# QALABKA LOOGU TALAGALAY BILAABIDDA DA'DA 9AAD

American Cancer Society®

NATIONAL HPV VACCINATION ROUNDTABLE

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Models used for illustrative purposes only.

Gacaliye Wada-hawlgalaha Madasha Qaranka ee HPV,

Mahadsanid dadaalkaaga joogtada ah ee aad ku bixiso kordhinta heerarka tallaalka fayraska papillomavirus-ka aadanaha (HPV). Sida aad ogtahay, cudurka faafa ee COVID-19 wuxuu horseeday hoos u dhac weyn oo ku yimid tallaallada HPV ee dhallinyarada. Saadaasha hadda jirta waxay muujineysaa inay qaadan karto ilaa 10 sano ka dib pandemiga dib u soo kabashada haddii aan si hore loo sii qorsheeyo u dhaqmo. Sidaa darteed, waxaan u baahanahay caawimaadaada.

Si loo kordhiyo heerka talaalka HPV, Madasha Qaranka ee Tallaalka HPV ee American Cancer Society (ACS) ayaa horumariyay *Qalabkan Bilowga Da'da 9aad*, kaas oo aad ka isticmaali karto xaruntaada. Aad ayaan ugu faraxsanahay inaan dadaalkaaga ku taageerno agabkan diyaarka u ah daabacaadda, oo ay ku jiraan:

- **Warqadda xaqiiqda ee Sababta Da'da 9aad?:** Dukumeentigan waxaa loogu talagalay waxbarashada shaqaalaha iyo bukaanka. Waxay muujinaysaa faa'iidooyinka bilaabista taxanaha tallaalka HPV ee da'da lagu taliyay.
- **Ha Sugin Inaad Tallaasho sawir xogeed:** Infographic-kan diiradda saaraya bukaanka waxaa la siin karaa waalidiinta ama lagu soo bandhigi karaa meelaha kala duwan ee xaruntaada caafimaad.
- **Kahortaggu waa muhiim! sawir xogeed:** Sawir xogeedkan diiradda saaraya bukaanka wuxuu dhiirigelinayaa waalidiinta iyo mas'uuliyiinta inay hubiyaan in ilmahoodu helo tallaalka HPV. Waxay sharraxaysaa waxa HPV yahay iyo sida tallaalku u caawin karo in la ilaaliyo carruurta kansarada la xiriira HPV.
- **Kaarar tilmaameed ee shaqaalaha rugta caafimaadka:** Kaararadan waxaa loogu talagalay waxbarashada shaqaalaha waxaana lagu soo bandhigi karaa goobaha shaqada ama miiska hore. Rugo caafimaad badan ayaa u arkay inay waxtar u leeyihiin sidii hagitaanno tixraac degdeg ah marka ay la hadlayaan waalidiinta ku saabsan tallaalka carruurtooda.
  - *Mahadnaq gaar waxaa la siinayaa WA HPV Free Taskforce oo ka qayb qaatay abuurista kheyraadkan.*
- **Kaararka xasuusinta HPV iyo jadwalka tallaalka:** Kuwani waa kuwo diiradda saaraya bukaanka waxaana la siin karaa waalidka si loogu xasuusiyo goorta ilmahoodu qaatay tallaalka HPV iyo goorta ballanta xigta la qabanayo.

Booqo website-ka Madasha Qaranka ee Tallaalka HPV ee ACS oo ah hpvroundtable.org si aad u soo dejiso una daabacdo agabkan iyo kuwo kale. Hubso inaad ku darto cinwaanka bogga internetka ee hpvrountable.org agab kasta oo aad isticmaasho. Oo booqo cancer.org/languages si aad u hesho macluumaad ku saabsan kansarka oo ku qoran 13 luqadood oo kale.

Fadlan nala soo xiriir hpv.vaccination.roundtable@cancer.org haddii aad qabtid su'aalo ama sheekooyin guul ah oo aad jeclaan lahayd inaad la wadaagto.

Waad ku mahadsan tahay iskaashigaaga dadaalkayaga lagu kordhinayo heerka tallaalka HPV iyo ka hortagga kansarka la xiriira HPV.

