



Public Health
England

NHS

Hage ku saabsan



Tallaalka COVID-19



COVID-19 immunisation
Protect yourself.

Waa maxay COVID-19 ama Coronavirus?

Covid-19 waa jirro cusub. Waxaa mar marka qaarkood loogu yeeraa coronavirus.



Badanka dadka waa ay ka biskoonayaan Coronavirus iyaga oo guriga dhexdiisa jooga balse dadka qaarkiis ayaa aad u jirran kara waana in ay isbitaalka aadaan



Nasiib darro, dadka qaarkiis ayaa u geeriyoon kara Coronavirus awgeed

Astaamaha qaarkood ee Coronavirus ayaa ka mid ah:

Qufac cusub iyo adiga oo qufaca sii wada



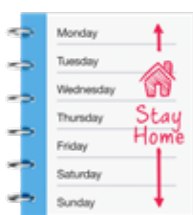
Qandho sareysa.



Urintaada ama dhadhankaagu in uu tago ama is beddelayo



Haddii aad qabtid astaamaha kor ku xusan, joog guriga soona qabanqaabso in baaritaan lagaa qaado.



Haddii aad u baahan tahay macluumaad dheeraad ah oo ku saabsan astaamaha booqo www.nhs.uk/conditions/coronavirus-covid-19/symptoms

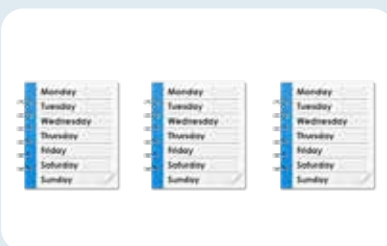
Haddii aadan isticmaali karin bogga internet-ka NHS-ta, wac 119 waana lacag la'aan



Ku saabsan tallaalka



Tallaalka Coronavirus waa cirkad



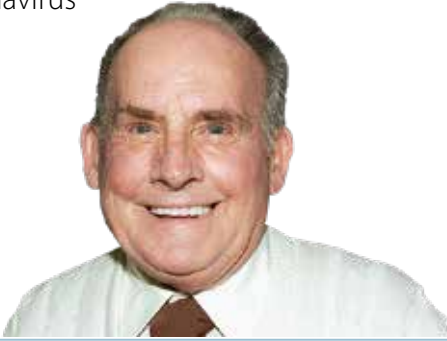
Waxaad u baahan doontaa 2 cirkadood oo tallaalka ah, oo ay u dhexayn doonto 3 ilaa 12 toddobaad



Tallaalka waa la baaray si loo hubiyo in uu badbaado yahay

Yey tahay in uu qaato tallaalka Coronavirus?

Dadka qaar waxay u badan tahay in ay si dadka kale ka daran uga xanuunsadaan Coronavirus



Haddii aad ka mid tahay, waxaa lagu siin doonaa tallaalka



Dadka qaarka ay u badan tahay in si daran uga xanuunsadaan:

Dadka ku nool guri daryeel oo loogu talagaley waayeelka



Dadka d'adoodu tahay 65 sano ama ka weyn



Qaangaarka qaba jirada Down syndrome



Tallaalka waxaa kaloo la siinayaa qaangaarka leh xaaladahan caafimaad:

Cuduro kelyahaa ama beerka ah



Xaaladdo wadnaha ah



Xaaladdo maskaxda ah



Dhibaatooyinka halista ah ee neefsashada sida neefta (isticmaalka badanaa qalabka neefta ee steroid)



In aad tallaalka hesho iyo in kale waxay ku xirnaan doontaa xaaladda aad ku sugan tahay, iyo sida ay u daran tahay

Liiskan qof walba kuma qorna

Haddii ay u badan tahay in aad ku xanuunsaneyso, waxay aheyd in uu kuu sheego dhakhtarkaaga



Haddii aad qabtid xaalad kugu rideysa xanuun daran oo coronavirus ah waxaa loogu yeeraa 'Dadka Caafimaad ahaan Aad u Nugul'

Tan macnaheedu waa in aad heli doonto cirkadda coronavirus ka hor dadka kale



Shaqaalaha caafimaadka iyo daryeelka ayaa sidoo kale iyagana heli doona tallaalka



Daryeelahaaga koowaad ayaa isagana heli doona tallaalka



Haddii aad tahay shaqaale mushaar la siiyo oo daryeela qof nugul, waxaad sidoo kale heli doontaa tallaalka



Ogaanshaha in aad heleysid tallaalka

GP-gaaga ayaa ay tahay in uu kuu sheego haddii ay tahay in aad heleysid tallaalka Coronavirus

Dadka qaarkii ayaa suurtagal ah in ay waraaq helaan, ama taleefoon si loogu casuumo tallaalkooda.



