



## Waxaad awood u leedahay inaad ka difaacdo ilmahaaga kansarada qaar kamid ah.

Tallaalka HPV waa muhiim waayo wuxuu kaa difaacayaa kansarada ka dhasha caabuqa human papillomavirus (HPV). Talaallada HPV waa kuwo badqab leh oo waxtar u leh kahortaga caabuqa ka dhasha qaar kamid ah noocyada HPV kadib marka la siiyo kahor inta aan qofku qaadin caabuqa.

Waalidiinta ayaa muhiim u ah ka difaacida ilmaha dhowr iyo toban jirada ah caabuqa HPV. Kala hadal dhakhtarka ilmahaaga talaalka HPV ama maanta qabso balan.



37,000 oo qof ayaa kansar ka qaada caabuqa HPV sanad kasta wadanka Mareykanka.



**Talaalka HPV ayaa ka hortaga kansarka**

### Ilaha

Washington State Department of Health  
(Waaxda Caafimaadka ee Gobolka Washington):  
[www.doh.wa.gov/hpv](http://www.doh.wa.gov/hpv)

Centers for Disease Control and Prevention  
(Xarumaha Xakamaynta iyo Kahortagga Cudurrada): [www.cdc.gov/hpv](http://www.cdc.gov/hpv)

Laynka Tooska ah ee Watch Me Grow Washington:  
1-800-322-2588

Washington State Local Health Departments and Districts (Waaxaha iyo Degmooyinka Caafimaadka Maxaliga ah ee Gobalka):  
[www.doh.wa.gov/localhealth](http://www.doh.wa.gov/localhealth)



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Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).

# HPV Talaalka

**Ka difaac ilmahaaga fayrasyada sababi kara kansarka**







### **Muxuu ilmahaygu ugu baahan yahay talaalka HPV marka uu gaaro 9 sano?**

Dhakhaatiirta iyo kalkaalisooyinka ayaa ku talinaaya in talaalka lagu qaato da'da 9, waayo talaalka HPV ayaa waxtar badan leh marka da'yar lagu qaato. Tallaalka HPV ayaa abuura unugyada la dagaala caabuqa, ama maaddooyinka difaaca jirka, inta lagu jiro sanadaha dhawr iyo toban kirka ilmaha.

Maadaama ay waxtar badan ku leedahay da'da yar, ilmaha dhawr iyo toban jirada ah ayaa difaaca jirka ku helaaya da'da 15 ama ka wayn ayaa u baahan doona kuurooyin dheeraad ah oo ka badan kuwa ku qaata da'da 9 ilaa 14.

Ku qaadashada talaalka da'daan ayaa sidoo kale xaqiijinaysa in nidaamka difaacu diyaar u noqdo xili hore kahor inta aan qofku bilaaban falalka galmada. Hase yeeshee, haddii ilmahaaga dhawr iyo toban jirka ah uusan helin talaalka, wali waa uu qaadan karaa. Kala hadal dhakhtarka talaalida ilmahaaga sida ugu dhakhsaha badan ee suurtagalka ah.

### **Sidee ayaan ilmahayga uga difaaci karaa qaadista cudurada HPV?**

Ka qabso ballanta talaalka HPV dhakhtarka caafimaadka ilmahaaga.

- Gudaha Washington, talaalka HPV waxaa lagu siiyaa si bilaash ah ilmo kasta oo kayar 19 sano.
- Inta badan caymisyada caafimaadka ayaa daboolaa talaalka si bilaash ah ilmaha jira 19 ilaa 26.
- Ma u baahan tahay dhakhtarka? Ka wac Laynka Tooska ah ee Help Me Grow Washington 1-800-322-2588.

### **Qofkee ayay tahay inuu qaato talaalka HPV iyo goorma?**

Dhammaan carruurta laga bilaabo da'da sagaal sano waa inay qaataan talaalka HPV. Talaalka ka dabo taga ah ayaa loo baahan yahay ilaa da'da 26. Dadka waawayn ee jira 27 ilaa 45 ayaa dooran kara inay qaataan talaalka kadib marka ay kala hadlaan dhakhtarkooda.

Dhamman kuurooyinka lagu taliyay waa in la qaataa si loo helo difaac buuxa.

- **Da'aha 9 ilaa 14** ayaa u baahan 2 kuuro, 6 ilaa 12 billood loo dhaxaysiiyay.
- **Da'aha 15 ilaa 45** ayaa u baahan 3 kuuro: kuurooyinka 1 iyo 2. 1-2 billood u dhexeeyaan, kuurada 3 aad: 6 billood kadib kuurada 1 aad.
- **Qof kasta oo nidaamkiisa difaacu liito** ayaa u baahan 3 kuuro in loo mudeeyo xataa haddii uu ka yar yahay 15.

### **Waa maxay HPV?**

Human papillomavirus (HPV) waa caabuq dadka aad ugu dhaca. Wuxuu si fudud ugu faafaa istaabashada maqaarka, xataa marka la samaynaayo falalka galmada. Waxaa jira ku dhawaad 100 noocyada kala duwan ee HPV. Noocyadaas, ugu yaraan 40 nooc ayaa sababi kara caabuqa xubnaha taranka iyo noocyada kala duwan ee kansarka, sida kansarada dhabarka danbe ee dhuunta, karka, xubinta taranka haweenka, siilka, dabada, iyo guska.

Inta badan dadka ayaa qaadi doona ugu yaraan hal nooc oo kamid ah HPV mar uun kamid ah noloshooda. Ku dhawaad 14 milyan oo Ameerikaan ah ayaa qaada caabuqa HPV sanad kasta.

Warka wanaagsan waa in inta badan noocyadaan kansarada iyo caabuqa xubnaha taranka laga hortagi karo.

### **Waa maxay talaalka HPV?**

Tallaalka HPV ayaa kahortaga inta badan noocyada guud ee kansarada ka dhasha HPV. Tallaalka HPV ayaa sidoo kale gacan ka gaysta kahortaga caabuqyada xubnaha taranka.

