

Aasaaska Tallaalka COVID-19

Tallaalka COVID-19 waa ammaan waxtarna wuu leeyahay

Tallaalka waxaa loogu talagalay in uu ka hortago cudurada. Tallaalada COVID-19 waxay jirka u sheegaan in uu aqoonsado lana dagaalamo fayraska sababa COVID-19. Tallaalada COVID-19 kama qaadaysid cudurka COVID-19. Tallaalada COVID-19 waxay kaa difaacaan cudurka COVID-19. Haddii aad jirato tallaalka COVID-19 kadib, aad bay u yartahay inaad si daran u xanuunsato ama aad isbitlaalka aadid. **Qof kasta oo jira 6 bilood iyo wixii ka weyn waxaa habboon in uu tallaalka qaato.**

Tallaalka COVID-19 waxaa si taxadar leh loogu tijaabiyey kooxo kala duwan ka hor inta aan la oggolaan ama shatiga la siin. Tobanaan kun oo dadka Madoowga ah, Laatinka, Hindida Ameerikaanka iyo dadka Aasiyaanka ah ayaa ka qeyb qaatay daraasaadka lagu samaynayo tallaalka Pfizer, Moderna iyo Novavax. Waanu ognahay in bulshooyinka oo ay ku jiraan dadkeena naafada ah iyo kuwa loo yaqaan LGBTQ+, kuwaas oo inta badan laga reebo adeegyada caafimaadka, waxayna la kulmaan heyb sooc taariikheed, tiiraanyo ka dhalata daawada iyo xadgudub. Arrimahani waxay uga sii darayaan saameynta COVID-19 ee bulshooyinka waxayna xoogga saarayaan muhiimadda uu tallaalku u leeyahay in qof kasta si ammaan ah ugu shaqeeyo.

Majirto tillaabo dhanka badqabka ah oo laga booday kolkii la samaynayey tallaalka COVID-19. Hay'adda qaabilsan Maamulka Cunta iyo Daawada (FDA) waxay shardi ku xirtay xogta badbaadada si tallaalka loo oggolaado. Intaa waxaa dheer, cilmi baarayaasha caafimaadka waxay sii wadaan in ay la socdaan badqabka tallaalka.

Tallaalada la heli karo

Xilligaan waxaa jira seddex tallaalka oo kala duwan oo la heli karo: Pfizer, Moderna iyo Novavax (Novavax waxaa loo oggolaaday oo keliya dadka da'doodu tahay 12 iyo wixii ka weyn). CDC kuma talinayso tallaalka gooni ah. Tallaalka kasta wuxuu dadka ka caawiyaa in aysan aad ugu xanuunsadaan cudurka COVID-19. Dhammaan goobaha tallaalka lagama helayo tallaalka kasta. Waxa ugu muhiimsan waxaa weeye in aadan lumin fursada aad isku tallaali laheyd. Wixii faahfaahin dheeri ah oo ku saabsan tallaalka, booqo [CDC: COVID-19 Vaccines \(www.cdc.gov/covid/vaccines/\)](https://www.cdc.gov/covid/vaccines/).

Waxa aad filan karto kolka aad tallaalka qaadatid

- Dad loo tababaray in ay tallaalka ku siiyaan ayaa kuu sheegi doona habraaca, waxayna kaala hadlayaan halista imaan karta ama waxyeelooyinka, waxayna ka jawaabayaan su'aalaha.
- Tallaalka iyo tirada la rabo in aad qaadato (kuurooyinka) waxay ku xirantahay da'daada, tallaalka, tallaalkadii hore ee COVID-19 ee aad qaadatay iyo haddii aad tahay qof difaaciisa jirka uu liito.
- Dhammaan dadka da'doodu tahay 5 sano iyo wixii ka weyn waxaa habboon in ay qaataan hal kuuro oo ah tallalka COVID-19 sannadka 2024-2025.
- Carruurta da'doodu u dhaxayso 6 bilood ilaa 4 sano iyo dadka qaba xaaladaha caafimaad qaarkood waxay u baahan karaan qiyaaso badan si ay ula socdaan.
- Haddii loo baahdo, waa muhiim in aad qaadato dhammaan kuurooyinka lagu taliyey si aad u hesho difaaca ugu fiican ee la isaga ilaaliliyo COVID-19. Wixii faahfaahin dheeraad ah booqo [CDC: Staying Up to Date with COVID-19 Vaccines \(www.cdc.gov/covid/vaccines/stay-up-to-date.html\)](https://www.cdc.gov/covid/vaccines/stay-up-to-date.html).

- Waxaa laga yaabaa in lagula socdo marka aad qaadatid tallaalka kadib si loo ogaado waxyeelooyinka ka dhalan kara ee halista ah.

Waxyeelooyinka

Dadka qaar waxaa soo gaara waxyeelooyin tallaalka kadib. Waxyeelooyinka waxay caadi ahaan soconayaan hal ama labo maalmood, sida caadiga ah kaama hor istaagayaan inaad wadato hawl maalmoodka. Waxaa laga yaabaa in aad yeelato:

- Cudud xanuun
- Muruq xanuun
- Daal
- Madax xanuun
- Qandho/qarqaryo

Haddii aad isku aragto waxyeelooyin halis ah, isbitaal aad ama wac 911.

Tallaalka kama koobna

- Walxaha daawooyinka ilaaliya
- Waxyaabaha ay ku jiraan doofaarka iyo maadada gelatin
- Ukunta
- Faryaska COVID-19 ee nool

Maxaad u qaadansaa tallaalka COVID-19?

- In aad naftaada ka ilaalisid COVID-19 aadka u daran iyo saameynta muddada dheer ee COVID-19.
- Taageer bulshadaada. Ilaali dadka aan la tallaali karin (caruurta aadka u yar) ama kuwa aan si fiican ula falgelin tallaalka (kuwa difaaca jirkoodu liito).

Sida Tallaalka loo qaato

- Kala hadal adeegayaasha caafimaadka ballamaha.
- La xidhiidh adeegayaasha caafimaadka ama farmashiyayaasha kuu dhow oo ay ku jiraan rugaha caafimaadka dhallaanka iyo qoyska, adeegayaasha caafimaadka asaasiga ah, xarumaha caafimaadka ee heer federaal, wakaaladaha caafimaadka dadweynaha iyo goobaha Adeegga Caafimaadka Hindida.
- La soco rugaha tallaalka lagu bixiyo sida iskuulada ama goobaha kale ee bulsha ee aagaaga ku yaal.

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