



Australian Government



Diyaarinta tallaalka COVID-19

Markii ugu dambeysey ee la cusbooneysiisay: 30 July 2021

Hubso in faahfaahintaadu sax tahay

Intaad sugeysid ballantaada, waxaa jira waxyaabo aad hadda sameyn kartid si aad isugu diyaarisid.

Hubso in faahfaahintaadu [Medicare ay tahey mid cusbeysiisan](#), haddii aad xaq u leedahay (ogow inaad weli qadan kartid tallaalka COVID-19 haddii aadan xaq u lahayn Medicare).

Waxaad ku samayn kartaa sidan:

- [Xisaabta internetka ee Medicare](#) iyada oo loo marayo [myGov](#)
- Barnaamijka Midikaarka ee taleefanka [Express Plus Medicare app](#).
- Adoo wacaya [barnaamijka Medicare](#).

Haddii aadan haysan akoonkaaga, waxaad sameyn kartaa:

- [Isgor Medicare](#), hadaadan horey uqorneyn.
- [Samee](#) akoonkaaga Medicare onlayn, haddii aad ka diiwaangashan tahay Medicare, laakiin aanad haysan Medicare ku xidhan myGov.
- [Hel Aqoonsi Caafimaad Shakhsiyeed \(Individual Health Identifier, IHI\)](#), haddii aanad xaq u lahayn Medicare.

Markaad qaadatay tallaalkaaga, waxaad awoodi doontaa inaad heshid bayaanka taariikhda tallaalka si loo caddeeyo heerka tallaalkaaga. Waxaad ka heli kartaa [sida loo helo bayaankaaga taariikhda tallaalka](#) bogga Adeegyada Australiya.

Isu diyaarinta ballantaada

Waxaa jira saad xadidan oo ah tallaalka COVID-19 ee Australiya iyo adduunka oo dhan. Tan macnaheedu waxa weeye, dadka halista ugu badan ugu jira COVID-19 daran iyo /ama soo-gadhista fayrasku waxay heli doonaan tallaalka marka hore. Dadka kale waxay heli doonaan tallaalka waqti ka dib. Soo ogow cidda mudnaanta la siin doono tallaalka adiga oo booqda www.health.gov.au/covid19-vaccines. Waad eegi kartaa si aad u aragtid haddii aad ballansan kartid tallaalka COVID-19 weli adigoo booqanaya <https://covid-vaccine.healthdirect.gov.au/>.

Waa inaad **xaadirin** ballanta tallaalka ee COVID-19 haddii aad:

- Aanad caafimaad qabin oo aad la liidatid xumad, qufac, sanko oo dareera ama astaamo kale oo ka imaan karaa COVID-19

- Waxaan sugaynaa natiijooyinka baadhitaanka COVID-19
- Natiijada baadhitaangu wuxuu noqdey togan COVID-19 adiguna waxaad ku jirtaa go'doon
- Waxay ku jiraan karantiil
- Waxaad xidhiidh dhaw la leedahay qof qaba COVID-19.

Haddii aad ku dhacdo mid ka mid ah qaybaha kore, ka hubi bixiyaha tallaalkaaga. Waxaa laga yaabaa inaad u baahatid inaad dib u dhigatid ballantaada tallaalka. COVID-19 tallaalku waxtar uma leh daaweynta COVID-19.

Haddii aad qaadatay tallaalka kale 7 maalmood ka hor ballantaada tallaalka COVID-19, u sheeg bixiyaha tallaalkaaga. Bixiyaha tallaalkaaga ayaa laga yaabaa inuu ku weeydiyo inaad dib u dhigatid ballantaada.

Looma baahna inaad iska baahidid COVID-19 ka hor tallaalka haddii aanad qabin xumad ama astaamaha neefsashada.

Horey u qorshee labada dhoos

Waa muhiim inaad heshid laba qaybood oo ah tallaalkaaga COVID-19. Waa inuu jiraa ugu yaraan saddex wiig inta udhaxeysa labada qaybood hadii aad qaadatid tallaalka COVID-19 Pfizer [Comirnaty]. Waa inay udhaxaysaa 12 wiig inta udhaxeysa labada dhoos hadii aad qaadatid tallaalka COVID-19 AstraZeneca. Soo gaabinta inta u dhaxeysa oo laga soo gaabinayo 12 toddobaad illaa wax ka yara 4 toddobaad inta u dhaxaysa dhoosyada ayaa ku habboonaan kara duruufaha qaarkood. Kahortaga ugu wanaagsan ee ka hortagga COVID-19 ma dhici doono illaa hal ilaa laba toddobaad ka dib qiyaastaada labaad.

