



Sixitaanka Fikradaha Khaldan ee ku aadan Talaallada COVID-19

Dad badan ayaa qaba su'aalo iyo walaacyo ku aadan talaallada cusub ee COVID-19. Tani waa wax caadi ah. Dukumiintigaan ayaa ku siinaaya xaqiiqooyin ku saabsan talaallada COVID-19.

✓ Ma jiraan talaabooyin badqab oo laga booday marka la samaynayay talaallada COVID-19.

Talaallada COVID-19 waxay mareen isla talaabooyinka badqabka iyo tijaabooyinka ay mareen talaallada kale. Cilmi baarayaasha caafimaadku waxay awoodeen inay talaalladaan ku sameeyaan si degdeg ah sabab la xariirta cilmi baaris sanado badan oo hore socotay ayna lacag badan ka heleen dawlada federaalka ah.

✓ Tallaallada COVID-19 waxay u shaqeeyaan qof kasta oo ka mid ah kooxaha da'aha la oggolaaday.

Dhammaan talaallada COVID-19 waxaa lagu baaray tijaabooyinka caafimaadka oo lagu sameeyay kumanaan dad ah oo leh da', isiro, iyo qoomiyado kaladuwan si loo xaqiijyo inay badqab leeyihiin ayna shaqaynaynaan.

✓ Talaallada COVID-19 ma badali karaan DNA gaaga.

Maadada mRNA (messenger RNA) ee ku jira talaallada COVID-19 ee Pfizer iyo Moderna ma awoodo inay badasho ama wax ku darto hab dhismeedka hide sidaha qofka (DNA), waayo marna ma gasho bartamaha unugyada jirka, oo ah halka DNA-ga lagu sameeyo. Kadib marka mRNA qabsato shaqadeeda, waxaa burburiya jirka.

✓ Talaalka Johnson & Johnson ee COVID-19 kuma jiraan nudaha ilmaha uurka ku jira.

Talaalkan waxaa laga sameeyaa fayras qaboow oon dhibaato lahayn, looguna yeero adenovirus. Fayraska qaboow waxaa lagu beeraa nudaha ilmaha uurka ku jira oo la abuurshay tobanaan sano kahor oo ay haysay shirkada talaalka samaysa. Qaar badan oo kooxaha diinta ah iyo macaahida ilaalinta sharafta noolaha ayaa sheegay in dadku sumcad ahaan qaadan karaan talaalkan markaan talaallo kale la heli karin.

✓ Talaallada COVID-19 kuma jiro qalab lagugula socdo.

Talaallada cusub ee COVID-19 kuma jiro qalab lagugula socdo si ay u tixraacaan ama u dabagalaan dadka.

✓ Talaallada COVID-19 kuma jiraan unugyada noolaha, ukumaha, ama hilibka khaansiirka.

Talaallada COVID-19 kuma jiraan: latex; unugyada nolaha ama wax kamid ah maadooyinka xoolaha, ayna ku jiraan maadooyinka khaansiirka ama gelatin. Talaallada laguma beero ukun manalaha maadooyinka ukunta.

✓ Dadka uurka leh ayaa qaadan kara talaalka.

Xogta aan hadda hayno waxay muujinaysaa in talaallada COVID-19 aysan saamayn ku lahayn ilmaha uurka ku jira ama uusan keenin dilan. Waxaan ku boorinaynaa qof kasta oo uur leh inuu kala hadlo dhakhtarkiisa qaadashada talaalka si uu u fahmo faa'iidooyinka iyo khataraha talaalka.



Wali waynu Baranaynaa

Waxaan wali baranaynaa waxyaabaha qaar oo ku saabsan talaallada COVID-19, sida mudada uu socon karo difaac ka yimaada talaalka, iyo sida talaalku u saamaynaayo faafitaanka COVID-19. Laakiin kuwaani maaha sababo loo dib dhigo talaallo nafta lagu badbaadinaayo. Khubarada ayaa sii wadi doona inay la socdaan talaallada si loo hubiyo badqabka ilaa intay jiraan.

✓ Talaallada COVID-19 ma sababaan dhalaysnimo.

Haddii aad doonayso inaad ilmo dhasho mustaqbalka, waad qaadan kartaa talaalka COVID-19. Ma jirto cadayn muujinaysa in cilado dhanka taranka ah ka dhashaan talaalka.

✓ Qaado talaalka xataa haddii uu horay kuugu dhacay COVID-19.

Ma naqaano mudada difaaca aad ka hesho COVID-19 uu soconaayo, mana naqaano haddii difaacu kaladuwan yahay ayadoo ay sababayso heerka xanuunka ku hayay. Sidoo kale ma naqaano sida faracyadu u saamayn karaan dadka qaba COVID-19.

✓ Kama qaadi kartid COVID-19 talaalka.

Talaallada ma wataan COVID-19.

✓ Waxyeellooyinka ka dhalan kara talaalku waa kuwo fudud.

Waxyeellooyinka ka dhalan kara waa fudud yihiin marka loo fiirsho qaadista cudurka COVID-19. Xanuun, barar, iyo meesha cirbada lagu duro oo gaduudato; madax xanuun; cuncun; daal badan; iyo qandho heer hoose ah ayaa ka dhignaan kara in jirkaagu uu ka falcelinaayo talaalka. Sidoo kale waa caadi haddii aadan lahayn wax waxyeellooyin ah oo talaalka ka dhashay. Qof kasta si gaar ah ayuu ula falgalaa talaallada.

✓ Talaalka COVID-19 waa lacag la'aan.

Ayadoo laga eegayn caymiskaaga ama xaalada soo galootinimada, waa inaan lacag lagaa qaadin.

✓ Talaalka ugu fiican waa talaalka koobaad ee lagugu duro.

Talaalka ugu fiican waa talaalka aad hadda heli karto. Nooc kasta oo talaal la heli karo ah, ayaa ah dookha ugu fiican. Dhammaan talaallada COVID-19 waa kuwo aad ugu wanaagsan ka hortaga xanuun daran oo ka dhasha COVID-19, taasoo ka dhigan in qof ay u badan tahay inaan la dhigin isbitaal haddii uu qaado COVID-19 kadib marka la talaallo, ayna aad u yar tahay inuu u dhinto COVID-19.

Ka fiiri xog dheeraad ah barta [Xog ku saabsan Talaalka COVID-19](https://www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html)
(www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html)

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mn.gov/vaccine

Minnesota Department of Health | health.mn.gov | 651-201-5000 | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975
La xariir health.communications@state.mn.us si aad u codsato xogta oo qaab kale ah. (Somali)

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