

Su'aalaha Badanaa La Iska weydiyo TALLAALKA CARRUURTA

Carruurta da'doodu tahay 5 iyo wixii ka weyn
Hagaha Guddiga Caafimaadka Dadweynaha ee Boston

La cusboonaysiiyay:

MAXAAN U TALLAALAYA ILMAHAYGA?



- Tallaalku wuxuu **idinka ilaalinayaa adiga iyo ilmahaaga** jirro daran ee COVID-19. In kasta oo COVID-19 uu caadi ahaan khafiif ku yahay carruurta, carruurta qaarkood aad ayay u bukoon karaan oo waxay yeelan karaan dhibaatooyin caafimaad oo waara oo ka yimaada cudurka (oo loo yaqaan "Covid Dabadheer").
- Carruurta waxay u gudbin karaan **fayraska dadka kale xitaa** haddii aysan dareemin jirro, oo ay ku jiraan carruurta aadka uga yar in la tallaalo iyo qoyska kale iyo asxaabta kale ee khatarta sare ugu jira inay aad ugu bukoonadaan COVID-19.
- Tallaalka carruurtaada ayaa ka caawin kara **inay dugsiga ku sii jiraan** oo ka dhigaya kuwo ammaan u ah in ay **ku raaxaystaan** hawlaha ay jecel **yihiin!**

TALLAALKA COVID-19 MA U AMMAAN BA ILMAHAYGA?

- Tallaalka COVID-19 waa **ammaan oo waxtar** u leh dadka waaweyn iyo carruurta. Waxay soo mareen la socodka badqabka ee ugu xoogan **taariikhda Maraykanka**.
- **Malaayiin** carruur ah oo da'doodu tahay 5 jir iyo ka weyn ayaa si ammaan leh u qaatay tallaalka.



IMMISA QIYAASOOD AYUU ILMAHAYGU U BAAHAN YAHAY SI UU SI BUUXDA UGU TALLAALNAADO?



- Carruurta da'doodu u dhaxayso **5 - 11 sano** waxay u baahan yihiin inay qaataan **laba qiyaasood** oo tallaalka COVID-19 ah si loogu tixgeliyo inay **si buuxda u tallaalan yihiin**. In ka badan hal qiyaas ayaa loo baahan yahay si ilmahaagu u helo **ilaalinta ugu badan** oo uu u dhiso difaac weyn.
- **Carruurta da'doodu tahay 5 sano iyo wixii ka weyn** waa inay qaataan **tallaal xoojiyeyaasha** COVID-19 ugu yaraan shan bilood ka dib markay dhammeeyaan kuurahoodii labaad ee COVID-19.
- Haddii ilmahaagu qabo wax xaalado caafimaad ah, la xidhiidh bixiyaha daryeelkaaga caafimaad si aad u ogaato inay u qalmaan kuure dheeraad ah iyo si aad u xaqiijiso in tallaaladooda COVID-19 uu yahay **midkii la rabay**.

Haddii aad wali hayso **su'aalo** ku saabsan faa'iidooyinka iyo khatarta tallaalka ilmahaaga, BPHC waxay kugu dhiirigelinaysaa inaad kala hadasho dhakhtarka carruurtaada ama bixiye kale oo caafimaad oo lagu kalsoon yahay



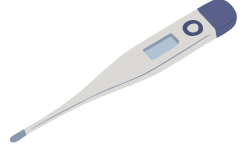
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MAXAY YIHIIN WAXYEELLOOYINKA TALLAALKA COVID-19 ?

- Waxyeellooyinka caadiga ah waa sida kuwa tallaalada kale oo ay ka mid tahay xanuun, barar, ama casaan ku yimaadda cududda meesha tallaalka laga siiyey, dareemid daal, madax xanuun, murqo xanuun, lallabbo, qandho, ama qarqaryo. Waxyeellooyinkan ayaa calaamad u ah in habka difaaca ilmahaagu uu **dhisayo ilaalin**.
- Waxyeellooyinku waxay u muuqdaan kuwo **khafiif ah** oo ku dhaca carruurta waxayna badiyaa socdaan **wax ka yar hal maalin**.
- Waxyeellooyinka daran **aad ayay dhif u yihiin**.
 - Fal-celinta xasaasiyadda daran (anafalakis) waxay dhici kartaa kadib tallaalka kasta laakiin waa dhif. Qof kasta waxaa fiiriya xirfadle caafimaad kadib marka la siiyo tallaalka COVID-19. Haddii falcelintu dhacdo isla markiiba waa la daaweeyaa.
 - Tiro yar oo kuray ah ayuu ku dhacay caabuqa wadnaha (infekshanka wadnaha ama infekshanka xubka wadnaha) kadib markii ay qaateen tallaalkooda. Kiisaska intooda badani waa kuwo fudud oo si fiican uga jawaaba daaweynta iyo nasashada.
- Ilmahaagu kama qaadi karo COVID-19 tallaalka.
- Ma **jiro wax caddaynaya** in tallaallada COVID ay saameeyaan **korriinka** ama **taranka** carruurta iyo dadka waaweyn.



IMMISA AYAY KU KACAYSAA?

Tallaalku waa **bilaash**, waligaana **laguma** waydiin doono inaad muujiso caddaynta caymiska caafimaadka, aqoonsi ama heerka socdaalka si aad uga hesho tallaalka Covid-19 goobta ay BPHC kafaalo qaaday!

U DIYAARINTA ILMAHAAGA TALLAALKA COVID-19



- Kahor inta aan la tallaalin, **kala hadal carruurtaada** waxyeellooyinka suurtagalka ah iyo waxa laga filayo.
- Laguma **talino** in la siiyo **dawo xanuunka** yareeya kahor inta aan la tallaalin si la iskugu dayo in looga hortago waxyeellooyinka suurtagalka ah.

ILMAHAYGU MA HELI KARAA TALLAALKA HADDAAANAN MEESHA JOOGIN?

Haa, laakiin **foomamka oggolaanshaha** oo saxeehan oo la buuxiyay ayaa looga baahan yahay ilmaha la tallaalayo iyada oo aan waalid la joogin. Foomamka oggolaanshaha waxaa laga heli karaa **websaydka Mass.gov**.

Tixraacyada:

Su'aalaha Inta badan La Isweydiyo ee ku saabsan Tallaalka COVID-19 ee Carruurta. CDC. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq-children.html>
 10 shay oo ay tahay inaad ka ogaato tallaalka COVID-19 ee carruurta. CDC. <https://www.cdc.gov/vaccines/covid-19/planning/children/10-things-to-know.html>
 Hause AM, Baggs J, Marquez P, et al. **Badqabka Tallaalka COVID-19 ee Carruurta Da'doodu u dhaxayso 5-II Sano - Maraykanka, Noofambar 3-December 19, 2021.** MMWR Morb Mortal Wkly Rep 2021;70:1755-1760. DOI: <http://dx.doi.org/10.15585/mmwr.mm705152a1>
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