

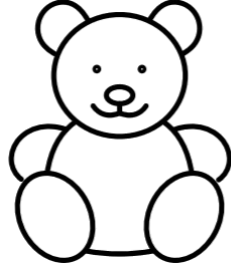
Talooyin ah sida ilmahaaga loo caawiyo marka la tallaalayo

(Tips on how to be there for your child during vaccinations)

Tallaalka ka-hor



Horay u soo qaado waraaqaha tallaalka ee ilmahaaga.



Alaab uu ilmuhu jecel yahay oo uu ku ciyaaro u soo qaad oo gacanta ha ku haysto (buugaag, alaabo kale, iwm.).



Akhriso macluumaadka tallaalka ee ay ku siin doonto kalkaalisada.



Su'aalo weydii.



Adigu is-deji. Adiga ayuu ilmuhu ku eeganayaa.



Si fiican u fahamsii tallaalka. Waxaad u sheegtaa, "Inay qandhuufo tahay oo ay ilmaha oo dhan qaataan."



Marna ha ku cabsiin in la soo tallaalaayo markaad rabto in aad canaanato.



Dhakhtarka ama kalkaalisada weydiiso haddii aad heli karto kareemka ama buufiska kabuubyada si loogu yareeyo xanuunka tallaalka.



Kalkaalisada ayaa kuu sheegeysa sida aad u qabaneyso ilmaha yaryar si ay si fiican tallaalka ugu siiso.



Talooyin ah sida ilmahaaga loo caawiyo marka la tallaalayo (Waa ay socotaa)

(Tips on how to be there for your child during vaccinations (Continued))

Wakhtiga Tallaalka



Eeg ilmaha, u qosol oo hadal ku maaweeli si uusan u cabsoon.

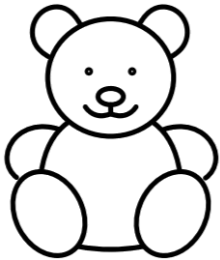


Ha hilmaamo xanuunka. U hees, u sheekee, ama aayar ha u neefsado.



Hadduu ilmuhu ooyo sabaali. Ha ku khasbin in ilmuhu aamuso.

Tallaalka Ka-dib



Waxaad siisaa alaabta uu jecel yahay ee uu ku ciyaaro. U sheeg in lagu muday tallaalkii.



Qabo oo si aayar u fahamsii in ilmuhu tartiib u ciyaaro oo uu nasto 15 ilaa 30 daqiiqo.



Waxaa dhici karta inay xanuunto gacanta ama lugta, iyo xoogaa cabsi ah.

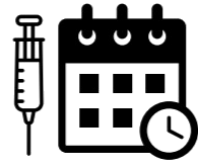
Markaad Guriga Joogtaan



Haddii aad ilmaha ku aragto wax calaamado ah oo noqon kara dhib, sida qandho badan, la soo xiriir dhakhtarka.



Waxaa wax caadi ah in ay ilmuhu cunto fiican cuni waayaan ilaa laba beri. Wax kasta caadi ayey ku soo noqonayaan.



Meel ku qoro taariikhda ilmahaaga laga rabo tallaallada kale. Qofkii qaadan kara waa in uu 2 jeer qaato tallaalka COVID-19 si uu difaac fiican uga helo.