

# WAXA AY TAHAY INAAD KA OGAATO TALLAALADA COVID-19

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Tallaalada COVID-19 waxa la siin doonaa dhammaan dadka waaweyn ee ku nool Canada. Waraaqdan sheegaysa xaqaa'iqdu waa tii ugu horraysay taxane loo qoondeeyay in lagu wadaago xog caafimaad oo la hubo, lana ansixiyay oo ku saabsan tallaaladan si markaasi qofku ugaadhi karo go'aan ku salaysan xaqaa'iq.

## Farriimaha Mihiimka ah:

- Tallaalka COVID-19 waxa uu kaa ilaalinayaa inaad qaado COVID-19. Laba jeer ayaa ay tahay inaad qaadato.
- Tallaalada COVID-19 waa kuwo si xeel dheer loogu diraaseeyay bulshooyin kala duwan waxaana loo tixgelinayaa inay yihiin kuwo ammaan ah faa'ido wax ku ool ahna leh.

## Maxaa ay Tahay Sababa aad u Qaadanayso Tallaalka COVID-19?

- Dadka daafaha dunida ku nooli, sannado badan, waxa ay isticmaalaayeen tallaalada si ay isaga ilaaliyaan inay qaadaan cudurrada faafa ee dilaaga ah sida jadeecada, teetanada iyo dabaysha.
- Tallaalka COVID-19 waa qaabka ugu fiican ee qofku naftiisa uga ilaalin karo inuu qaado COVID-19 tanoo inoo oggolaanaysa dhammaan inaynu ku noqono nolosheenii caadiga ahayd.
- Tallaalka waa qayb mihiim ah oo door ka ciyaaraysa joojinta faafida fayrasku uu ku faafaayo qoysaskeena iyo bulshadeena, marka lagu daro xidhashada maaskarada, gacmo dhaqidda iyo kala fogaanshaha dadka kale laga fogaanayo ugu yaraan 2 mitir.

## Sidee ayaa uu Tallaalku Ushaqaynayaa?

- Tallaaladu kaama daaweynayaan cudur, waxa ay kaa caawinayaan inay ka hortagaan inaad qaado cudurka marka horeba.
- Tallaalku waxa uu baraa difaaca jidhka sida uu fayraska COVID-19 u eegyahay si markaasi jidhkaagu isooga difaaco fayraska haddii aad khattar ugasho.
- Tallaalka COVID-19 sida tan waxa uu u sameeyaa isagoo jidhka siinaya tilmaamo ("mRNA") si uu markaasi jidhkaagu usamaysato borootiinada dusha ka saaran koroona fayraska kuwanoo u oggolaada inuu ku dhago fayrasku unugga weerarana (spike protiens). Barootiinadu xanuunka kuma qaadsiiinayaan. Nidaamka difaaca ee jidhkaagu waxa uu ka dib markaasi samaystaa unugyo difaac si markaasi loola dagaalamo caabuqa haddii fayraskii dhabta ahaa jidhka soo galo mustaqbalka.



## Intee inle eg ayaa ay waxtar leeyihiin tallaaladu?

- Laba tallaal ayaa hadda lagu bixinayaa Canada, mid ay soo saartay Pfizer/BioNTech iyo midkale oo ay soo saartay Moderna.
- Labada tallaalba waxa loo tixgelinayaa yihiin kuwo ka hortagaya xanuunka COVID-19 ka dib marka laba tallaal la qaato. Waxa la ogaaday in ay yihiin 95% kuwo awood wax ku ool ah u leh ka hortagga xanuunka tanoo lagu caddeeyay diraa-sooyin cilmiyaysan.

## Maxaa ay yihiin waxyeellooyinka tallaaladani?

Tallaalada COVID-19 waxa loo tixgeliyaa inay yihiin kuwo ammaan ah oo aan waxyeelo lahayn. Guud ahaan, waxyeellooyinka la arkay intii lagu gudo jiray diraa-sooyinka cilmiyaysan ee waawayni waxa ay la mid yihiin uun kuwo uu qofku yeelan karo marka uu qaato tallaalada kale. Waxa ka mid ahaa waxyaalaha ay ka midka yihiin xanuun gacanta/garabka ah halka lagu muday tallaalka, xanuun muruqyada iyo jidhka ah, xummad qadhdhadyo wadata, inaad dareento daal iyo xummad. Kuwani waa waxyeellooyin guud oo tallaalo dhani leeyahay mana keento khattar weyn caafimaadka. Haddii aad calaamadahan yeelato, waa ay iska baabi'i doonaan maalin gudaheed ama wax ku dhow. Calaamadahani waxa laga yaabaa inay dhacaan kadib labada tallaalba.

Sida dhammaan tallaalada kale, waxa jirta fursad yar oo markaasi uu ku keeni karo waxyeello khattar ah, sida falcelin xassaasiyadeed. Tani waa sababta lagu weydiin doono inaad joogto goobta tallaalka (xarun bukaan socod, ama xafiiska dhakhtarka) muddo 15-30 daqiiqo ah kadib marka lagu tallaalo, si markaasi shaqaalaha caafimaad ay kuu daryeeli karaan.

## Kama qaadi kartid COVID-19 tallaalka.

### Halkee ayaa aan ka heli karaa xog dheeraad ah?

Health Canada waxa ay si taxaddar ku jiro u qiimaysay caddaynta caafimaad ee la heli karaayay, khattar caafimaadeedna ma aanay aqoonsan. Xog kooban oo ay ka sameeyeen Health Canada tallaalka Pfizer BioNTech iyo Moderna ayaa aad ku heli kartaa Ingiriisi iyo Faransiis halkan:

<https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines/pfizer-biontech.html>

<https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines/moderna.html>

The information in this bulletin has been validated by Canadian doctors: Meb Rashid MD, Assistant Professor, University of Toronto, Vanessa Redditt, MD, Lecturer, University of Toronto and Isaac I. Bogoch, MD, Xogta halkan ku xusan waxa ansixiyay dhakhtaro kanadiyaan ah: Meb Rashid MD, Assistant Professor, University of Toronto, Vanessa Redditt, MD, Lecturer, University of Toronto and Isaac I. Bogoch, MD, Associate Professor, University of Toronto Professor, University of Toronto

