

Tallaalka COVID-19:

Waxay Waalidiintu u Baahan yihiin inay Ogaadaan

Tallaalka Covid-19 ee Pfizer oo la ansixiyay inay qaataan dadka waawayn waxaa hadda la oggolaaday inay qaadan karaan carruurta jirta 12 sano iyo kasii wayn.

Maxay tahay sababta uu cunugayga u qaadanaayo tallaalka COVID-19?

In adiga iyo cunugaaga aad qaadataan tallaalka waa tallaabooyin muhiim ah oo kahortagaysa in caabuqu idinku dhaco iyo inaad dib ugu laabataan hawlahiina caadiga ah. In ilmahaaga la tallaalo waxay ka caawinaysaa:

- Inuusan cunugaagu qaadin COVID-19 ka aadka u daran.
- Ilaalinta dadka aad jeceshahay adiga oo joojiya faafitaanka fayraska.
- Inuu sidii caadiga ahaa dib ugu laabto dugsiga, isboortiga iyo hawlaha kale ee manhajka ka baxsan.
- Inuu ka gudbo shuruudaha xirashada maaskarada.
- Inuu gacan ka geysto yareynta ku faafida fayraska bulshada dhexdeeda.

Halkaan waxaad ka ogaanaysaa dhowr xaqiiqo oo ku saabsan ilmahaaga, COVID-19 iyo tallaalka.

Xaqiiqada 1aad: Caruurta wuu ku dhici karaa COVID-19.

Cunugaaga waxaa laga yabaa inuusan COVID-19 ula xanuunsan sida ay ula xanuunsadaan dadka waawayn, xataa waxaa laga yabaa inuusan wax astaamo ah muujin, sidaas oo ay tahay wali cudurku wuu ku dhici karaa. Qaar kamid ah carruurta ayaa ku dhacay xanuun saa'iid ah, kuwa dhif ahna, ayaa u dhintay. Waxaa intaas dheer, xitaa haddii cunugaagu uu ku dhaco COVID-19 laakiin uusan lahayn wax astaamo ah, wali waxay cudurka qaadsiin karaan qoyska, saaxiibada, macalimiinta, tababarayaasha iyo dadka kale ee ka agdhow.

Xaqiiqada 2aad: Caruurta tallaalka kama qaadaan COVID-19.

COVID-19 kama qaadi kartid tallaalka. Cunugaagu wuxuu muujin karaa waxyeelooyinka caafimaad oo laga dhaxlo tallaalka, sida xanuunka jirka, daal iyo madax xanuun. Waxyeelooyinkaas caafimaad daro ee la dareemo waxaa keena sababo la xariira in jirku sameynaayo shaqadii laga rabay, sidaas awgeed, wuxuu abuurayaa nidaam difaac jireed oo fayraska ka hortaga. Marka waxyeelooyinka laga

dhaxlo tallaalka dhacaan, caadiyan waxay ku baaba'aan hal ilaa labo maalmood.

Xaqiiqada 3aad: Tallaalka COVID-19 caruurta uma keeno madhalaysnimo ama inheerka shahwadoodu ay hoos u dhacdo.

Majirto caddeyn muujinaysa in tallaalka COVID-19 uu waxyeelo u geysto uurka ama inuu sababo dhibaatooyinka keena madhaleysnimada ama hoos u dhaca shahwada. Dad badan ayaa wali uur qaadaya kadibna dhalaan ilmo caafimaad qaba markay tallaalka qaateen kadib.

Xaqiiqada 4aad: Caruurta lagama heli doono SARS CoV-2, oo ah fayraska keena COVID-19 markay tallaalka qaataan kadib.

Tallaalku ma keenayo baaris caddaynaysou helidda cudurka. Isla marka cunugaagu yeesho nidaamka jirka cudurka ka difaaca, kaas oo ah ujeedada loo sameeyay tallaalka, waa in difaacyaasha jirkooda laga hela cudurka. Haddii cunugaaga difaacyaasha jirkiisa laga helo cudurka waxay ka dhigan tahay inuu qabo COVID-19 (xitaa haddii aadan ka warqabin) ama jirkiisa ka jawaab-celinaayo tallaalka haddana ay difaaca uga jiraan.

