



Australian Government



Tallaallada COVID-19: su'aalaha caanka ah

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Waa maxay sababta aan u qaadanayo tallaalka COVID-19?

COVID-19 wuxuu noqon karaa cudur aad u daran. Waxay si gaar ah khatar ugu tahay dadka nugul ee bulshadeena. Qaadashada tallaalku waa mid ka mid ah siyaabaha ugu wanaagsan ee naftaada iyo bulshadaada looga ilaalin karo inay aad u bukoodaan ama u dhintaan COVID-19.

Caddaynta hore waxay muujineysaa tallaallada COVID-19 inay caawinayaan yareynta faafitaanka fayraska. Markaan is tallaalno, waxaan yareyn karnaa faafitaanka fayraska.

COVID-19 wuxuu beddelay sida aan u nool nahay. Marka dad badan la tallaalo, dillaaca COVID-19 uma badna inay dhacaan.

Sidee bay tallaalada COVID-19 u shaqeeyaan?

Tallaallada COVID-19 waxay u shaqeeyaan sida tallaallada kale. Tallaalladu waxay caawiyaan inay tababaraan jidhka qofka si uu u garto oo ula dagaallamo fayrasyada sababi kara jirro, adiga oo aan ku siin cudurka laftiisa. Tallaalka COVID-19 wuxuu ka caawiyaa jidhka inuu aqoonsado oo la dagaallamo fayraska sababa COVID-19.

Tallaalada COVID-19 ma yihiin kuwo badbaado leh?

Maamulka Agabka Daaweynta (The Therapeutic Goods Administration, TGA) waa saynisyahano iyo khabiirada caafimad oo nidaamiya ansaxiyana dhamaan talaalada iyo daawooyinka, iyo alaabada kale ee caafimaad ee lagu isticmaalo Australiya. TGA waxey ka hubiyaan dhamaan talaalada COVID-19 tayada, amaanka, iyo waxtarka kahor intaan loo ansixin in laga isticmaalo Australiya. Tani waa nidaam isku mid ah oo dhammaan tallaalada la mariyo Australiya.

Khubarada caafimaadka ee TGA waxay si isdaba joog ah u hubiyaan dhamaan talaalada si loo hubiyo inay nabdoon yihiin. Talaalada waxaa kaliya ee lagu ansixinkaa in laga isticmaalo Australiya ka dib marka la qiimeeyo lana ogolaado oo tusa in faa'iidooyinka tallaalka ay ka badan yihiin halis kasta.

Miyaa tallaalada COVID-19 si dhakhso leh loo soo saaray?

Tallaallada COVID-19 ayaa loo soo saaray inay noqdaan kuwo ammaan ah oo waxtar leh. Waxay umuuqataa inay si dhakhso leh u horumareen, si kastaba ha noqotee cilmi baarayaasha adduunka oo dhan ayaa si adag u wada shaqeeyaan inay soo saaraan tallaalada COVID-19

laga bilaabo bilowga markii cudurka faafa bilaabmey. Isla habkaas ayaa loo raacay tallaalada kale, wax talaabooyin ahna lama dhaafin.

Tallaalada COVID-19 oo badbaado leh oo wax ku ool ah ayaa si dhakhso leh loo soo saaray sababtoo ah:

- lacag aad u tiro badan oo lagu maal-galiyay cilmi-baarista iyo soo-saarka
- helitaanka tikniyoolajiyad cusub; si loo xawaareeyo haruumarka
- cilmi baarayaal, saynisyahano iyo soo saarayaasha aduunka oo wada shaqeynaya tallaabooyinka qaarkood ee tijaabooyinka bukaan-socodka iyo hannaanka
- oggolaanshaha ayaa dhacay isla waqti isku mid ah, halkii midba ka kale ka dib dhicilahaa.

Tani waxay na siisaysaa helitaanka tallaalada sida ugu dhakhsaha badan ee suurtoogalka ah.

Sidee ayuu tallaallada COVID-19 noo badbaadiyaa?

Tallaallada COVID-19 waxuu jirkaaga baraa inuu aqoonsado lana dagaallamo COVID-19. Kuma jiraan COVID-19. Kama heli kartid COVID-19 qaadasha tallaalaka. Tallaalku waa hab nabdoon oo looga hortago fayraska jirka ku jira, iyadoo aan cudur la keenin.

Tallaallada COVID-19 ee loo oggolaaday in laga isticmaalo Australiya ayaa la muujiyey inay aad ugu fiican yihiin kahortagga cudurrada daran, tagitaanka cusbataalka iyo dhimashada.

Waxaad kala hadli kartaa dhakhtarkaaga talaalada COVID-19 iyo sababta talaalku qayb muhiim ah uga yahay ilaalinta bulshada amaan iyo caafimaad.

Dhibaatooyinkee nooc ee ah ayaan ka fili karaa tallaallada COVID-19?

Tallaallada oo dhan waxay yeelan karaan xoogaa saameyn ah. Dhibaatooyinkan sida caadiga ah waa kuwo khafiif ah waxayna socodaan dhowr maalmood.

Dhibaatooyinka kale waxaa ka mid noqon kara:

- cudud xanuun mudista ka dib
- xumad
- murq xanuun
- madax xanuun.

