

# Daryeelka Ka Hortagga ah - Ilmaha

Ma ogtahay inta jeer ee ay tahay inaad iska baarto ama aad u tagto dhakhtarkaaga?  
Ma taqaanaa baadhitaano iyo adeegyada loo arko inay looga hortagayo cudurka?



## Waa maxay adeegyada daryeelka ka hortagga ah?

Waa muhiim inaad si joogto ah u booqato bixiyaha daryeelkaaga aasaasiga ah (PCP) ama dhakhtarka carruurta si aad u hesho daryeel ka hortag ah. Daryeelka ka-hortaggu wuxuu u oggolaanayaa PCP-gaaga inuu ogaado dhibaatooyin caafimaad oo suurtagal ah ka hor inta aadan dareemin xanuun. Markaad hore u heshid dhibaatooyin caafimaad, takhtarkaaga (PCP) wuxuu kaa caawin karaa inaad hesho daryeelka aad u baahan tahay si aad caafimaad u hesho.



## Goorma ayay adeegyadu bilaash yihiin?

Adeeg la mid ah waxa uu noqon karaa ka hortag (lacag la'an) ama ogaanshaha (wada bixinta, caymis ama wax laga jari karo ayaa lagu codsado).

Daryeelka ka-hortagga ah waa lacag la'aan (kharash la'aan kuwo xubinta) haddii:

Ku taxan hagahan laga helay [osuhealthplan.com/forms-and-downloads](https://www.osuhealthplan.com/forms-and-downloads)

Waxaa buuxinaya bixiyaha shabakada ama farmashiyaha aad doorbidayso. Tag [osuhealthplan.com](https://www.osuhealthplan.com) oo isticmaal qalabkayaga Raadi Bixiyaha si aad u hesho dhakhaatiirta shabakada

Loo sameeyay ujeedooyinka ka hortag



DARYEELKA	SABABTA ADEEGA	MAXAAD BIXIN DOONTAA
Daryeelka ka hortagga	Si looga hortago dhibaatooyinka. Wax calaamado ah ma lihid.	Wax ma bixinaysid wax kasta. <i>lacag la'an</i>
Daryeelka Baritaanka	Waxaad leedahay calaamad, ama waxaa lagugu baaray arrin caafimaad oo la yaqaan.	Tani waa sheegasho caafimaad. Waxa laga yaabaa in lagaa jarayo, lacagaha aad bixineyso iyo caymiska aad codsanayso. Xusuusnow in booqashadaada xafiiska PCP ay lacag la'aan tahay haddii bixiyahaagu uu qeyb ka yahay shabakada koowaad. Haddii lagu sameynayo baaritaanka dhiigga ama raajada, kuwani waxay kaaga baahan doonaan inaad bixiso dhammaan ama qayb ka mid ah kharashka.



# Daryeelka ka hortagga caafimaadka carruurta

Da'da	TALO	Qiimaha
Ilmaha dhashay	Hal booqasho 3 - 5 maalmood ka dib bixista	lacag la'an
0– 2 sanno	Hal booqasho oo ah 1, 2, 4, 6, 9, 12, 15, 18 iyo 24 bilood	lacag la'an
3– 6 sanno	Hal booqasho oo 30 bilood ah iyo hal booqasho sannad kasta da'da 3 - 6	lacag la'an
7– 10 sanno	Hal booqasho 1-2 sano kasta	lacag la'an
11– 18 sanno	Hal booqasho sanad kasta	lacag la'an

