



TALAALKA COVID-19 AASAASIYAADKA

Talaallada COVID-19 ayaa ah kuwo badqab iyo waxtar leh.

Tallaalka waxaa loo qaabeeyaa si looga hortago cudurrada. Tallaalada COVID-19 waxay u sheegaan jirkaaga sida loo aqoonsado oo loola dagaallamo fayraska dhaliyo COVID-19. Talaallada COVID-19 lagama qaado COVID-19. Tallaalada COVID-19 waxay kaa caawinayaan inay kaa difaacaan cudurka COVID-19. Hadduu kugu dhaco COVID-19 kadib marka lagu tallaalo, aad bay u yar tahay inaad aad u bukooto ama aad isbitaalka lagu dhigo. Qof kasta oo jira 6 bilood iyo ka weyn waa in la tallaalaa.

Talaallada COVID-19 ayaa si taxadar leh loo tijaabiyay dad qoomiyado kaladuwan ka kala socda kahor intaan loo oggolaan isticmaal degdeg ah. Tobanaan kun oo Dadka Madoowga, Laakiinka, Hindi Ameerikaanka, iyo Eeshiyaanka ah ayaa ka qaybgalay tijaabooyinka talaallada Pfizer, Moderna, iyo Johnson & Johnson. Waxaan ognahay in bulshooyinka, oo ay la jiraan bulshooyinkeena naafada ah iyo kuwa LGBTQ+, badanaa laga reebo faa'iidooyinka daawada ayna waajahaan isir nacayb joogto ah oo horay u jiray, naxdin caafimaad, iyo xadgudub. Arrimahaan ayaa ugasii dara saamaynta COVID-19 ku leeyahay bulshooyinka waxayna adkeeyaan muhiimada in talaalku shaqeyo uuna badqab u leeyahay qof kasta.

Ma jiraan talaabooyinka badqabka oo laga baado si loo sameeyo talaallada COVID-19. Maamulka Cuntada iyo Daawada (FDA) ayaa qasab ka dhigay xogta badqabka si talaallada loo aqbalo. Waxaa intaas dheer, cilmi baarista caafimaadka ayaa wali sii wada inay isha ku hayso badqabka talaallada.

Waxa ay tahay inaad filato marka aad qaadato talaalka

- Dad loo tababaray bixinta talaalka ayaa ku tusi doona sida hanaanku u shaqeyo, oo kaala hadli doono khataraha ka imaan kara ama waxyeellooyinka, kana jawaabaaya su'aalaha.
- Waxaa hadda la heli karaa dhowr tallaalo oo COVID-19 ah. Tirada qiyaasaha aad u baahan tahay waxay ku xirnaan doontaa waxyaabo ay ka mid yihiin da'daada, tallaalka aad marka hore qaadatay, iyo haddii aad leedahay xaalado caafimaad oo qaarkood daciifiya habdhiska difaacaaga. **Tixraac shaxda bogga xiga.**
- Kadib qaadashada taxanaha tallaalkooda aasaasiga ah, dadka da'doodu tahay 5 sano iyo wixii ka weyn waa inay helaan garoojo xoojin ah oo la cusboonaysiiyey (bivalent), haddii ay u qalmaan.
- Waa muhiim in la helo dhammaan garoojooyinka tallaalka ee lagula taliyay, oo ay ku jiraan garoojooyinka xoojinta, si aad u heshid difaaca ugu fiican ee COVID-19. Wixii macluumaad dheeraad ah ka eeg shaxda iyo [CDC: Qaado Dhammaan Tallaallada COVID-19 Oo ay Ku Jiraan Xoojiyayaasha \(www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html\)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html).
- Waxaad heli doontaa kaarka tallaalka markaad qaadato tallaalka. Waxaa ku qornaan doono tallaalka aad qaadatay. Qofka ku siinaya tallaalka ayaa kuu sheegi kara marka aad u baahan tahay inaad qaadato qiyaas kale.
- Waa lagula socon doonaa xaalkaaga kadib marka lagu tallaalo si loo fiirsho in cilado xun ka dhashaan.



DHIBAATOYINKA KA DHASHA TALAALKA

Dadka qaar ayaa dhibaatooyin ka qaada kadib markay talaalka qaataan. Dhibaatooyinka ka dhasha talaalka ayaa caadiyan sii nagaada hal ama labo maalmood inta badana kaama hor istaagayaan hawl maalmeedkaaga. Waxaad dareemi kartaa:



Gacan xanuun



Murqo xanuun



Daal



Madax xanuun



Qandho/qarqaryo

Haddii aad dareento dhibaatooyin xun, aad isbitaal ama wac 911.

Maxay tahay sababta ay tahay naad qaadato talaalka COVID-19?

