



## Su'aalaha Badanaa La isweydiyo: Tallaalka COVID-19

La cusboonaysiiyay **Maarso 9, 2021**: Macluumaadka wali si xawli ah ayay u kobcaysaa oo BPHC ayaa cusbooneysiin doonta macluumaadkan markay macluumaad cusub oo khuseeya la helo lana aqoonsado su'aalo cusub oo casri ah oo ku qoran qalin **casaan**.

### HELITAANKA TALLAALKA

#### 1. **Immisa tallaalka iyo noocyadee ayaa hadda la samaynayaa?**

Daraasiin tallaalka ah ayaa hadda la samaynayaa, dhowrna waxay u dhaqaaqayaan horumarkii ugu dambeeyay. Tallaallada ka imanaya laba tallaalka sameeye, Pfizer iyo Moderna, ayaa la oggolaaday Diseembar 2020. Tallaalka Johnson iyo Johnson waxaa la ansixiyay bishii Febraayo 2021.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>.

#### 2. **Goorma ayaan heli karaa tallaalka?**

Tallaalkada waxaa laga heli karaa Massachusetts ilaa Diseembar 2020. Kooxda Latalinta COVID-19 ee Gobalka Massachusetts ayaa isku raacay in qiyaasta ugu horreysa la geyn doono meelaha halista ugu badan ugu jira qaadista COVID-19 iyo sidoo kale mudnaanta la siinayo kuwa halista sare ugu jira natiijooyinka liita haddii uu ku dhoco COVID-19. Gobolku wuxuu leeyahay jadwalka qaybinta tallaalka COVID-19. Si aad u ogaato goorta aad xaq u yeelan karto in lagu tallaalo tag <https://www.mass.gov/info-details/massachusetts-covid-19-vaccination-phases>.

#### 3. **Dadka deegaanka ma looga baahan doonaa inay qaataan tallaalka?**

Ma garanayno wax qorshe ah oo hadda socda oo ah in tallaalka COVID-19 laga dhigo mid khasab ah, maamulka Biden wuxuu sheegay inaysan qorshaynayn in tallaalka laga dhigo mid khasab ka ah Maraykanka oo dhan. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>.

#### 4. **Mar alla markii la heli kar tallaalka COVID-19, halkee ayaan aadi karaa si aan u helo?**

Ballanta waxaa lagu samaysan karaa adigoo booqanaya <https://vaxfinder.mass.gov/>. Si aad uga hesho goobo tallaalka magaalada Boston, booqo <https://www.boston.gov/departments/public-health-commission/covid-19-vaccine-boston>.

#### 5. **Miyaan bixin doonaa kharashka tallaalka?**

Tallaalka waxaa si bilaash ah u siiya dhamaan shaqsiyaadka dowlada federaalka. Haddii aad caymis leedahay, wax kharash ah laguguma soo dallaci doono. Hase yeeshe, uma baahnid in caymis lagu galiyo si aad u hesho tallaalka. <https://www.mass.gov/info-details/covid-19-vaccine-frequently-asked-questions>.

### WAXTARKA TALLAALKA

#### 6. **Sidee ayay tallaalkada COVID-19 ayay u shaqeeyaan?**

Tallaallada ugu horreeya ee la heli karo ee COVID-19 waxay ku shaqeeyaan iyagoo kicinaya habka difaaca jirka si ay u soo saaraan unugyo difaaca jirka. Unugyadan difaaca jirka waxay naga difaacan inaan qaadno caabuqa haddii fayraska dhabta ah uu soo galo jirkeennas. <https://www.cdc.gov/coronavirus/2019->

[ncov/vaccines/different-vaccines.html](https://www.cdc.gov/vaccines/different-vaccines.html).

## 7. **Talaalku miyuu iga ilaaliyaa inuu iga dhaco caabuqa COVID-19?**

Xogta tijaabada caafimaadka ayaa muujisay in tallaalka COVID-19 ay aad waxtar u leeyihiin (ilaa boqolkiiba 95) si looga hortago COVID-19, gaar ahaan ka hortagga kiisaska ugu daran ee fayraskan. Qaadashada tallaalka ka sokow, sidoo kale waa muhiim inaad sii wadato xirashada maaskaro iyo ka fogaanshaha bulshada maxaa yeelay:

1. Ma aha in qof kastaa qaadan doono tallaalka hal mar.
2. In kasta oo aysan u badnayn, haddana weli waa suuragal inuu kugu dhoco COVID-19 ka dib markaa tallaalka qaadatid, maadaama uusan jirin tallaalka boqolkiiba boqol wax ku ool ah.
3. Hadda ma hubno muddo intee la eg ayuu tallaalku kaa difaacayaa COVID.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>.

