



Outreach Newsletter

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International Women's Day Celebration

#*Makelthappen*
for More women in leadership

The Ohio Statehouse Atrium
1 Capitol Square Columbus Ohio 43215

March 9, 2015 at 11:30am-2:30pm

11:30: Registration and Networking
1200-2:30pm: Program



For sponsorship opportunities and reservations,
please contact:

Center for Somali Women's Advancement

Khadra Mohamed, MSW, Executive Director at:
(614)783-1937 or e-mail: khadrashire@hotmail.com

Join some of Ohio's most prominent women leaders to celebrate the 2015 International Women's Day

- ★ Cultural Performances: from all continents.
- ★ Free Lunch: Come Taste the world.
- ★ Inspiring Speakers.
- ★ Awards.



SomaliCAR

Low Measles Vaccination Rate in Ohio

Tallaalka Jadeecada Ohio oo Hooseeya

Somali Outreach News Desk-

Columbus, Ohio

Ohio Measles Vaccination Rate Among Lowest in the Country

There's no state in the nation with fewer toddlers protected against measles, mumps and rubella. Ohio shares the bottom slot with West Virginia and Colorado, based on the most recent data available from the Centers for Disease Control and Prevention. It says that 86 percent of 19 to 35-month-old Ohio children had the vaccine, according to the 2013 National Immunization Survey. Nationally, 91.1 percent of preschoolers are vaccinated. Top states have rates of 96 or above. Many members of the large Somali community do not have access to information on the recent measles outbreak and the ensuing national debate on the issue. The February 2015 edition of Outreach fills this gap by providing information on measles in a language that these Ohioans can read and understand in the form of questions and answers on measles prepared by the Centers for Disease Control and Prevention.

Continued on page 3...

Tallaalka Jadeecada Ohio wuu Hooseeyaa Marka

loo Eego Dalka

Ma jiro gobol dalka ah oo ay ka yaryhiin carruurta qaadan tallaalka jadeecada, xiiqdheerta iyo gowracatada. Ohio waxay kaalinta ugu dambaysa kula jirtaa West Virginia iyo Colorado, sida laga soo xigtagtay xogta laga helay CDC.

Waxay warbixintu sheegaysaa in 86 boqolkiiba carruurta Ohio ee jirta 19 illaa 35 bilood ay qaateen tallaalka, marka la eegay cilmi-baaristii tallaalka qaranka ee 2014. Caruurta dhigata xannaanada 91.1 boqolkiiba way tallaalanyhiin. Gobollada sare waxaa tallaalan 96 boqolkiiba ama ka badan.

Soomaali badan oo ku nool gobolka Ohio kama war hayaan cudurka jadeecada ee dalka ka dillaacay dhowaan iyo doodda socota.

Nuqulka Febraayo 2015 ee Outreach waxaan ku soo qaadanaynaa arrintan oo waxaa diyaar ku ah macluumaad af Soomaali ku qoran oo aad akhrisan karto fahmina karto oo laga soo ururiyay Xarunta ka Hortagga iyo Xakamaynta Cudurrada (CDC).

Eeg bogga 3.

...Low Measles Vaccination Rate in Ohio

Tallaalka Jadeecada Ohio oo Hooseeya...

What is Measles?

Measles is an infectious, viral respiratory disease caused by the measles virus.

How can I catch measles?

Measles is highly contagious and is spread easily. The measles virus resides in the mucus in the nose and throat of infected people. When they sneeze or cough, droplets spray into the air and the droplets remain active and contagious on infected surfaces for up to 2 hours. Infected people are usually contagious from about 4 days before their rash starts to 4 days afterwards. Thus, an infected person can spread the disease before knowing he or she is infected.

What are the symptoms of measles?

Measles symptoms begin with fever, runny nose, cough, loss of appetite, and red, watery eyes for about four days, followed by a rash. The rash usually lasts 5-6 days and begins at the hairline, moves to the face and upper neck, and proceeds down the body.

Continued on Page 4.

Waa maxay Jadeecadu?