[waa socotaa]



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Xaqiiqada 5aad: Carruurta waa inay qaataan tallaalka xitaa haddii ay ku dhaceen COVID-19.

Wali ma ogin muddada difaacyaasha jirka uu jirku kusii nagaanaayo uuna naga ilaalinaayo fayraska. Sidoo kale, waa macquul inuu mar labaad kugu dhaco COVID-19, sidaas awgeed waa muhiim inaad cunugaaga talaasho, xitaa haddii uu COVID-19 horey ugu dhacay. Haddii cunugaagu uu ku dhacay COVID-19 laguna shubay dheecaan qof kale si cudurka looga daaweeyo ama borootiinka difaacyaasha jirka ah, waa inay sugaan 90 maalmood kahor inta aysan qaadan tallaalka COVID-19. Kala hadal dhaqtarkaaga daaweynta uu heli karo cunugaagu.

Xaqiiqada 6aad: Carruurta caafimaadka qaba oo aan qabin wax cudur ah waa inay wali qaataan tallaalka.

Qaadashada tallaalka ayaa ka badqab wanaagsan halista loo geli karo caabuqa sababtoo ah COVID-19 qof walba si gooni ah ayuu u saameeyaa mana jirto caddeyn muujin karta sida cunugaagu ugu xanuunsan karo. Dad caafimaad qaba ayaa aad ula xanuunsaday xanuunka halka dadka qaba xaalado caafimaad daro (oo soo noqnoqda) aysan xitaa dareemin wax astaamo ah.

Xaqiiqada 7aad: Tallaalka COVID-19 waxba kama badelaayo DNA-gaaga.

DNA-gaaga isma badeli doonta markaad qaadato tallaalka COVID-19 kadib. Labo nooc oo tallaalka ah oo hadda

la adeegsado ayaa kala ah – fariin sidaha RNA (mRNA) iyo fayras sidaha kaladuwan – looma sameyn inay wax ka bedelaan DNA-ga. Tallaaladu waxay jirkeena si dabiici ah u baraan siduu iska ilaalin lahaa jeermisyada ayagoo abuuraya nidaam jirka difaaca.

Xaqiiqada 8aad: Qaadashada tallaalka damaanad qaad uma ahan in cunugaagu uusan ku xanuunsan doonin COVID-19.

Maadaama uusan jirin tallaalka 100% waxtar leh, hadana tallaalka COVID-19 wuxuu muujiyay inuu waxyar u leeyahay inuu kahortago caabuqyada aadka u daran iyo kuwa dhexdhexaadka ah labadaba marka buuxda loo qaato.

Xaqiiqada 9aad: Tallaalka COVID-19 wuxuu leeyahay badqab.

Waxaa la xaqiijiyay in dhammaan tallaalka la heli karo ay badqab u yihiin ka qaybgalayaasha, oo ay kujiraan dadka jinsiyado iyo da'o kala duwan leh. Tallaalka la heli karo waxay mareen isla nidaamyadii ay mareen tallaalkadii horey diyaarka u ahaa, sida kuwa teetanada iyo dabaysha.

Xaqiiqada 10aad: Qofka walba wuxuu lacag la'aan ku heli karaa tallaalka COVID-19.

Dhammaan tallaalka la ansixiyay ee COVID-19 qaab lacag la'aan ah ayay dadwaynuhu ku heli karaan.

Macluumaad badan ka ogoow [cdc.gov](https://www.cdc.gov).

Si aad u qabsato ballan aad ku qaadanayso tallaalka COVID-19 iyo/ama uu ku qaadanaayo cunugaaga ama si aad macluumaad badan oo ku saabsan xarumaha laga qaadan karo tallaalka COVID-19 ayadoon ballan la qabsan, booqo [NationwideChildrens.org/Vaccine](https://www.NationwideChildrens.org/Vaccine).



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