

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka COVID-19:

Waxa Ay Tahay Inaad Ogaato

Many Vaccine Information Statements are available in Somali and other languages. See www.immunize.org/vis

Bayaanno Macluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Booqo www.immunize.org/vis

1. Maxaa la isu tallaalayaa?

Tallaalka COVID-19 wuxuu ka hortagi karaa cudurka COVID-19. Tallaalku wuxuu gacan ka gaystaa yaraynta darnaanshaha cudurka COVID-19 haddii aad xanuusan tahay.

COVID-19 waxa keena koroonafayras la dhaho SARS-CoV-2 kaasi oo si fudud dadka ugu dhex faafa. COVID-19 wuxuu keeni karaa jirro fudud iyo mid dhexe oo socota dhawr maalmood, ama jirro daran oo loo baahdo in qofka isbitaal la dhigo, daryeel xooggan, qalabka neefsashada sahla si looga caawiyo qofka inuu neefsado. COVID-19 wuxuu keeni karaa dhimasho.

Haddii qofka caabuqa qabaa uu astaamo leeyahay, waxa dhici karta inay astaamuhu kaga soo ifbaxaan 2 ilaa 14 maalmood kadib markuu ku dhaco fayraska. Cid kasta waa yeelan kartaa astaamaha fudud ilaa kuwa daran.

- Astaamaha suurtoogalka ah waxa ka mid ah xummad ama qarqaryo, qufac, neefsashada oo qofka ku adkaada ama dhibta, daal, murqo ama jir xanuun, madax-xanuun, dhadhanka ama urta oo tagta, cune xanuun, cabbur ama duuf, lalabo ama matag, ama fuuqbax.
- Astaamaha aadka u halista ah waxa ka mid noqon kara neefsashada oo qofka dhibta, xanuun ama cadaadis laabta ah oo joogto ah, jaahwareer cusub, qofka oo awoodi waaya inuu soo tooso ama soo jeedo, ama maqaarka, dabhaha, ama salka ciddiyaha oo yeesha midab cawlan, dameeri ah, ama buluug ah, iyadoo ku xiran midabka qofka.

Dadka waayeelka ah iyo dadka qaba xaalado caafimaad oo kale (sida wadne xanuun ama sambab xanuun ama sonkorow) ayaa aad ugu dhaw inay aad ugu xanuustaan COVID-19.

2. Tallaalka COVID-19

Tallaalka COVID-19 ee cusub (Nooca 2023-2024) ayaa lagula talinayaa cid kasta oo 6 bilood iyo ka wayn jirta da' ahaan.

Tallaalada COVID-19 ee dhallaanka iyo carruurta da'doodu tahay 6 bilood ilaa 11 sano waxay ku heli karaan nidaamka Oggolaanshaha Isticmaalka Gurmada (Emergency Use Authorization) ee Maamulka Cuntada iyo Daawaynta Maraykanka (Food and Drug Administration, FDA). Fadlan tixraac Xaashiyaha Xaqiiqda ee Qaatayaasha iyo Daryeelayaasha si aad u ogaato macluumaad dheeraad ah.

Dadka da'doodu tahay 12 sano iyo ka wayn, tallaalada COVID-19 ee cusub ee ay soosaartay ModernaTX, Inc. ama Pfizer, Inc. ayaa loo ansixisay FDA.

- **Cid kasta oo 12 jir iyo ka wayn ah da' ahaan** waa inay qaadato 1 garoojo oo ah tallaalka COVID-19 ee cusub ee 2023-2024 ee FDA ansixisay. Haddii aad qaadatay tallaalka COVID-19 dhawaan, waa inaad sugto ugu yaraan 8 toddobaad kadib garoojadaadii ugu dambaysay si aad u qaadato tallaalka COVID-19 ee cusub ee 2023-2024.
- **Dadka qaar oo qaba xaalado caafimaad ama qaata daawooyin saameeya habdhiska difaaca** waxay heli karaan garoojooyin dheeraad ah tallaalka COVID-19. Bixiyahaaga daryeelka caafimaadka ayaa kula talin kara.

Dadka qaar da' ahaan ah 12 jir iyo wixii ka wayn ayaa heli kara tallaalka COVID-19 oo gaar ah oo la dhaho Novavax COVID-19 Vaccine, La Xoojiyey (Nooca 2023-2024) taas baddalkeeda. Tallaalkan waxa lagu heli karaa Oggolaanshaha Isticmaalka Gurmada ee FDA. Fadlan tixraac Xaashida Xaqiiqda ee Qaatayaasha iyo Daryeelayaasha si aad u ogaato macluumaad dheeraad ah.

3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii uu qofka qaadanayo tallaalka:

- Uu horey u qabay **falcelin xasaasiyadeed kadib marka garoojo hore oo tallaalka COVID-19 ah uu qaatay** ama maaddo ku jirta tallaalka COVID-19, ama uu qaaday **xasaasiyado daran oo nolosha halis galin kara**
- Uu horey u yeeshay **myocarditis** (murqaha wadnaha oo bukooda) ama **pericarditis** (gidaarka dibadda wadnaha oo bukooda)
- Uu horey u yeeshay **multisystem inflammatory syndrome "cudur saameeyo habdhisyo badan"** (oo la dhaho MIS-C carruurta iyo MIS-A dadka waawayn)
- Uu leeyahay **habdhiska difaaca jirka oo daciifay**

Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka COVID-19 ilaa booqasho mustaqbalka ah.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Dadka qaba jirrooyinka sahlan, sida durayga, waxaa laga yaabaa in la tallaalo. Dadka dhexdhexaad ahaan ama aad u xanuunsan waa in ay caadi ahaan sugaan illaa ay ka soo boksoonayaan. Dadka qaba caabuqa COVID-19 waa inay sugaan in la tallaalo inta ay ka soo bogsanayaan jirrada ee ay godoominta ka soo baxayaan.

