

Ma haboon tahay in la isku daro noocyada talaalka COVID-19?

Winaad hesho 2 qaadasho oo ah tallaallada COVID-19 si markaa si buuxda lagaaga tallaalo COVID-19 iyo noocyadeeda kala duwan. Waxaa lagu tixgelinayaa inaad si buuxda u tallaalan tahay 2 toddobaad kadib qaadashada 2aad ee tallaalka.

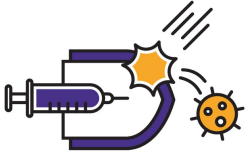
Ma haboon tahay inaan qaato talaal ka duwan kii koowaad ee COVID-19 marka aan qaadano kan 2aad?



Haa! Dhammaan talaallada COVID-19 waxay aad ugu fiican yihiin inay kaa difaacan qaadista COVID-19 iyo noocyadeeda kala duwan.

Hada ka hor “isku qasid” miyaa loo sameeyay tallaalo ka horeeyay?

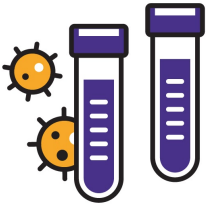
Haa, waa wax aad caadi u ah. Tusaale ahaan, noocyada kala duwan ee tallaallada cagaarshowga B ama jadeecada ayaa badanaa la isku daraa.



Maxaa la ii siinayaa talaal nooc kale ah markaan tallaalka 2aad?

Keenista talaal kasta ee Canada way kala duwanaan karaan usbuuc ka usbuuc, mararka qaarkoodna nooca tallaalka ee aad heshay qaadashadii 1aad waxaa laga yaabaa inaan la heli karin marki aad diyaar u tahay qaadashada 2aad. Ma garan karno muddada aad sugi doontid si aad u hesho isla nooc tallaalkii hore marka aad diyaar u tahay tallaalka 2aad. Waxa haboon inaad isku tallaashid tallaalka ugu horeeyo la heli karo oo markaas la bixinayo

(Moderna ama Pfizer) waa sidaas habka ugu wanaagsan ee aad isaga ilaalin kartid COVID-19.



Tallaalka COVID-19 noocey qaata marki labaad aan is talaalayo?

Canada waxay hadda bixineysaa tallaalada Moderna iyo Pfizer ee COVID-19, talaalada ugu badan ee qaadashada koowaad iyo labaad. Labada talaalba waa isku mid waxayna leeyihiin waxtar weyn (qiyaastii boqolkiiba 95% waxay waxtar u leeyihiin ka hortagga jirada COVID ka dib qaadashada 2 talaal).

Waxaad si badbaado leh isugu dari kartaa noocyada talaalaha ee kala duwan ee COVID-19 ee qaadashada 1aad iyo 2aad:



Tallaalka qaadashada 1aad	Xulashada qaadashada tallaalka 2aad
Pfizer / BioNTech	Pfizer ama Moderna 21+ maalmood KADIB talaal qaadashada 1aad
Moderna	Moderna ama Pfizer 28+ maalmood KADIB talaal qaadashada 1aad
AstraZeneca	Pfizer ama Moderna (kan aa lagugu talinayaa) Ama AstraZeneca 56 + maalmood (8 toddobaad) KADIB qaadashada tallaalka 1aad

Haddii aad qaadato mid ka mid ah isku-darka lagugu soo taliyay, waxaa lagugu tixgelinayaa inaad si buuxda u tallaalan tahay 2 toddobaad ka dib qaadashada tallaalka 2aad.



Miyaan la kulmi doonaa waxyeello kala duwan haddii aan qaato tallaalo kala duwan, markaan qadanaayo tallaalka 2aad?

Tallaalada Moderna iyo Pfizer / BioNTech COVID-19 aad ayey u badbaado badan yihiin waxayna leeyihiin waxyeello isku mid ah. Waxyeellada ama calaamadaha ugu badan ee suurtagalka ah waxaa ka mid ah garab/cudud xanuun ee meesha duritaanka, jirka iyo murqaha oo xanuuna, qarqaryo, daal dareemid iyo qandho dareemid. Dadka qaarkiis waxay la kulmaan waxyeelo xoogaa ka xoog badan ka dib qiyaasta labaad ee tallaalka (tusaale ahaan inay dareemaan daal badan ama murqo xanuun badan) - tani macnaheedu waa nidaamkaaga difaaca jirka ayaa shaqeynaya! Dhibaatooyinkan sida caadiga ah waxay ku egyihiin illaa hal illaa saddex maalmood.

Waxaa muhiim kuu ah inaad hesho LABA tallaalka qaadasho oo ah tallaallada COVID-19 si aad uu buuxda isaga tallaasho COVID-19 iyo noocyadeeda kala duwan. Tani waxay naftaada iyo kuwa aad jeceshahay, iyo bulshadaada ka ilaalinaysaa cudurka COVID-19.



Waxaan rajeyneynaa warbixintan inay kuu noqoto mid faa'iido leh! Waxaan kugu martiqaadeynaa inaad si ballaaran ula wadaagto dadka kale, u isticmaal sida qoraal ahaan si aad u duubto codka maqalka ama muuqaalka fidiyoowga, ama aad ugu turjunto luqado badan si aad ula wadaagto dadka kale. Fadlan hubi inaad mudnaanta siiso diyaariyaha warbixintan: Isbitaalka Haweenka ee College, OCASI, Xarunta TAIBU ee Caafimaadka Bulshada iyo Qaxootiga 613.

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