



# 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.

## ✓ Talaallada 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.

## ✓ Talaalka COVID-19 waa lacag la'aan.

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

## ✓ 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.

Talaalkaan 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 talaalkaan 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 waa inay qaataan talaalka.

Dadka uurka leh ayaa khatar dheeraad ah ugu jira inay xanuun xun ka qaadaan COVID-19 marka loo eego dadka aan uurka lahayn. Waxaa jirta xog sii kordhaysa oo la xariirta badqabka talaalka COVID-19 qofka u leeyahay intuu uurka leeyahay iyo sida talaalku u anfacaayo dadka uurka leh. Natiijooyinka uurka wax saamayn ah kuma keenaayo talaalku. Dadka uurka leh waa inay qaataan talaalka si ay iskaga difaacaan COVID-19.



## Wali waynu Baranaynaa

Inta aan sii baraneyno wax badan oo ku saabsan tallaallada COVID-19, waxaa laga yaabaa inay jiraan macluumaad ama talooyin cusub oo soo baxa, balse kuwani ma aha sababo dib loogu dhigi karo qaadashada tallaallada nafta lagu badbaadinayo.

### ✓ Talaallada COVID-19 ma sababaan dhalaysnimo.

Haddii aad jeclaan lahayd inaad maalin un ilmo dhasho, waxaad qaadan kartaa tallaalka COVID-19. Ma jiraan wax caddaynaya in dhibaatooyinka dhalmada ee ragga ama dumarka ay yihiin waxyeellada tallaalka.

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

Ma naqaano mudada difaaca aad ka hesho cudurka COVID-19 uu soconaayo, mana naqaano haddii difaacu kaladuwan yahay ayadoo laga eegaayo heerka xanuunka ku hayay. Sidoo kale ma naqaano sida faracyadu u saamayn karaan dadka qaba COVID-19. Waxaan arkaynaa dadka qaaday COVID-19 oo uu markale ku dhacaayo. Talaalka ayaa yareeya suuragalnimada markale qaadista caabuqa kaana caawinaaya kahortaga xanuun daran.

### ✓ Kama qaadi kartid COVID-19 talaalka.

Talaallada ma wataan COVID-19.

### ✓ Talaalka ayaa wali aad muhiim u ah ayadoo la marsiinaayo kuurooyin kasta oo xoojin ah oo hadda loo baahan yahay.

Talaalku waa difaaca ugu fiican ee ka dhanka ah COVID-19. Talaalku wuxuu yareeyaa xawaaraha fayraska ku faafaaya dadka aan qaadan talaalka ama aadka ugu jiran kara caabuqa. Talaallada COVID-19 ayaa wali waxtar wayn u leh yaraynta khatarta xanuun daran, in isbitaal lagu dhigo, ama dhimashada. Cirbada xoojinta ah ee COVID-19 ayaa kaa caawinaysa inaad difaac sareeya ka lahaato fayraska.

### ✓ Waxyeellooyinka tallaalka kadib waa wax iska caadi ah.

Waxyeellooyinka tallaalka waa kuwo fudud marka la barbar dhigo qaadidda cudurka COVID-19. Xanuun, barar, ama casaanshaha meesha tallaalka laga siiyay; yeelashada madax xanuun; dareemida xanuun; daalka; iyo qandhada heerka-hoose ah waxay ka dhigan yihiin in jirkaaga uu ka jawaabayo tallaalka. Kuwaani badanaa waxay socdaan 1-2 maalmood. Sidoo kale waa CAADI haddii aadan yeelanin wax waxyeellooyin ah. Qof kastaa wuxuu uga jawaab celiyaa tallaallada si gaar ah.

### ✓ Faa'iidooyinka tallaalka ayaa ka badan khataraha naadirka ah ee falcelinnada qaarkood.

Waxaa jira warar sheegaayay cilado ka dhashay sida dhiig xinjirowga laga qaaday talaalka Johnson & Johnson ama xanuunnada bararka murqaha wadnaha (myocarditis)/ bararka darbiga gudaha wadnaha (pericarditis) kadibna marka la qaato talaal ku shaqeeya mRNA (Pfizer ama Moderna), laakiin waa muhiim inaad ogaato in xanuunadaan dhif yihiin badanaana la daawayn karo. Khubarada ayaa si joogto ah u qiimaynaaya in faa'iidooyinka tallaallada COVID-19 ay ka badan yihiin khatarahaan. Talooyinka talaalka ayaa isbadalaaya marka xog cusub oo badqabka ah la helo. Inaad ogaato xasaasiyadahaan dhifka ah iyo sida loo daaweeyo ayaa ah calaamad muujinaysa in nidaamyadeena badqabka talaalka la socda ay shaqaynaayan.

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