# Tallaalka COVID-19 ee dhallaanka iyo ilmaha yaryar

## Su'aalo iyo jawaabo loo diyaariyay waalidiinta iyo mas'uuliyiinta

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# Tallaalka COVID-19 waa habka ugu wanaagsan ee aad ilmahaaga uga ilaalin karto dhigista cusbitaalka ama calaamadaha muddada dheer.

- COVID-19-ka dhallaanka iyo caruurta caadiyan halis ma ahan. Laakiin, mararka qaar, COVID-19 wuxuu keeni karaa caabuqyo halis ah oo keena isbitaal-jiifin ama horseeda “COVID dheere”.
- Waxay la mid tahay kursiga baabuurka: tallaalku wuxuu ka ilaaliyaa dhallaanka yar khatarta halista ah, xitaa haddii aysan u badnayn inay dhacdo.

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# Tallaalku wuxuu caawiyaa carruurtu inay carruur noqdaan.

Marka carruurtu ay **wada qaataan tallaalada**, waxay si badbaado leh u qaban karaan hawlo badan oo ay jecelyihiin, sida imaanshaha dugsiga barbaarinta iyo in ay wakhti  gudaha kula qaataan saaxiibada iyo qoyska.

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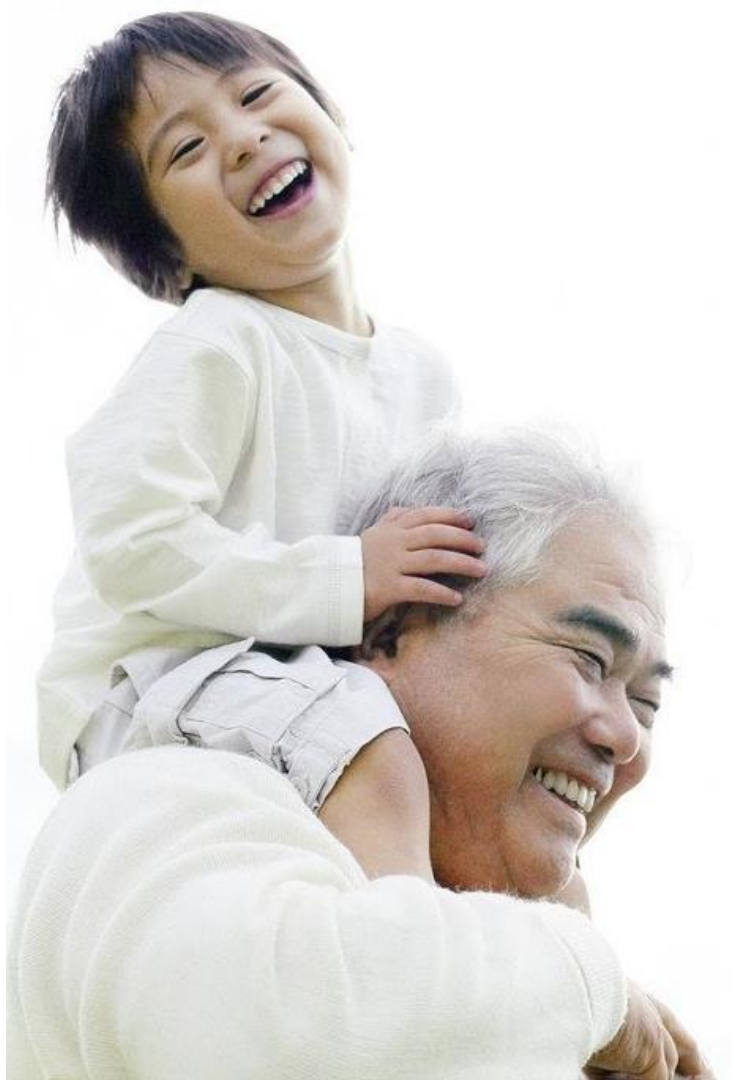
# Tallaalka COVID wuxuu u saamaxayaa carruurta inay si badbaado leh ula joogaan dadka kale



Marka ilmahaaga la tallaalo, waxay **sidoo kale ilaalisaa xubnaha qoyska iyo asxaabta**, gaar ahaan kuwa laga yaabo inay halis sare ku jiraan.

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# Tallaalka ilmuhu ma yahay mid badbaado iyo waxtar leh?

**Haah.** Hay’ada FDA waxay go'aamisay in tallaalku aanu lahayn walaac la xiriira badbaadada oo lagu ogaaday daraasaadka caafimaadka.

Waa suurtogal in ilmaha la tallaalay uu weli qaadi karo COVID, laakiin jirradu waxay noqoneysaa mid fudud. Tallaalku wuxuu ka ilaaliyaa arrimaha ugu muhiimsan: wuxuu ka hortagaa isbitaal dhigista, dhibaatooyin caafimaad oo daran, iyo dhimasho.

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# Waa maxay nooca tallaalka COVID-19 ee ay qaadan karaan dhallaanka iyo ilmaha yaryar?

Carruurta da'doodu tahay 6 bilood iyo wixii ka weyn waxay qaadan karaan  tallaalada COVID-19 ee **Pfizer** ama **Moderna**

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# Immisa irbadood oo tallaal ah ayaa ilmahayga ama ilmaha yaryar u baahan doonaan?