## 8. **Miyay tahay inaan raaco dhammaan tallaabooyinka ka hortagga haddii si buuxda la ii tallaalo?**

Dadka waxaa loo tixgeliyaa inay si buuxda u tallaalan yihiin 2 toddobaad kadib markay qaataan qiyaastii labaad ee tallaalka Pfizer ama Moderna, ama 2 toddobaad ka dib markay qaataan tallaalka Johnson & Johnson's Janssen. Marka aad si buuxda isku tallaashid waxaa jira waxyaabo aad sameyn karto.

- Waxaad iskugu keeni kartaa guri gudihis dadka sida buuxa loo tallaalaay ayagoon maaskaro xirnayn.
- Waad iskugu keeni kartaa qol gudihis dadka aan la tallaalin ee ka kala socda guryo kale (tusaale ahaan, booqashada qaraabada oo dhammaantood wada nool) adigoo xirnayn maaskaro, illaa mid ka mid ah dadkaas ama qof kasta oo ay la nool yihiin uu u qabo halis sii kordheysa ee cudur daran oo ka timaadda COVID-19.
- Haddii aad agjoogtay qof qaba COVID-19, uma baahnid inaad ka fogaato dadka kale ama aad iska baarto inaad astaamo leedahay mooyee

Waa muhiim inaad sii waddo samaynta taxaddarka meelaha caamka ah sida xirashada waji xirka, ka fogaanshaha 6 fuudh dadka kale, iyo ka-fogaanshaha meelaha dadka badan iyo meelaha hawo-xumada ka jirta. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

## 9. **Haddii uu horey iigu dhacay COVID-19, ma waxaan u baahanahay inaan is tallaalo?**

Tallaalka COVID-19 waa in la siiyaa kuwa uu ku dhacay COVID-19. Waa inaad qaadanin tallaalka COVID-19 adigoo muujinayo astaamo ama haddii aad weli ku jirto waqtiga go'doomintaada.

<https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>.

## **BADBAADADA TALLAALKA**

### 10. **Sideen ku ogaan karnaa inuu tallaalku yahay mid badbaado leh?**

Tallaalku wuxuu maraa baaritaan ka badan dawooyinka kale. Wax soo saarkuna waa inuu hubiyaa in qiyaas kasta oo la qaadanayo ay tahay inay si joogto ah u ahaato mid tayo sare leh.

Baarista ballaaran ee tijaabooyinka bukaan socodka waxaa loo sameeyaa si loo caddeeyo badbaadada. Inta lagu jiro tijaabooyinkan, tallaalka waxaa la siiyaa tobanaan kun oo qof waxaana laga baaraa waxtarka iyo badbaadada. Macluumaadka ka soo baxa tijaabooyinkan waxaa dib u eegay labadaba Food and Drug Administration (FDA) CDC's Advisory Committee on Immunization Practices (ACIP) si ay u ansixiyaan



tallaalka isla markaana ay u soo jeediyaan talooyin loo isticmaalo.

Kumanaanka qof ee kaqeyb qaatay tijaabooyinka caafimaadka ee tallaalka COVID-19, Moderna waxay soo warisay 20 boqolkiiba kaqeybgalayaashu inay ahaayeen Hisbaanik / Latinx halka 9.7 boqolkiiba ay ahaayeen Madoow.k. (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/Moderna.html>). Halka Pfizer uu sheegay 26.2 boqolkiiba inay ahaayeen Hisbaanik / Latinx halka 9.8 boqolkiiba ay ahaayeen Madow (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/Pfizer-BioNTech.html>). Tijaabooyinka caafimaad ee loogu talagalay tallaalka J & J / Janssen waxaa ka mid ahaa 45.3% Hisbaanik / Latinx iyo 19.4% Madoow (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/janssen.html>).

## 11. Miyaan ka qaadi karaa tallaalka COVID-19 ama maku faafin karaa COVID-19 tallaalka?

Maya, kama qaadi kartid tallaalka COVID-19 ama kuma faafin kartid tallaalka COVID-19. Tallaalku dhab ahaan kuma jiro fayraska sababa COVID-19, taas oo macnaheedu yahay in tallaalka laftiisu uusan kuu keenaynin inuu kugu dhoco ama aad ku faafiso COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html#:~:text=It%20typically%20takes%20a%20few,vaccination%20and%20still%20get%20sick.>

## 12. Maxay yihiin saamaynta caafimaad ee ka iman kara tallaalka?

Dadka qaarkood waxay ka warbixinayaan saameynta caafimaadka fudud, oo ah calaamadaha nidaamka muujinaya in difaaca jirka uu shaqeynayo. Xanuun iyo/ama guduudashada goobta lagaa duray ayaa ah falcelinta ugu badan. Saameynada caafimaadka la soo sheegay sidoo kale waxaa ka mid ah:

- Madax xanuun
- Daal xad dhaaf ah
- Qandho
- Qarqar
- Murqo xanuun
- Xanuun dhanka kala goysyada

Dadka qaarkiis, saameynta caafimaadka ayaa kasii dartaa ka dib qiyaastii labaad.

