



Ku Soo Dhowaada Iskuulka Xannaanada!

Ilmahaaga u diyaari iskuulka xannaanada. Xaqiji in tallaaladoodu u dhan yihiin. Xaqiji in ay helaan dhammaan baaritaanada caafimaad ee lagu la taliyey.

Tallaalada (Immunizations)

Labo tallaal oo lacag la'aan ah ayaa lagu la taliyey carruurta jirta 4 sano iyo ka weyn:

- **Tdap-IPV** waa tallaalka carruurta ka ilaaliya xanuunada gawracatada (diphtheria), teetanada (tetanus), xiiqdheerta [whooping cough (pertussis)], iyo dabeysha (polio).
- **MMRV** waa tallaalka carruurta ka ilaaliya xanuunada jadeecada (measles), qumanka (mumps), jadeeco jarmalka (rubella), iyo bus-buska [chickenpox (varicella)].

Ballanta tallaalka ilmahaaga ka qabso adiga oo wacaya dhakhtarkaaga, daawo-yaqaanka (pharmacist), ama Qeypta Caafimaadka Dadweynaha.

Tallaalada ilmahaaga uga warbixi qeypta caafimaadka dadweynaha ee xaafaddaada.

Wac qeypta caafimaadka ee xaafaddaada ama buuxi foomka khadka internetka.



Iskaan-garee calaamaddan furaha Jawaabta Degdegga ah (Scan this QR code) si aad u heshid foomka ama booqo bartaan fraserhealth.ca/immunizationform

Adeegyada Caafimaadka Dadweynaha

Waxaad la tashan kartaa kalkaaliye Caafimaadka Dadweynaha ee Qeypta Caafimaadka Dadweynaha ee xaafaddaada. Adeegyada waxaa ka mid ah, haseyeeshee aan ku koobneyn kuwa soo socda:

- Tallaalada
- Baaritaanada caafimaadka ilmaha
- Adeegyada waxbarashada caafimaadka iyo ammaanka

Xaaladaha Caafimaadka Halista ah iyo Iskuulka

Haddii ilmahaagu u baahan karo daryeel caafimaad oo degdeg ah ama daawooyin marka ay iskuulka joogaan, ku wargali iskuulka waxaadna qorshe caafimaad la buuxisaa maamulaha iskuulkaaga iyo macalinka ilmahaaga sanad walba. Waxaad la tashan kartaa kalkaaliye Caafimaadka Dadweynaha haddii loo baahdo.

Adeegyada Caafimaadka ee Iskuulka

Booqo bogga internetka xogaha adeegyada caafimaadka iskuulkeena ee ardayda da'doodu tahay 5 ila 18 sano iyo shaqaalaha iskuulka.



Iskaan-garee calaamaddan furaha Jawaabta Degdegga ah (Scan this QR code) ama booqo fraserhealth.ca/schoolhealth

Ilkaha, Aragga, iyo Maqalka

▪ Baaritaanka ilkaha (Dental screening)

Ardayda xannaanadu waxay iskuulka gudhiisa ku helaan baaritaan ilkaha ah oo lacag la'aan ah. Wuxaan sidaa u sameynaa si aan u ogaan oo uga caawino carruurta qabta dhibaatooyin ilkaha ah. Baaritaankaanu ma aha in uu beddalo baaritaan uu sameeyey dhakhtarka ilkaha.

▪ Aragga (Vision)

Waxaan ku dhiirigalinaa dhammaan waalidiinta/masuuliyiinta in ay qabsadaan ballan ay ku booqdaan dhakhtarka indhaha ee xaafaddooda si loogu sameeyo baaritaanka indhaha ilmahooda ee sanadkii. Waa lacag la'aan.

Biritish Kolombiya gudaheeda, baaritaanada indhaha aasaasiga ah waa u lacag la'aan carruurta ilaa iyo da'da 18 sano, in kasta oo dhakhtarada indhaha qaarkood ay khidmo adeeg oo yar kaa qaadi karaan booqasho kasta.

▪ Maqalka (Hearing)

Maqalka wanaagsan wuxuu lagama maarmaan u yahay hadalka iyo horumarka afka.

Dhaktarada maqalka ee bulshadu waxay adeegyada maqalka siiyan carruurta markay dhashaan ilaa iyo da'da 19 sano.

Carruurta maqalka wax ka qabta, waalidka/masuulka ama xirfadle caafimaad ama waxbarasho ayaa ilmaha u diri kara rugta maqalka ee caafimaadka dadweynaha ee xaafadda.

Carruurta qaarkood waxay xaq u yeelan karaan caymiska aasaasiga ah ee ilkaha, muraayadaha indhaha, iyo maqalka oo lacag la'aan ah oo laga helo Barnaamijka Carruurta Caafimaadka Qabta ee Biritish Kolombiya.



Wixii xogo dheeraad ah, wac 1-866-866-0800, iskaan-garee calaamaddaan furaha Jawaabta Degdegga ah (scan this QR code), ama booq gov.bc.ca oo raadi "Daryeelka aasaasiga ah ee ilkaha, muraayadaha indhaha, iyo maqalka" ("[Basic dental, eyeglasses, and hearing care](#)".)

Daryeelka Khadka Internetka ee Caafimaadka Fareysar (Fraser Health Virtual Care)

Wixii walaac caafimaad ah? Wac Daryeelka Khadka Internetka ee Caafimaadka Fareysar nambarka 1-800-314-0999 si aad ula hadashid kalkaaliye diiwaangashan, 10:00 a.m. ilaa 10:00 p.m., toddoba maalmood asbuucii.

Saacadaha shaqada kadib, ka wac Xiriiriya Caafimaadka Biritish Kolombiya (HealthLinkBC) nambarka 8-1-1 ama booqo healthlinkbc.ca si aad xogo iyo talooyin guud oo caafimaad uga heshid kalkaaliye, cunto yaqaan, daawo yaqaan, ama xirfadle jimicsi.



Iskaan-garee calaamaddaan furaha Jawaabta Degdegga ah si aad ula xiriirtid Xiriiriya Caafimaadka Biritish Kolombiya (Scan this QR code for HealthLinkBC.)

Qeybaha Caafimaadka Dadweynaha (Public Health Units)

Abbotsford 604-864-3400	Agassiz 604-793-7160
Burnaby 604-918-7605	Chilliwack 604-702-4900
Cloverdale, Surrey 604-575-5100	Guildford, Surrey 604-587-4750
Hope 604-860-7630	Langley 604-539-2900
Maple Ridge 604-476-7000	Mission 604-814-5500
New Westminster 604-777-6740	Tri-Cities, Port Moody 604-949-7200
Newton, Surrey 604-592-2000	North Delta 604-507-5400
North Surrey 604-587-7900	South Delta 604-952-3550
White Rock 604-542-4000	