**Kooxda Madasha Tallaalka HPV ee Qaranka ee ACS**

# Maxaa da'da 9?

## WARQADA XAQIIQADA

Sannad kasta dalka Mareykanka, qiyaastii 39,300 oo kiis oo cusub oo kansar ah ayaa waxaa sababa infekshanka fayraska ee papillomavirus-ka aadanaha (human papillomavirus, HPV).[1] HPV lama daweyn karo, laakiin tallaalka HPV wuxuu kaa caawin karaa ka hortagga gudbinta wuxuuna ka ilaalin karaa 6 kansaro haddii loo bilaabo sida lagu taliyay ka hor inta uusan soo gaarin. Tallaalka HPV waa ka hortag qalab oo muhiim, isagoo carruurta iyo dhallinyarada ka ilaalinaya in ka badan 90% kansarada HPV marka lagu siiyo da'da lagu taliyay.[2] Sababtoo ah ka hortagga kansarku wuu yaraadaa sida da'da tallaalku u sii korodhaaya, ku bilaabida da'da 9 jirka waa muhiim.

## Maxaa da'da 9?

Bilaabidda taxanaha tallaalka HPV da'da 9 waxaa ku taliyay American Cancer Society (ACS), Akadeemiyada Dhakhaatiirta Carruurta ee Mareykanka, iyo Madasha Qaran ee Talaalka HPV ee ACS. Tilmaamihii hore ee Xarumaha Xakamaynta iyo Kahortagga Cudurrada iyo Guddiga La-talinta ee Dhaqamada Tallaalka ayaa ku taliyay tallaalka joogtada ah ee HPV da'da 11 ama 12 sano laakiin waxay xustay in tallaalka HPV la bixin karo laga bilaabo da'da 9.

## Tilmaamaha Jadwalka Tallaalka ee Lagu Taliyay

**Waqtiga loogu talagale**
**Da'da 9-12**
***2 qiyaasood***
6-12 bilood u dhaxaysa

**Daahsan**
**Da'da 13-14**
***2 qiyaasood***
6-12 bilood u dhaxaysa

**Sida ugu dhakhsaha badan**
**Da'da 15-26**
***3 qiyaasood***
Qiyaasta 1aad ee booqashada kooowaad Qiyaasta 2aad
1-2 bilood ka dib Qiyaasta 3aad
6 bilood ka dib qiyaasta 1aad

# Ogow Xaqiiqooyinka!

## Ku bilaabidda taxanaha tallaalka HPV da'da 9 waxay leedahay faa'iidooyin badan, oo ay ku jiraan:

**1** Waxay bixisaa waqti dheeraad ah si loo dhammaystiro taxanaha marka la gaaro da'da 13

**2** Waxay keentaa jawaab celin difaac oo xooggan oo ku saabsan tallaalka HPV

**3** Waxay kordhisaa suurtagalnimada in tallaalka la qaato ka hor soo-gaadhista ugu horreysa ee HPV

**4** Waxay yareysaa su'aalaha waalidiinta iyo mas'uuliyiintu ka qabaan arrimaha galmada

**5** Waxay yareysaa codsiyada kaliya ee tallaallada "loo baahan yahay" dugsiga

**6** Waxay yareysaa tirada tallaalada loo baahan yahay booqasho kasta

**7** Waxay kordhisaa tallaallada sidaas darteedna tirada kansarrada waa laga hortagay

**8** Nidaamyo badan ayaa muujiyey inay kordhiso heerarka tallaalka

**9** Waxaa si weyn u aqbala nidaamyada, bixiyeyaasha, iyo waalidiinta

Tallaalka HPV waxaa la bixinayay in ka badan 20 sano wuxuuna bixiyaa ilaalin waarta. Tallaalka HPV waa badbaado oo waxtar leh. Waxaa la xaqiiqiyay inaysan lahayn wax saameyn ah oo daran ama muddo dheer ah, marka laga reebo waxa caadiga u ah dhammaan tallaallada (tusaale ahaan, falcelinta xasaasiyadda, suuxdinta).[3]

Booqo Madasha Qaran ee Talaalka HPV ee ACS – Ku Bilow Tallaalka HPV da'da 9 wixi macluumaad dheeraad ah, qalab, iyo kheyraad.


1. Cancers Linked with HPV Each Year. Centers for Disease Control and Prevention. https://www.cdc.gov/cancer/hpv/cases.html. Updated December 3, 2025. Accessed March 30, 2026.
2. Islami F, Marlow ET, B Thomson, et al. Proportion and number of cancer cases and deaths attributable to potentially modifiable risk factors in the United States, 2019. *CA Cancer J Clin*. 2024;74(5):405-432. doi:10.3322/caac.21858. Accessed April 15, 2026.
3. Markowitz LE, Unger ER. Human Papillomavirus Vaccination. *N Engl J Med*. 2023;388(19):1790-1798. doi: 10.1056/NEJMcp2108502.



