

# Is there a link between autism & vaccinations?



Some childhood illnesses are very serious and can be life threatening. These include measles, mumps and rubella (MMR).

The MMR vaccination stops children from getting these illnesses and protects them throughout their lives. Children are usually vaccinated by a doctor or nurse with a quick injection or sometimes a nasal spray.

Because vaccinations are so effective, by 2017 measles was no longer present in the UK. However, some parents decided not to vaccinate their children and this led to many new cases of measles.

Children died from measles from every community including the Somali community. These deaths could have been prevented if more children had been vaccinated.

Some parents worry about the side effects of vaccinations. They think that the MMR vaccine can cause autism. We now know that this is not true. It is a myth. There is no evidence to support it. Scientific research from all over the world shows that there is no link between a child being vaccinated against MMR and having autism.

Autism Independence is a community group working with Black, Asian and minority ethnic families in the UK, specialising in the Somali community. They have worked for many years with lots of Somali families who all have children with autism. Some of these families gave their children the MMR vaccine and others didn't. This shows that having the MMR vaccine is not a cause of autism.

Vaccinating your child stops them from getting seriously ill and protects them for the rest of their life.

## Top tips:

1. **Do your research and talk to your doctor about your child's vaccinations**
2. **Know that vaccinations are safe and can save lives**
3. **Don't believe everything you read online**



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# Miyay jirtaa wax ka dhexeeya autism iyo talalka?



Xanuunada yarida caruurta ku dhacda, waa khatar, noloshana wax yeelikarta, sida MMR ta.

Irbadahani waxa ay ilmahaka caawiyaan in aanuu xanuunadan khatarta ah aanay qaadin caruurta waxa xalaala dhakhtar ama neeras, ama muda ama buufiya.

Maadama irbadahani ay shaqeeyaan, 2017, xaruunada ay da weeyaan talaalkani ay raad go een. Laakin walida da qaar ayaa waxa ay bilaabeen in ay talaalka caruurta ka joojiyaan, taa oo soo celisay xanuunadii. Caruur ayaa ku dhimatay, ka soo jeeda ajaanib gar ahaan Somalida, iyo wLiba caruuro dalkooda udhashay. Nasiib daro waa xanuuno ladawayn karayey.

Waalido badan ayaa ka warwara ilmahooda in ay talaalku wax yeelaan. Waxa ay rumaysan yihiin in MMR keento autism. Waa la ogyahay in aanay run ahayn. Waa wax la iska yidhaahdo, oo aan cadayn lahayn.

Baadhitaano badan ayaa cadeeyay in aanay waxba ka jirin MMR in aanay keenin autism.

Autism Independence, waa urur la shaqeeya ajaanibka, gaar ahaan Somalida dalka UK ee hasta caruur Somali ah. Waxa ay la shaqeeyeen reero hasta caruur la siiyay MMR iyo qaar aan la siin MMR laakim wada leh autism. Waxa ay markaa cadeeyeen in MMR aanay keenin autism.

Talaalku waxa uu ka ilaaliyaa ilmaha xanuunada noloshooda oo dhan.

## Talaaboyin faa ido ah:

1. Marka ugu horaysa samee baadhitaan adigu, kawarayso dhakhtarkaaga talaalka
2. Ogow, in talaaladu dawo ay yihiin, waxna ay badbaadiyaan
3. Wax walba ha rumaysan oo aad aragto ama aad akhrisato online



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