

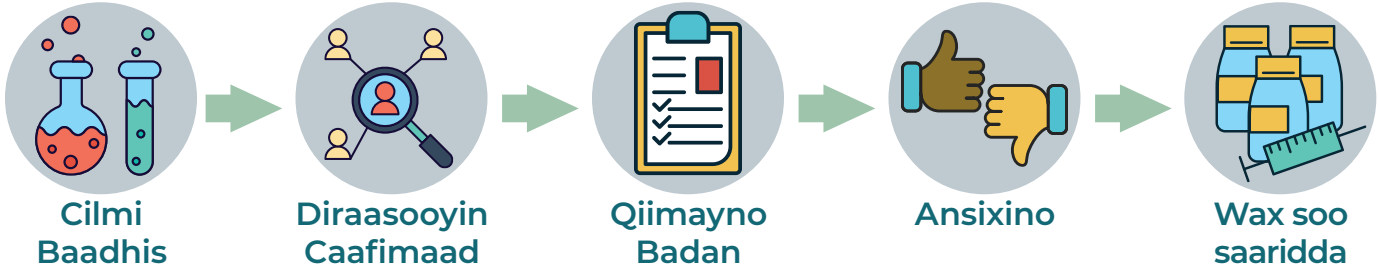
SIDA TALLAALADA COVID-19 LOO SAMEEYAY

021621 SOOMAALI

Samaynta tallaal waxa ay qaadan kartaa sannado. Iyadoo sidaa ah, tallaalkii ugu horreeyay ee COVID-19 waxa uu kusoo baxay muddo ka yar sannad markii la aqoonsaday fayraska sababaha COVID-19. Sidee ayaa ay tani ku dhacday?

Waxa mihiim ah in la ogaado in tallaaladu ay dhammaan mareen tallaabooyinkii lagu tijaabinayay laguna hubinaayay ammaan ahaantooda. Waxba lagama boodin.

Tallaalada COVID-19 waxa ay marayaan dhammaan tallaabooyinkii caadiga ahaa ee lagu ansixinaayay tallaal.



Maxaa markan ka duway kuwii hore?

Markan, wadashaqaynta cilmibaadhayaasha, dawlada federaalka iyo shirkado gaar loo leeyahay ayaa yareeyay wakhtiga kana yareeyay wakhtigii caadi ahaan lagu soo saari jiray. Halkan waxaa ku xusan qaar ka mid ah sababaha ay markan soo saarista tallaalada COVID-19 ay uga dhakhsiyo badnayd:

- **Cilmi baadhayaashu waxa ay haysteen bilaw fiican.** Soo saaridda tallaalka COVID-19 waxa uu ka taabbo qaatay cilmi baadhiso dunida oo dhan ah oo laga sameeyay karoonafayraska (gaar ahaan fayrasyada SARS iyo MERS) iyo horumaro laga sameeyay tiknoolojiyada tallaalka.
- **Maalgelintu diyaar ayaa ay ahayd.** Mararka qaar in lagag lagu maalgeliyo diraa-sooyinka tallaal la helaa waxa ay qaadan kartaa wakkhti badan. Marka ay noqoto tallaalka COVID-19, dawlada federaalku waxa ay bixisay lacag badan markiiba si loo geliyo soo saarista tallaal.
- **Diraasooyinku waa laysku dhafay.** Cilmi baadhayaashu waxa ay u qaateen dad dhammaan marxaladaha kala duwan ee diraa-sooyinka caafimaad wakhti kaliya oo isku mid ah. Iyadoo ay qayb ahaan sabab u ahayd maalgelinada dheeraadka ahi, waxa ay awoodeen inay dhammaan marxaladaha diraa-sada mar wada sameeyaan halkii ay midba midka kale ku xigsiin lahaayeen.
- **Soo saariddu waxa ay bilaaban tay xilli hore.** Iyadoo ay taageerayso caawimo laga helay dawlada federaalka, wax soo saarayaashu waxa ay bilaabeen inay sameeyaan baakadeeyaan tallaalada iyagoo markaasi weli diraa-sooyinkii caafimaad ay socdaan.



- **Caqabadihii sharci oo yaraa.** Tallaalka cusub ee COVID-19 waxa lagu ansixiyay Oggolaanshiyaha Isticmaalka Degdegga ah (Emergency Use Authorization) oo laga helay Maamulka Daawooyinka iyo Cuntada (Food and Drug Administration). Tani waxa ay qaadataa wakhti kayar caadi ahaan marka la barbardhigo qaabka ansixinta caadiga ah. Kooxaha iyagu heerka federaal ahi ma oggolaanayaan waxna inay ka hor istaagaan qiimaynta tallaalada. Tusaale ahaa, FDA da waxa ay korodhsatay shaqaale badan si ay u soo yarayso qaabka qiimaynta uguna soo yarayso bilo illaa todobaadyo.
- **Tallaalada diraaadu waa ay shaqeeyeen.** Sababtoo ah COVID-19 waa mid aad ufaafay, saynisyahanadu waxa ay si fudud ula soo bixi karaan tirada dadka ee la siiyay tallaalka COVID-19 ooyna barbardhigi karaan tirada dadka aan qaadan tallaalka ee qaaday xanuunka.
- **Badqabkaa kow ah.** Tallaalku waxa kaliya la ansixin karaa haddii diraaasooyinku caddeeyaan inuu ammaan yahay isla markaasina uu shaqaynaayo. Marka ay dad badani qaataan tallaalka, FDA da iyo Xarunta Xakamaynta Cudurada (Center for Disease Control) waxa ay ururin doonaan xog ku saabsan tallaalka waxayna sii wadi doonaan inay diraaaseeyaan waxtarkooda.