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Sawirrada tusaale ahaan kaliya loo isticmaale.

# Ha Sugin Inaad Tallaasho

American Cancer Society · Mission HPV Cancer Free

cancer.org/hpv

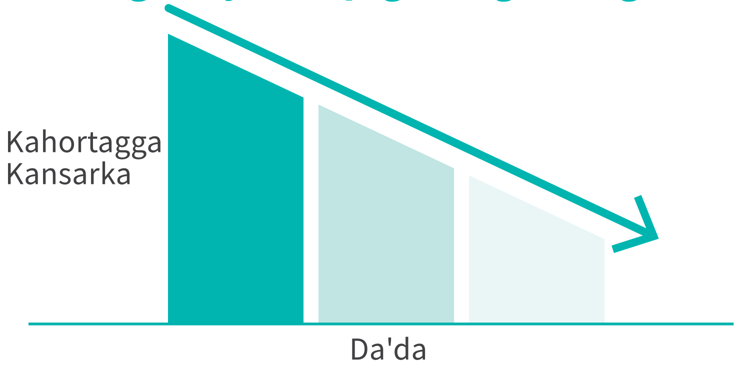
## Ma ogtahay...

American Cancer Society wuxuu ku talinayaa in dhammaan carruurta laga tallaalo HPV da'da u dhaxaysa 9 iyo 12. **Tallaalku wuxuu ka hortagaa 6 nooc oo kansar ah.**

## Da'du waa muhiim.

Marka aad ilmahaaga ku tallaasho waqtigii loogu talagalay, waxaad ka caawineysaa ka ilaalinta kansarada HPV. **Tallaalka HPV wuxuu si fiican u shaqeeyaa marka la siiyo kahor da'da 13.** **Ku helitaanka tallaalka da'da lagu taliyay waxay ka caawin doontaa ka hortagga kansarrada badan marka loo eego qaadashada tallaalka da'da weyn.**

### Tallaalka HPV wuxuu kaa caawin karaa ka hortagga in ka badan 90% kansarada HPV marka lagu siiyo waqtigii loogu talagale.

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**Sida ugu dhakhsaha badan**
Da'da 15-26
3 qiyaasood qiyaasta 1aad booqashada koowaad qiyaasta 2aad 1-2 bilood ka dib qiyaasta 3aad 6 bilood ka dib qiyaasta 1aad

Kheyraadkan waxaa qayb ahaan taageeray Abaalmarinta NOA ee Xarumaha Xakamaynta iyo Kahortagga Cudurrada Awaal-marinta lambarka 6 NU38PW000015-02-03.
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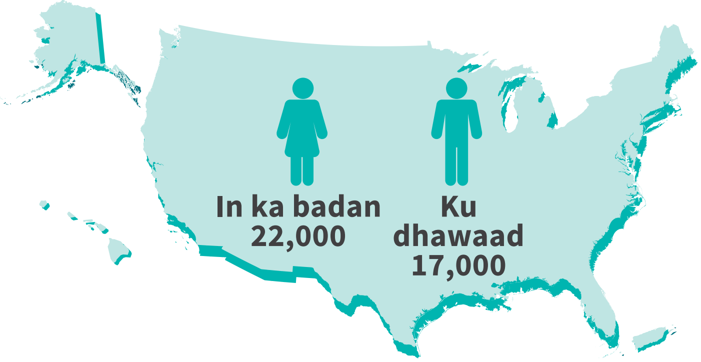
# Kahortaggu waa Muhiim!

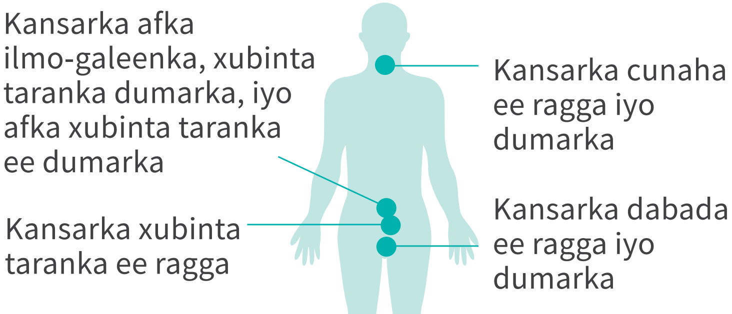
Hubi in ilmahaagu qaato tallaalka HPV si uu uga caawiso ka hortaga kansarada HPV.

