



## Talaalka Johnson & Johnson COVID-19: Waxa ay tahay inaad Ogaato

Xarumaha Xakameynta iyo Ka hortaga Cudurada (CDC, Centers for Disease Control and Prevention) ayaa hadda ku talinaysa in la qaato talaallada mRNA ee COVID-19 (Pfizer iyo Moderna) halkii laga qaadan lahaa talaalka COVID-19 ee Johnson & Johnson.

### Maxaa loo badalay tallooyinka?

Khubarada ayaa aqoonsatay in cilada dhifka ah ee ka dhalatay kadib markii dadku qaateen talaalka COVID-19 ee Johnson & Johnson ay keentay dhimashada dhawr qof. Inkastoo ciladaani tahay mid dhif iyo naadir ah, haddana waa mid aad u xun, waxaana jira talaallo kale oo la heli karo oon lahayn isla khatartaas.

Khubarada ayaa wax ka badalay tallooyinka kadib markay dib u eegeen cilmi baarista hadda ee ku aadan waxtarka Johnson & Johnson, iyo badqabkiisa. Waxay sii wadaan inay dib u eegis ku sameeyaan dhammaan talaallada si loo hubiyo badqabkooda iyo haddii loo baahdo, wax looga badalo tallooyinkooda ku aadan cilmi baaristaas. Qaybo kasta oon la aqoon ama lama filaan ah oo ciladaha xunxun ee talaalka ka dhalan kara ah ayaa la hubiyaa kadibna xal loo raadshaa, dadkana waa looga digaa.



### Ka waran haddii aan mar horaba qaatay talaalka Johnson & Johnson?

Uma badna inaad wali qaadi karto cilada dhifka ah ee dhiig xiranka ka dhasha talaalka Johnson & Johnson haddii laga joogo muddo ka badan hal bil ay dhaaftay lagasoo bilaabo markii aad qaadatay talaalka.

#### Haddii laga joogo wax ka yar hal bil, iska fiiri calaamadahaan:

- Neefta oo kugu yaraata
- Xabad xanuun
- Lugo barar
- Xanuunka caloosha/ubucda oo aan kaa ba'ayn
- Madax xanuun daran ama madax xanuun aan kaa ba'ayn
- Arag caad saaran yahay
- Nabar si fudud kaagasoo baxaaya ama finan dhiig leh oo yaryar oo ka muuqda maqaarka ka danbeeya meesha cirbada lagaaga muday.

Haddii aad qabto wax kamid ah astaamahaan kadib markaad qaadato talaalka, waa inaad raadsataa daryeel caafimaad isla markaba. U sheeg dhakhtarka inaad dhawaan qaadatay talaalka Johnson & Johnson.



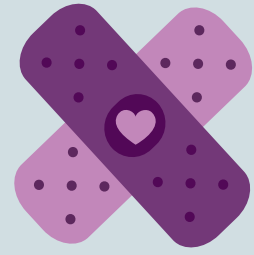
Talaalka COVID-19 ee Johnson & Johnson wuxuu ka hortagaa in aad loogu xanuunsado cudurka COVID-19; hase yeeshee, dadka qaatay talaalka halka kuuro ah ee Johnson & Johnson ayaa wali u baahan inay wali sii adkeeyaan difaacooda ayna qaataan kuurada xoojinta ah labo bilood kadib kuurada koobaad. Midkood talaalka Pfizer ama Moderna ayaa lagu talinayaa inaad kuurada xoojinta ah ka dhigato.

# Miyaan u baahan nahay inaan qaato talaal kale?

Uma baahnid inaad dib u soo billowdo talaalka adoo adeegsanaaya nooc kale oo talaalka ah haddii aad markii hore qaadatay talaalka Johnson & Johnson.

Haddii aad horay u qaadatay kuurada xoojinta ah ee talaalka Johnson & Johnson, uma baahnid talaallo kale waqtigaan.

Haddii aadan qaadan kuurada xoojinta ah, waa inaad qaadataa kuurada xoojinta ah labo billod kadib markaad qaadatay kuuradaada koobaad. Midkood talaalka Pfizer ama Moderna ayaa lagu talinayaa inaad kuurada xoojinta ah ka dhigato.



**Talaalka ayaa ah qaabka ugu fiican ee looga difaaco naftaada iyo dadka kale COVID-19.**

Haddii aadan qabin talaalka, la hadal dhakhtarkaaga ama goobta kuugu dhow si aad u qaadato talaalka.

# Wali ma qaadan karaa talaalka Johnson & Johnson haddii aan rabo?

Wali waad qaadan kartaa talaalka COVID-19 ee Johnson & Johnson haddii uu yahay talaalka aad rabto. Xasuusnoow in qof kasta uu qaadi karo dhiig xiranka dhifta ah kadib markuu qaato talaalka. Hase yeeshee, dhiig xiranka ayaa badanaa ku dhaca haweenka jira 30-49. Kala hadal talaal bixiyahaaga talaalka iyo khataraha ka dhalan kara.

# Dhawr badqabka naftaada iyo dadka kale

Waa muhiim inaan sii wadno raacida tallooyinka hadda ee caafimaadka Dadwaynaha si loo yareeyo faafida COVID-19. Talaabooyinka ayaa gacan ka gaysanaaya taageerida shaqada adag ee talaallada ka hayaan kahortaga faafinta COVID-19:



Xiro kaaskaro.



Guriga joog haddii aad Jiran tahay.



Gacmaha dhaqo.



6 fiid (saddex mitir) ka fogoow

**mn** MINNESOTA

[mn.gov/vaccine](https://mn.gov/vaccine)

Waaxda Caafimaadka ee Minnesota (Minnesota Department of Health) | [health.mn.gov](https://health.mn.gov) | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975 | 651-201-5000 Contact [health.communications@state.mn.us](mailto:health.communications@state.mn.us) si aad u codsato xogta oo qaab kale ah.

1/26/2022