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It is the flue season:

Information about vaccines and myths debunked

It's the Flu Season: Information about Vaccines and Myths Debunked

These days, it's easy to get information about your health. But, it's also easy to get misinformation. Stories you hear in the media or online about vaccines could leave you scratching your head – and wondering if they're necessary, safe and effective. There are even some "healthcare professionals" who work hard to create suspicion in some Somali communities about vaccines. This article will have some myths debunked.

Claim: Vaccines aren't needed. Diseases they protect against are no longer a threat.

Facts: Many illnesses are less of a threat than they used to be. But, in many cases, vaccines deserve the credit. If people stop getting these vaccines, the diseases could resurface, according to the Centers for Disease Control and Prevention (CDC). For example, before the measles vaccine was offered in the United States, several hundred thousand Americans got the disease each year. After the vaccine was licensed in 1963, there was a huge drop in measles cases. Rates of the illness have stayed low since. Between 2000 and 2005, there were only 405 U.S. measles cases. Now consider what happens when people stop taking vaccines. In the early 1970s, about 70 percent of people in Japan got the vaccine for whooping cough. The country had 393 cases of the disease in 1974 and no deaths. When vaccination rates dropped to 40 percent or less because of fear about the vaccine, cases of whooping cough rose dramatically. Roughly 13,000 cases were diagnosed in Japan in 1979. Forty one people died from the disease that year.

Waa Xilligii Hergebka: Tallaalka iyo Khuraafaad Kashifan

Maalmahan way sahlan tahay inaad wax badan ka ogaatid caafimaadkaaga. Laakiin inaad marin habawdana aad bay u sahlan tahay. Haddabaha xogaha aad ka heshid saxaafadda iyo internetka oo ku saabsan tallaallada way kaa ashqaraarinayaan – waxaadna is weydiinaysaa in ay tallaalladi yihiin kuwo loo baahan yahay, nabdoon, oo waxgal ah. Xitaa waxaa jira "xirfadleyaal caafimaad" oo ummadda Soomaaliyeed ku beera waswaas ku saabsan tallaalka. Qormadaan waxa lagu kashifayaa khuraafaadyada qaarkood.

Khiyaaliga: Looma baahna tallaallada. Cudurrada ay difaacaan maba jiraan hadda oo khtarba inaguma aha.

Runta: Qaar ka mid ah xanuunnada ayaa haatan ka sakhiran sidii hore. Laakiin, inta badan, tallaalladaaba taa ku ammaanan. Haddii ay dadku joojiyaan qaadashada tallaallada, cudurradaasi mar kale ayay soo noqon karayaan, sida ay sheegayso Xarumaha Xakamaynta iyo ka Hortegidda Cudurrada(CDC). Tusaale, intii aan tallaalka jadeecada laga bixinin Maraykanka, dhawr boqol oo kun oo dadka Maraykanka ah ayuu cudurku ku dhici jirey sanad waliba. Markiise tallaalka la shatiyeeyey sanadkii 1963, hoos ayay aad ugu dhaceen dadkii uu cudurku soo ridanayey. Soo ridashada cudurka ilaa berigii sidii buu u hooseeyey. Intii u dhexaysay 2000 iyo 2005, waxaa jirey 405 qof oo Maraykan ah oo ay jadeeci ku dhacday. Haatan bal u fiirso wixii dhici laa haddii ay dadku joojaan qaadashada tallaallada.

SomaliCAN Ohio Developmental Disabilities Council SomaliCAN

It is the Flue Season: Myths Debunked about Vaccines

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From page 2

Claim: Vaccines cause many harmful side effects, illnesses and deaths.

Facts: Vaccines may cause pain or tenderness at the injection site. You also might have a mild fever afterward. These problems are minor, however, and won't last long. Serious problems are rare. Paul A. Offit, M.D., and Louis M. Bell, M.D., authors of the book Vaccines: What You Should Know, remind us that few things in life are totally harmless. They point out that more than 300 Americans die each year in bath- or shower-related accidents. Yet, few of us think bathing is unsafe.

Claim: Vaccines for diseases that no longer exist in the United States are a waste of time and money.

Facts: Travelers could be exposed to a disease outside of the United States and bring it home. Visitors from other countries or people who move here also could carry it. If you're not protected, you could get sick. Immigrants constituted the largest population growth in Franklin County over the last decade.

Claim: Giving a child multiple vaccines at once increases the risk of side effects.

