UK Health Security Agency

NHS CARE

Hagaha ololaha tallaalka COVID-19 ee guga 2024

Dadka da'doodu tahay 75 sano iyo wixii ka weyn, dadka ku jira guryaha daryeelka ee loogu talagalay dadka da'da ah, kuwa da'doodu tahay 6 sano iyo ka weyn ee leh habdhis difaac oo daciif ah waxaa la siin doonaa qiyaasta/dooska tallaalka caabuqa korona fayras (COVID-19) gugan.

Yaa la siinayaa qiyaasta tallaalka guga?

COVID-19 aad ayuu ugu daran yahay dadka da'da ah iyo dadka qaba xaalado caafimaad oo soo jireen ah. Sababahan dartood, dadka da'doodu tahay 75 sano iyo wixii ka weyn, dadka ku jira guryaha daryeelka, iyo kuwa da'doodu tahay 6 sano iyo ka weyn ee leh habdhis difaac oo daciif ah ayaa la siinayaa qiyaasta/dooska tallaalka COVID-19 ee gugan.

Waqtiga tallaalka guga

Waa in laguu qabto ballan inta u dhexeysa bisha Abriil iyo bisha Juun, iyadoo horta loo yeerayo dadka halista ugu badan ku jira. Waxaa lagugu martiqaadi doonaa inaad qaadato tallaalkaaga xoojiyaha ah qiyaas ahaan 6 bilood kadib markaad qaadatay dooskaagii ugu dambeeyay, laakiin waxaad qaadan kartaa 3 bilood gudahood.

Haddii aad 75 jir noqonayso inta u dhaxaysa Abriil iyo Juun, uma baahnid inaad sugto ilaa taariikhda dhalashadaada, waxaad aadi kartaa marka laguugu yeero tallaal qaadashada.

Waa maxay tallaalka lagu siin doono?

Waxaa lagu siin doonaa qiyaasta xoojiyaha ah ee tallaalka ay samaysay shirkadda Pfizer ama Moderna laguna ansixiyay UK. Tallaaladan waa la cusboonaysiiyay tan iyo tallaaladii asalka ahaa waxaana lagu beegsadaa nooc kale oo COVID-19 ah. Tallaaladan la cusboonaysiiyay waxay si fiican u xoojiyaan difaaca, waxayna bixiyaan heerar sare oo ka hortag ah oo dhan ah noocyadii dhawaan soo ifbaxay ee COVID-19 (Omicron).

Maadaama aynaan saadaalin karin noocyada kala duwan ee COVID-19 kuwaas oo wareegi doona gugan iyo jiilaalkan, Guddiga Wadajirka ah ee Tallaalka (JCVI) waxay ku soo gabagabeeyeen in la isticmaali doono tallaalkii loo isticmaalay toddobaadyada dambe ee barnaamijka dayrta 2023.

> Fadlan aqbal tallaalka lagu siiyo sida ugu dhakhsaha badan ee aad u awooddo - waxaa lagu siin doonaa tallaalka saxda ah ee adiga kugu habboon wakhtiga saxda ah.

Yaan qaadan karin soo jeedinta tallaalka guga

Waxaa jira dad aad u tira yar oo ay tahay inaysan qaadan qiyaasta tallaalka ee gugan. Haddii aad dareen-celin/xasaasiyad daran kala kulantay qiyaas hore oo tallaalka ah waa inaad kala hadashaa dhakhtarkaaga.

Waxyeellooyinka gaarka ah

Waxyeellooyinka gaarka ah ee caadiga ah: Si la mid ah qiyaastaadii hore, waxyeellooyinka gaarka ah waa iskugu mid dhammaan tallaallada cudurka COVID-19, xataa tallaallada la cusboonaysiiyay ee la isticmaalo gugan, waxaana ka mid ah:

- xanuun, culays iyo damqasho aad ka dareento gacanta lagaa muday – waxay tani badi ugu xun tahay qiyaas ahaan 1 ilaa 2 maalmood kadib tallaalka
- daal la dareemo
- madax xanuun
- damqashada jirka ama calaamado u eeg ifilo ama hargab sahlan

Waad nasan kartaa oo waxaad qaadan kartaa paracetamol (raac talada qiyaasta ee ku qoran baakadda) si uu kaaga caawiyo inaad dareento caafimaad/fiicnaan.

Waxyeellooyinka gaarka ah ee dhaca kadib tallaalka waxay caadi ahaan socdaan in ka yar toddobaad. Haddii calaamadahaaga cudurku ay u muuqdaan in ay ka sii darayaan ama haddii aad walaac qabto, waxaad wici kartaa NHS 111 ama fariin taleefan kaga dir 18001 111.

Dhibaatooyinka lagu tuhunsan yahay in ay soo raacaan tallaallada iyo daawooyinka ayaad weliba kaga warbixin kartaa nidaamka Kaarka jaallaha ah (Yellow Card scheme).