Tallaabooyinka Samaynta Tallaalka COVID-19

Diraaasooyin Caafimaad ee Tallaalka

Qiimaynta Xogta Badqabka ee Tallaalka

Tallaal ayaa La Sameeyay



Cilmi Baadhis

La sameeyay iyadoo la isticmaalaayo diraaasooyinkii hore ee karoon-afayrasyada kale.



Marxalada 1aad ee Diraaasada Caafimaad

Tallaalku ma yahay mid ammaan ah?

Marxalada 2aad ee Diraaasada Caafimaad

Tallaalku ma shaqaynayaa?

Marxalada 3aad ee Diraaasada Caafimaad

Tallaalku ma yahay ammaan MANA shaqaynaya?

Marxalada diraaasada caafimaad waa ay isku dhafmeen.



Qiimaynta FDA da

FDA du waxa ay eegtay xogta waxayna bixisay Oggolaanshiyaha Isticmaalka Degdegga ah si loo isticmaalo tallaalka.

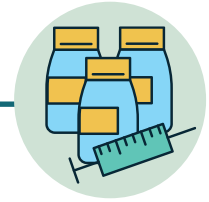
The Western States Scientific Safety Review Workgroup

Reviewed the safety and effectiveness. (Oregon, Washington, California, Nevada)



Qiimaynta Advisory Committee on Immunization Practices (ACIP)

Waxa ay ka talo bixiyeen cidda ay tahay inay qaadato tallaalka.



Wax soo saaridda

Pfizer iyo Moderna waxa ay sameeyaan tallaalka. Soo saaristu waxa ay bilaaban tay xilli hore, markii ay socdeen qiimaynaha iyo ansixinadu.

Waxa inoo hadhay waxyaalo badan oo ay tahay inaynu barano

Diraasooyinka tallaalku waa kuwo socda xog waaqici ahna waa lagusoo kordhinayaa waxa aynu hore uga ognahay dirasooyinka. Xogta illaa taariikhdan la hayo waxa ay sheegaysaa in tallaaladu yihiin ammaan waxtarna leeyihiin. Waxa weli jira waxyaalo aynu ubaahanahay inay ka barano tallaalka COVID-19:

- Muddo intee leeg ayaa ilaalinta uu tallaalku kaa ilaalinayo cudurka ay jiraysaa?
- Dadka tallaalani weli ma qaadsiin karaan cudurka dadyawga kale?
- Isbedellada fayrasku ku dhacayaa ma waxa ay micnahoodu tahay in tallaalo cusub loo baahan doono in la sameeyo sannadada soo socda?
- Miyaa ay jiri doonaan waxyeelooyin dhif ah oo aynu ka ogaan doono tallaalka marka malaayiin dad ah la tallaalo?

Kuwani waa su'aalo fiican oo ubaahan diraso dheeraad ah. Laakiin ma aha sababo ay tahay in dib loogu dhigo qaadashada tallaalka kanoo ah ammaan waxtarna dadka uleh hadda.

Taageero ayaa kuu diyaar ah haddii aad qabto wax su'aalo ah ama dareeno kala duwan

Waxa laga yaabaa inaad rajo weyn ka qabtid tallaalka iyo ka ilaalinta saaxiibadaa iyo qoyskaaga inay qaadaan COVID-19. Waxa laga yaabaa inaad ka werwersantahay inaad qaadato tallaalka laftigaagu. Haddii aad tahay qof aan midabkiisu cadday, waxa laga yaabaa inaad isweyddinayso inaad ku kalsoonaan kartid tallaalka nidaamka caafimaad oo markaasi iyagu kalsoonida bulshadaada hore uwaayay. Waa mid la fahmi karo inaad walaacyo qabtid. Hel xog dheeraad ah helna taageero:

- Booqo multco.us/covid-vaccine si aad u hesho macluumaad dheeraad ah.
- La hadal dhakhtarkaaga ama xaruntaada caafimaad. Haddii aanad lahayn dhakhtar, wac 2-1-1 ama Xarumaha Caafimaadka ee Daryeelka Aasaasiga ah ee Gobolka Multnomah: 503-988-5558
- Wac ama booqo Oregon's Statewide Safe + Strong Helpline si aad u hesho taageero dareen ah iyo laguuguna gudbiyo qayraad. Uma baahnid inaad ku jirto xaalad qalalaase ah. 1-800-923-HELP (4357), linesforlife.org/obhsl/