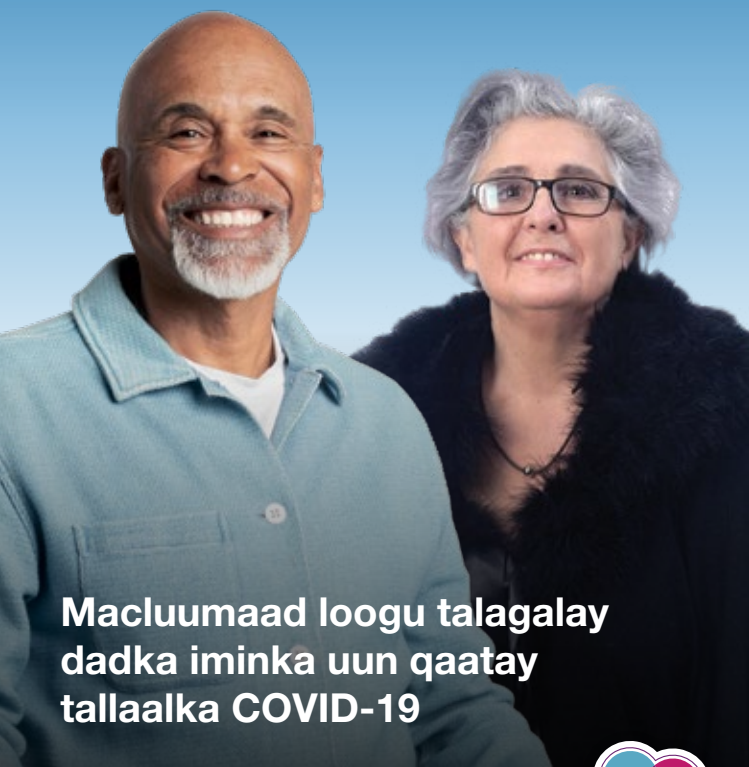




UK Health
Security
Agency



Waxa aad filan karto ka dib **tallaalkaaga** **COVID-19**



Macluumaad loogu talagalay
dadka iminka uun qaatay
tallaalka COVID-19

War dheeraad ah ka hel halkan nhs.uk/CovidVaccine



Tusmada

Waa maxay dhibaatooyinka soo raaca?

Waxaan anigu maqlay in tallaalladu ay beddeli karaan caadooyinka dumarka ama keeni karaan dhiigis lama filaan ah?

Maxaa habboon in aan sameeya haddii aan ka walaac qabo calaamadahayga cudurka?

Ma jiraan dhibaatooyin kaloo soo raaca oo ka xun?

Miyaan suga 15 daqiiqo ka dib tallaalkayga?

Goorma ayaan dib ugu noqon karaa waxqabadyada maalin walba?

Miyuu tallaalku aniga i difaaci doonaa?

Fadlan akhriso buugyaraha macluumaadka badeecada (product information leaflet) si aad faahfaahin dheeraad ah uga hesho tallaalkaaga, xataa dhibaatooyinka soo raaca ee suurogalka ah, adigoo raadinaya Kaarka Huruudda ama jaallaha ah ee Koronafayrus (Coronavirus Yellow Card).

Dhibaatooyinka lagu tuhunsan yahay in ay soo raacaan ayaad weliba kaga warbixin kartaa isla bartaas internetka ama marka aad soo dejisato abb-ka ama barnaamijka moobaylka ee Yellow Card.



yellowcard.mhra.gov.uk

Dadka halista ugu badan ugu jira dhibaatooyinka ka yimaadda koronafayrus (COVID-19) ayaa loogu baaqayaa ama loo soo bandhigayaa tallaalka cudurka COVID-19. Buugyarahani waxuu adiga kuu sheegaayaa waxa aad filan karto ka dib marka aad tallaalkaaga hesho.

Waa maxay dhibaatooyinka soo raaca?

