



UK Health
Security
Agency

NHS **CARE**



Hagaha ololaha tallaalka COVID-19 ee guga 2025

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) guban.

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 ee loogu talagalay dadka waayeelka ah, 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 guga.

Waqtiga tallaalka guga

Waa in lagu 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 qaadata 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 tallaalka 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 guban iyo jiilaalkan, Guddiga Wadajirka ah ee Tallaalka (JCVI) waxay ku soo gabagabeeyeen in la isticmaali doono tallaalkii la isticmaalay toddobaadyadii dambe ee barnaamijka dayrta ee sanadkii 2024.

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.



COVID19: Hagaha ololaha guga

Yaan qaadan karin tallaalka guga ee la bixinayo

Waxaa jira dad aad u tira yar oo ay tahay inaysan qaadan qiyaasta tallaalka ee guban. 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 guban, waxaana ka mid ah:

- inaad yeelato dareen xanuun badan, dareen culus iyo jiilicsanaan xagga cududda lagaa duray ah - dareenkan waxay u badan tahay inuu ugu damaado 1 ilaa 2 maalmood kadib qaadashada tallaalka.
- daal la dareemo
- madax xanuun
- damqashada jirka ama astaamo u eg 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 wac/fariin taleefan ku dir 18001 111.

Waxaad sidoo kale gudbin kartaa/ka warbixin kartaa dhibaatooyinka lagu tuhunsan yahay in ay soo raacaan tallaallada iyo daawooyinka. Fadlan eeg macluumaadka lagala xiriiro barnaamijka ee ku yaala xagga dambe ee buug-yaraha.

Waxyeellooyinka gaarka ah ee halista

ah: Kiisaska caabuqa wadnaha (oo loo yaqaan 'myocarditis' ama pericarditis') ayaa si dhif ah loo soo sheegay kadib qaadashada tallaalka 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 dhibaatan saameysey waxay dareemeen fiicnaan waxayna usoo kabsadeen si dhakhso ah kadib markay heleen nasasho iyo daaweyn fudud. Waa inaad si degdeg ah u raadsato talo caafimaad haddii, tallaalka kadib, aad la kulantoo:

- 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 aadan caafimaad qabin maalinta ballanta tallaalka qaadashada?

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



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

Tallaalka cudurka COVID-19 ayaa kaa yarayn doona halista ah in aad si daran ugu bukooto ama ugu jirrato cudurka COVID-19 guban 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 tallaalka 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 aad u qalanto laakiin aadan hore u qaadan tallaalka ama aad seegtay qiyaas hore, waa inaad weli qaadataa hal qiyaas/doos oo tallaalka ah gu'gan. Dadka intooda badan uma baahna qiyaaso/doosas dheeraad ah si ay u buuxiyaan qiyaasihii/doosaskii ay seegeen. Haddii aad leedahay habdhis difaac oo aad u daciif 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 qofka ku tallaalay.

Macluumaad dheeraad ah

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

Booqo qaybta **tallaalka coronavirus** ee bogga NHS.UK.

Buug-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 ku saabsan tallaallada Pfizer ee loogu talagalay **dadka waaweyn iyo da'yarta da'doodu tahay 12 sano jir iyo wixii ka weyn** loogu talagalay **carruurta da'doodu u dhaxayso 5 ilaa 11 sano jir iyo carruurta da'doodu u dhaxayso 6 bilood ilaa 4 sano jir** iyo tallaalka Moderna **ee loogu talagalay dadka waaweyn** si aad u hesho faahfaahin dheeraad ah oo ku saabsan tallaalkaaga, iyo waxyeellooyinka gaarka ee suurtagalka ah inay ka dhashaan.

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**.



Ama waxaad booqan kartaa **www.nhs.uk/vaccine-walk-in** si aad u hesho 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 dejisanaaya ablikeeshinka Yellow Card

www.mhra.gov.uk/yellowcard



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