Facts: Experts have carefully studied whether giving more than one vaccine at a time is safe and effective. They've concluded that it is. There are good reasons for giving vaccines together. Early in life, children are very vulnerable to illness. The sooner they're protected, the better. Getting several vaccines in one shot cuts down on the number of needle sticks a child must face. It saves time and money, too.

Horraantii 1970aadkii ku dhawaad boqolkiiba 70 dadka Jabbaan ah ayaa jixda iska tallaalay. Dalkaa
waxaa uu cudurku ku soo ritay 393 qof 1974tii ciduna uma dhiman. Markii shaki laga keenay tallaalka laftiisa awgiis hoos loo dhigay qaadashadii tallaalka 40 boqolkiiba, soo ridashadii cudurku kor ayuu u kacay. Adigu 13,000 qof ayuu cudurku ku dhacay dalka Jabbaan sanadkii 1979. Afartan iyo kow qof ayaana sanadkaa cudurka u iilatay.

Khiyaali: Tallaalladu waxay keenaan saamayn doceedyo dhib leh, xanuunno, iyo dhimasho.

Runta: Tallaalladu waxay ku keenaan xanuun iyo barar dabacsan meesha lagu muday. Waxaa kaloo suuroggal ah qandho nacas ah tallaalka ka dib. Dhibaatooyinkaasi waa kuwo aan wayneyn, waanaba waqti gaaban. Dhibaato weyni waa dhif. Paul A. Offit, M.D., iyo Louis M. Bell, M.D., soo saarayaasha buugga Vaccines: What You Should Know, waxay tilmaamayaan in
in ka badan 300 oo Maraykan uhu ay u dhintaan shilal qubaysiga iyo musqusha la xiriira. Sidaas oo ay tahay ma jiraan dad badan oo ay la tahay in uusan qubaysigu nabdoonayn.

Khiyaali: Tallaallada cudurrada aan ka jirin Maraykanka waa uun lacag iyo waqti lumin.

Runta: Kuwa safra ayaa cudurradaa ka soo qaadi kara meelo bannaanka ka ah Maraykanka keenina kara halkaan. Booqdayaasha ka yimid dalalka kale ama dadyowga halkan u soo
guura ayaaba qabi kara. Haddaadan ilaalsanayn, waad xanuunsani karaysaa. Muhaajiriinta ayaa u dhigmayey kororka dadeed ee ugu badan Degmada Franklin ilaa tobankii sano ee tagtay.

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It is the flu season: Myths about Vaccines from page 3

Vaccines…. From page 3

Claim: The flu shot can give you the flu.

Facts: The flu vaccine contains inactivated, or killed, viruses, which means they cannot cause infection. The CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease.

Still unsure?

You're bound to hear other claims about vaccines, too. But, remember, vaccines have a long track record of protecting public health. If you have concerns or questions, talk with your doctor. Your family's health and well-being are too important not to. You also can visit the Centers for Disease Control and Prevention at www.cdc.gov/vaccines. Protect yourself and your loved ones from the Seasonal Flu by taking the seasonal flu shot now.

Tallaalka… from page 3

Khiyaali: Tallaal siinta dhawka ah ee hal mar ah ee la siiyo cunugga wuxuu kordhinayaa saamayn doceedka.

Runta: Khubarada ayaa aad ugu dhabbogashay nabdoonaanta in cunugga hal mar la siiyo dhawr tallaal. Waxay ku gaboggabeeyeen in ay taasi nabdoon tahay. Waxaa jira sababo ay ku wanaagsan tahay in cunugga tallaallada wadajir loo siiyo. Inta ugu horraysa noloshooda, carruurtu aad bay halis ugu jiraan cudurrada. In degdeg loo ilaaliyo ayaaba aad u fiican. Hal cirbad ah oo ay ku kulman yihiin dhawr tallaal waxay yaraynaysaa inta goor oo cunugga la mudayo jirkiisa. Waqti iyo lacagna waabay bedbaadinaysaa.

Khiyaali: Tallaalka hergabka (flu) ayaaba kugu ridi kara hargab.