## HPV waa dhibaato halis ah.

Fayraska papilloma-ga aadanaha, ama HPV, wuxuu sababi karaa dhowr kansaro. Tallaalka HPV wuxuu kaa caawin karaa kahortagga fayraskan iyo kansarrada uu sababi karo.




**In ka badan 39,000 oo rag iyo dumar ah** ayaa sannad walba qaada kansaradda HPV ee Mareykanka. **Ha u ogolaanin ilmahaaga inuu ka mid noqdo.**




**Tallaalka HPV wuxuu ka caawiyaa ka hortagaa 6 nooc oo kansar ah.**

## HPV aad ayuu u badan yahay.

**Siddeed ka mid ah 10 kii qof** ayaa qaadi doona HPV mar uun noloshooda.

Caabuqyada HPV aad bay ugu badan yihiin kuwa aan la tallaalin. Dadka cudurka qaba badankood ma oga. **Habka ugu wanaagsan ee looga caawiyo ka hortaga caabuqa HPV waa in lagu tallaalo.**

Inta u badan caabuqyada HPV way iska tagaan iskood iyagoon lahayn dhibaatooyin caafimaad oo waara. Ma jirto qaab lagu ogaado caabuqyada isu beddeli doona kansar. **Taasi waa sababta ay muhiim u tahay in dhammaan carruurta laga tallaalo HPV.**

## Tallaalka HPV waa ka hortagga kansarka.

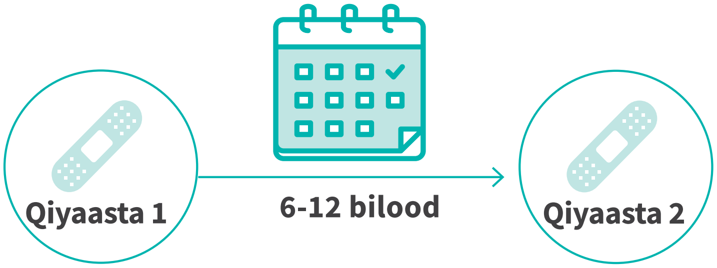
Tallaalka HPV wuxuu kaa caawin karaa ka hortagga **in ka badan 90%** kansarada HPV marka lagu bixiyo waqtigii loogu talagalay.

# Goorma ayuu ilmahaygu u baahan yahay tallaalka HPV?

**American Cancer Society wuxuu kula talinayaa tallaalka HPV dhammaan carruurta da'doodu u dhaxayso 9 ilaa 12.**

Tallaalku wuxuu ka caawiyaa ilaalinta carruurta ka hor inta ay qaadin fayraska. Tallaalka waqtiga loogu talagale ee u dhexeeya da'da 9-12 waxay la macno tahay in ilmahaagu uu heli doono laba qiyaasood oo la siinayo 6-12 bilood oo u dhexeeysa.

**Dhallinyarada bilaaba taxanaha waqti danbe waxay u baahan karaan 3 tallaal.**




## Maxaa kale oo aan ogaan karaa?

Caymisyada caafimaadka badankood waxay bixiyaan kharashka tallaalka HPV. Ka hubi shirkadda caymiskaaga si aad u hubiso.

Tallaalka HPV waa qayb ka mid ah barnaamijka Tallaalka Carruurta (VFC). Barnaamijkani wuxuu bixiyaa kharashka tallaalka HPV ee carruurta da'doodu tahay 18 ama ka yar ee buuxiya shuruudaha u-qalmitaanka.

Booqo **cancer.org/hpv** si aad u hesho macluumaad dheeraad ah oo ku saabsan tallaalka HPV.

## Tallaalka HPV waa mid ka mid ah tallaallada lagu taliyay ee ay u baahan yihiin dhammaan carruurta da'da hore ee qaangaarka.

- Tallaalka Tdap (teetano, gowracato, xiiqdheer)
- HPV

Tallaallo kale ayaa lagu talin karaa kooxaha khatarta sare leh ama iyadoo lagu saleynayo go'aan qaadashada lala wadaage dhakhtarka ilmahaaga.