Sida daawooyinka dhammaantood, tallaalladu waxay keeni karaan dhibaatooyin soo raaca. Kuwan intooda ugu badan way sahlan yihiin wayna waqti gaaban yihiin, oo qof walba kuma dhacaan. Dhibaatooyinka soo raaca ee caadiga ah ee tallaalka cudurka COVID-19 waxay ku bilaabmaan hal maalin gudaheed waxayna socon karaan xoogaa maalmood.

Waxaa kuwan ka mid ah:

- xanuun, culays iyo damqasho aad ka dareento gacanta lagaa muday
- daal la dareemo
- madax xanuun, damqashada jirka iyo qarqar

Waxaad weliba yeelan kartaa calaamado cudur oo u eeg hargab iyadoo ay marar ku qabtaan qarqarka jirka iyo gariirka jirku muddo hal maalin ama labo ah. Hase yeeshee, heerkulka jirka ee sarreeya ayaa weliba tilmaami kara in aad qabto cudurka COVID-19 ama caabuq kale (eeg talada ku taalla bogga 4). Waad nasan kartaa waxaanad qaadan kartaa qiyaasta caadiga ah ee baarasatamool (raac talada ku jirta baakadka) si aad iskaga caawiso in aad roonaato.

Dhibaataada soo raacda ee aanan caadiga ahayni waa bararka qanjirrada kilkisha ama qoorta ee ku yaalla isla dhinaca gacanta lagaaga muday tallaalka. Waxay tani socon kartaa qiyaas ahaan 10 maalmood, laakiin haddii ay intaas dhacdo u tag takhtarkaaga. Haddii aad sugayso sawirka naasaha (mammogram) xoogaaga toddobaad ee ka dambeeya tallaalka, haddaba waa in aad taas sheegto marka aad soo xaadirto.

Waxaan anigu maqlay in tallaalladu ay beddeli karaan caadooyinka dumarka ama keeni karaan dhiigis lama filaan ah?

Dhibaatooyinka caadada dumarka ayaa aad iyo aad caadi u ah oo u badan waxaana keeni kara arrimo kaladuwan sida diiqada iyo cudurro kaloo waqti gaaban.

Dadka qaarkood ayaa yeelan kara dhiig caado oo ka badan sida caadiga ah bisha ama wixii u dhow ee ka dambeeya tallaalka. Inkastoo dadka qaarkood ay soo sheegeen isbeddello kaloo ku yimid caadada dumarka ka dib tallaalka, haddana ma jirto caddayn tilmaamaysa in ay kuwani ka yimaaddeen tallaalka.

Maxaa habboon in aan sameeyo haddii aan ka walaac qabo calaamadahayga cudurka?

Calaamadahan cudurku waxay caadi ahaan socdaan in ka yar toddobaad. Haddii calaamadahaaga cudurku ay u muuqdaan in ay ka sii darayaan ama haddii aad walaac qabto, wac NHS 111. Haddii aad talo u doonato takhtar ama kalkaaliye, hubi in aad iyaga u sheegto tallaalkaaga (iyaga tus kaarka tallaalka) si ay kuugu qaban karaan qiimayn hagaagsan.

Dhibaatooyinka lagu tuhunsan yahay in ay soo raacaan tallaallada iyo daawooyinka ayaad weliba kaga warbixin kartaa nidaamka Kaarka jaallaha ah (Yellow Card scheme). Waxaad tan ku samayn kartaa internetka marka aad raadiso Yellow Card (Kaarka jaallaha ah) ama marka aad soo dejisato abb-ka Yellow Card (fadlan eeg bogga 2).

Ma jiraan dhibaatooyin kaloo soo raaca oo ka xun?

Marar dhif ah oo ay timid xaaladda bararka wadnaha (lagu magacaabo myocarditis ama pericarditis) ayaa laga soo warbixiyey ka dib tallaallada cudurka COVID-19 ee Pfizer iyo Moderna. Mararkan waxaa inta ugu badan lagu arkay ragga da' yar dhowrkii maalmood ee ku xigay tallaalka.

