

BAYAANKA MACLUUMAADKA TALLAALKA

Tallaalka Cudurka COVID-19: Waxa Ay Tahay Inaad Ogaato

Many Vaccine Information Statements are available in Somali and other languages. See www.immunize.org/vis

Bayaanno Maccluumaad Tallaal oo farabadan ayaa lagu heli karaa Af-Soomaaliga iyo luqado kaleba. Booqo www.immunize.org/vis

1. Maxaa la isu tallaalayaa?

Tallaalka COVID-19 wuxuu ka hortagi karaa **cudurka** COVID-19. Tallaalku wuxuu gacan ka gaystaa yaraynta darnaanshaha cudurka COVID-19 haddii aad xanuusan tahay.

Cudurka COVID-19 waxa keena koroonaafayras la dhaho SARS-CoV-2 kaasi oo si fudud dadka ugu dhex faafa. Cudurka COVID-19 wuxuu keeni karaa jirro fudud iyo mid dhexe oo socota dhawr maalmood, ama jirro daran oo loo baahdo in qofka isbitaal la dhigo, daryeel xooggan, qalabka neefsashada sahla si looga caawiyo qofka inuu neefsado. Cudurka COVID-19 wuxuu keeni karaa dhimasho.

Calaamadaha Cudurka COVID-19 waxay soo muuqan karaan 2 ilaa 14 maalmood ka dib la kulanka fayraska. Qofku wuxuu yeelan karaa calaamado fudud, dhexdhexaad ah, ama daran.

- Astaamaha suurtoogalka ah waxa ka mid ah xummad ama qarqaryo, qufac, neefsashada oo qofka ku adkaada ama dhibta, daal, murqo ama jir xanuun, madax-xanuun, dhadhanka ama urta oo tagta, cune xanuun, cabbur ama duuf, lalabo ama matag, ama fuuqbax.
- Calaamadaha halista ah waxaa ka mid noqon kara neefsashada oo dhib noqota; xanuun ama cadaadis joogto ah oo laabta ah; wareer cusub; awood la'aan ku saabsan in qofku soo tooso ama soo jeedo; iyo maqaarka, dibnaha, ama cidiyaha oo noqda midab cad, cawl, ama buluug ah (iyadoo ku xiran midabka maqaarka).

Dadka waayeelka ah iyo dadka da' kasta leh ee qaba xaalado caafimaad ee kale (sida xanuunka wadnaha ama sambabada ama sonkorowga) waxay u badan tahay inay si daran ugu xanuunsadaan Caabuqa COVID-19.

Ka dib xanuunka COVID-19, dadka qaar waxay qaataan COVID-da Dheer, oo ah xaalad daba dheeraata oo ay calaamaduhu socdaan 3 bilood ama ka badan. Calaamadaha COVID-ka Dheer ayaa laga yaabaa inay fiicnaadaan, sii xumaadaan, ama isku mid ahaadaan.

Dadka ku cusub tallaalka COVID-19 waxay leeyihiin halis hoose oo ah jirro daran, isbitaal dhigga, iyo dhimashada COVID-19 marka loo eego dadka aan hadda cusbayn. Tallaalka Cudurka COVID-19 waa habka ugu wanaagsan ee looga hortagi karo COVID-ka dheer.

Qaadashada tallaalka Cudurka COVID-19 waxay jidhka ka caawisaa inuu barto sida uu isaga difaaco cudurka wuxuuna yareeyaa khatarta cudur daran iyo dhibaatooyinka. Intaa waxaa dheer, tallaallada Cudurka COVID-19 waxay siin karaan ilaalin dheeraad ah dadka horey u qaaday COVID-19, oo ay ku jirto ka-hortagga isbitaal-gelinta haddii ay mar kale la bukoodaan Cudurka COVID-19.

2. Tallaalka Cudurka COVID-19

Tallaalka Cudurka COVID-19 ee cusub (Nooca 2024-2025) ayaa lagula talinayaa cid kasta oo 6 bilood iyo ka wayn jirta da' ahaan. Tani waxay sidoo kale khuseysaa haweenka uurka leh, kuwa nuujinaya, kuwa hadda doonaya inay uur qaadaan, ama laga yaabo inay mustaqbalka uur yeeshaan.

