

# Qoraalka Sheekaysi Daacad ah oo ku aadan talaalka Johnson + Johnson

[muusik qafiif ah]

[Ciwaanka Shaashada ka muuqda] Sheekaysi Daacad ah oo ku aadan talaalka Johnson + Johnson

[Dr. Nathan Chomilo] Waan ku salaamay, magacaygu waa Dr. Nathan Chomilo, waxaa halkaan ila jooga Adriana Galván. Waxaan halkaan u joogaa inaan ka hadlo talaalka COVID-19 ee Johnson and Johnson aana ka jawaabno su'aal kasta oon ka qabno talaalka COVID-19 si guud ahaan. Sidee tahay Adriana?

[Adriana Galván] Waan fiicanahay dhakhtar. Waad ku mahadsan tahay fursada.

[Chomilo] Haa, waad ku mahadsan tahay wada sheekaysigaan. Marka, ma jiraan su'aalo aad ka qabto talaalka Johnson and Johnson?

[Galván] Hagaag, haa, midda koobaad waa, biloowgii markii talaalka Johnson and Johnson la bilaabay in la qaato, mar baa la hakiyay. Waxaana doonayaa inaan ogaado waxa dhacay.

[Chomilo] Haa. Si lamid ah dhammaan talaallada, waxaan si dhow ula soconaa badqabka talaalka. Sidaas awgeed waxa la ogaaday ayaa ahaa in qaar kamid ah dadka talaalka Johnson and Johnson qaatay uu ku dhacay xinjirowga dhiiga. Sidaas awgeedna waa la hakiyay si loo hubiyo in arintaani la xariirto talaalka, iyo sidoo kale in la xaqiijiyo in dhakhaatiirta kale iyo kalkaalisooyinku ogaadaan cilada soo baxday si xal loogu helo. Waxa aan helnay ayaa ah inay jirtay khatar yar oo dhiig xinjirowga ah marka aad qaadato talaalka Johnson and Johnson. Khatartaas ayaa u muuqatay mid xoogaa badan haddii aad ka yar taay da'da 50 sano aadna haween tahay. Laakiin si guud, waa khatar aad u yar. Xaqiiqiina, khatarta qaadista dhiig xinjirowga ayaa sii badan, haddii aad qabto cudurka COVID-19. Sidaas awgeedna waxaan wali aad ugula talinaynaa talaalka Johnson and Johnson dadkaas si ay iskaga difaacan COVID-19. Maxaad ka maqashay bulshada oo la xariirta talaalka Johnson and Johnson?

[Galván] Hagaagm marka laga reebo walaaca, hal wax oo muhiim ay tahay in la sheego waa in dadku ay jecel yihiin waayo waa hal kuuro. Markaad ka fakarayso talaalka markasta waa muhiim in qof kasta uu ogaado haddii uu badqab leeyahay. Ilaa xad intee le'eg ayay talaalladu amaan yihiin hadda?

[Chomilo] Waxaan ognahay in dhammaan talaalladaan ay aad badqab u leeyihiin, aad bay wax u tarayaan. Waxayna run ahaantii naga difaacan anaga iyo bulshadeena COVID-19. Marka ma hayno talooyin gaar ah oo ku aadan nooca talaalka aad qaanayso, marka samaynta cilmi baaris kuu gaar ah, waydiinta su'aalo kadibna samaysanaaya qorshe aad talaal ku qaadato. Hadba kii aad ku kalsoon tahay, ayaa ah waxa aan kugu boorinayno. Dhammaan bulshadeenuna waa heli kartaa dhammaan sadexdaan talaalba, taasoo aan u arko wax aad u fiican. Waxaana, keliya doonaynaa inaan xaqiijino in dadku ogaadaan taas. Waxaan anigga qudhaydu qaatay talaalka COVID-19. Ma qaadatay kaaga?

[Galván] Haa, waan qaatay. Waxaan dareemay caafimaad. Waxay ila tahay inay ka amaan badan tahay. Waan la joogi karaa saaxiibaday iyo ehelkayga.

[Chomilo] Sax. sax. Qaadashada talaalka ka dhanka ah COVID-19, ayadoon laga eegayn nooca talaalka ayaa ah hadafka waayo waxay noo sahlaysaa inaan ku laabano xaaladeena caadiga ah. Inaan ku laabano waqtiyadii aan sida dhabta ah ugu xiisnay. Inaan awoodno inaan waqti baashaal wada qaadano, inaan la joogno ehelka, inaan la joogno bulshada. Marka waxaan si dhab ah u rajaynayaa in bulshadeenu istalaasho ayna na siiyaan difaaca bulshada.

[Galván] Marka waxaan kusoo gabo-gabayn karnaa in, ayadoon laga eegayn nooca talaalka, qaybta ugu muhiimsan hawshaan inay tahay in dadka la talaallo.

[Chomilo] Aad iyo aad, aad iyo aad. Samee waxaad u baahan tahay si aad u hesho xogta si aad u qanacdo. Waxaad gaari kartaa go'aan amaan ah iyo qorshe si aad naftaada iyo ehelkaagaba u difaacdo. Laakiin war iyo dhamaantii, si aan uga baxno aafadaan, waa inaan talaalka qaadano. Hagaag, aad baad ugu mahadsan tahay wada sheekaysiga. Waxay ahayd wax wanaagsan.

[Galván] Mahadsanid Dhakhtar.

[muusik qafiif ah]

[qoraalka shaashada] Wixii xog dheeraad ah, Booqo:

CDC: Talaalka COVID-19 [www.cdc.gov/coronavirus/2019-ncov/vaccines/your-vaccination.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/your-vaccination.html)

MDH: Xog ku saabsan Talaalka COVID-19 [www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html](https://www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html)

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