



STAY SAFE MN

TALLAALKA COVID-19

Ee Loogu Talagalay Dhalinyarada Baahiyaha Gaarka ah Leh ama Naafada ah

Macluumaadka Daryeel Bixiyeyaasha

Hay'ada Xakameynta iyo Kahortaga Cudurada (CDC) waxay ku talisaa in qof walbo oo 12 jir ah ama ka wayn uu qaato tallaalka COVID-19. Maadaama dhalinyarada iyo carruurta leh baahiyaha caafimaadka ee qaaska ah iyo naafonimada ay halis badan u gali karaan xanuuno daran oo laga qaado COVID-19, qoysaska iyo daryeel bixiyeyaasha waxaa laga codsanayaa inay si wayn u tixgeliyaan inay tallaalaan carruurta leh xaaladaha caafimaad ee raaga iyo naafonimada.

- Tallaalka COVID-19 ee Pfizer waxaa loo oggolyahay carruurta 12 jirka ah iyo wixi ka wayn. Waxaa la arkay inuu badqab u yahay oo uu ka difaaco COVID-19 dhalinyarada da'ahan jirta. Tallaalo kale ayaa laga yaabaa in loo oggolaado mustaqbalka dhaw maadaama hadda lagu daraasaynayo kooxaha da'da yar ah.
- Dhalinyarada leh xaaladaha caafimaad ee raaga qaba ayaa qaadan kara tallaalka COVID-19. Sababta kaliya ee qofka uusan tallaalka u qaadan karin ayaa ah haddii uu falcelin naf-gooyo ah ku qabo (falcelin u baahan daawada epi pen) mid ka mid ah waxyaabaha uu ka sameysan yahay tallaalka COVID-19.

MAXAA KU JIRA TALLAALKA?

- mRNA
- Dufan: ((4-hydroxybutyl)azanediyl) bis(hexane-6,1-diyl)bis(2-hexyldecanoate), 2 [(polyethylene glycol)-2000]-N,N-ditetradecylacetamide, 1,2-Distearoyl-sn-glycero-3-phosphocholine, iyo kolestarool
- Cusbooyin: potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dihydrate
- Sonkor

TALLAALKA KUMA JIRAAN



- Waxyaabaha wax ilaaliyo
- Waxyaabaha ka sameysan doofaarka ama gelatin
- Ukun
- Fayraska COVID-19 oo nool

WAXYEELLOOYINKA

Waxaa yeelan kartaa:



Gacan xanuun



Murqo xanuun



Daal



Madax xanuun



Qandho/qarqaryo

Dhalinyarada waxay yeelan karaan waxyeellooyinkaan tallaalka oo ka dhiga kuwa raaxo la'aan dareema, balse waxaa jira tilaabooyin aad qaadi karto si aad uga caawiso inay caafimaadaan, sida inaad siiso xanuun baabi'iyeaasha aan aspirin-ka ahayn (Tylenol ama Ibuprofen) ama inaad raaxo ku dareensiiso hawlaha xasiloon.

Haddii aad yeelato waxyeellooyinka daran, aad isbitaalka ama wac 911.





Walaacyada iman kara

- Taariikhda xasaasiyaddaha: Carruurta xasaasiyaddaha daran ku qaba waxyaabaha aan kor ku xusnayn inta badan wax dhib ah kalama kulmaan tallaalka COVID-19. Waxaa loo sheegi doonaa inay sugaan 30 daqiiqo tallaalka ka dib si loola socdo inay yeeshaan calaamado.
- Bararka murqaha wadnaha iyo bararka hareeraha wadnaha (bararka wadnaha): CDC waxay warbixino ka heshay bararka murqaha wadnaha iyo bararka hareeraha wadnaha oo ku dhacay dhalinyarada iyo dadka da'da yar ka dib markay qaateen tallaalka Pfizer iyo Moderna. Wuxuu ku badan yahay ragga. Xaaladan naadirka ah uma muuqato inay la xiriirto xaalad caafimaad oo raagta. Kiisaska badankood waxay ahaayeen kuwa sahlan oo la daaweyn karo. Dheefaha la ogyahay ee COVID-19 waxay aad uga badan yihiin khataraha. Wax badan ka baro bogga [CDC: Bararka murqaha wadnaha iyo bararka hareeraha wadnaha ee Ka Dhasha Tallaalka COVID-19 ee mRNA](#).

Codsashada caawimaado gaar ah

Markaad balanta qabsato ama aad timaado goobta tallaalka, hubso inaad ogeysiiso shaqaalaha in ilmaha aad daryeesho uu u baahan karo caawin dheeraad ah. Tusaale ahaan, waxaa laga yaabaa inuusan awoodin inuu afsaab xirto ama uu fariisto oo uu sugo tallaalka ka dib. Waxaa laga yaabaa in nalalka aadka u ifaya iyo qolalka buuqa badan ay dhibayaan. Waxaad codsan kartaa caawimaado gaar ah sida:

- Sococoshada aggagaarka tallaalka ka dib badalkii la fariisan laha.
- Inaad hesho qof ku tallaalo dhalintaada gaariga dhexdiisa.
- In loo oggolaado inuu weheliyo wehelka ay ugu jecelyihiin dadka oo u caawiyo xilliga tallaalka.
- In lagu tallaalo qol jawi dagan oo ka fog dadka badan.

Wax su'aalo ah maqabtaa?

Bixiyeyaasha daryeelka caafimaadka ayaa diyaar u ahaan doono inay ka jawaabaan su'aalahaaga marki la joogo ballanta tallaalka COVID-19. Si kastaba, haddii aad wax su'aalo ah qabto taas kahor, weydii bixiye daryeel caafimaad oo lagu kalsoon yahay.

mn MINNESOTA

mn.gov/vaccine

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La xariir health.communications@state.mn.us si aad u codsato xogta oo qaab kale ah. (Somali)

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