Tallaalada Cudurka 2024 - 2025 COVID-19 ee dhallaanka iyo carruurta da'doodu tahay 6 bilood ilaa 11 sano waxay ku heli karaan nidaamka Oggolaanshaha Isticmaalka Gurmada (Emergency Use Authorization) ee Maamulka Cuntada iyo Daawaynta Maraykanka (U. S. Food and Drug Administration, FDA). Fadlan tixraac Xaashiyaha Xaqiiqda ee Qaatayaasha iyo Daryeelayaasha si aad u ogaato macluumaad dheeraad ah.

Dadka da'doodu tahay 12 sano iyo ka wayn, tallaalada Cudurka COVID-19 ee cusub ee ay soosaartay ModernaTX, Inc. ama Pfizer, Inc. ayaa loo ansixisay FDA.

Tallaalka Novavax COVID-19 Adjuvanted (2024-2025 Formula) ayaa la heli karaa iyadoo la raacayo Oggolaanshaha Isticmaalka Degdegga ah ee FDA ee dadka da'doodu tahay 12 sano jir iyo ka weyn. Fadlan tixraac Xaashida Xaqiiqda ee Qaatayaasha iyo Daryeelayaasha si aad u ogaato macluumaad dheeraad ah.

- **Qof kasta oo da'diisu tahay 6 bilood iyo ka weyn** ayaa lagula talinayaa inuu helo tallaalka Caabuqa COVID-19 ee da'da ku habboon ee ay FDA-ay ansixisay ama oggolaaday ee 2024-2025.
- **Dadka qaarkood, sida kuwa qaba xaalado caafimaad ama qaadanaaya daawooyinka saameeya habka difaaca jirka,** waxay u baahan karaan in lagu daro tallaalo dheeri ah oo Caabuqa COVID-19 ah.. Bixiyahaaga daryeelka caafimaadka ayaa kula talin kara.



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3. La hadal bixiyahaaga daryeelka caafimaadka

U sheeg bixiyahaaga tallaalka haddii uu qofka qaadanayo tallaalka:

- Haddii uu yeeshay **dareen-celin xasaasiyadeed kadib markuu qaatay tallaalka Caabuqa COVID-19**, ama uu leeyahay **xasaasiyado daran, oo nolosha halis galin kara**
- Uu horey u yeeshay **myocarditis** (murqaha wadnaha oo bukooda) ama **pericarditis** (gidaarka dibadda wadnaha oo bukooda)
- Uu horey u yeeshay **multisystem inflammatory syndrome “cudur saameeyo habdhisyo badan”** (oo la dhaho MIS-C carruurta iyo MIS-A dadka waawayn)

Mararka qaarkood, bixiyahaaga daryeelka caafimaadka ayaa laga yaabaa inuu dib ugu dhigo tallaalka Cudurka COVID-19 ilaa booqasho mustaqbalka ah.

Dadka qaba jirrooyinka sahlan, sida hargabka, waxaa laga yaabaa in la tallaalo. Dadka qaba cudur dhex-dhexaad ah ama daran, oo ay ku jiraan kuwa qaba Caabuqa COVID-19, guud ahaan waa inay sugaan ilaa ay ka bogsadaan.

Tallaalka Cudurka COVID-19 waxaa la bixin karaa isla wakhtiga tallaalkada kale.

4. Halista dareen-celinta tallaalka

- Halka lagaa muday oo xanuunta, bararta, ama guuduud noqota, xummad, daal, madax-xanuun, qarqaryo, murqo xanuun, kala-goys xanuun, yalaalugo, matag, iyo barar qanjaha soosaara unugyada difaaca ayaa dhici karta kadib tallaalka Cudurka COVID-19.
- Myocarditis (murqaha wadnaha oo bukooda) ama pericarditis (gidaarka dibadda wadnaha oo bukooda) ayaa si naadir ah loo arkay kadib tallaalka Cudurka COVID-19. Khatarahaan waxaa inta badan lagu arkay dhalinyarada iyo ragga da'da yar. Fursadda arrintani ku dhacdaa waa mid hoosaysa.

Dadka ayaa mararka qaarkood miyir beela kadib marka habraacyo caafimaad lagu sameeyo, taasoo uu tallaalkuna ka mid yahay. U sheeg bixiyahaaga haddii aad dareento dawakhaad ama isbadal ku yimaada aragaaga ama dhaguhu ku guuxaan.