Jadeecadu waa cudur faafa oo hab-dhiska neefsashada ku dhaca waxaana keena fayruska jadeecada.

Sidee baan u qaadi karaa jadeeco?

Jadeecadu waa cudur aad u faafa oo si sahlan loo kala qaado. Fayraska jadeecadu wuxuu galaa xableyda sida sinka iyo cunaha qofka qaba. Marka uu qofku hindhiso ama qufaco, dhibco ayaa ku faafa hawada waxayna dhibcahaasi cudurka qof kale qaadsiin karaan illaa labo saacadood ka dib. Dadka qaba cudurka sida caadiga ah waa laga qaadi karaa qiyaastii 4 maalmood ka hor inta aysan finan ka soo bixin iyo ilaa 4 maalmood ka dib. Sidaas darteed, qof qaba cudurka ayaa faafin kara cudurka ka hor inta uusan ogaan in uu qabo cudurka.

Waa maxay astaamaha lagu garto Jadeecada?

Astaamaha Jadeecada waxay ku bilawdaan qandho, sinka oo dareera, qufac, rabitaanka cuntada oo luma, iyo indho cas oo biyo leh ilaa afar maalmood, waxaa ku xiga furuuruc. Fururuuca ayaa inta badan socda 5-6 maalmood oo ka bilaabma qadaadka, ku fida qoorta iyo wejiga sare, oo hoos ugu sii socda jirka kale.

Eeg bogga 4.

... Low Measles Vaccination Rate in Ohio Tallaalka Jadeecada Ohio oo Hooseeya...

The disease can also cause severe illness and complications, such as diarrhea, ear infections, pneumonia, encephalitis (brain infection), seizures, and death. These complications are more common among children under 5 years of age and adults over 20 years of age.

How long does it take to show signs of measles after being exposed?

It takes an average of 10-12 days from exposure to the first symptom, which is usually fever. The measles rash does not usually appear until approximately 14 days after exposure, 2-3 days after the fever begins.

How is measles diagnosed?

Measles is diagnosed by a combination of the patient's symptoms and by laboratory tests.

Is there a treatment for measles?

There is no specific treatment for measles. People with measles need bed rest, fluids, and control of fever. Patients with complications may need treatment specific to their problem. ...Continued on Page 5.

Cudurku wuxuu sidoo kale keeni karaa xanuun aad u daran iyo dhibaatooyin, sida shubanka, caabuqa dhagaha, oof-wareen, encephalitis (caabuqa maskaxda), qalal, iyo dhimasho. Dhibaatooyinkaas waxay u badan yihiin carruurta ka yar 5 sano jir iyo dadka waaweyn ee ka weyn 20 sano jir.

Intee in le'eg ayay qaadataa in muujinayaan calaamadaha cudurka jadeecada ka dib markii loo bandhigi?

Waxay qaadataa celcelis ahaan 10-12 maalmood ka gaadhista calaamadda koobaad, oo sida caadiga ah waa qandho. Finan ayaa jadeecada badanaa kuma muuqan ilaa qiyaastii 14 cisho ka dib soogaadhista, 2-3 maalmood ka dib markii qandho bilaabmin.

Sidee loo ogaadaa cudurka jadeecada?

Jadeecada waxa lagu baara iskudarka calaamadaha bukaanka iyo imtixaanada shayaarka.

Daawo ma leedahay jadeecadu?

Ma jirto daawayn gaar u ah jadeecada. Dadka qaba jadeecadu waxay u baahan nasashada sariirta, dareerayaasha, iyo qandhada oo la xakameeyo. Bukaanka qaba dhibaatooyin u baahan kartaa daawayn gaar ah si ay dhibaatada.

Eeg bogga 4.

... Low Measles Vaccination Rate in Ohio Tallaalka Jadeecada Ohio oo Hooseeya...

Can someone get measles more than once?

No.

Is measles common in other parts of the world?

What is the risk to U.S. residents?

Measles is a common disease in many countries throughout the world. It is possible that people from other countries who visit the United States could be ill with the measles. Likewise, people who travel from Ohio to other countries may be exposed to the disease.