TALLAALKA	TALO	Qiimaha
<b>Bus-buska cudurka (jadeecada)</b>	Hal qaadasho oo u dhexeeya 12 iyo 15 bilood. Qaadashada labaad inta u dhaxaysa 4 iyo 6 sano jir. Carruurta da'doodu tahay 13 sano iyo wixii ka weyn ee aan horey u qaadin tallaalka ama cudurka, laba qaadasho oo 4 ilaa 8 todobaad u dhaxeysa.	lacag la'an
<b>COVID-19-ka</b>	Talooyinka CDC ee hadda la xiriiira tallaalka COVID-19 , fadlan booqo <a href="https://www.cdc.gov/covid/vaccines">cdc.gov/covid/vaccines</a> .	lacag la'an
<b>Gawracatada, teetanada, xiiqdheer (xiiqdheer)</b>	Mid ka mid ah qiyaasta DTaP 2, 4, 6, 18 bilood iyo 4-6 sano jir (5 qiyaasood). Hal qiyaas oo ah Tdap inta u dhaxaysa 11 ilaa 12 sano kadibna waxaa la siiyaa Td 10 kii sanoba mar kadib.	lacag la'an
<b>Hargabka (Hargab)</b>	Laba qiyaas oo u dhaxaysa 4 toddobaad carruurta caafimaadka qaba ee da'doodu u dhaxayso 6 bilood ilaa 8 sano marka ay qaadanayaan tallaalka markii ugu horreysa. Carruurta hore u qaadatay tallaalka hargabka waxay qaadan karaan hal qiyaas sanadkii.	lacag la'an
<b>Hargabka wata nooca b</b>	Hal qiyaas oo ah 2, 4 iyo 6 bilood iyo hal mar inta u dhaxaysa 12 iyo 18 bilood.	lacag la'an
<b>Cagaarshow A</b>	Laba qiyaasood oo ugu yaraan 6 bilood u dhexeeyaan inta u dhaxaysa 12 iyo 23 bilood. Carruurta aan hore loo tallaalin, laba qiyaas ayaa la siin karaa ugu yaraan 6 bilood u kala fog iyadoo ku xiran go'aanka dhakhtarkaaga.	lacag la'an
<b>Cagaarshoowga B</b>	Hal qiyaas ayaa la siiyaa dhammaan dhallaanka cusub ka hor inta aysan ka bixin isbitaalka, qiyaasta labaadna inta u dhaxaysa 1–2 bilood, halka qiyaasta saddexaad la siiyo inta u dhaxaysa 6–18 bilood. Haddii aan la tallaalin xilliga dhallaanimada, tallaalka waxaa la bilaabi karaa da'da u dhaxaysa 2–18 sano.	lacag la'an
<b>HPV-ga (aadanaha caabuqa babloomo)</b>	2 ilaa 3 qiyaasood muddo 24-toddobaad ah oo ka bilaabmaya da'da 11 ee wiilasha iyo gabdhaha. Dhakhtarkaaga ayaa talaalka ku siin kara da'da 9 sano haddii uu ilmuhu halis weyn ku jiro.	lacag la'an
<b>Jadeeco, qaamo-qashiir, Cudurka shubanka (MMR)</b>	Hal qiyaas oo inta u dhaxayso 12 iyo 15 bilood iyo ilbiriqsi oo inta u dhaxaysa 4 iyo 6 sano. Waxaa la siin karaa carruurta da'da weyn haddii aysan horey u qaadin tallaalka ama xanuunka.	lacag la'an
<b>Qoorgooyaha (Qoorgooyaha)</b>	Hal qiyaas inta u dhaxaysa 11 ilaa 12 sano, iyo mid kale 16 sano. Dhaliyarada iyo dadka da'da u dhaxaysa 16 ilaa 23 sano sidoo kale waxay qaadan karaan tallaalka MenB. Dhakhaatiirtu waxay tallaalka siin karaan ilmahaaga da'da 2 sano haddii uu halis sare ku jiro.	lacag la'an
<b>Bararka sambabka (Koola bacaari)</b>	Hal qiyaas oo ah 2, 4 iyo 6 bilood iyo hal mar inta u dhaxaysa 12 iyo 15 bilood. Waxaa la siin karaa carruurta waaweyn ee halis sare ku jirta.	lacag la'an
<b>Cudurka dabaysha</b>	Hal qiyaas oo ah 2 iyo 4 bilood iyo hal mar inta u dhaxaysa 16 – 18 bilood (3 qiyaasta guud ah). Kadib, hal qiyaas oo u dhexeeya 4 - 6 sano jir.	lacag la'an
<b>Caabuqa Rato</b>	Hal qiyaas markuu jiro 2, 4 iyo 6 bilood.	lacag la'an

TALLAALADA