumantiga qaab la garan karo email u dir immunisation@health.vic.gov.au  
Waxaa ogolaaday oo daabacay Dowladda Victoria,  
50 Lonsdale St, Melbourne.  
© Department of Health, September 2013 (1309006)