



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 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

Inta aan sii baraneyno wax badan oo ku saabsan tallaalka COVID-19, waxaa laga yaabaa inay jiraan macluumaad ama talooyin cusub oo soo baxa, balse kuwani ma aha sababo dib loogu dhigi karo qaadashada tallaalka 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 COVID-19 uu soconayo, 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 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 tallaalka si gaar ah.

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

Waxaa jiray warbixino ku saabsan falcelinno sida arrimaha xinjirowga dhiigga ee ka dhasha tallaalka Johnson & Johnson ama bararka hilibka wadnaha/xuubka dahara wadnaha kadib qaadashada tallaalka mRNA (Pfizer ama Moderna), balse waxaa muhiim ah in la ogaado in xaaladahaani ay yihiin kuwo dhif ah oo la daaweeyn karo. Tallaalka COVID-19 waa bad-qab. Ka warqabida falcelinnadan dhifka ah iyo sida loo daaweeyo waxay astaan u tahay in nidaamyadeena la socoshada baq-qabka tallaalka ay shaqeynayaan.

✓ Talaalka ugu fiican waa talaalka koobaad ee lagugu duro.

Dhammaan tallaalka COVID-19 waxay aad ugu fiican yihiin kahortagga jirro daran iyo geeri ka dhalata COVID-19. Sidoo kale dhammaan tallaalka waxay muujiyeen inay wax tar u leeyihiin noocyada kala duwan ee cudurka.

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)

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