

Kaa kwenye ratiba! Chanjo Maisha yako yote

Kwa zaidi ya miaka 100, chanjo zimetumika kwa usalama kuzuia magonjwa na kuwaweka watu kwa afya njema! Chanjo nyingi hutolewa mara moja tu katika maisha yako, lakini zingine hutolewa mara kadhaa. Kupata chanjo zote ni muhimu sana! Inaweza kukusaidia wewe na wapendwa wako kuepuka kuwa wagonjwa sana na kuzuia milipuko ya magonjwa siku zijazo. Ongea na mhudumu wa afya ili kujifunza zaidi.



Watoto wachanga (miaka 0-2)

Mafua Surua, Mabusha, Rubella (MMR) Haemophilus influenza B (Hib)

Polio Pneumococcal Diphtheria, pepopunda, kifaduro (DTaP)

Rotavirus Tetekuwanga Hepatitis A na B



→ **Usisahau! Kila mtu mwenye umri wa miezi 6 na zaidi anapaswa kupata chanjo ya COVID-19 na mafua!**

Watoto (miaka 3 - 12)

Mafua Surua, Mabusha, Rubella (MMR) Tetekuwanga

Polio Pneumococcal Hepatitis A na B HPV

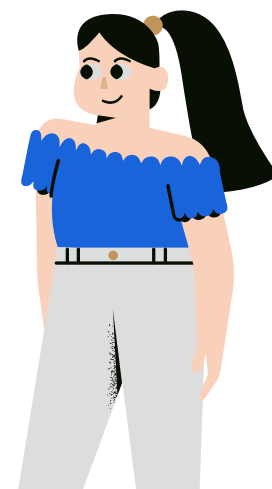
Diphtheria, pepopunda, kifaduro (DTaP) Meningococcal



Vijana (miaka 13-17)

Mafua Surua, Mabusha, Rubella (MMR) Hepatitis A na B

Diphtheria, pepopunda, kifaduro (DTaP) Meningococcal HPV



Watu wazima (miaka 18-60)

Mafua Diphtheria, pepopunda, kifaduro (DTaP)

Surua, Mabusha, Rubella (MMR)

Pneumococcal



Wazee (miako 60+)

Mafua Pneumococcal Vipele

Diphtheria, pepopunda, kifaduro (DTaP)



✓ Ili kujifunza zaidi

- **Zana ya kutathmini chanjo ya mtu wazima:**
<https://www2.cdc.gov/nip/adultimmsched/>



- **Zana ya kutathmini chanjo ya mtoto na kijana:**
<https://www2.cdc.gov/nip/adultimmsched/>



Vifaa hivi vimeundwa na PANDEMIC (Program to Alleviate National Disparities in Ethnic and Minority Immunizations in the Community) ikiungwa mkono na CDC Cooperative Agreement CDC-RFA-IP21-2113-NU21IP000597: iliyochapishwa Aprili 2023. Yaliyomo ni ya waandishi na hayawakilishi maoni rasmi ya, wala idhini, ya Centers for Disease Control and Prevention (CDC), Health and Human Services (HHS), au Serikali ya Marekani.



PANDEMIC