Dadkan intooda ugu badan ayaa ka bogsaday oo ka roonaaday ka dib nasasho iyo daawayno sahlan.



Waa in aad dhakhso u raadsato talo caafimaadeed haddii aad yeelato:

- xanuunka laabta
- neeftuurid
- dareennada wadnaha ku boodaya, babbanaya ama xoog kuu garaacaya

Miyay habboon tahay in aan sugo 15 daqiiqo ka dib tallaalkayga?

Markii ugu horraysay ee aan isticmaalnay tallaallada Pfizer iyo Moderna, dadku way sii joogayeen si loo ilaaliyo muddo 15 daqiiqo ah ka dib tallaalkooda. Sababtoo ah falcelinnada xasaasiyadeed ee aad u tiro yar, waxaa u baahan in ay waqtigan sugaan oo keliya dadka taariikh u leh xasaasiyadaha daran ama kuwa falcelin ka yeeshay tallaal hore oo laga siiyey cudurka COVID-19.

Hase yeeshee, sababtoo ah halista suuxidda, cidna baabuur ma wadi karto ugu yaraan 15 daqiiqo ka dib tallaalka.

Goormee ayaan dib ugu noqon karaa waxqabadyada maalin walba?

Waa in aad awooddo in aad dib u bilowdo waxqabadyada adiga caadi kuu ah haddii aad dareensan tahay in aad caafimaad qabto. Haddii gacantu ay si gaar ah kuu damqanayso, waxaa kugu adkaan karta in aad wax culus qaaddo. Haddii aadan caafimaad qabin ama aad aad u daallan tahay waa in aad nasato oo aad iska ilaaliso in aad ku shaqayso mashiinnada ama baabuur waddo.

Miyuu tallaalku aniga i badbaadin doonaa?

Tallaallada cudurka COVID-19 ee aad heshay ayaa la caddeeyey in ay yareeyaan halista yeelashada cudurka daran ee COVID-19.

Waxay qaadan kartaa xoogaa toddobaad ka dib qiyaasta koowaad si jirkaagu u dhisto difaaca. Waa in uu jirkaagu bilaabo in uu si ka dhakhso badan uga jawaab celiyo (ka dib xoogaa maalmood) ka dib qiyaasaha dheeraadka ah. Sida daawooyinka dhammaantood, ma jiro tallaalka si buuxda wax u tara, markaa waa in aad sii waddo in aad qaaddo tallaabooyinka taxaddarka ee macquulka ah si aad iskaga ilaaliso caabuqa. Dadka qaarkood ayaa weli qaadi kara cudurka COVID-19 inkastoo la tallaalay, laakiin waa in ay tani ka sahlanaato.

Tallaalka kama qaadi kartid caabuqa COVID-19, oo qaybaha buuxa ayaa adiga kaa yarayn doona halista in aad si xun u bukooto.

**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.



**Kaarkaaga meel adag dhigo.
Waxaad weliba hubin kartaa abb-ka NHS.**

Tallaalka, caawinaya in la badbaadiyo dadka ugu nuglan

Haddii aad u baahan tahay macluumaad dheeraad ah oo ku saabsan tallaalka cudurka COVID-19 fadlan booqo:

www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/



UK Health
Security
Agency

© Crown copyright 2023

V7. 3M MAR 2023 (APS). Product Code: COV23WTSO Somali

UK Health Security Agency gateway number: 2022819

Buugyarahan waxaa weliba lagu heli karaa luqadda braille ee dadka indhaha la', fiidiyow ku duuban farakahadalka BSL, far waaweyn, nuskhadda Akhris Fudud, turjumaadda in ka badan 26 luqadood oo laga dalbado www.healthpublications.gov.uk ama wac lambarka 0300 123 1002