Haweenka uurka leh ee qaba COVID-19 halis sare ayey ugu jiraan inay aad ugu bukoodaan. Tallaalka COVID-19 waxa lagula taliyaa haweenka uurka leh, kuwa naaska nuujinaya, ama kuwa isku dayaya inay uur qaadaan hadda, ama kuwa laga yaabo inay uur qaadaan mustaqbalka.

Tallaalka COVID-19 waxaa la bixin karaa isla wakhtiga tallaalkada kale.

4. Halista dareen-celinta tallaalka

- Halka lagaa muday oo xanuunta, bararta, ama guduud noqota, xummad, daal, madax-xanuun, qarqaryo, murqo xanuun, kala-goys xanuun, yalaalugo, matag, iyo barar qanjaha soosaara unugyada difaaca ayaa dhici karta kadib tallaalka COVID-19.
- Myocarditis (murqaha wadnaha oo bukooda) ama pericarditis (gidaarka dibadda wadnaha oo bukooda) ayaa si naadir ah loo arkay kadib tallaalka COVID-19. Halistan waxa inta ugu badan lagu arkay ragga da'doodu tahay 12 ilaa 39. Fursadda arrintani ku dhacdaa waa mid hoosaysa.

Dadka ayaa mararka qaarkood miyir beela kadib marka habraacyo caafimaad lagu sameeyo, taasoo uu tallaalkuna ka mid yahay. U sheeg bixiyahaaga haddii aad dareento dawakhaad ama isbadal ku yimaado aragaaga ama dhaguhu ku guuxaan.

Sida dawo walba ee kale, waxaa jira fursad suurtagalkeedu aad u yar yahay in uu tallaalka sababo dareen-celin xasaasiyad ah ee daran, dhaawacyo kale ee halis ah, ama dhimasho.

5. Maxaa dhacaya haddii ay jirto dhibaato halis ah?

Dareen-celin xasaasiyadeed ayaa dhici karta kadib marka qofka la tallaalay ka tago rugta caafimaadka. Haddii aad aragto calaamadaha falcelinta xasaasiyadeed oo daran (furuuruc, wajiga oo barara iyo cuno/dhuun barar, neefsashada oo adkaata, wadnaha oo xowli u garaacma, wareer, iyo tabar darri), fadlan wac lambarka 9-1-1 kadibna qofka gaarsii isbitaalka kuugu dhow.

Somali translation provided by Immunize.org

Isla markaaba daryeel caafimaad raadi haddii qofka la tallaalay uu dareemayo laab xanuun, neefsashda oo ku adag, ama wadnaha oo xowli u garaacaya, shaqar samaynaya, ama boodboodaya kadib tallaalka COVID-19. Kuwani waxay noqon karaan astaamaha myocarditis ama pericarditis.

Wixii calaamado kale ah ee welwel kuu keena, wac bixiyaha daryeelka caafimaadkaaga.

Dareen-celinta halista ah waa in loo sheegaa nidaamka qaabbilsan dareen-celinta halista ah ee lagu magacaabo Nidaamka Warbixinta Dhacdada Daran ee Tallaalka (Vaccine Adverse Event Reporting System, VAERS). Bixiyahaaga daryeelka caafimaadka ayaa badanaa gudbin doona warbixintan, ama adiga laftaada ayaa sidaa sameyn kara. Ka booqo websaytka VAERS barta www.vaers.hhs.gov ama wac **1-800-822-7967**. *VAERS waxaa loogu talagalay oo kaliya u soo sheegida falcelinada, isla mar ahaantaana xubnaha shaqaalaha ee VAERS awood uma lahan inay bixiyaan talo caafimaad.*

6. Barnaamijka Tallaabooyinka Kahortagga Dhaawaca

Barnaamijka Tallaabooyinka Kahortagga Dhaawacu (Countermeasures Injury Compensation Program, CICIP) waa barnaamij heer federaal kaasoo kaa gacan-siin kara inaad iska bixisid kharashyada ku baxa daryeelka caafimaadka iyo kharashyada kale ee gaarka ah ee ku baxa dadka uu soo gaaray dhaawac khatar ah kaasoo ka dhashay daawooyin ama tallaalo gaar ah oo tallaalkani ka mid yahay. Guud ahaan, sheegasho ayaa waajib ah in loo gudbiyo CICIP hal (1) sano gudihiiis laga bilaabo taariikhda helitaanka tallaalka. Si aad wax badan uga ogaato barnaamijkan, booqo websaytka barnaamijka www.hrsa.gov/cicp, ama wac **1-855-266-2427**.

7. Sideen wax badan u ogaan karaa?

- Weydii bixiyaha qaabbilsan daryeelkaaga caafimaadka.
- Wac waaxda qaabbilsan caafimaadka ee deegaankaaga ama gobolkaaga.
- Booqo websaytka Maamulka Cuntada iyo Daawada (Food and Drug Administration, FDA) si aad u hesho Xaashiyaha Xaqiiqda COVID-19, warqadaha xogta daawada, iyo macluumaad dheeraad ah www.fda.gov/vaccines-blood-biologics/industry-biologics/coronavirus-covid-19-cber-regulated-biologics.
- La xirii Xarumaha Xakameynta iyo Kahortagga Cudurrada (Centers for Disease Control and Prevention, CDC):
 - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Ka booqo websaytka CDC COVID-19 barta www.cdc.gov/coronavirus.