Sida ballantaada loo qabsado

Waraaqdaada casuumaada ayaa kuu sharxi doonta qofka ay tahay in aad ballantaada u wacdid Isticmaal taleefoonka si aad ballantaada u qabsatid



Waxaa lagu sheegi doonaa halka ay tahay in aad u aadid talaalkaaga iyo goorta



Dadka qaarkiis ayey suurtagal tahay in la weydiyo in ay aadaan xarun tallaalka si ay tallaalkooda u soo qaataan



Haddii aadan hubin, la hadal GP-gaaga (dhakhartakaaga qoyska)



Maxaa ku xiga oo aan sameeyaa?

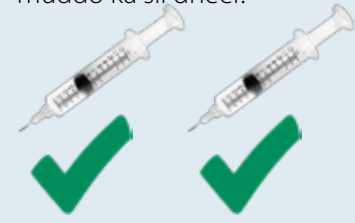
Marka aad qaadato cirbaddaada koowaad, waxaa lagu sheegi doonaa halka iyo goorta aad u aadeysid cirbaddaada labaad



Waa in aad haysataa kaar diiwangellin ah oo ay ku qoran tahay ballantaada xigta ballan lagu qabtey 3 ilaa iyo 12 todobaad gudaheed.



Inkasta oo qaadashadaada koowaad ay ku siin doonto ilaalin wanaagsan, waxaad u baahaneysaa qaadashadaada labaad si aad u hesho ilaalin sii jireysa muddo ka sii dheer.



Sidan ayuu kaarka u ekaan doonaa Badbaado ku xifdi kaarkaaga hubina in aad xaadirto ballantaada labaad si aad cirbaddaada labaad u qaadato

Don't forget your
COVID-19 vaccination



Make sure you keep this record card in your purse or wallet

For more information on the COVID-19 vaccination or what to do after your vaccination, see www.nhs.uk/covidvaccine

COVID-19 immunisation
Protect yourself.



Name

1

Name of vaccine:

Batch no:

Date vaccine given:

Don't forget to attend your appointment to have your second dose of vaccine. You will have the best protection after two doses.

Second appointment date:

2

Name of vaccine:

Batch no:

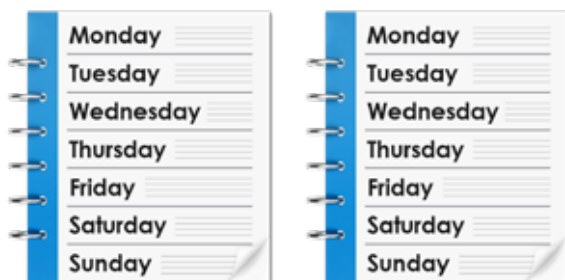
Date vaccine given:

Public Health England gateway number: 2020311. Product code: COV2020311

Ka raac hagaha hadda jira www.gov.uk/coronavirus

Ilaa iyo intee ayuu qaadanayaa in uu tallaalka shaqeeyo?

Waxaa ay qaadan kartaa dhowr todobaad ilaa iyo inta uu tallaalka ku ilaalin doono



Tallaalku qof walba miyuu u shaqeeyaa?

Tallaalka si buuxda ugama joojiyo in uusan qof walba ku dhicin Coronavirus, balse haddii ay weli kugu dhacdo Coronavirus waa in aysan kugu ridin jiro darran haddii aad tallaalka qaadatey



Xassaasiyado

Haddii aad qabtid xassaasiyado daran, waa in aad ka hubisaa dhakhtarkaaga in ay badbaado-qab kuu tahay in aad tallaalka qaadatid



Waxaa laga yaabaa in aad leedahay xasaasiyad daran haddii aad qaadatid epipen



Ma tahay qof haween uur leh ama ma u maleyneysaa in aad uur leedahay?



