



TALLAALKA COVID-19

GOORMA AYUU TALLAALKA COVID-19 DIYAAR NOQONAYAA?

- Horumar ayaa lagu sameeyay dhowr tallaal oo cusub si looga hortago COVID-19. Tallaalada badbaadada iyo wax ku-oolka ah waa soo socdaan, laakin saadku wuu yaraanayaa marka ugu horraysa. Waa inaan sii wadnaa xirashada maaskarooyinka, kala fogaanshaha dadweynaha, gacmo dhaqashada joogtada ah iyo guri joogidda haddii aan jirrannahay si aan hubinno sida ugu yar ee suurtoogalka qaaditaanka COVID-19.
- Qorshaha Waaxda Caafimaadka Minnesota (MDH) ee qaybinta tallaalka waxaa loo naqshadeeyay inay yareyso jirrooyinka halista ah iyo dhimashada, hubisaa qaybin cadaalad ah oo simman iyo helitaanka bulshooyinka oo dhan. MDH iyo caafimaadka dadweynaha deegaanka ayaa wadaagayo macluumaadka qaybinta tallaalka sida ugu dhaqsaha badan ee sharaxaadaha la heli karo.
- Garoojooyinka ugu horreya ee tallaalka COVID-19 waxaa la siinayaa dadka ka shaqaynayo goobaha daryeelka caafimaadka ee ku dhici karo COVID-19 shaqada iyo dadka ku nool ee ka shaqeeyo xarumaha daryeelka muddada dheer sida guryaha xanaanada. Kooxaha kale oo malaha heli karo qaar ka mid ah garoojooyinka hore waxaa ku jiro ka-jawaababayaasha koowaad ee gurmada, shaqaalaha lagama-maarmaanka ah, dadka waaweyn ee qaba xaaladaha caafimaadka halisteedu sarreyso, iyo dadka waayeelka ah 65+ sanno jir.
- Dadka ku jiro wajiyadaan koowaad waxaa uu u sheegi doonaa loo-shaqeeyahoodu ama xarunta halka ay ku noolyihiin haddii ay u suurtoogaleyso inay helaan tallaalka iyo goorta iyo sida. MDH ayaa sii wadeysa xiriirinta ku saabsan garoojooyinka tallaalka iyo helitaanka iyaga oo wax badan ka og wajiyada mustaqbalka.
- Ugu dambeyntii, dhammaan dadka reer Minnesota ee rabaan in la tallaalo waxaa u suurtoogaleyso inay sidaas sameeyaan. Ma noqoneyso qaabka ku haboon qof walba. Ma jiro qof looga baahanyahay inuu ka helo tallaalka dawladda ama caafimaadka dadweynaha.

SIDEE AYUU TALLAALKA U SHAQEYAA?

- Tallaalada koowaad ee la hormariyay ma wataan wax fayraska nool ama dhintay ee COVID-19. Waxay wataan aalado baraya difaaceena jirka inay aqoonsadaan fayraska COVID-19 oo baabi'iyaan kahor inta aysan ku saameyn.

SIDEE BADBAADO AH OO WAX KU-OOL AH U YAHAY TALLAALKA COVID-19?

- Tallaalada ugu horreeya waxaa hormariyay 2 soosaarayaal ee Mareykanka ah: Moderna iyo Pfizer. Waa la tijaabiyay oo waxaa la ogaaday inay difaacdo COVID-19 oo boqolkiiba 95 dadka la siiyay tallaalka, oo ah qiimo aad u sareeyo oo wax ku-ool. Labadaan tallaal iyo kuwa kale ee la hormariyay waa inay buuxiyaan dhammaan heerarka badbaadada adag ee jirta.



TALLAALKA COVID-19

- Dhammaan tallaabooyinka caadiga ahayn waxaa loo qaaday inay hubiso tallaalada COVID-19 badbaadadeeda. Tirada dadka ku jira tijaabooyinka tallaalka COVID-19 waa la midka sida tallaalada kale oo waxa ku jira dad ka soo kala jeeda asal kala duwan. Maysan jirin wax isbadel ah ee heerarkaas badbaadada si loo hubiyo in tallaalka COVID-19 uu yahay badbaado, saafi iyo wax ku ool ah.
- Si loo dadajiyo waxyaabaha, soo saarayaasha daawada waxay isticmaaleen cilmi baaris sodon sanno ah, iyo qaabab cusub oo dagdag ee lagu sameeyo tallaalka. Shirkadaha waxaa u suurtoogashay inay si dhaqso ah u bilaabaan inay sameeyaan tallaalka sababtoo ah dawladda faderaalka ayaa bixineyso qarashka.

SIDEE AYAA LA II TALLAALAYAA?

- Tallaalka COVID-19 wuxuu ahaanayaa bilaash. Ugu dambeyntii, waxaa laga helayaa bixiyayaasha daryeelka caafimaadka, rugaha caafimaadka tallaalka ee ay maamulaan Waaxda caafimaadka Dadweynaha iyo Xarumaha Caafimaadka Dadweynaha iyo farmashiyada.
- Tallaalada ugu horreeya COVID-19 ee la heli karo wuxuu ahaanayaa taxanaha 2 garoojo. Waxay u baahaneysaa hal cirbid, iyo kadib waxaad u baahaneysaa inaad dib ugu soo laabatid saddex ama afar isbuuc dambe oo cirbida labaad. Aad ayay muhiim u tahay in la helo labada cirbid si ay si buuxdo kuu illaaliso.

Faahfaahinno badan ee ku saabsan tallaalka waxaa la helayaa toddobaadyada soo socdo. Ka taxadar in wax walba oo aad aragtid ama ka maqashid tallaalka ee warbaahinta bulshada ama internetka inay run ahaanayan. Isticmaal macluumaadka ka imaaneyso ilaha caafimaadka la aaminsanyahay, xirfadlayaasha caafimaadka iyo hay'adaha dowladda ee ku tiirsan saynisyada iyo xaqiiqda:

- Centers for Disease Control and Prevention (CDC):
www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html
- Minnesota Department of Health (MDH):
www.health.state.mn.us/diseases/coronavirus/vaccine
- Saint Paul – Ramsey County Public Health:
www.ramseycounty.us/COVIDvaccine

Ka booqo ramseycounty.us/coronavirus macluumaadka ugu dambeeyey ee COVID-19, oo ay ku jiraan aqbaaraha rugaha caafimaadka ee tallaalka mustaqbalka ee waddanka, macluumaadka kahortagga iyo baari-taanka, iyo barnaamijyada caawinta COVID-19.

Somali 12/22/20