To prevent getting measles from overseas visitors and to prevent getting measles when traveling internationally, U.S. residents should make sure they have been appropriately vaccinated. Before any international travel, infants 6 months through 11 months of age should have one dose of measles vaccine; children 12 months of age or older should have two doses separated by at least 28 days; and adolescents and adults who have not had measles or been vaccinated should get two doses separated by at least 28 days.

Continued on page 6...

Qof jadeecada hal mar ka badan ka heli karaa?

Maya.

Ma xirfad ay caadi qaybaha kale ee adduunka jadeecada? Waa maxay khatarta ay sheegayaan dadka deegaanka ee Maraykanka?

Jadeecadu waa cudur caadi ah in dalal badan oo caalamka oo dhan. Waxaa suurto gal ah in dadka ka yimid dalalka kale ee soo booqda dalka Mareykanka ayaa laga yaabaa jirran la jadeecada. Sidoo kale, dadka ka soo safraay dhinaca Ohio si ay u dalal kale oo laga yaabaa in loo soo bandhigin cudurka.

Si looga hortago jadeecada ka hesho kooxda martida dibada iyo si looga hortago jadeecada, marka safraaya caalamka, dadka degan US waa inay hubiyaan in ay si haboon tallaalo sameeyo. Ka hor safar caalami ah, dhallaanka 6 bilood ilaa 11 bilood jirka ah waa in ay leeyihii hal dose oo ah tallaalka jadeecada; carruurta 12 bilood jir ama ka weyn waa in ay laba qiyasood oo ay ugu yaraan 28 maalmood oo dhan; iyo dhallinyarada iyo dadka waaweyn ee aan qaadin jadeeco ama laga tallaalin heli waa laba qiyasood oo ay ugu yaraan 28 maalmood.

Eeg bogga 6...

... Low Measles Vaccination Rate in Ohio ...Tallaalka Jadeecada Ohio

How can I protect my child and myself against measles?

The best protection against measles for individuals and the community is through routine immunization with MMR vaccine. This is a combined vaccine that protects against measles, mumps and rubella.

In almost all cases, people who received the MMR vaccine are protected against measles. However, in rare cases, people who get the vaccine can still become infected with the measles if exposed to the virus. Two doses of MMR vaccine provide full protection against measles to 99 out of every 100 persons vaccinated.

At what age should children get the MMR vaccine?

Children should receive the first dose of MMR vaccine at 12-15 months of age and the second dose at 4-6 years of age (or no earlier than 28 days after the first dose). Older children who have not been vaccinated should receive two doses of MMR vaccine at least 28 days apart. The recommended age for receiving MMR vaccine might change if there is a measles outbreak in your community, or if you will be traveling to a foreign country. In such cases, check with your child's health care provider to ensure that your child is properly vaccinated to protect against measles.

Continued on page 7

Sidee baan ilmahayga iyo naftayda jadeecada ilaalín karaa?

Ilaalinta ugu fiican ee cudurka jadeecada ee shakhsiyadka iyo bulshada waa iyaga oo adeegsanaya tallaal tallaalka MMR. Tani waa tallaalka la xoojiyey ee ka ilaaliya cudurka jadeecada, qaamo-qashiirta iyo rubella.

In ku dhow dhammaan kiisaska, dadka qaata tallaalka MMR waxaa lagu ilaaliyo cudurka jadeecada. Si kastaba ha ahaatee, xaalado dhif ah, dadka qaata tallaalka weli waa la qaadsiin karaa cudurka jadeecada haddii kulmin fayraska. Laba qiyasood oo tallaalka MMR ku siiso ilaalin buuxda jadeecada in 99 ka mid ah 100kii qof tallaalo.

Da'dee carruurta inay qaataan tallaalka MMR?

