

# Tallaalka COVID-19 ee dhallaanka iyo ilmaha yaryar

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



Juun 21, 2022

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

- COVID-19 ka ku dhaca dhallaanka iyo carruurta sida caadiga ah ma aha mid daran, laakiin mararka qaar, COVID-19 wuxuu sababi karaa caabuqyo halis ah.
- Carruurta da'doodu u dhaxayso 6 bilood ilaa 4 sano ayaa leh heerarka ugu sarreeya ee in la dhigo Qolalka Gurmadka deg-dega iyo cusbitaallada la seexinayo dhammaan carruurta.
- Waxay la mid tahay kursiga baabuurka: tallaalku wuxuu ka ilaaliyaa dhallaanka yar khatarta halista ah, xitaa haddii aysan u badnayn inay dhacdo.

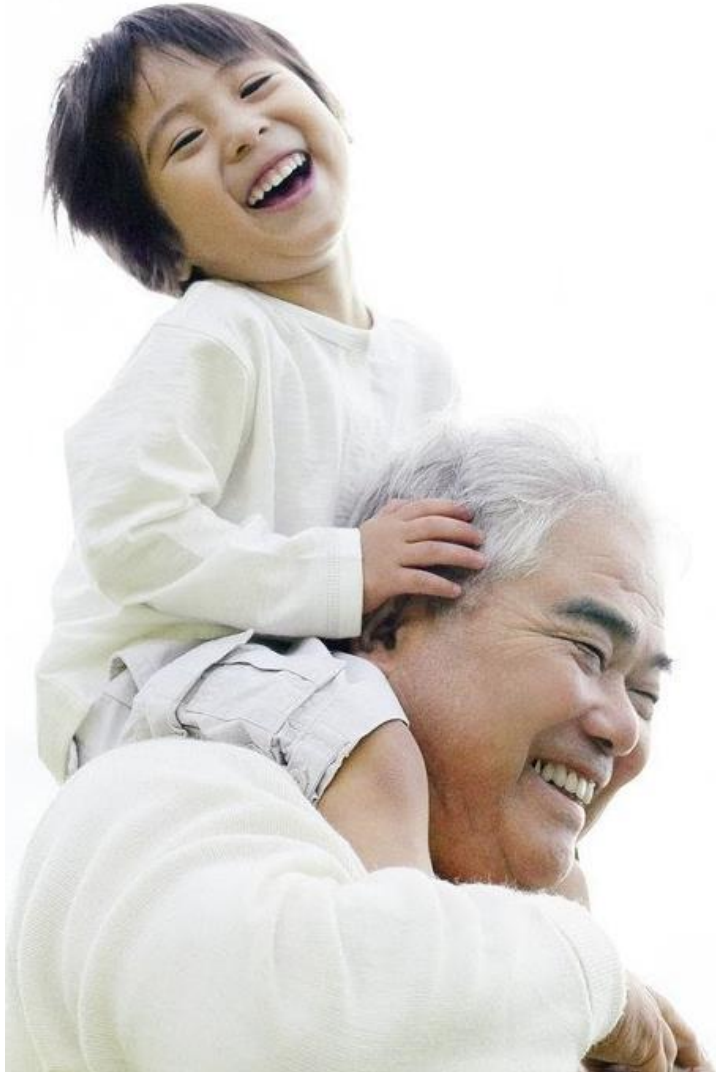


# Tallaalku wuxuu caawiyaa carruurta inay carruur noqdaan.

Marka carruurta 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.



# 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.

# 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 suurto gal 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.

# 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**

# Immisa irbaddood oo tallaah ah ayaa ilmahayga ama ilmaha yaryar u baahan doonaan?

Carruurta waa inay dhammaystiraan taxanaha buuxa ee irbadaha si tallaalku u noqdo mid waxtar leh:

**Pfizer:** 3 irbaddood oo loogu talagalay carruurta 6 bilood - 4 sano

**Moderna:** 2 irbaddood oo loogu talagalay carruurta 6 bilood -5 sano



# 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.**

Tallaalka COVID-19 waxaa lagu heli karaa **lacag la'aan** qof kasta oo ku nool Mareykanka, iyadoon la eegin caymis ama xaalad sharci-haysasho.