Runta: Tallaalka hargabka waxaa ku jira fayruusyo la hawlgabiyey ama la diley oo aan sababi karayn in ay cudur keenaan. CDC-du waxay talo ku bixinaysaa in si looga hortago cudurkan halista ah, in ay aad muhiim u tahay in si sanadle ah loo qaato tallaalka hargabka. Haddaadan weli hubin? Wax badan ayaad maqli doontaa dhalanteed badan oo ku saabsan tallaallada. Laakiin, xusuusnow, in tallaalladu leeyihiin soo-yaal dheer oo ku caanbixinaya ilaalinta fayaqabka bulshada. Haddii aad qabtid walaacyo iyo su'aalo la hadal dhakhtarkaaga. La hadliddu waa u muhiim caafimaadkaaga iyo ka qoyskaaga. Waxaa kalood booqan kartaa Xarumaha Xakamaynta iyo ka Hortegidda Cudurrada www.cdc.gov/vaccines.

Farriintani waxay qayb ka tahay Barnaamijka SomaliCAN ee Looxjiidashada Caafimaadka, waana wadaqabasho u dhexaysa CareSource Foundation iyo SomaliCAN.

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NOTICE OF FUNDING AVAILABILITY (NOFA)

Free Tax Assistance Capacity Building Grant:

Request for Proposals (RFP)
Deadline: April 30, 2013
The Ohio Association of Foodbanks, in partnership with the State of Ohio, is seeking to fund projects that build organizational capacity, expanding free tax assistance services and other OBB services for Ohioans that need them.

Applicants will be asked to state how they will expand existing OBB tax assistance services and FAFSA and other benefit application services in their organization or community, OR how they will develop new OBB tax assistance services to complement their existing benefit application services.

Eligibility:

- Existing OBB sites that fall under one of the following categories:
- Faith-based organizations (however, organizations may not use these grant funds to support worship, religious instruction, or proselytization)
- Government agencies
- Educational Institutions

To apply or get more information about this opportunity, please click here or visit: http://www.ohiofoodbanks.org

Bicentennial Book Bash

Dates: November 29, 2012
Location: Columbus Historical Society
Hours: Thursday 6 p.m.-9:30 p.m.
Admission: Free
Address: 333 W. Broad St., Columbus, 43215
Phone: 614-224-0822
Web: www.columbushistory.org

Greetings! The weather outside is frightful, so join us for a fun holiday event celebrating some of our most talented local writers and snag a new book (or five!) to cozy up with this winter. Just in time for the holidays, CHS is hosting a bicentennial book bash on Thursday, November 29th, featuring tasty treats, delicious drinks, and the chance to meet the authors and have your books personally autographed.

Save your seat and Register Now at www.columbushistory.org!

JOB OF THE MONTH: CLERICAL SPECIALIST AT FRANKLIN COUNTY

FRANKLIN COUNTY CHILD SUPPORT
ENFORCEMENT AGENCY
80 E. Fulton Street
Columbus, Ohio 43215
J O B A N N O U N C E M E N T

POSITION TITLE: Clerical Specialist (Bargaining Unit) **PCN:** 084608

PRIMARY RESPONSIBILITIES: Performs specialized clerical tasks requiring high degree of accuracy and reliability. Review and research all applications of IV-A clients requesting child support services. Access correct computer screens and take necessary action to build child support cases and merge and/or delete applications. Conduct research on applications and/or child support cases utilizing SETS, CRIS-E, FCJS, Anacomp and/or any other resources available and take the appropriate action necessary. Process all applications and/or child support cases within the 20 day time frame mandated by the State. Communicate with the Department of Jobs and Family Services staff to update CRIS-E screens.

MINIMUM QUALIFICATIONS: High School diploma or equivalent with six months of clerical experience; or any equivalent combination of training and experience. Ability to calculate fractions, decimals, and percentages; read and write common vocabulary plus excellent record keeping and communication skills. Computer experience, Knowledge of classifying information, sorting items into categories desires.

STARTING SALARY: $11.53/hr, plus a comprehensive benefits package.
120 Day Probationary Period

DEADLINE FOR APPLYING: Monday, November 19, 2012
If interested, please go to **www.franklincountyohio.gov/commissioners/hr** and apply on-line
-EOE-

Choose CareSource as your Health Plan.
Call: 1-800-488-0134
CareSource

ON THE HORIZON: ODDC Seeks Membership Applications

DD Council Seeks Applicants for Membership
***Applications due by **Extended**

The Ohio Developmental Disabilities Council (ODDC) is currently seeking applicants for membership terms beginning in January 2013. Council membership must comply with categories listed in the federal DD Act. Openings this year will be for the following categories:

- two (2) individuals with a developmental disability
-
- one (1) immediate relative or guardian of an institutionalized or previously institutionalized individual with a developmental disability or an individual with a developmental disability who resides or previously resided in an institution.