Waxyeellooyinka gaarka ah ee halista ah: Kiisaska caabuqa wadnaha (oo loo yaqaan 'myocarditis' ama pericarditis') ayaa si dhif ah loo soo sheegay kadib qaadashada tallaalada Pfizer iyo Moderna ee COVID-19 labadaba. Kiisaskan waxaa lagu arkay inta badan ragga da'da yar waxaana ay soo muuqdaan dhowr maalmood kadib tallaalka. Inta badan dadka ay dhibaatadan saameysey waxay dareemeen fiicnaan waxayna usoo kabsadeeen si dhakhso ah kadib markay heleen nasasho iyo daaweyn fudud. Waa inaad si degdeg ah u raadsato talo caafimaad haddii, tallaalka kadib, aad la kulanto:

- xanuunka laabta
- neeftuurid
- dareenka wadnaha ku boodaya, babbanaya ama xoog kuu garaacmaya

Haddii aad la kulantay waxyeellooyin gaar ah oo daran kadib mar aad hore u qaadatay qiyaas/doos waxaa lagugula talin karaa in aad tallaalka dheeraadka ah iska dayso oo aadan qaadanin ama aad dib u dhigto. Waa inaad arrintaan kala hadashaa dhakhtarkaaga ama khabiirkaaga. Fadlan bogga dambe ee buug-yaraha ka eeg sida looga warbixiyo waxyeellooyinka gaarka ah.

Maxay tahay inaad samayso haddii aanad caafimaad qabin maalinta ballanta tallaal qaadashada?

Haddii aad xanuunsan tahay, sug ilaa aad ka bogsanayso si aad u qaadato tallaalkaaga. Waa inaadan tagin ballan haddii aad qandhaysan tahay ama aad u malaynayso inaad dadka kale qaadsiin karto.

Miyaad weli qaadi kartaa cudurka COVID-19 ka dib marka aad tallaalka hesho?

Tallaalka cudurka COVID-19 ayaa kaa yarayn doona halista ah in aad si daran ugu bukooto ama ugu jirrato cudurka COVID-19 gugan ama jiilaalkan. Waxay qaadan kartaa dhowr maalmood si jirkaagu uu difaac dheeraad ah uga helo qiyaasta tallaalka. Si la mid ah dhamaan daawooyinka, ma jiro tallaal si buuxda waxtar u leh. Dadka qaarkood ayaa weli qaadi kara cudurka COVID-19 xitaa iyagoo la tallaalay, laakiin wixii caabuq ah ayaa noqonaya kuwo aan darnayn.

Haddii aadan qaadan dhammaan tallaalladaada

Haddii aadan weli qaadan mid ka mid ah 2da qiyaasood ee ugu horreeya ee tallaalka (ama qiyaasta saddexaad ee loogu talagalay dadka habdhiska difaaca jirkoodu daciif yahay) waa inaad qaadataa qiyaasta/dooska inta lagu jiro olole xilliyeedka. Haddii aad u qalanto oo aad seegtay qiyaasta xoojiyaha ah ee hore, waa inaad qaadataa qiyaas/doos gu'gan si aad ula qabsato. Dadka intooda badan uma baahna qiyaaso/doosas dheeraad ah si ay u buuxiyaan booska kuwii ay seegeen. Haddii aad leedahay habdhis difaac oo aad u diciif ah, dhakhtarkaagu wuxuu kugula talin karaa inaad qaadato qiyaas dheeraad ah saddex bilood kadib markaad qaadato tallaalka guga.

Ma inaan sugo xoogaa kadib qaadashada tallaalkayga?

Haddii aad leedahay taariikh xasaasiyadeed, ama haddii aad falcelin la kulantay isla markiiba kadib qaadashada qiyaas hore, waxaa laga yaabaa in lagugula taliyo inaad joogto goobta ilaa 15 daqiiqo kadib qaadashada tallaalka. Fadlan xaqiiji inaad u sheegto tallaalka.

Macluumaad dheeraad ah

Waxaad hoos ka akhrisan kartaa hagaha COVID-19 si aad u hesho wixii macluumaad dheeraad ah

Hagaha COVID-19 ee loogu talagalay dadka waaweyns

Tallaalka cudurka COVID-19: loogu talagalay haweenka uurka leh ama naas-nuujinaya

Tallaalka COVID-19 - hage loogu talagalay dadka habdhiska difaaca jirkoodu daciif yahay

Booqo **talaalada xoojiyaha ah ee caabuqa korona fayras** oo laga helo NHS.UK.

Warqad yar oo macluumaad ah oo ku saabsan **waxa la filan karo kadib qaadashada tallaalka** ayaa diyaar ah si loo soo dejisado ama loo dalbado.

Akhri xogo dheeraad ah oo ku saabsan **tallaalada Pfizer** iyo **Moderna labaduba** si aad uga hesho wixii tafaasiil dheeraad ah oo ku saabsan tallaalkaaga, oo ay ku jiraan waxyeellooyinka gaarka ah ee suurtagalka ah.

Waxaa lagugu martiqaadi doonaa ballanta qaadashada tallaalka xoojiyaha ah, GP-gaagu waxa laga yaabaa inuu ku siiyo tallaalka ama waxaad qabsan kartaa ballan adigoo isticmaalaya **NHS app**.

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ama waxaad booqan kartaa **www.nhs.uk/vaccine-walk-in** si aad u ogaato goobta kuugu dhow ee aad ka heli karto tallaalka.

Waxaad sidoo kale soo gudbin kartaa dhibaatooyinka laga shakisan yahay adigoo isticmaalaya websaydka Yellow Card ama adiga oo wacaya 0800 731 6789 (9am ilaa 5pm Isniinta ilaa Jimcaha) ama adigoo soo dejisanaya ablikeeshinka Yellow Card

www.mhra.gov.uk/yellowcard

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