Dumarka qaarkood ee uurka leh ama naas nuujinaya ayaa suurtagal ah in ay tallaalka qaataan



Qaar ayey suurtagal tahay in ay sugaan ilaa iyo inta ay ka dhalayaan



Kala hadal GP-gaaga iyo umulisidaada

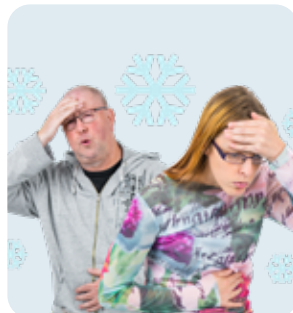
Tallaalku waa aamin haddii aad dhibaato ku qabto nidaamkaaga difaaca (arintani wa marka jirkaagu ku adkaato in uu la dagaalamo caabuqyada)

Waxyeelooyinka garab socda tallaalka

Waxyeelooyinka garab socda badanaa dadka ku dhaca waxaa ka mid ah:



Gacantaada oo dareenta in ay culus tahay ama xanuunsaneysa halka aad cirkadda ka qaadatey



Adiga oo dareema xanuun ama in aad ifilo qabtid oo kale



Dareemidda daal



Madax xanuun kugu dhaca

Haddii aad dareentid qandho (sida inaad aad u qabowdahay ama u kulushahay oo kale) wa in aad:

Nasataa



Qaadataa paracetamol



Todobaad wax ka yar waa in aad ku ladnaataa



Kama qaadi kartid Coronavirus tallaalka balse waxaa suurtagal ah in Coronavirus kugu soo dhacay aadna ka warqabin in aad qabtid ilaa laga gaaro ka dib ballantaada tallaalka.

Haddii aad dareemaysid inaad aad u xanuunsantahay aadna ka walaacsan tahay in aad Coronavirus qabtid, wac 111 ama gal bogga internet-ka 111



Hubi in aad u sheegtid 111 in aad mar dhow qaadatey tallaalkaaga Coronavirus



Haddii uu NHS 111 kuu sheego in aad dhakhtar aragtid ama kalkaaliso, hubi in aad sidoo kale u sheegtid tallaalkaaga

Haddii aad awoodid, tus kaarkaaga tallaalka



Haddii aad u maleyneysid in waxyeelo garab socota oo daran ay kaa soo gaartey tallaalka waxaad u soo warbixin kartaa adiga oo isticmaalaya qorshaha kaarka jaallaha ah

Qorshaha kaarka jaallaha ah ee coronavirus waa bog internet oo aad ku soo warbixin kartid waxyeelo garab socota oo kasta oo kaa soo gaarta tallaalka coronavirus-yellowcard.mhra.gov.uk

Waxaa suurtagal ah in aad u baahato taageero si aad bogga internet-ka u gashid



Waan qaatey tallaalkayga iflada, ma u baahanahay in aan sidoo kale qaato tallaalka Coronavirus?



Flu vaccine



COVID vaccine

Waa muhiim in la qaato tallaalka iflada iyo tallalka Coronavirus



Waa in aad 1 todobaad sugtaa ka dib marka aad qaadato (duritaanka) iflada ka hor inta aadan qaadan tallaalka Coronavirus

Maxaan sameeyaa haddii aan jirranahay marka la gaaro ballanteyda xigta?



Haddii aadan caafimaad dareemeyn, sug in aad qaadatid tallaalkaaga marka aad caafimaadid



Waa in aad isku daydaa in aad sida ugu dhakhsaha badan ee suurtagalka ah u qaadatid. Waxaad soo wici kartaa isla lambarka aad isticmaashey si aad ballantaada u qabsatid



Waa in aadan tagin ballan tallaaf haddii aad is-go'doomineysid, aad sugeysid natiijada baaritaanka Coronavirus ama aadan hubin in aad ladan tahay oo aad caafimaad qabtid

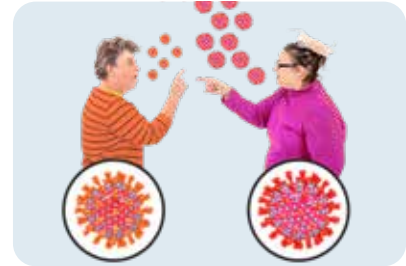
Coronavirus miyaan qaadsiin karaa qof walba, ka dib marka aan qaato tallaalka?



Tallaalka kuguma ridi karo Coronavirus



Qaadashada tallaalka ayaa kaa dhigeysa mid ay ka yartahay in aad ku jiratid Coronavirus



Weli ma aan ogin in ay kaa joojineyso in ay kugu dhacdo ama ay kaa joojiso in aad faafisid fayraska.

Waxaad weli u sii baahaneysaa in aad:



Ka fogaatid dadka kale (kala fogaanshaha bulshada)



Xiratid weji-dabool



Gacmahaaga u dhaqdid si taxadar leh joogtana ah

Tallaalka, wuxuu caawinayaa ilaalinta kuwa ugu nugul.