## Tallaalka HPV waa badbaado oo waxtar leh.

Saynisyahannada iyo ururada caafimaadka ee adduunka oo dhan si dhow ayay ula socdaan badbaadada tallaalka HPV mana aysan helin wax walaac ah oo ku saabsan badbaadada. Daraasadahooda ayaa sidoo kale muujiyay in tallaalka HPV uu bixiyo ilaalin cimri dheer ah oo ka dhan ah 6 nooc oo kansarada ah.

## Maantaba kala hadal dhakhtarka ilmahaaga qabshada ballanta.

**Qiyaasta 1aad:**

**Qiyaasta 2aad:**

**Qiyaasta 3aad (haddii loo baahdo):**

Magaca Rugta Caafimaadka

**Tallaal ilmahaaga maanta si aad uga ilaaliso mustaqbalka kansarada HPV ee laga hortagi karo.**

American Cancer Society | Mission HPV Cancer Free

cancer.org | 1.800.227.2345


Kheyraadkan waxaa qayb ahaan taageeray Abaalmarinta NOA ee Xarumaha Xakamaynta iyo Kahortagga Cudurrada Awaal-marinta lambarka 6 NU38PW000015-02-03.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# Tallaalka HPV: Waa Ka Hortagga Kansarka

**Yaa?** Dhammaan carruurta waa inay qaataan tallaalka laga bilaabo da'da 9.

**Waa maxay?** Tallaalka fayraska papillomavirus-ka aadanaha (HPV) waa tallaal ka hortagga kansarka.

**Maxaa?**

- Tallaalka HPV wuxuu ka hortagaa 6 kansaro oo kala duwan (afka/hunguriga, afka ilmo-galeenka, afka xubinta taranka dumarka, xubinta taranka dumarka, xubinta taranka ragga, iyo dabadda).
- Tallaalka HPV wuxuu ka hortagaa badana nabarada xubinta taranka.
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- Tallaalka HPV waxaa la bixinayay in ka badan 20 sano wuxuuna bixiyaa ilaalin waarta.

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American Cancer Society | National HPV Vaccination Roundtable


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## Diiwaanka Tallaallada HPV

**Taariikhda Qiyaasta 1aad** ______ **Rugta caafimaadka** ________

**Taariikhda Qiyaasta 2aad** ______ **Rugta caafimaadka** ________

**Taariikhda Qiyaasta 3aad** ______ **Rugta caafimaadka** ________

*3 qiyaasood haddii la bilaabo da'da 15 ama ka dib*

*Booqo* **cancer.org/hpv** *wixii macluumaad dheeraad ah.*

## Diiwaanka Tallaallada HPV

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**Taariikhda Qiyaasta 3aad** ______ **Rugta caafimaadka** ________

*3 qiyaasood haddii la bilaabo da'da 15 ama ka dib*

*Booqo* **cancer.org/hpv** *wixii macluumaad dheeraad ah.*

## Tallaalka HPV – Ku bilaab Da'da 9

**Magaca Dhamaytiran** ______________________________

**Taariikhda Dhalashada** ____________ **Caafimaadka #** ________

*Tallaal ilmahaaga laga bilaabo da'da 9 si looga ilaaliyo kansarrada fayraska papillomavirus-ka aadanaha (HPV). Hayso kaarkan si aad u hubiso in ilmahaaga la tallaalay waqtigii loogu talagalay. Taariikhaha ku qor dhinaca dambe ee kaarkan.*

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*Tallaal ilmahaaga laga bilaabo da'da 9 si looga ilaaliyo kansarrada fayraska papillomavirus-ka aadanaha (HPV). Hayso kaarkan si aad u hubiso in ilmahaaga la tallaalay waqtigii loogu talagalay. Taariikhaha ku qor dhinaca dambe ee kaarkan.*

American Cancer Society® | National HPV Vaccination Roundtable

## Tallaalka HPV – Ku bilaab Da'da 9

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## Diiwaanka Tallaallada HPV

**Taariikhda Qiyaasta 1aad ______ Rugta caafimaadka ________**

**Taariikhda Qiyaasta 2aad ______ Rugta caafimaadka ________**

**Taariikhda Qiyaasta 3aad ______ Rugta caafimaadka ________**

*3 qiyaasood haddii la bilaabo da'da 15 ama ka dib*

*Booqo **cancer.org/hpv** wixii macluumaad dheeraad ah.*


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