# 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.**



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



- Ragga qaana-gaarka ah, tallaallada mRNA ayaa lala xiriiriyay xaalad naadir ah oo loo yaqaan 'myocarditis', barar wadnaha ah.
- Xaaladdaan laguma sheegin tallaalka COVID ee carruurta ka yar 11.

# Sii wad: Ma jiraa xidhiidh ka dhexeeya wadnebararka 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.



# Xaggee dhallaanka iyo carruurta yaryar ka heli karaan tallaalka?



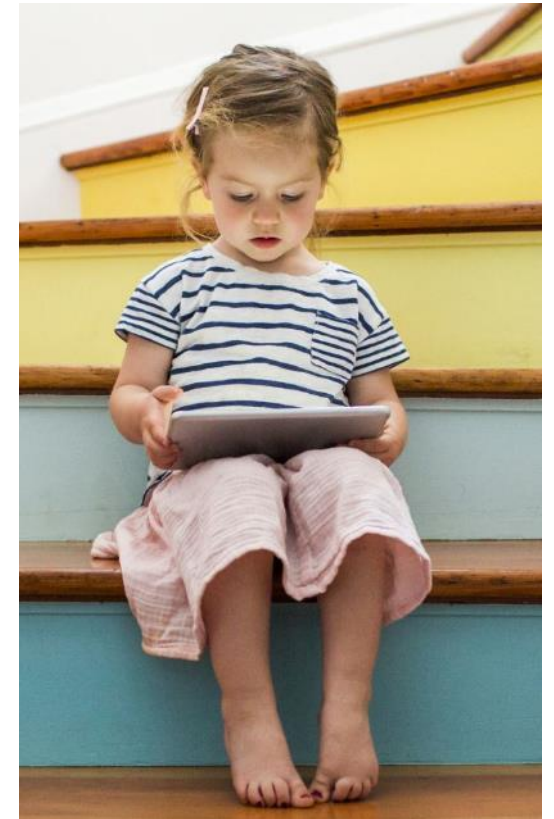
Ballamaha waxaa laga heli karaa **xafiisyada dhakhtarka carruurta, rugaha caafimaadka, iyo goobaha tallaalka**. Farmashiyeyaasha qaarkood waxay awoodi doonaan inay tallaalaan carruurta yaryar.

Si aad u hesho goob kuu dhow:

- [kingcounty.gov/vaccine](https://kingcounty.gov/vaccine) ama [vaccinelocator.doh.wa.gov](https://vaccinelocator.doh.wa.gov)
- **Xarunta Wicista COVID ee King County**, 206-477-3977. U sheeg luqadda aad u baahan tahay turjumaada.

# Maxaan sameeyaa si aan ugu diyaargarooobo 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 qanjaruifo.
- **Soo qaado buug ama boombale yar oo uu isticmaalo wakhtiga sugitaanka ah.**



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

**Helitaanka:** iimayl-gareeh

**publichealthaccommodations@kingcounty.gov** ama wac lambarka 206-477-3977.

**Caawinta luqadda:** wac Xarunta Wicitaanka COVID-19 ee King County: 206-477-3977, 8 a.m.-7 p.m. Fadlan sheeg luqadda aad door bidayso marka khadka lagugu xidho.

**Gaadiidka:** wac Khadka Macluumaadka Gaadiidka: 425-943-6760, 8:30 AM - 4:00 PM. Ama booqo [www.FindARide.org](http://www.FindARide.org).



[kingcounty.gov/vaccine/somali](https://kingcounty.gov/vaccine/somali)