

# Maxay tahay sababta ay dadku u qaadanayaan talaalka COVID-19 haddii aan u baahan nahay cirbad xoojin ah ?

## QORAALKA

[muusik qafiif ah]

[Warin]

Talaalku waa difaaca ugu fiican ee ka dhanka ah COVID-19. Talaallada ayaad ka helaysaa difaac xoog badan, gaar ahaana mid ka dhan ah xanuunka daran ama dhimashada.

Wuxuu caawin karaa bulshadaada asagoo hoos u dhigaaya faafitaanka fayraska. Kani wuxuu ka difaacayaa dadka aan wali talaalka qaadan ama dadka aan talaalku wax difaac ah siin.

Talaalladu waxay muhiim u yihiin kahortaga faracyada aan maanta aragno - laakiin caabuq kasta oo cusub wuxuu fayraska siinayaa fursad uu isku baddelo uuna ku helo awood uu uga adkaado talaalladeena.

Cirbadaha xoojinta ah ee COVID-19, si lamid ah cirbadaha xoojinta ah ee talaallada joogtada loo qaato, ayaa kaa caawinaaya inaad difaac sareeya ka lahaato fayraska.

Laakiin helitaanka difaacaas hore ayaa wali muhiim ah.

Haddii aan lagu talaalin, hadda ayaa la joogaa waqtigeeda. Booqo [vaccines.gov](https://www.vaccines.gov) si aad u hesho adeeg bixiye kuu dhow.

[muusik qafiif ah]

Minnesota Department of Health  
Communications Office  
PO Box 64975  
St. Paul, MN 55164-0975  
651-201-4989  
[health.communications@state.mn.us](mailto:health.communications@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)

10/6/21 (Somali)

*Si aad u hesho macluumaadkan oo qaab ka duwan ah, wac: 651-201-4989.*