Saamaynta caafimaadka ee ay keenntay tallaalku badanaa waxay iskood iskaga baxaan dhawr maalmood gudahood. Dawada miiska laga iibsado, sida acetaminophen ama ibuprofen ayaa maareeya inta badan saameynada caafimaadka tallaalka kadib. Si kastaba ha noqotee, waxaa lagugula talinayaa inaad ka fogaato qaadashada daawooyinkan kahor marka aad qaadnayso tallaalkaaga. Ka dib qaadashada tallaalka, waxaa lagu bari doonaa sida loo maareeyo astaamahan. Ma jiraan wax welwel amni oo halis ah, oo ay ku jiraan dhimasho, oo lagu xusay qof kasta oo qaatay tallaalkans. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>.

## 13. Miyaan qaataa tallaalka haddii aan xasaasiyad ku qabo?

Waxaa lagugula talinayaa in haddii aad xasaasiyad ku yeelatay mid ka mid ah maaddooyinka ku jira tallaalka, waa inaad qaad. Laakiin guud ahaan, inaad yeelato xasaasiyad kaama reebayso inaad qaadatao tallaalka. Haddii aad ku qabtay falcelin xasaasiyadeed isla markaaba ah - xitaa haddii aysan ahayn mid ku daran - tallaalka ama daaweynta cirbadeynta ee cudur kale, weydii bixiyahaaga daryeelka caafimaadka haddii aad u baahan tahay tallaalka COVID-19.

Qof kasta oo qaata tallaalka waa la dhawri doonaa 15 daqiiqo ka dib irbadda si loo hubiyo inaysan lahayn



wax calaamado oo ah falcelin xasaasiyad People who have severe allergies to other vaccines or injectable medications will be watched for 30 minutes Dadka xasaasiyad daran ku qaba tallaalada kale ama daawooyinka lagu duray waxaa la dhawri doonaa 30 daqiiqo. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>.

**14. Carruurta iyo dhallaanka ma heli karaan tallaalka COVID?**

Tallaalka Pfizer waxaa loo oggolaaday dadka da'doodu tahay 16 sano iyo wixii ka weyn, iyo tallaalka Moderna iyo Johnson & Johnson waxaa loo oggolaaday dadka da'doodu tahay 18 sano iyo wixii ka weyn. Qaar ka mid ah soo saarayaasha ayaa bilaabay tijaabooyin caafimaad oo loogu talagalay carruurta da'doodu tahay 12 ama wixii ka weyn, laakiin ma jiro wax tallaalka ah oo loogu talagalay carruurta da'doodu ka yar tahay 16 oo weli la ansixiyay. Weli waxay noqon doontaa dhowr bilood in laga soo gudbo tijaabooyinkaas kadibna la helo oggolaansho lagu maamulo carruurta.

<https://www.cdc.gov/vaccines/covid-19/info-by-product/moderna/index.html>

<https://www.cdc.gov/vaccines/covid-19/info-by-product/pfizer/index.html>

**15. Tallaalka COVID-19 amaan ma u yahay/haweenka uurka leh iyo haweenka naas nuujinaya? Tallaalku ma sameeya taranka?**

Daraasado ayaa socda oo ku saabsan badbaadada tallaalka COVID-19 ee haweenka uurka leh welina wax xog ah lagama hayo. Waan ognahay inaysan galaynin unugyada ilmaha soo koraya. Intaa waxaa sii dheer, waxaan ognahay in haweenka uurka leh ee uu ku dhaca COVID-19 ay leeyihiin halis keenaysa jirro daran waxaana laga yaabaa inay yeeshaan halista natiijooyinka uurka liita sida foosha ayadoo waqtigeedi la gaarin. Haweenka uurka leh iyo haweenka naas nuujinaya waa inay kala hadlaan halista iyo waxtarka bixiyaha daryeel caafimaad si ay uga caawiso inay gaaraan go'aan aqoon leh.

Ma jiraan wax caddeyn ah in tallaalka COVID-19 uu saameyn ku leeyahay taranka. Tallaalka waa lagu taliyaa xitaa haddii aad qorsheyneyso inaad uur qaaddo dhowaan. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>.

**16. Ma jiraan dhibaatooyin la helay ama digniino la siiyay kuwa horey u qaatay tallaalka hargabka?**

Kama war qabno in wax digniin ah la soo saaray. Laakiin waxaan si dhow ula soconaa oo aan la xirii doonaa markii macluumaad dheeri ah la heli sida haboon.

