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## **Tallaalka COVID-19: Xaqiiqooyinka Dhabta ah COVID-19 Vaccine: Fast Facts (Somali)**

COVID-19 (ama Korona Fayras) waa fayras dadku aad ugu xanuunsadaan. Maaskarooyinka iyo kala fogaanshaha bulshada waxay gacan wayn ka geystaan yareynta faafida fayraska. Hadda waxaan haysanaa qaab kale oo dheeraad ah oon iska ilaalin karno fayraska - tallaalo! Haddii dad badan ay qaataan tallaalka, ma sahlanaan doonto in COVID-19 si fudud ku faafo, dad yar ayaana qaadi doona xanuunka.

Tallaalada la ansixiyay waxay muujiyeen inay yareynayaan fursada:

- aad saa'iid uxanuunsan karto aadna isbitaal ula jifan karto **iy**
- ay dadku ugu dhimanayaan COVID-19.

### **Xaqiiqooyinka Dhabta ah ee Ku saabsan tallaalka COVID-19**

- **Tallaalka kama qaadi kartid COVID-19.**

Macquul ma ahan inaad COVID-19 ka qaado tallaalka. Majiro tallaalka ay kujiraan guud ahaan, fayraska COVID-19 ee nool. Tallaalku waxaa kujira qaybo yaryar oo ah fayras aan noolayn ah si ay jirkeena u baraan sida loo aqoonsado fayraska COVID-19. Xasuusta fayraskaan wuxuu jirkeena ka caawinayaa inuu si dhaqso ah oo awood badan ula dagaalamo fayraska si xitaa haddii aan qaadno, aanan aad ugu xanuunsan.

- **Tallaalka COVID-19 wuxuu leeyahay badqab.**

Dhammaan tallaalada la heli karo waxaa la xaqiijiyay inay badqab leeyihiin oo aysan waxyeelo dadka u keeneyn. Kani waxaa kamid ah dadka qowmiyadaha iyo da'aha kaladuwan leh. Tallaaladaan waxay mareen isla nidaamyadii ay mareen tallaalada teetanada iyo cudurka dabaysha.

- **Qofka kasta wuxuu si lacag la'aan ah ku heli karaa tallaalka COVID-19.**

Dhammaan tallaalada la ansixiyay ee COVID-19 qaab **LACAG LA'AAN** ah ayay dadwaynuhu ku heli karaan. Uma baahnid inaad muujiso caddeyntaada muwaadinimo ee Maraykana marka aad qaadanayso tallaalka.

- **Tallaalka COVID-19 kuguma keenaayo xanuun saa'iid ah.**

Waxaad dareemi kartaa astaamo kooban maadaama nidaamka difaaca jirkaagu uu ka falcelinaayo tallaalka. Astaamaha inta badan lasoo sheego waa xanuun dhanka gacanta ah, madax xanuun, daal, iyo qandho. Haddii aad isku aragto wax astaamo ah, inta badan waxay sii jirayaan 1 ilaa 2 maalmood oo keliya. Astaamahaas waxay caddeyn u yihiin in jirkaagu abuuraayo hab difaaceed uu kaga hortagaayo COVID-19. Dadka qaar kamid ah gabi ahaanba wax astaamo ah ma dareemaan. Tallaalku wali wuu shaqeynayaa.

- **Hida sidaha (DNA) aadanaha laguma badeli karo tallaalka COVID-19.**

Mid kasta oo kamid ah unugyada jirkeena, macluumaadka hidaha ee loo yaqaan DNA, ayaa ku dhexnool gudaha bu'da unugga (dhex bartanka unugga). Waxaa jira gidaar ku dahaaran banaanka bu'da unugga oo joojinaaya in dhammaan waxyaabaha kujira tallaalka u gudbaan bu'da unugga. Tani waxaa loola jeedaa in jir ahaan aysan macquul ahayn in la badelo DNA deena.

- **Tallaalka COVID-19 wax dhibaato ah kalama kulmayaan dumarka naas-nuujinaaya.**

Dumarka naaska-nuujinaaya waxaa lagula talinayaa inay qaataan tallaalka COVID-19. Tallaalku wuxuu ilaalinayaa hooyooyinka iyo sidoo kale ilmahooda aadka u yar ee aan qaadan karin tallaalka. Majiraan wax caddeyn ah oo muujinaaya in waxyeelo gaareyso hooyada ama ilmaha.

- **Dumarka uurka leh hadda ama kuwa doonaya inay uur yeeshaan mustaqbalka waxaa lagula talinayaa inay qaataan tallaalka COVID-19.**

Majiraan wax caddeyn ah oo muujinaysa in tallaalka COVID-19 uusan badqab u hayn dumarka inta ay uurka leeyihiin. Khatarta aad kala kulmi karto xanuunka COVID-19 ayaa aad uga sii daran khatar kasta oo suurtagal ah inaad kala kulanto tallaalka.

- **Xitaa haddii uu horey kuugu dhacay COVID-19, wali waa inaad qaadataa tallaalka.**

Kadib markuu kugu dhaco COVID-19, ma garan karno muddada jirkaagu iska difaaci karo fayraska. Xitaa haddii horey lagaaga helay COVID-19, wali waxaad qaadi kartaa xanuunka. Tallaaladu waxay daboolaan oo ay ka hortagaan waxyaabo badan waxayna bixiyaan hab difaaca ugu wanaagsan ee looga hortagi karo COVID-19. Waxay qaadanaysaa muddo xoogaa ah in nidaamka jirkaaga uu abuuro difaac, sidaas daraadeed waxaa lagu tixgelinayaa inaad difaac leedahay muddo labo asbuuc ah marka aad dhameeyso qaadashada kuurooyinka tallaalkaaga kadib.

- **Tallaalada COVID-19 kuma jiraan waxyaabo xayawaan laga keenay.**

Majiro tallaalo COVID-19 ah oo la ansixiyay oo ay kujiraan waxyaabo xayawaan laga keenay, sida ukun, jeelatin, ama hilibka doofaarka. Waxaa loo maray qaab sharci ah, oo xalaal ah waana la xaqiijiyay tayadooda.

- **Fadlan waydii dhaqtarkaaga haddii aad dooneyso macluumaad dheeraad ah oo ku saabsan tallaalada COVID-19 ama booqo ilahaan muhiimka ah:**
  - [www.NationwideChildrens.org](http://www.NationwideChildrens.org) - baar COVID-19
  - [www.CDC.gov/coronavirus](http://www.CDC.gov/coronavirus)