- **Ka difaac naftaada** xanuunka daran ee COVID-19 iyo saamaynada muddada dheer ee fayraska COVID-19.
- **Taageer bulshadaada.** Difaac dadka aan qaadan talaalka (carruurta aadka u da' yar) ama aan jirkoodu aqbalin talaalka (dadka difaaca jirkoodu daciifka yahay).
- **Talaalka Bilaash** ayuu ku helayaa qof kasta. Caymiska iyo aqoonsiga soo galootinimadu muhiim maahan.

Qofkee qaadan kara talaalka



Dhammaan dadka Minnesota ee jira 6 bilood iyo ka wayn ayaa lagula talinayaa inay qaataan tallaalka.

Talooyinka ku saabsan ballan-qabsashada, booqo [Tallaalka COVID-19 ee Carruurta iyo Dhallinyarada \(mn.gov/covid19/vaccine/vaxforkids/\)](https://mn.gov/covid19/vaccine/vaxforkids/) ama si aad u hesho goob tallaalka booqo [Hel Tallaalkayga \(Find My Vaccine\) \(mn.gov/covid19/vaccine/find-vaccine/index.jsp\)](https://mn.gov/covid19/vaccine/find-vaccine/index.jsp).

TALAALKU MALAHAN



- Maadooyin lagaga ilaalinayo inuu halaabo
- Maadooyinka doofaarka ama gelatin
- Ugxan
- Fayraska COVID-19 oo nool

TALLAALADA COVID-19*

| Da'da | Pfizer | Moderna | Novavax | Johnson and Johnson |
|---------------------|---|---|---|--|
| 6 bilood – 4 sanos | Taxanaha aasaasiga ee 3-da qiyaasood ah | Taxanaha aasaasiga ee 2-da qiyaasood ah | Lama oggolaan | Lama oggolaan |
| 5 – 11 sano | Taxanaha aasaasiga ee 2-da qiyaasood ah Xoojiyaha ayaa lagu talinayaa. Waa inay qaataan Pfizer carruurta 5-jirka ah. Waxay qaadan karaan Pfizer ama Moderna kuwa jiro 6 sano iyo ka weyn. | Taxanaha aasaasiga ee 2-da qiyaasood ah Tallaalka xoojinta ee la cusboonaysiiyay (bivalent (mataano koromosoom oo isku mid ah)) ayaa lagu talinayaa, waxaana la qaadan karaa Pfizer ama Moderna | Lama oggolaan | Lama oggolaan |
| 12 – 17 sano | Taxanaha aasaasiga ee 2-da qiyaasood ah Tallaalka xoojinta ee la cusboonaysiiyay (bivalent (mataano koromosoom oo isku mid ah)) ayaa lagu talinayaa, waxaana la qaadan karaa Pfizer ama Moderna | Taxanaha aasaasiga ee 2-da qiyaasood ah Tallaalka xoojinta ee la cusboonaysiiyay (bivalent (mataano koromosoom oo isku mid ah)) ayaa lagu talinayaa, waxaana la qaadan karaa Pfizer ama Moderna | Taxanaha aasaasiga ee 2-da qiyaasood ah Tallaalka xoojinta ee la cusboonaysiiyay (bivalent (mataano koromosoom oo isku mid ah)) ayaa lagu talinayaa, waxaana la qaadan karaa Pfizer ama Moderna | Lama oggolaan |
| 18 sano iyo ka weyn | Taxanaha aasaasiga ee 2-da qiyaasood ah Tallaalka xoojinta ee la cusboonaysiiyay (bivalent (mataano koromosoom oo isku mid ah)) ayaa lagu talinayaa, waxaana la qaadan karaa Pfizer ama Moderna | Taxanaha aasaasiga ee 2-da qiyaasood ah Tallaalka xoojinta ee la cusboonaysiiyay (bivalent (mataano koromosoom oo isku mid ah)) ayaa lagu talinayaa, waxaana la qaadan karaa Pfizer ama Moderna | Taxanaha aasaasiga ee 2-da qiyaasood ah Tallaalka xoojinta ee la cusboonaysiiyay (bivalent (mataano koromosoom oo isku mid ah)) ayaa lagu talinayaa, waxaana la qaadan karaa Pfizer ama Moderna | Taxanaha aasaasiga ee 1-da qiyaasood ah (xaalado kooban) Tallaalka xoojinta ee la cusboonaysiiyay (bivalent (mataano koromosoom oo isku mid ah)) ayaa lagu talinayaa, waxaana la qaadan karaa Pfizer ama Moderna |

*Dadka qaar ee habdhiska difaaca jirkooda daciif yahay ayaa laga yaabaa in lagula taliyo inay qaataan garoojo dheeraad ah oo tallaalka ah taasoo qayb ka ah taxanaha tallaalkooda aasaasiga ah.

*Novavax waxaa u qaadan karo xoojiye ahaan 18+ jiryada xaaladaha qaarkood haddii aadan heli karin Pfizer ama Moderna. La hadal dhakhtarkaaga.