

# Ma Runbaa?

Hubinta XAQIIQADA TALLAALKA Covid-19

## 1 Tallaallada COVID-19 MA beddeli doonaan hiddo-wadahaaga ama DNA gaaga.

Labada tallaal ee Moderna iyo Pfizer waxay adeegsadaan fariin RNA (ama mRNA). mRNA waxay baraysaa jirkeena in ay inaga ilaaliso iyadoo sameysa unugyada difaaca jirka iyo unugyada kale ee la dagaalanka infekshinka.

MRNA da laga helo tallaalka COVID-19 waligiis ma galayo xudunta unugga - halkaasoo lagu keydiyo DNA-gayaga. Tan macnaheedu waxa weeye mRNA wax saameyn ah kuma yeelan karto DNA-deena. Marka mRNA ay dhammeyso barashada unugyadeena, enzymes-ka ayaa burburiya mRNA sidaa darteed kuma sii jiraan jidhkeena..

*Tallaallada COVID ma beddeli karaan DNA-dayga? Qofnimadayda? Hiddo-wadaha reerkayga?*

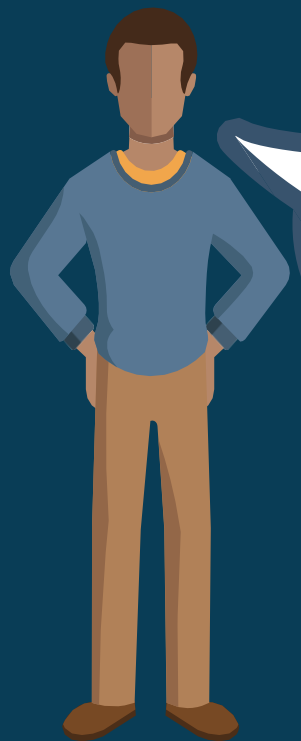


## 2 Talaalka COVID-19 kuma qaadasiin doona fayraska Corona.

Kuma jiraan talaalka Covid-19 wax coronavirus ah. Kama qaadi kartid talaalka fayrus.

Talaalku wuxuu barayaa unugyada jirkeena inay sameeyaan borotiin u eg sida midka laga helay dusha sare ee fayraska COVID-19. Si loo bixiyo tilmaamaha, tallaalku wuxuu isticmaalaa farriin RNA (mRNA) ama fayras qabow oo caadi ah oo aan waxyeello lahayn oo loo beddelay si uusan cudur u keeni karin. Jidhkeenu wuxuu bartaa inuu aqoonsado borotiinkaas si ay kor ugu qaadaan jawaab celinta difaaca jirka haddii fayraska COVID-19 uu soo galo jirka.

*Ma ka qadi donaa talaalka COVID-19?*



### 3

Tallaallada COVID-19 waxay sababi karaan calaamado hargab oo kale u eg, laakiin falcelinnada xad dhaafka ah waa dhif iyo naadir.

Waa macquul inaad la kulanto waxyeelooyin sida madax xanuun, cudud xanuun, daal ama yeelato qandho maalin ama laba ka dib marka lagaa tallaalo. Laakiin saameyntani ma sii raagto waana calaamado muujinaya in tallaalku shaqeynayo.

Dareen-celinta xasaasiyadda daran (anaphylaxis) waa dhif iyo naadir, laakiin way ku dhici kartaa, gaar ahaan dadka horayba u lahaa xaalad xasaasiyad daran. Dhammaantood waa la daaweyn karaa.

Illaalada ayaa ku jirta, haddiiba ay dhacdo. Markaad is tallaasho ka dib, waxaa lagu weydiin doonaa inaad ku sugto xarunta caafimaadka 15 daqiiqo si loo hubiyo inaad ku yeelan xasaasiyad daran tallaalka.

*Waxaan kabaqayaa in aan ku yeesho xasaasiyad daran tallaalka COVID-19*



*Waxaan maqlay xan badan oo ku saabsan waxa ku jira talaalada.*

### 4

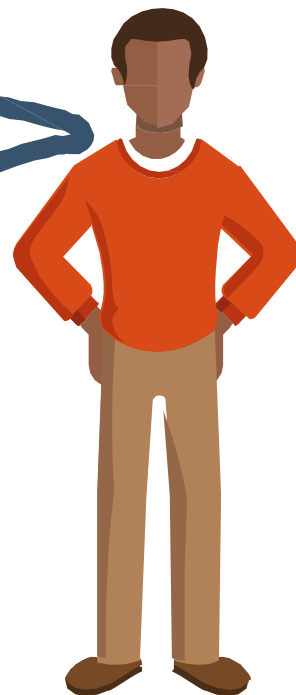
COVID-19 kuma jiraan wax chips ah oo raadraacaya, unuggyada uurjiifka, waxyaabaha dofaarka ka yimaada, biraha waxyeelada leh, ama walxaha suntan ah.