Carruurta waa in ay helaan qiyaasta koowaad ee tallaalka MMR ee 12-15 bilood da iyo midka labaad 4-6 sano jir (ama aan ka horeyn ka badan 28 maalmood ka dib marka ugu horeeysa ee). Carruurta waaweyn ee aan laga tallaalin waxay qaataan laba qiyas oo tallaalka MMR ugu yaraan 28 maalmood. Da'da talinaya in aad hesho tallaalka MMR la badali karaa hadii ay jirto dillaaceen cudurrada jadeecada ee bulshada, ama haddii aad la dal shisheeye safraya doonaa. Xaaladaha noocas ah, ka hubi bixiyaha daryeelka caafimaadka ilmahaaga si loo hubiyo in ilmahaagu uu si fiican u la tallaalay si ay u ilaaliyaan cudurka jadeecada.

Eeg bogga 7

... Low Measles Vaccination Rate in Ohio Tallaalka Jadeecada Ohio oo Hooseeya...

Is the MMR vaccine safe?

The MMR vaccine has been in use for more than three decades in the U.S., and reports of serious adverse events following vaccination have been extremely rare. As with all vaccines, there can be minor reactions from the MMR vaccine. These reactions might include pain and redness at the injection site, headache, fatigue, rash, or a vague feeling of discomfort.

It is important to know that the risk of MMR vaccine causing serious harm or death has been extremely small and that being vaccinated is much safer than getting any of the three diseases (measles, mumps and rubella) the vaccine protects against.

Vaccine safety experts, including experts at CDC and the American Academy of Pediatrics (AAP), agree that MMR vaccine is not responsible for recent increases in the number of children with autism. In 2004, a report by the Institute of Medicine (IOM) concluded that there is no link between autism and MMR vaccine, and that there is no link between autism and vaccines that contain thimerosal as a preservative.

This was adapted from material developed by the CDC, the Ohio Department of Health, and the Immunization Action Coalition.

Tallaalka MMR ma nabdoon yahay?

Tallaalka MMR ayaa looga isticmaali jiray muddo ka badan saddex sanadood ah Maraykanka, iyo wararka ee dhacdada aan loo kasin halis ah kadib tallaalka ayaa aad dhif u ah. Sida tallaalada kale oo dhan, waxaa jiri kara jawaab yar ka tallaalka MMR. Xammilxumadani waxa ka mid noqon kara xanuun iyo guduudasho barta tallaalka, madax-xanuun, daal, finan, ama dareen aan waadax ahayn raaxo.

Waxaa muhiim ah in la ogaado in halista uu tallaal MMR ku keeni karo dhibaato halis ah ama dhimasho ayaa aad u yar yar iyo in la tallaalin waa aad uga badbaado badan mid ka mid ah saddexda cudur (jadeecada, qaamo-qashiirka iyo rubella) tallaalka ka hortagaa.

Khubarada ammaanka Vaccine, oo ay ku jiraan khubarada ee CDC iyo Academy Maraykanka of Pediatrics (AAP), ayaa isku raacay in tallaalka MMR mas'uul kama aha dhowaan kordhay tirada ilmaha qaba cudurka autism. Sanadkii 2004, warbixin ay soo Institute of Medicine (IOM) gabagabeeyey in uu jiro xiriir ka dhexeeyya autism iyo tallaalka MMR ma, iyo in uu jiro xiriir u dhexeeyya autism iyo tallaal ka kooban thimerosal sida ilaaliye ka jirin.

Warbixintan waxaa laga soo qaataay macluumaad ay diyaariyeen CDC, Ohio Department of Health, oo Isbahaysiga Tallaalka.

Central Ohio Community Resources

Police:

Emergency: 9-1-1

Non-emergency: 614-645-4545

Sheriff: 614-462-3333

Mental Health Crisis:

Netcare Access: 614-276-2273

Poison Control: 1-800-222-1222

Columbus Health Department

Free Clinic: 614-240-7430

Legal Matters:

Legal Aid Society: 614-241-2001

Child Abuse and Neglect:FCCS: **614-229-7000****Housing:**

CMHA: 614-421-6000

Information and Referral:

HandsOn: 614-221-2555 or 211

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614-441-5305**SOMALICAN SERVICES:****Health Communication and Literacy:**

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