



# Leicestershire Partnership

NHS Trust

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2025

Gacaliye Waalid / Daryeele iyo Qofka Yar,

## **3-in-1 kobcinta dhalinyarada iyo barnaamijka tallaalka meningitis-ka ee dhalinyarada**

Waxaan bixinaa dhammaan dhalinyarada ku jirta sannad dugsiyeedka 9 (da'doodu tahay 13 ilaa 14 sano) ama ka badan, fursad ay ku helaan laba tallaalka oo muhiim ah oo sii socda, ama dhammaystiraya, ilaalinta ay haysteen qayb ka mid ah barnaamijka tallaalka ilmaha. Tallaaladan waxaa si degdeg ah loo siiyaa cududda sare waxaana loo baahan yahay in hal mar la bixiyo inta lagu jiro dugsiya sare.

Tallaalkan joogtada ahi waa **bilaash, badbaado leh oo waxtar leh**. Waxay kala yihiin:

- **3-in-1 tallaalka kobcinta dhallinta**, kaas oo ka ilaaliya teetanada, gawracatada, dabaysha (Td/IPV). Cuduradaan dhamaantood waxay awood u leeyihiin inay dilaan waxayna sababi karaan arrimaha neefsashada, waxay saameeyaan habdhiska dareenka waxayna sababi karaan dhaawac halis ah. Si aad wax badan uga ogaato booqo: [tiny.cc/boosterleaflet](http://tiny.cc/boosterleaflet)
- **tallaalka qoorgooyaha ACWY**, kaas oo ilaaliya ka hortagga noocyada qoorgooyaha A, C, W iyo Y ee keeni kara qoorgooyaha (barar ku dhaca dahaarka maskaxda) iyo septicaemia (dhiig sumowga). Si aad wax badan uga ogaato booqo: [tiny.cc/menacwyleaflet](http://tiny.cc/menacwyleaflet)

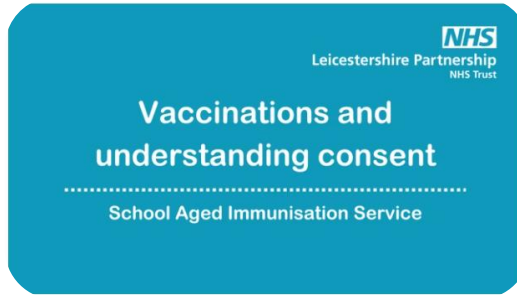
Mid ka mid ah cudurrada kor ku xusan ma jiraan wax daawo ah, markaa sida ugu wanaagsan ee lagu ilaalin karo waa tallaalka.

## Isbeddel muhiim ah oo ku saabsan habka oggolaanshaha: qofka dhallinyarada ah hadda wuu oggolaan karaa tallaallada.

Haddii aannaan helin go'aanka oggolaanshaha waalidka ama xannaaneeyaha ee tallaallada, annaga oo adeegsanayna habkan hoose, waxa laga yaabaa inaan u oggolaanno qofka dhallinyarada ah inuu iskiis u oggolaado tallaalka maalintaas. Waxaan fursadan siin doonaa oo kaliya dhalinyarada ku jirta 8 iyo wixii ka sareeya, kuwaas oo akhriyay macluumaadka tallaalka ee ku haboon oo uu qiimeeyay xirfadle caafimaad inay leeyihiin faham ku filan oo ay si buuxda ugu mahadcelinayaan waxa ku lug leh. Kaliya kuwa sida cad ugu raaxaysan qaadashada tallaalka ayaa qaadan doona.

Haddii waalidiinta ama daryeelayaashu ay ka jawaabeen oo ay diideen oggolaanshaha, go'aanka ma burin karo qof dhallinyaro ah, mana talaaleyno. Sida had iyo jeer, waxaan ku dhiirigelinaynaa dhalinyarada iyo waalidiintooda iyo daryeelayaashooda inay ka hadlaan tallaalka la soo bandhigay oo ay si wadajir ah u buuxiyaan foomka.

Macluumaad dheeraad ah oo ku saabsan oggolaanshaha waxaa laga heli karaa: [www.leicspart.nhs.uk/service/schoolagedimms](http://www.leicspart.nhs.uk/service/schoolagedimms) ama waxaad ka daawan kartaa fiidiyowyan hoose:



Tallaalka iyo oggolaanshaha fahamka  
[yar.cc/tallaalada](http://yar.cc/tallaalada) iyo oggolaanshaha



Hogaaminta bukaan-socodkeena waxay sharraxaysaa is-oggolaanshaha  
[yar.cc/is-oggolaanshaha](http://yar.cc/is-oggolaanshaha)

Waxaad sidoo kale noo soo sheegi kartaa haddii aadan rabin in qofka dhallinyarada ah la tallaalo.