All candidates for DD Council membership should have experience serving on committees, boards, or organizations. Such experience concerned with persons with developmental disabilities would be especially relevant. Applicants should have first-hand knowledge about developmental disabilities in Ohio.

It is very important that applicants have time to attend six meetings per year and serve on at least two committees. Each meeting of Council occurs over a two-day period.

Governor John Kasich will appoint members for three-year terms beginning January 1, 2013, and ending December 31, 2016. Application packets are available from the ODDC office or you may download the application from ODDC's website at www.ddc.ohio.gov and must be completed and returned to the office by: Extended Applications may be requested:

- By mail: ODDC, 899 East Broad Street, Suite 203, Columbus, Ohio 43205
- By phone: (614) 466-5205 or toll-free (800) 766-7426. If you are leaving a message, please spell out your name, and give your address including zip code, and phone number
- By email contact: carla.sykes@dodd.ohio.gov

DD Council oo Doonaya Araaji Xubinnimo
*****Araajidu *waa la dheereeyay***

The Ohio Developmental Disabilities Council (ODDC) waxay haatan raadinaysaa dad arji u soo qorta xubinnimada xilliga ee billaabanaysa Janaayo 2013. Xubnaha Council-ku waa inay raacaan asallada ku taxan DD Act ee federaaliga ah. Boosaska furan ee sanadkaan waa asallada soo socda:

- Labo (2) shaqsi oo qaba naafannimo Koritaaneed

- Hal (1) shaqsi oo qaba naafanimo karitaan oo xarun xannaano galay ama ku jira iminka xarun xanaano ama qof qaraabo la ah qof qaba naafanimo karitaan oo xarun xannaano galay ama qof qaraabo la ah qof qaba naafanimo koritaaneed oo ku jira iminka xarun xanaano .

Dhamaan u tartamayaasha xubinnimada DD Council waa inay khibrad u leeyihiin ka shaqaynta guddiyada, golayaasha, ama ururrada. Khibradaha khuseeya dadka qaba naafanimada koritaaneed ayaa si gaar ah muhiim u ah. Arjiilayaashu waa in ay leeyihiin aqoon gacanta koowaad ah oo ku saabsan naafannimada koritaaneed ee Ohio.

Guddoomiye John Kasich ayaa xilli saddex sano ah oo billaabanaya Janaayo 1, 2013 oo dhamaanaya Diseembar 31, 2016 magacaabi doona.

Baakadka arjiga ayaa laga heli karaa xafiiska ODDC ama waxaad kala degi kartaa arjiga mareegta ODDC ee ah www.ddc.ohio.gov waana in la dhameeyaa oo loo soo celiyaa xafiiska markii la gaaro *waa la dheereeyay*.

Araajida waxaa lagu codsan karaa:

- Boosto: ODDC, 899 East Broad Street, Suite 203 , Columbus , Ohio 43215

- Telefoon: (614) 466-5205 or toll-free (800) 766-7426. Haddii aad ka tegaysid farriin, fadlan magacaaga higgaadi, bixina cinwaankaaga oo uu ku jiro zib koodhka iyo lambarka telefoonka.
- Email ahaanna la xiriir: Carla.Sykes@dodd.ohio.gov

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

Somali Services

SomaliCAN
614-489-9226
www.SomaliCAN.org

The Omolesky Law Firm
614-441-5305

SOMALICAN SERVICES:

Health Communication and Literacy:

- Patient education
- Prescription access
- Cultural competency training
- Information & Referral

Community Education:

- Youth engagement
- Services in Schools
- Advocacy and Support
- Scholarships
- Annual Graduation
- Crime Prevention
- Disaster Preparedness

SomaliCAN Outreach Newsletter:

- Monthly bilingual newsletter
- Advertisements
- Articles
- Cultural Competency
- Research
- Legislation
- Developmental Disabilities

Immigration Services:

- Green card applications
- Citizenship applications
- Citizenship education

Somali Interpretation & Translation:

Do you require highly qualified interpreters and translators?

Please contact a SomaliCAN specialist today. SomaliCAN provides interpretation and translation in social services, medical, legal, academic and financial settings.

SomaliCAN
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Phone. (614)489-9226
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To advertise a product or service, contact us today: info@somalican.org.

Ohio Developmental Disabilities Council

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To request a copy of SomaliCAN Outreach Newsletter send an e-mail to Outreach@SomaliCAN.org or visit www.SomaliCAN.org.