<https://www.cdc.gov/flu/prevent/misconceptions.htm>.

**17. Maxaan runtii ka ognahay saameynada caafimaadka muddada-dheer ee iman kara?**

Saameynada caafimaadka muddada-dheer ayaa laga dhawrayaa dhammaan tallaallada, oo ay ku jiraan tallaallada COVID-19. Saameynada caafimaadka la diiwaangeliyey ilaa hadda waa mid muddo-gaaban ah oo caan ku ah tallaallo badan. <https://www.cdc.gov/vaccines/covid-19/reporting/index.html>.

**18. Ka waran culeyska cusub ee ka jira Yurub? Maxaan ka ognahay in laga helo Mareykanka? a?**

United Kingdom (UK), nooc cusub ayaa ku soo kordhay oo leh isbeddello aan caadi ahayn oo tiro



badan. Noocani wuxuu u muuqdaa inuu si fudud oo dhaqso leh ugu faafayo noocyada kale Waqtigaan la joogo, ma jiraan wax caddeyn ah oo keenaya cudurro aad u daran ama halista dhimashada oo korodha. Noocan waxaa markii ugu horreysay la ogaaday Sebtember 2020 waxaana tan iyo markii laga helay dalal badan oo adduunka ah, oo ay ku jiraan Mareykanka iyo Kanada.

CDC, iyadoo lala kaashanayo hay'adaha kale ee caafimaadka bulshada, waxay si dhow ula socotaa xaaladda. CDC waxay ka shaqeyneysaa sidii loo ogaan lahaa loona sifeyn lahaa noocyada fayraska ee soo ifbaxaya isla markaana loo balaarin lahaa awooddeeda ah in la raadiyo COVID-19 iyo noocyo cusub. Waqtigaan, istiraatiijiyado isku mid ah oo looga hortagayo culeyskii hore ee COVID-19 ayaa sidoo kale ka hortagi doona culeyska cusub Tan waxaa ka mid ah xirashada maaskarada, kala fogaanshaha bulshada, iyo gacmo dhaqashada sida joogtada ah. Khubarada badankood waxay rumeysan yihiin in tallaalka COVID-19 uu wali wax ku ool u noqon doono ka hortagga noocyada cusub.

<https://www.cdc.gov/coronavirus/2019-ncov/transmission/variant.html>.

### 19. **Ma loo baahan doonaa qaadasho qiyaas xoojin ah?**

Baahida loo qabo iyo waqtiga qaadashada qiyaasaha xoojinta ee tallaalka COVID-19 lama soo saarin. Ma jiraan qiyaaso dheeri ah oo ka baxsan taxanaha koowaad ee labada qiyaas ayaa lagula talinayaa xilligan. <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html#Booster-doses>.

### 20. **Tallaalada mRNA miyaa jirkayga ku jiri doonaan mise waxay gali doonaan DNA-kayga?**

Tallaalada mRNA ee COVID-19 waxba kama beddelaan ama lama falgalaan DNA-gaaga sinnaba. Tallaalada Messenger RNA - oo sidoo kale loo yaqaanno tallaalka mRNA - waxay bartaa unugyadeenna sida loo sameeyo borotiin kicin kara jawaab celinta difaaca jirka ee sameeya unugyada difaaca jirka taasoo naga ilaalinaysa inaan qaadno haddii fayraska dhabta ahi uu soo galo jidhkeenna.. Unuggu wuu burburaa wuuna ka takhalusaa mRNA isla marka uu dhammaado adoo adeegsanaya tilmaamaha.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>.

### 21. **Xaaladdayda caafimaad halkan waxba loogama qabanin. Sideen ku ogaan karnaa inuu tallaalku ii yahay mid badbaado leh?**

Haddii aad ka welwelsan tahay qaadashada tallaalka COVID-19, la hadal daryeel caafimaad bixiyahaaga.

### 22. **Waxaan qaatay qiyaasta ugu horreysa ee tallaalka Pfizer/Moderna, ma waxaan u baahanahay inaan qaato qiyaasta labaad?**

Labada tallaalka ee ka socda Pfizer-BioNTech iyo kuwa ka socda Moderna waxay u baahan yihiin laba qiyaasood. Waa inaad qaadataa qiyaasta labaad sida ugu dhow ee lagugula taliyay 3-toddobaad ama 1-bil inta u dhexeysa ee suurtagal ah. Hase yeeshe, ma jiro waqti ugu badan oo u dhexeeya qiyaasaha koowaad iyo labaad ee labada tallaalka. Waa inaad qaadan qiyaasta labaad goor hore inta lagugula taliyay.

(<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html#doses>)