## Sida loo bixiyo go'aanka oggolaanshahaaga ee tallaallada

- U samee qoraal koodka dugsigaaga. [School name] koodka dugsigu waa [ School Code]
- Booqasho [www.leicsandrutlandimms.co.uk](http://www.leicsandrutlandimms.co.uk) ama sawir code-ka QR adiga oo isticmaalaya kamarada casriga ah si aad toos ugu tagto website-ka.
- Dooro **3-in-1 xoojiye da'yarta iyo Meningitis ACWY** oo geli xeerka dugsiga.
- Bogga go'aanka oggolaanshaha, fadlan dooro:
  - Waxaan rabaa in qofka dhalinyarada ah uu qaato mid ama labadaba tallaallada.
  - Ma rabo in qofka da'da yar uu qaato mid ka mid ah tallaallada.
- Waxaad heli doontaa iimaylka xaqiijinta marka foomka la gudbiyo.


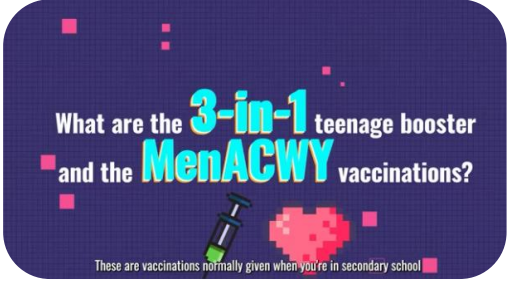


Haddii aadan awoodin inaad foomka ku buuxiso khadka, fadlan naga soo wac **0300 3000 007** ama iimayl [lpt.sais@nhs.net](mailto:lpt.sais@nhs.net) oo leh faahfaahintaada xiriirka. Haddii aad maskaxdaada ka beddesho go'aanka oggolaanshahaaga, fadlan naga soo wac lambarka kore si aad u bedesho.





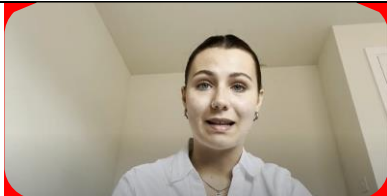
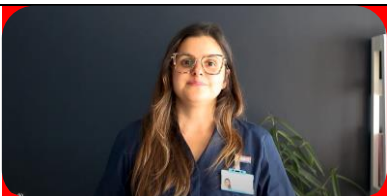
Dugsigaaga ayaa ku ogeysiin doona marka kulanka tallaalku dhacayo. **Nidaamka oggolaanshaha wuxuu xirmi doonaa laba maalmood oo shaqo ka hor fadhiga tallaalka.** Ma awoodi doontid inaad soo gudbiso foomka oggolaanshaha maalintaas.

Daacadnimo,

### Adeegga Tallaalka Da'da Dugsiga

Su'aalaha soo noqnoqda	
Waa maxay tallaalka la bixinayaa?	Tallaalka 3-in-1 xoojiye da'yarta waa Revaxis. Tallaalka Meningitis ACWY waa Nimenrix.
Waa maxay waxyeelada?	Sida dawooyinka oo dhan, talaalkani waxa uu keeni karaa waxyeelooyin kale, in kasta oo aanu qof kastaa helin. Dadka da'da yar ayaa laga yaabaa inay ku yeeshaan casaan yar goobta la duray. Wixii macluumaad dheeraad ah, fadlan akhri warqadaha alaabta tallaalka.
Halkeen ka akhriyi karaa buug-yaraha alaabta tallaalka?	3-in-1 xoojiye da'yarta, booqo: <a href="http://tiny.cc/3in1pil">tiny.cc/3in1pil</a> Cudurka qoorgooyaha ACWY: booqo <a href="http://tiny.cc/menacwypil">tiny.cc/menacwypil</a> ee Nimenrix iyo <a href="http://tiny.cc/Menquadfipil">tiny.cc/Menquadfipil</a> ee MenQuadfi.
Ma ku heli karaa macluumaadkan qaab muuqaal ah?	Dhegayso mid ka mid ah kalkaaliyayaashayada oo ka hadlaysa tallaalada: <a href="http://tiny.cc/boosterinfo">http://tiny.cc/boosterinfo</a> 
Sidee buu qofka dhalinyarada ah ugu diyaar garoobi karaa tallaalada?	U fiirso animation-ka 3-in-1 kor u qaada dhalinyarada iyo tallaalada MenACWY: <a href="http://tiny.cc/3in1andmenACWYanimation">tiny.cc/3in1andmenACWYanimation</a> 

