

SITHA ING SHAQEEYAW TILAALKA COVID-19 (KOOFID-19).

042921 Egiris



Tilaalka Covid-19 mey koo ilaaliyeey jiritha.

Dadka ki taqasusi Aafimaadka oo degmathaayno Gobolka iyo Qarankaba wey kiikila taliyaayaane qaadishooda Tilaalka liinki tala gali Covid-19. Waqtigaang li roogo wey jeree lama Tilaal oo liing ansihiyi dadka ki nool Mareykanka Pfizer and Moderna. Lamathaang Tilaal wey ing Baahingyiina lama qiyaasood si waltar inki weeldhithaang umuda. **95% dadka qaadithaaw lama mar iyee luku ilaaliyee inii ki jirithaang Covid-19.**

wey feylehe inii lahelu wal ku bathang hal Tilaal si liinla dagaalimo Virus- ka, ku kasta oo ku mid eh talaalathaang wey la Haqijiyeeey inii Amaang leyiin oo waltar leyiing.

Dadka ki taqasusi Aafimaadka iyee walii barathahayaane intii Tilaalitha dadka ku difaa'ayaang iyo intii Tilaalitha ku horseethayaang inii faafiyo qofka Covid-19. Waqti iyee qaadidaase ku hor intii qof kasta Tilaal fathaaw waana ing awoodne inii helo. **Siwed Galya dhigishootha, hirooy Af hirka (Mask) yaraay Safarka iyo banaan ing bahoowka, roog gurigaa, shirarka ing bahaaso koobanaatheeng mise usku yaraay hooba liki Tilaala hitaa.**

WEY GUUBAABIYAANE

- **Wey baraayaane jirka sithii liing aqoonsithaaw liinla dagaalaw Coronavirus kaasoo sheenaw Covid-19.**
- Wey ku koobinyiina fariin RNA (MRNA).
- MRNA wey ku mid eyaa buuga tilmaamaw wey barahaaye jirka si ki suubiyo borotiing, sitha wal dhib ing lahaayne oo borotiing ki jero. Virus- ka Corona jirka sithii liing sameeyaw borotiinka dhib ing lahaayne oo ing nak borotiinka ki jero Corona virus- kuung.
- **Jirka sithii liing suubiyaaw borotiing dhib ing lahaayne oo ing nak borotiinka ki jero Corona virus- ka.**

WEY ING GUTHUBAANE

- **miki jeraang** Corona virus mana kasa koraang Covid-19.
- **iyooow ma** bedelaaw DNA - ga ama hido ahaang, wal **iyooow ma** galaang hudunta ing eh unugyatha meela DNA - ga ki noola.

MEEYWU TILAALKA Covid-19?

Tilaalka [Pfizer](#) iyo [Moderna](#) wey leyiina MRNA iyo maadooyin ku kaalmeeyaw shaqada MRNA ee jirka Baruur, botaasiyam, hirimoo tooska eh si liinku ilaaliyo MRNA - da Aashito bathang, Osba ii Sokor.

Tilaalka **miki jeraang** wal Doonfaar hesheey ku kooyi, Ukun Hiji, mise Suunta si liing ilaaliyo Tilaalka.



Eey qaadid kore Talaal Kang?

- Dadka wiing 16 jero mise kuwing. (Pfizer)
- Dadk wiing 18 sini mise ku wing (modern) Aafimaada hadi
 - Hadi athi uur leta ama onog nuuliyaaaso mise
 - Hadi gabto kordhirik.

Dadka ki Tagasusi Seyinsis iyee talaal haang suubbiyaayang owlaada iyo dadkaa 16 sini ku yar.



Dhingiga Saameynta

Dad bathangka yaa li kulumaayang goo boo Aafimaadka Talaalka marku qaadithaang kareed tang weybuwaa astaan muujiyasa iniii jirka inn subiyo abuuritang ku horseethow uthurka eh.

- Dhibko kale talaalka leyi wey ku mid ehaa dhuuriyow oo meeli la talooh eh iyo iyeethoo gaduuduto meelaas.
- Maskang dhuur noog iyo gandho yarloo ku yar (100.4) alaamooyinkung meey in bathanyiine inta bathang markin marka lamaad la gandithaaw.

Alaamooyinkun weyba in bathanyiina wal usku dhamaathaw maalmo yar gudaashoo hadi sas ing nagane weer dhaktarka mise meela Aafimaadka laakin dadka dhamnnh meel bog eh. Laakin dadka dhaan tiyoo weyban heleena gargaar Aafimaad isla markiiba.

- Qofkasta oo gaathathaw talaalkuung waa ing usi sugaa marki la talaalo ku teed inki yaraan 15 dagiigo markaas hadii usi wal sitaathe eh usi iski arayo shagaalaha Aafimaadka iyee gargaar ing suubbiyaayang
- Hadi athi jiro in lahaw hor king haayi la hathal dhaktarkaa ama meeloo Aafimaadka

GARGAAR IYEE HELAASE HADII ATHI SU'AAL QABTO AMA WALII KALE OO SIYAADO EH WEY DAREEMA KORNE RAJO IN TALAALKA.

Niing surta geliyaaw ina ku agdhowaano markale dadka unu in kaalmeeyaano wey dareemaasaane khatar welwel hadd atha eta gof midad leh. Wey luku yaabe inii is su'aalo hadii atha ki kalsoonta talaalka midaamka Aafimaadka in horjero kalsoonitha bulshida. Unsuriyada Aafimaadka lin hore iyo tah hada jirtooba weey jertee wal la lafahomo kore inii luka welwelo. **Walbathang barooy oo hal taageero:**

- Lahathal dhaktarka ama Aafimaadka, hadii ing haaysine dhaktar weer 211 mise gooboo daryeelka koowaaad ee Multnomah County: 503-988-5558 | multco.us/health/primary-care-clinics
- weer khadka kaalmaada ling suubiya jinsiga ee oregon oo dhang hadii maskax ahoong iya dareeng ahaangbo dhib ing leyiing unsuriyada: 503-575-3764 | linesforlife.org/racial-equity-support-line
- Weer khaadka gargaarka nadbaadada hoog ee gobolk orego si unku helo gargasr dhinga dareenka eh iyo in diroowka kheeyraadka mi ing baahiniithi imtii kejerto hiisada. 1-800-923-gargasr (4357) | linesforlife.org/obhsl
- Firi multco.us/covid-vaccine wali war dheeraad eh.