Sida dawo walba ee kale, waxaa jira fursad suurtagalkeedu aad u yar yahay in uu tallaalka sababo dareen-celin xasaasiyad ah ee daran, dhaawacyo kale ee halis ah, ama dhimasho.

V-Safe waa nidaam amniga kormeeraya oo kuu oggolaanaya inaad la wadaagto CDC sida aad adiga ama qofka aad masuulka ka tahay u dareemaan ka dib tallaalka Caabuqa COVID-19. Waxaad ka heli kartaa macluumaad oo waxaad iska diiwaangelin kartaa V-Safe adigoo adeegsanayo barta vsafe.cdc.gov.

Somali translation provided by Immunize.org

5. Maxaa dhacaya haddii ay jirto dhibaato halis ah?

Dareen-celin xasaasiyadeed ayaa dhici karta kadib marka qofka la tallaalay ka tago rugta caafimaadka. Haddii aad aragto calaamadaha falcelinta xasaasiyadeed oo daran (furuuruc, wajiga oo barara iyo cuno/dhuun barar, neefsashada oo adkaata, wadnaha oo degdeg u garaacma, wareer, iyo tabbar darri), fadlan wac lambarka **9-1-1** kadibna qofka gaarsii isbitaalka kuugu dhow.

Isla markaaba daryeel caafimaad raadi haddii qofka la tallaalay uu dareemayo laab xanuun, neefsashada oo ku adag, ama wadnaha oo xowli u garaacaya, shaqar samaynaya, ama boodboodaya kadib tallaalka Cudurka COVID-19. Kuwani waxay noqon karaan astaamaha myocarditis ama pericarditis.

Wixii calaamado kale ah ee welwel kuu keena, wac bixiyaha daryeelka caafimaadkaaga.

Dareen-celinta halista ah waa in loo sheegaa nidaamka qaabbilsan dareen-celinta halista ah ee lagu magacaaabo Vaccine Adverse Event Reporting System (Nidaamka Warbixinta Dhacdada Daran ee Tallaalka) (VAERS). Bixiyahaaga daryeelka caafimaadka ayaa badanaa gudbin doona warbixintan, ama adiga laftaada ayaa sidaa sameyn kara. Booqo mareegta VAERS ee www.vaers.hhs.gov ama wac **1-800-822-7967**. VAERS waxaa kaliya loogu talagalay wargelinta dareen-celinta, oo shaqaalaha VAERS ma bixiyaan talo caafimaadeed.

6. Barnaamijka Tallaabooyinka Kahortagga Dhaawaca

Barnaamijka Tallaabooyinka Kahortagga Dhaawacu (Countermeasures Injury Compensation Program, CICP) waa barnaamij heer federaal kaasoo kaa gacan-siin kara inaad iska bixisid kharashyada ku baxa daryeelka caafimaadka iyo kharashyada kale ee gaarka ah ee ku baxa dadka uu soo gaaray dhaawac khatar ah kaasoo ka dhashay daawooyin ama tallaalo gaar ah oo tallaalkani ka mid yahay. Guud ahaan, sheegasho ayaa waajib ah in loo gudbiyo CICP hal (1) ano gudhiis laga bilaabo taariikhda helitaanka tallaalka. Si aad wax badan uga ogaato barnaamijkan, booqo websaytka barnaamijka www.hrsa.gov/cicp, ama wac **1-855-266-2427**.

7. Sideen wax badan u ogaan karaa?

- Weydii bixiyaha qaabbilsan daryeelkaaga caafimaadka.
- Wac waaxda qaabbilsan caafimaadka ee deegaankaaga ama gobolkaaga.
- Booqo bogga internetka ee Maamulka Cuntada iyo Dawooyinka (FDA) si aad u hesho Warbixinnada Xaqiiqda ah ee Cudurka COVID-19, xaashiyaha macluumaadka alaabta, iyo macluumaad dheeri ah oo ku saabsan COVID-19. Waxaad ka booqan kartaa www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-vaccines.
- La xirii Centers for Disease Control and Prevention (Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada) (CDC):
 - Wac **1-800-232-4636 (1-800-CDC-INFO)** ama
 - Booqo bogga tallaalka Cudurka COVID-19 ee CDC eel aga heli kara www.cdc.gov/covid/vaccines/index.html.

