

Waxa Waalidiinta u Baahan Yahii in ay Ogaadaan: Sharciga Tallaalka Maine 2021

Horudhaca

Sharciga cusub ee Maine waxaa la hirgelin doonaa bisha Sateembar 1, 2021. Waa kuwaan shuruudaha loo baahan yahay marka la fiiriyo da'da iyo heerka fasalaka.

Macluumaadkaan waxaa bixiyay iskaashi ka dhexeeyo Isutagga Talaalka Maine (Maine Immunization Coalition), Ururka Takhaatiirta Maine (MMA, Maine Medical Association), Laanta Maine ee Akademiyada Caruurta Mareykanka (AAP, Maine Chapter of the American Academy of Pediatrics) iyo Ururka Lafaha Maine (MOA, Maine Osteopathic Association). Waxaan si wadajir ah uga shaqeynaa in aan caruurta Maine ka badbaadino cudurada dillaaca iyo cudurada laga horteggi karo, gaar ahaan gudaha dugsiga.

Maxay tahay ka dhaafidda caafimaadka

Ka dhaafidda caafimaadka waxay taageertaa go'aanka Xirfadeed ee Takhtarkaaga (MD, Medical Doctor), Takhtarka Daweynta Lafaha (DO, Doctor of Osteopathic Medicine), Kalkaalinta (NP, Nurse practitioner) ama Kaaliyaha Takhtarka (PA, Physician Assistant) haddii talaalka yahay wax lagula tallin karo cunugaada. Maine AAP waxay taageertaa jadwalka talaalka Xarunta loogu talagay Xakamaynta Cudurka/Guddiga La-talinta ee Ku-dhaqanka Talaalka (CDC/ACIP) iyo waxyaabaha ka soo horjeedo talaalka taasoo ku saleysan caddeyn si joogto ah loo cusbooneysiisay: <https://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/contraindications.html>

Maine AAP/MMA/MOA waxay soo saareen foomka ka dhaafidda caafimaadka kaasoo loo sameyay in ay bixiyeyaasha u isticmaalaan dugsiyada iyo goobaha daryeelka caruurta si loo aqoonsado tilmaamaha ka dhaafidda caafimaadka. Si aad u heshid macluumaad dheeri ah, booqo: www.vaxtoschoolmaine.me

Yaa bixiya ka dhaafidda caafimaadka?

Ka dhaafidda caafimaadka waxaa bixiya bixiyeyaasha shattiga haysta (MD/DO/NP/PA). Ka dhaafidda caafimaadka waa war qoran oo sheega, sida go'aanka xirfadlaha caafimaadku yahay, in talaal laga qaato hal cudur ama ka badan, in aan caafimaad ahaan, lagula tallin karin caruurta.

Dhamaan wixii ku saabsan sharciga

Sharcigaan waxaa lagu dabaqaa Hay'ad kasta oo horay u ogolaatay ka-dhaafidda talaalka, falsafada/diinta awgeed. Kuwaan waxaa ka mid ah xanaanada ilmaha, xanaanada gaarka iyo xanaanada dadweynaha ilaa dugsiga fasalaka 12aade (K-12), dugsiyada ka dambeeyo dugsiga sare, iyo qaar ka mid ah hay'adaha daryeelka caafimaadka.

Ardayga ku jiro ceymiska qorshaha waxbarashada ku kooban qofka bisha Sateembar 1, 2021, ee doortay ka dhaafidda falsafadeed ama diineed in aan la talaalin ilaa laga gaaro bisha Sateembar 1, 2021 ama kahor, wuxuu sii wadi karaa in uu yimaado dugsiga sida hoos timaado ka dhaafidda falsafada ama diinta ilaa inta:

Ardayga ka yar 18 sanno: Waalidka ama ilaaliyaha waxay caddeyn ka soo qaadaan bixiye haysta shatti (MD/DO/NP/PA) in ay la tashadeen waalidka ama ilaaliyaha iyo in ay la socodsiiyeen waalidka ama ilaaliyaha halista iyo manafacaadka la xariira doorashada talaalka.

Ardayga ka weyn 18 sanno: Ardayga wuxuu caddeyn ka soo qaadaa bixiyaha haysta shatti (MD/DO/NP/PA) in ay la tashadeen ardayga iyo in ay la socodsiiyeen ardaygaas halista iyo faai'idada la xariirta doorashada talaalka.

Difaaca jirka waa hab kale oo la ogolaan karo oo lagu caddeeyo difaaca jirka.

Natiijadaha ka soo baxay shaybaarka ama diiwaanada caafimaadka ee muujiya difaaca cudurka taasoo ku saleysan in qofka horay u qaaday cudurka waxaa loo qaadan doonaa sida caddeyn la ogolaan karo oo la kullanta

shardiga difaaca. *Sifeyntaan waxaa la ogaan doonaa inta ay socoto hawsha sharci dajinta ee iminka socota waana la cusbooneysiindoono.

Talaalka loo baahan yahay?

Sharuudaha K-12

- **Xanaanada**
 - 5 Dtap (xiiq dheer, tetano, iyo qufac; 4 DtaP haddii midka 4aad la siiyo marka uu gaaro dhallashada 4aad ama kaddib)
 - 4 Dabaysha (haddii qiyaasta 4aad la siiyo dhallashada 4aad ka hor, talaalka dabaysha ku habboon da'da (IPV) waa in la siiyo dhallashada 4aad ama kaddib).
 - 2 MMR (jadeeco, qaamoo qashiir, jadeecada jarmalka)
 - 1 Busbus (waafgaabo)

- **Fasalka 7^{aad}**
 - Tdap (tetano, xiiq dheer, xiiqley)
 - 1 Talaalka bakteeriyaha madaxa gala (MCV4)

- **Fasalaka 12^{aad}**
 - 2 MCV4 (waxaa loo baahan yahay hal qiyaas keliya haddii qiyaasta 1aad la siiyo marka uu gaaro dhallashada 16aad ama kaddib).

Sharuudaha Dugsiga-Sare-Kaddib

- MMR (labo qiyaas oo ah talaalka MMR, la qaato sannad guurada dhallashada kowaad kaddib)
- Xiiq dheer/Tetano (hal qiyaas xiiq dheer, tetano, qufac (DTP), xiiq dheer, tetano (DT); ama tetano iyo xiiqdheer (Td) muddo 10 sanno gudahooda ka hor inta aan la diiwaan gelinin).

Sharuudaha xanaano maalmeedka

Si aad u heshid macluumaad tafatiran oo ku saabsan tilmaanta daryeelka maalinta, booqo:

<https://www.maine.gov/dhhs/mecdc/infectious-disease/immunization/documents/Daycare-Immunization-standards-revised.pdf>

Warqadda Degdegga Talaalka loo Baahan Yahay Maine					
Tallaalka	Xanaanada	Darajada 7 ^{aad}	Darajada 12 ^{aad}	Dugsiga Sare Kaddib	Daryeelka cunugga
DTap	X	X		X	X
IPV	X				X
MMR	X			X	X
Busbus/Waafgaabo-firuska Zoster (VZV)	X				X
Cudurka bakteeriyaha madax gala		X	X		
Cudurka bakteeriyaha madaxa gala nooca B (HiB)					X
Talaalka Wareentada (PCV-12)					X
Cagaarsho A					X
Cagaarsho B					X