Qofka da'da yar wuxuu ka baqayaa cirbadaha, ma jiraan wax taageero ah oo la heli karo?	Waxaad macluumaadkan ku dari kartaa foomkaaga ogolaanshaha kooxdayaduna waxa ay ku dadaali doonaan sida ugu fiican si ay u taageeraan. Fiidiyowgani waxa laga yaabaa inuu ka dhaadhiciyo dadka da'yarta ah waayo-aragnimadooda tallaalka: <a href="https://tiny.cc/reassurance">tiny.cc/reassurance</a> – waxa kale oo jira muuqaalkan: <a href="https://tiny.cc/toptipsforvaccinations">tiny.cc/toptipsforvaccinations</a>
Waxa ay leedahay ciwaanka iimaylka kuma eka ama ma aqoonsana xeerka dugsiga.	Hubi in aanay jirin meel bannaan ama calaamado ka hor ama ka dib ciwaanka iimaylka iyo koodka dugsiga.
Maxaa dhacaya haddii qofka dhallinta yar uu maqan yahay ama uu xanuunsanayo maalinta fadhiga?	Fursad dheeraad ah ayaa loo heli doonaa tallaalka.
Waa maxay barnaamijka talaalka qaranka?	Booqo: <a href="https://www.nhs.uk/conditions/vaccinations">www.nhs.uk/conditions/vaccinations</a> si aad wax badan u ogaato.

<b>Waxa kale oo aad ku baran kartaa wax ku saabsan deeqda tallaalka oo luqadahan ah:</b>		
<b>Carabi</b>	<b>Farsi</b>	<b>Gujarati</b>
		
<a href="https://tiny.cc/boosterinfoarabic">tiny.cc/boosterinfoarabic</a>	<a href="https://tiny.cc/boosterinfofarsi">tiny.cc/boosterinfofarsi</a>	<a href="https://tiny.cc/fluinfogujarati">tiny.cc/fluinfogujarati</a>
<b>Hindi</b>	<b>Polish</b>	<b>Punjabi</b>
		
<a href="https://tiny.cc/fluinfohindi">tiny.cc/fluinfohindi</a>	<a href="https://tiny.cc/fluinfo polish">tiny.cc/fluinfo polish</a>	<a href="https://tiny.cc/fluinfo punjabi">tiny.cc/fluinfo punjabi</a>
<b>Isbaanish</b>	<b>Soomaali</b>	<b>Urdu</b>
		
<a href="https://tiny.cc/fluinfo spanish">tiny.cc/fluinfo spanish</a>	<a href="https://tiny.cc/fluinfo somali">tiny.cc/fluinfo somali</a>	<a href="https://tiny.cc/fluinfo urdu">tiny.cc/fluinfo urdu</a>

**Haddii aad rabto macluumaadkan oo ku qoran luqad kale, booqo:**  
[www.leicspart.nhs.uk/service/schoolagedimms](https://www.leicspart.nhs.uk/service/schoolagedimms)

Carabi

كنت ترغب في قراءة هذه الرسالة بلغة أخرى , قم بزيارة موقعنا على الإنترنت sidaas

Gujarati

જો તમે આ પત્ર ગુજરાતીમાં વાંચવા માંગતા હો તો અમારી વેબસાઇટ પર જાઓ

Polish

Jesli chcesz przeczytać toban liis w innym języku , przejdź na naszą stronę .

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਪੱਤਰ ਨੂੰ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਪੜ੍ਹਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੀ ਵੈੱਬਸਾਈਟ ' ਤੇ ਜਾਓ

Soomaali

Haddi aad jeclaan lahayd inaad ku akhrido warqadan qoraalka kale, booqo boggayaga bogga internetka

Urduu

اجر آپر میں یہ خط پھینا چاہتے ے تو mari iyo

Yukreeniyaa  
n

Якщо видео: