



UK Health
Security
Agency

NHS

Hage loogu talagalay haweenka uurka yeelan kara, kuwa uurka leh ama naaska nuujinaya ilmahooda



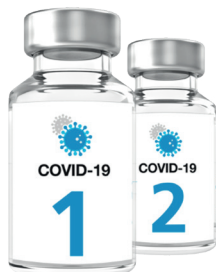
Tallaalka coronavirus waxaa uu marey tijaabooyin badan si loo hubiyo in uu badbaado-qab yahay



Haddii aad uur leedahay, waa in aad qaadataa labada qaadasho ee tallaalka coronavirus si adiga iyo ilmahaagaba loo ilaaliyo. Tallaalada ma ku keeni karaan adiga iyo ilmahaaga aan dhallan caabuqa coronavirus.



Tallaalka Coronavirus waxaa loo bixiyaa laba duritaan. Haddii aad qaadatey qaadashada koowaad ka hor inta aadan uurka yeelan, waxaad qaadan kartaa qaadashada labaad iyada oo ku xiran in aadan waxyeello daran ka qaadin qaadashadii koowaad.



Tallaalada coronavirus ee Pfizer iyo Moderna ayaa loo doorbidayaa haweenka uurka leh. Haddii aad qaadashada koowaad qaadatey Astrazeneca, isla isaga ayaad qaadashada labaad ku qaadan kartaa, balse marka hore kala hadal dhakhtarkaaga iyo kalkaaliyahaaga halista xinjirowga dhiiga.



Nuujinta naaska dhab ahaan aad ayey adiga iyo ilmahaagaba ugu fiican tahay.



Khubaro ka tirsan Gudiga Wadajirka ah ee Talaalka (JCVI) ayaa sheegaya inaad qaadan karto tallaalka inta aad naaska nuujineyso.

Ururka Caafimaadka Adduunka (WHO) ayaa sidoo kale ku raacay in haweenka naas nuujinaya ay qaadan karaan tallaalka.



Haddii aad ilmahaaga dhashey waa in aad tallaalkaaga u qaadataa sida ugu dhakhsaha badan ee suurtagalka ah.



Badbaado-qab ayey ugu sugan tahay in aad uur yeelatid ka dib marka aad tallaalka qaadatid.



Tallaalka, wuxuu caawinayaa ilaalinta kuwa ugu nugul.

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Noocyo kale ee waraaqahan ah ayaa lagu heli karaa farta dadka indhaha la akhriyaan, BSL, iyo iyada oo luqado kale lagu turjumey. Fadllan booqo

Daabacaadaha Cafimaadka si aad u dalbato ama aad u soo dejisato www.healthpublications.gov.uk