Maaddada muhiimka ah ee labada tallaalka ee Pfizer iyo Moderna waa maaddo hidde ahaan loo yaqaan mRNA. Tallaallada sidoo kale waxaa ku jira xayr, cusbo, aashitada loo yaqaano acetic acid (waxa ugu muhiimsan ee ku jira waa khal), iyo sonkor Tallaalka Johnson & Johnson (J&J), maaddada muhiimka ah waa fayras caadi ah oo qabow, laakiin wax laga beddelay si uusan cudur u keeni karin. Tallaalka J&J sidoo kale waxaa ku jira xasiliyayaal (cusbo, aalkolo, polysorbate 80, hydrochloric acid) iyo amino acids. Tallaalladaani waxay leeyihiin maaddooyin celceliska ahaan kiishka baradhada ka yar!

# 5

## Tallaalka COVID-19 wuxuu bulshada midabka leh ka yareynayaa isbitaal dhigista iyo dhimashada.

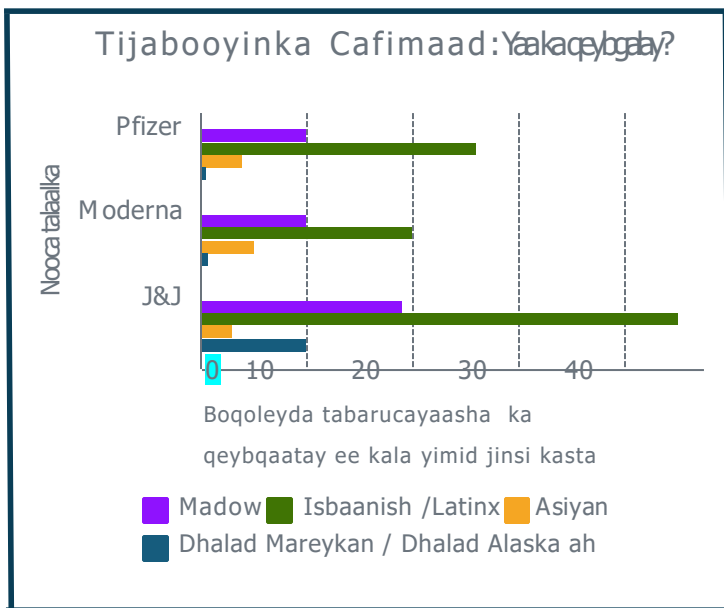
*Sideen ku ogaan karnaa in tallaallada COVID uu waxtar u leeyahay dadka Madow, kuwa Asalka ah, iyo dadka midab leh?*



Kahor intaan lasoo saarin tallaalka COVID-19, dadka u dhaqdhaqaaqa iyo kuwa u dooda bulshada waxay muujiyeen walaac ku saabsan dhibaataada taariikheed iyo tan socota ee ay u gaysteen hay'adaha caafimaadka iyo kuwa dawliga ah dadka madow, kuwa asaliga ah, iyo dadka midabka leh. Dadaalkooda awgeed, tobanaan kun oo qof oo kaqeyb qaatay tijaabooyinka tallaalka COVID-19 ayaa ka tarjumaya kala duwanaanta dadkeena. Tallaalladu waxay yahiin kuwo waxtar leh oo ammaan u ah dhammaan kooxaha iyo jinsiyadaha kala duwan.

Intaa waxaa dheer, dadka midabka leh waxey ka gateen door muhiim ah ee hoggaamineed si loo soo saaro talaalka. Tusaale ahaan, Dr. Kizzmekia Corbett, oo ah saynisyahan madow, oo ka tirsan Machadka Qaranka ee Caafimaadka ayaa hogaaminayey baaritaanka talaalka coronavirus.

Bulshooyinka Madow, Dhaladka Mareykanka, Laatiinka, iyo Jasiiradaha Baasifigga ah waxay la kulmeen heerar aad u sarreeya oo isbitaal dhigid iyo dhimasho ka timaadda COVID-19 ee Gobolka King. Bulshooyinkan ayaa ka mid noqon doona kuwa sida aadka ah uga faa'iideysta in u tallaalku u noqdo ilaaliye



## Illo Dheraad ah



Wixii macluumaad dheeraad ah ee ku saabsan tallaalka COVID-19 iyo si lagu go'aamiyo haddii aad u-qalanto iyo in kale: [kingcounty.gov/vaccine/Somali](https://kingcounty.gov/vaccine/Somali)



Wax ka baro daryeelka COVID-19, baaritaanka, go'doominta / karantiilka, iyo ilaha ay hay'adahu hayaan: [kingcounty.gov/covid/Somali](https://kingcounty.gov/covid/Somali)



Wixii su'aalo caafimaad ah ee COVID-19 ama caawimaad jadwal u sameynta baaritaanka COVID-19 ama ballanta tallaalka, wac: (206) 477-3977 maalin kasta laga bilaabo 8:00 AM ilaa 7:00 PM. Turjumaanno ayaa diyaar ah.

