

6 todobaad 1 mudniin*	Rota-fayrus (tallaal la cabayo, mudniin ma leh) *Carruurta leh waalid ka yimid waddamada ay qaaxadu/tiibisho ku badan tahay: Qaaxo/Tiibisho (tallaalka BCG) *Carruurta xilligeeda ka hor dhalatay ee dhalatay ka hor toddobaadka 32aad: Gawracatada • Teetaanada • Xiiqdheerta • Dabayasha/Booliyada • Infekshanka HIB • Cagaarshow B
3 bilood 2 mudniin	Rota-fayrus • Gawracatada • Teetaanada • Xiiqdheerta • Dabaysha/Booliyada • Infekshanka HIB • Cagaarshow B • cudur pneumococcal ah
5 bilood 2 mudniin	Gawracatada • Teetaanada • Xiiqdheerta • Dabaysha/Booliyada • Infekshanka HIB • Cagaarshow B • cudur pneumococcal ah
12 bilood 2 mudniin	Gawracatada • Teetaanada • Xiiqdheerta • Dabaysha/Booliyada • Infekshanka HIB • Cagaarshow B • cudur pneumococcal ah
15 bilood 1 mudniin	Jadeecada • Qaamo-qashiir • Rubella

Tallaalka ka hor iyo ka dib

Ogeysii kalkaalisada caafimaadka haddii

- ilmuhu uu qabo xasaasiyad ama dhibaatooyin kale oo caafimaad
- ilmuhu uu dhawaan qaatay dawooyin ama tallaalo kale
- hooyada la siiyay dawooyin daciifiya difaaca jidhka xilligii ilmuhu uurka ku jiray iyo/ama iyadoo naaska nuujinaysa

Tallaalka ka dib waxaa wacan in 20 daqiiqo la sugo ka hor intaan laga tegin rugta caafimaadka. Carruurta intooda badani falcelin wayn ama habayaraate wax falcelin ah kalama kulmaan tallaalka, laakiin qaar ayaa la kulma falcelinno fudud oo ka tagaya, sida xummad/qandho fudud. Haddii ilmuhu yeesho xummad ka sarreysa 39°C iyo/ama hoos u dhac ku yimaada xaaladda caafimaad ee guud, waxay calaamad u noqon kartaa cudur wayn, oo waxa dhici karta in aanay ahayn falcelin ka timi tallaalka. Sidaa darteed la xiriir dhakhtar haddii aad ka welwelsan tahay xaaladda ilmaha.

Tallaal isku dhafan

Tallaalka isku dhafan waxaa laga helaa difaaca cudurro badan oo hal tallaal ku jira. Inta badan tallaallada ka mid ah barnaamijka waxaa loo bixiyaa habkan. Taas oo macnaheedu yahay inay yaraanayso inta jeer ee ilmaha la mudayo iyo falcelinnada barta mudniinka, marka la barbardhigo marka tallaalada loo siinayo si gooni gooni ah.

Barnaamijka Tallaalka Carruurta xilliga carruurtu gaadho ee da'da dugsiga

Muddada ilmuhu aado dugsiga hoose/dhexe waxaa cusboonaysiin ahaan loo siin karaa qaar ka mid ah tallaalada. Xilliga fasalka 7aad waxaa la siin karaa tallaalka fayraska papillomavirus (HPV).

Tusmo guud oo muujinaysa tallaalada uu ilmuhu helayo

Dhamaan tallaallada ilmaha la siiyay waxaa laga diiwaangelinayaa diiwaanka tallaalka ee qaranka ee SYSVAK. Tallaallada uu ilmahaagu qaatay waxaad ka arkaysaa adeegga talaalka ee Vaksinetjenesten oo laga helayo www.helsenorge.no