Carruurta da'doodu u dhaxayso 6 bilood ilaa 5 sano waxa laga yaabaa inay u baahdaan qiyaaso badan oo ah tallaalka COVID-19 si uu u noqdo mid cusbooneysiisan, oo ay ku jiraan ugu yaraan 1 qiyaas oo la cusboonaysiiyay oo ah Pfizer ama Moderna. Waxay kuxirantahay tirada qiyaasaha ay hore u qaateen iyo da'dooda.

Fadlan la xiriir bixiyaha daryeelka caafimaadkaaga haddii aad qabto su'aalo ku saabsan qiyaasta aad u baahan tahay.

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# Waa maxay maaddooyinka ku jira tallaalada loogu tala galay dhallaanka iyo carruurta yaryar?

**Maadada firfircoon:** mRNA (mulukiyuul bara unugyadaada sida loo aqoonsado karoonafeyraska si ay dhaqso ula dagaallamaan)

**Waxyaabaha kale ee ku jira Pfizer:** aalkolada amino, lipids (dufan), sodium chloride (milix), iyo sukrose (sonkor).

**Maaddooyinka kale ee** Moderna: lipids (dufan), sodium acetate, sodium acetate trihydrate (milix), dejiyeyaal aashito, iyo sukrose (sonkorta).

# Tallaalka carruurta ma bilaash baa?

**Haah.** Tallaalka COVID-19 **marwalba waa bilaash**.

Tallaallada COVID-19 caruurta WA waxay ku heli karaan **qarash la'aan,** ayadoon la eegin ceymis ama xaalad sharci-haysasho.

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# Waa maxay waxyeellooyinka tallaalka ay u badan yihiin dhallaanka iyo carruurta yaryar?

**Waxyeellooyinka la xiriira tallaalka badanaa waxay ku kooban yihiin hal ama laba maalmood. Waxyeellooyinka caadiga ah waxaa ka mid ah:**

- Xanuun qaybta jirka ay ka qaataan tallaalkooda
- Xanaaq-dhawi iyo oohin
- Hurdo badni iyo daal
- Cunto-xumo

Waxyeellooyinka naadirka ah: lallabbo/ matag, qandho, qarqaryo, qanjirada oo barara. **Kuwaani waa calaamado caadi ah** oo muujinaya in jirkoodu uu dhisayo ilaalinta.

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# Ma jiraa xidhiidh ka dhexeeya wadne-bararka loo yaqaan myocarditis iyo tallaalka carruurta?

- Ragga qaan-gaarka ah, tallaallada mRNA ayaa lala xiriiriyay xaalad naadir ah oo loo yaqaan 'myocarditis', barar wadnaha ah.
- Xaaladdaan **lalama** xiriirin tallaalka COVID-19 ee caruurta ka yar da’da 11.

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# Sii wad: Ma jiraa xidhiidh ka dhexeeya wadne-bararka loo yaqaan myocarditis iyo tallaalka carruurta?

- Ma jiraan kiisas la soo sheegay oo ku saabsan daraasadda carruurta ka yar da'da 5 ee Moderna ama Pfizer midkood.
- Daraasad heer qaran ah oo ballaaran oo lagu sameeyay carruurta 5-11 ayaa lagu ogaaday in ay aad ugu dhowdahay in uu cudurka myocarditis laga qaado COVID-19 in ka badan tallaalka.

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# Xaggee dhallaanka iyo carruurta yaryar ka heli karaan tallaalka?

Ballamaha waxaa laga heli karaa **xafiisyada dhakhtarka carruurta, rugaha caafimaadka, iyo goobaha tallaalka.** Farmashiyeyaasha qaarkood waxay awoodi doonaan inay tallaalaan carruurta yaryar.

**Si aad u hesho goob kuu dhaw ama balllan u qabsato**

- **kingcounty.gov/vaccine/somali**
- Ka wac khadka macluumaadka COVID-19 ee Gobolka Washington **1 800 525 0127,** ka dib **taabo #** (sheek luqadda aad rabtid marka khadka lagugu xidho).

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# Maxaan sameeyaa si aan ugu diyaargaroobo booqashada tallaalka ilmahayga?

- Cunuggaaga u xidh dhar gaaban ama dhar dabacsan oo ay fududahay in la duubo.
- Run u sheeg ilmahaaga: tallaalku wuxuu leeyahay xanuun yar ama waxa uu dareemayaa qanjaruufo.
- **Soo qaado buug ama boombale yar** oo uu isticmaalo wakhtiga sugitaanka ah.

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# Way igu adag tahay inaan tago goobta tallaalka. Maxaa caawimaad ah ayaa jira?

**Helitaanka:** Wixii ku saabsan caawinta dadka naafada ah fadlan u dir iimayl: **publichealthaccommodations@kingcounty.go**

**Caawinta luqadda:** Wixii ku saabsan Turjumaada luqadda, wac khadka macluumaadka COVID-19 ee Gobolka Washington **1-800-525-0127**, ka dib taabo # (sheek luqadda aad rabtid marka khadka lagugu xidho).

**Gaadiidka:** wac Khadka Macluumaadka Gaadiidka: 425-943-6760, 8:30 AM - 4:00 PM. Ama booqo www.FindARide.org.

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# kingcounty.gov/vaccine/somali

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