Maxaa laga filan karaa ballanta tallaalkaaga

Waa inaad waxyaabaha soo socda u keentaa ballanta tallaalkaaga COVID-19:

- Aqoonsi sawir, haddii aad mid leedahay
- Kaadhka Medicare, haddii aad mid leedahay
- Aqoonsiga Shaqaalaha, haddii aad qaadanaysid tallaalka COVID-19 shaqadaada awgeed.
- Macluumaad ku saabsan mid ka mid ah xaaladahaaga caafimaad, xasaasiyadda, cilladaha dhiig-baxa ama difaaca jirka (tusaale, daciifinta habka difaaca jirka)
- Macluumaad ku saabsan wixii dawo ah ee aad qaadanaysid
- Macluumaad ku saabsan wixii talaal ah ee hore ee COVID-19 ee la helay (summada tallaalka iyo taariikhda tallaalka)
- Macluumaad ku saabsan falcelin kasta oo aad ku yeelatay tallaalka kasta oo hore
- Magaca GP gaaga/yadaada iyo dhakhaatiirkale oo takhasusleh
- Maaska wajiga (haddii uu gobolku/teraterigu u baahyahey).

Ballantaada, waxaad awoodi doontaa inaad kala hadashid wixii su'aalo ah ee aad ka qabtid tallaalka COVID-19 bixiyaha tallaalkaaga.

U sheeg bixiyaha tallaalkaaga haddii ka yar tahey 60, haddii aad qabtid wax xaalad caafimaad ah ama haddii aad qaadanaysid wax dawo ah. Si gaar ahaaneed hubi inaad u sheegtid haddii:

- aad ku yeelatay dareen-celin xasaasiyad dhooska hore oo tallaalka COVID-19 ah ama qayb ka mid ah tallaalka
- aad qabatay anaphylaxis (dareen -celin xasaasiyad daran) tallaalkada kale ama dawooyin kale
- dhacdo kale oo halis ah oo ka dambaysay dib-u-eegis khabiir ayaa loo aaneeyey dhooska hore oo tallaalka COVID-19 ah

- leedahay taariikh mastocytosis la xaqiijiyay oo leh anaphylaxis soo noqnoqda oo u baahan daaweyn
- waligaa lagaa helay cilladda xididdada dhiigga
- waligeys ku yeeshay xidid dhiig oo xidid iyo/ama halbowle ah oo ay weheliso thrombocytopenia, oo ay ku jirto cudurka Thrombotic Thrombocytopenic Syndrome (TTS), ka dib qiyaas hore oo ah tallaalka COVID-19
- aad leedahay taariikh heparin thrombocytopenia (HIT), thrombosis sinus venous venous (CVST), xinjiro dhiig oo ku jira xididdada caloosha (xididdada splanchnic) ama cilladda antiphospholipid ee la xiriirta xinjiro dhiig
- kugu dhacay myocarditis iyo/ama pericarditis
- hadda qabo ama dhawaan lahaa xumad ba'an ama endocarditis
- qabo wadne xanuun lagu dhasho
- aad qabtid cardiomyopathy (dadka ka yar 30 sano)
- wadno -xanuun aad u daran
- aad tahay qof qaata bedelka wadnaha
- qabo dhiig -bax ama aad qaadanaysid dawada xinjirowga lidka ku ah (dhiig -khafiifiye)
- aad uur leedahay
- ay yihiin kuwa aan is -difaaci karin (tusaale aad hore u lahayd COVID-19, ama aad qabtid xanuun joogto ah oo ka yimid COVID-19
- hore u qabay COVID-19, ama aad qabtid xanuun joogto ah oo ka yimid COVID-19
- qaatay tallaalka kale oo COVID-19 (iyo astaan nooc ee ah)
- aad qaadatay wax tallaalka ah 7dii maalmood ee la soo dhaafay

Xaaladaha qaarkood, way fiicnaan kartaa inaad kala hadashid dhakhtarkaaga daryeel caafimaad ku saabsan tallaalka ka hor ballanta tallaalka. Waxaad sidoo kale akhrin kartaa macluumaadka ku saabsan tallaalka gaarka ah ee aad qaadanaysid:

- [Macluumaad ku saabsan tallaalka COVID-19 Pfizer \(Comirnaty\)](#), ama
- [Macluumaadka ku saabsan tallaalka COVID-19 AstraZeneca](#)

Sida aad uheleysid tallaalka

Waxaad uheli doontaa tallaalka irbad ahaan, inta badan muruqa gacantaada sare. Waa inaad ku jirtaa rugta talaalka si aad ugu kuurgashid ugu yaraan 15 miridh tallaalka kadib. Waxay kuxirantahay taariikhdaada caafimaad, waxaa lagaa codsan karaa inaad ku sugtid xarunta caafimaadka 30 miridh.

Sidee loo adeegsadaa macluumaadka aad ku bixisid ballantaada?

Wixii macluumaad ah ee ku saabsan sida macluumaadkaaga shakhsiyeed loo ururiyo, loo kaydiyo loona isticmaalo booqo <https://www.health.gov.au/using-our-websites/privacy/privacy-notice-for-covid-19-vaccinations>