

# Tallaada COVID-19

## Walaacyada iyo Xaqiiqooyinka Guud

**WAAN WALAACSANAHAY...**  
Talaalka ayaa igu ridaaya COVID-19.

### XAQIIQADA

**Kama qaadi kartid cudurka COVID-19 talaalka.**  
Tallaada COVID-19 kuma jiro fayraska keena COVID-19.

**WAAN WALAACSANAHAY...**  
Talaalladu waa kuwo aan badqab lahayn waxna ma tarayaan.

### XAQIIQADA

**Talaalada COVID-19 waa kuwo badbaado iyo waxtar leh.**

Tallaallada waxaa lagu tijaabiyey tobanaan kun oo qof oo ka qaybgalayaal tijaabooyinka caafimaadka ah. Waxay buuxiyeen heerarka adag ee sayniska ee FDA ee badqabka, waxtarka, iyo tayada soo saarida ee loogu baahnaa in lagu taageero oggolaanshaha isticmaalka degdega ah. Waxaa la ogaaday inay dhammaantood aad ugu habboon yihiin ka difaacida dadka inay xanuun ka qaadaan COVID-19.

**WAAN WALAACSANAHAY...**  
Talaalka Johnson & Johnson waxaa ku jiro cad ilmo uur ku jira lagasoo qaaday.

### XAQIIQADA

**Talaalka Johnson & Johnson kuma jiraan qaybo ka mid ah uurjiifka ama unugyada uurjiifka.**

Talaalka waxaa lagu abuuray isla tiknoolajiyad la mid ah kuwa tallaallada kale loo isticmaalay. Hal qayb oo kamid ah talaalka ayaa ka kooban koobiyada shaybaarka lagu sameeyay ee unugyada asal ahaan ka yimid qaybo lagasoo doortay ilmo la iskasoo riday oo dhacday 35 sano kahor. Markaas kadib, laymanka unugyada talaalladaan waxaa lagu hayaa shaybaarka. Ilaha dheeraadka ah ee unugyada uurjiifka ayaa loo adeegsaday in lagu sameeyo talaalladaan. Tan ayaa noqon karta xog ku cusub dadka qaar. Hase yeeshee, talaallada bus-buska, jadeecada, iyo cagaarshoowga A ayaa loo sameeyay isla qaabkaas.

**WAAN WALAACSANAHAY...**  
Talaallada COVID-19 ayaa keena ma dhalaysnimo ama uur qadis la'aan.

### XAQIIQADA

**Talaalladu ma taabanayaan unugyadaada dhalmada.**

Walaacyada ku xeeran caafimaadka ilmo qaadista iyo talaallada ayaa la fahmi karaa. Halkaan ayaad ka helaysaa waxaan ognahay: ma jirto caddayn saynis oo sheegaysa in talaalladu keenaan ma dhalaysnimo ama dhalmo days. Marka talaalladu galaan jirkaaga, wuxuu kala shaqeeyaa difaacaaga jirka si loo abuuro difaacyada la dagaalamaaya korona fayraska. Howshaan laguma yaqaano in ay la faragasho xubnahaada taranka.

**WAAN  
WALAACSANAHA...**

Uma baahni talaalka haddii aan horay u qaaday caabuqa COVID-19.

 **XAQIIQADA**

**Wali waa inaad qaadata talaalka haddii aad horay u qaaday COVID-19.**

Xogta ayaa muujineysa inay tahay wax aan caadi aheyn in markale qofku qaado cudurka COVID-19 90 maalmood gudahood kadib markii cudurka uu kugu dhacay. Tani waxay ka dhigan tahay inaad difaac ka heli karto COVID-19 (oo loo yaqaano difaaca dhex-dhexaadka) intii muddo ah. Si kastaba ha noqotee, ma naqaano inta uu difaaca jirka ee dabiiciga ahi shaqeyn karo.

**WAAN  
WALAACSANAHA...**

Talaallada waxaa ku jira aaladaha dadka basaasa.

 **XAQIIQADA**

**Talaallada ku jirto aalad wax basaasta ama dadka dabagasha.**

Talaallada waxaa keliya ku jira maadooyin shaqaynaaya oo ka caawinaaya jirkaaga abuurista difaacyada la dagaalanka COVID-19, oo wata cadad baruur ah, cusbo, iyo sonkor.

**WAAN  
WALAACSANAHA...**

Talaallada COVID-19 badqab uma lahan dadka uurka leh ama naaska nuujinaaya.

 **XAQIIQADA**

**Khubarada caafimaadka ee uurka iyo dhalmada ayaa ku talinaaya in talaalka COVID-19 la siiyo haweenka uurka leh, ilmaha nuujinaaya, ama qorshaynaaya inay uur yeeshaan.**

Xogta ayaa muujinaysa in talaallada COVID-19 ay yihiin kuwo badqab u leh xiliga uurka. Xaqiiqdii, daraasaadka qaarkood ayaa muujinaaya in waalidka la talaalay uu xataa unugyada difaaca ka dhanka ah COVID-19 u gudbinaayo cunugeeda uurka ku jira iyo kan naaska nuugaaya. Dadka uurka leh ayaa khatar ugu jira xanuun daran oo ka dhasha COVID-19, ayna ku jiraan dhimasho. Talaalladu waa difaaca ugu wanaagsan.

**WAAN  
WALAACSANAHA...**

Talaallada COVID-19 waxay badalayaan DNA gayga.

 **XAQIIQADA**

**Talaallada COVID-19 ma baladayaan ama ma saamaynaayan DNA gaaga.**

Dhammaan talaallada la heli karo ayaa tilmaamo siiya unugyada jirkeena si ay u bilaabaan difaac ka dhan ah fayraska keena COVID-19. Talaalku ma galo qaybo kamid ah unugta oo DNA gu ku jiro. Taas badalkeeda, talaallada ayaa la shaqeeya difaacyada dabiiciga ah ee jirka si loo dhiso difaaca jirka.

**WAAN  
WALAACSANAHA...**

Waxaa igu dhacaaya dhiig xinjiroow kadib talaalka.

 **XAQIIQADA**

**Khatarta qaadista dhiig xinjiroowga ayaa aad u yar.**

Tusaale ahaan, Khatarta ayaa aad oga yar khatarta xinjiroowga dhiiga ee ka timaada qaadashada daawooyinka kahortaga uurka, kuwaasoo malaayin dumar ahi ay maalin kasta isticmaalaan. Sikastaba ha ahaatee, Washington State Department of Health, (DOH, Waaxda Caafimaadka Gobolka Washington) waxay kugula talineysaa inaad qaadata tallaalka mRNA ee COVID-19 (Pfizer-BioNTech ama Moderna) badelki tallaalka Johnson & Johnson (J&J) sababo la xariiro halis imaan karto.

Tallaalka J&J ayaa weli la heli karaa haddii aadan awoodin ama aadan dooneyn inaad qaadata tallaalka mRNA. Kala hadal daryeel bixiye caafimaad wixii ku saabsan halistaada.