Haddii aad wax su'aalo ama walaac ah qabtid tallaalkaaga ka dib, la xidhiidh rugtaada tallaalka ama dhakhtarkaaga.

Waxaa jira xidhiidh ka dhexeeya tallaalka Vaxzevria (AstraZeneca) iyo xaalad aad u dhif ah, taas oo ku lug leh xinjirowga dhiigga, iyo heerarka dhiigga oo hooseeya. Faahfaahin intaas ka badan ka ee halkan: <https://www.health.gov.au/resources/publication/astrazeneca-information-other-languages>

Tallaallada COVID-19 ma yareeyaan faafitaanka fayraska?

Tallaallada COVID-19 aad bay waxtar ugu leeyihiin inay kaa caawiyaan inay kaa hor istaagaan inaad aad u xanuunsatid, gashid cusbitaal, ama aad u dhimatid COVID-19. Caddayn hore ayaa sidoo kale muujineysa in tallaallada COVID-19 ay gacan ka geystaan yareynta faafitaanka fayraska.

Caddaynta cilmi-baadhistu waxay soo jeedinaysaa in haddii uu qof ku bukoodo COVID-19 ka dib markii la tallaalay, waxay u badan tahay in ay dadka kale qaadsiiyaan xanuunka marka loo eego qof aan qaadan tallaalkooda

Tallaallada COVID-19 miyay saameyn ku leeyihiin uurka ama nuujinta?

Haddii aad uur leedahay, naas nuujinaysid ama aad qorsheynaysid uur, waxaa lagugula talinayaa inaad qaadatid tallaalka Comirnaty (Pfizer) ama Spikevax (Moderna) COVID-19. Cilmi-baaris laga sameeyay daafaha dunida ayaa muujineysa in tallaalka Pfizer iyo Moderna ay yihiin badbaado u yahay haweenka uurka leh iyo kuwa naaska nuujinaya.

Haddii aad qaaddo COVID-19, adiga iyo dhallaankaaga aan dhalan waxaad halis u noqon kartaan. Waxaa jira:

- halis sare oo ah inaad u baahatid inaad gashid cusbitaal
- fursad yar oo ka saraysa in ilmuhu hore u dhasho oo u baahan inuu cusbitaal galo
- halis yar oo ka sareysa dhalmada meydka (ilmaha dhasha isagoo aan nooleyan).

Qaadashada tallaalka COVID-19 wakhti kasta inta aad uurka leedahay ayaa ah habka ugu wanaagsan ee hoos loogu dhigi karo khatarahaas.

Haddii aad naas nuujinaysid oo aadan awoodin inaad heshid tallaalka Pfizer ama Moderna, waxaad ka fiirsan kartaa qaadashada AstraZeneca, haddii faa'iidooyinka ay ka badan yihiin halista tallaalka. Tallaal kasta oo aad qaadatid, uma baahnid inaad marka hore joojisid naasnuujinta ilmahaaga.

Macluumaad dheeri ah oo ku saabsan badbaadada tallaallada COVID-19 marka aad uurka leedahay ama aad naas nuujinaysid, la hadal dhakhtarkaaga. Macluumaad dheeraad ah ayaa laga heli karaa www.health.gov.au/resources/translated/pregnancy-and-covid-19-vaccines-other-languages

Tallaallada COVID-19 ma keenaan madhalaysnimo?

Ma jirto caddayn cilmiyeed oo muujinaysa in tallaallada COVID-19 ay ragga ama dumarka ku keento madhalaysnimo ama dhufaan.

TGA ma oggolaan doonto tallaal Australiya gudaheeda laga isticmaalo oo aan ka aheyan mid nabdoon oo wax ku ool ah. Tan micnaheedu waa TGA ma oggolaan doonto tallaal haddii uu saameeyo bacriminta lab ama dheddig. Daraasadaha laguma helin dhalmo la aanta inay tahay saamayn dhinac kasta ah tallaalka COVID-19 ee TGA ansixiyay.

Ayaa heli kara tallaalka COVID-19?

Qof kasta oo Australiyaanka ah ayaa heli kara tallaalka bilaashka ah markay tahay markiisa. Haddii aad ka helaysid tallaalkaaga rugta tallaalka gobolka ama taritoriga, uma baahnid kaarka Medicare. Si aad ula socoto waqtiga aad qaadan karto tallaalkaaga booqo <https://covid-vaccine.healthdirect.gov.au/>

Carruurta ma qaadan karaan tallaallada COVID-19?

Carruurta oo jirta 12 sano iyo ka weyn waxay karikaraan inayqaataan tallaalkooda Pfizer ama Moderna COVID-19.

Khubarada tallaalka Australia, Kooxda La -talinta Farsamada ee Tallaalka (ATAGI), waxay ku talinayaan in carruurta da'doodu tahay 12 sano iyo ka weyn la siiyo tallaalka Pfizer ama Moderna.

Si aad u ogaatid waxa adiga iyo qoyskaaga kugu habboon, la hadal dhakhtarkaaga.

Ma u baahanahay laba dhoos oo tallaalka COVID-19 ah? Ma inay noqdaan nooc isku mid ah tallaalka COVID-19 si uu waxtar u yeesho?

Haa, khubarada caafimaadka ee ATAGI ayaa sheegaya inay fiican tahay in la qaato laba dhoos oo isku tallaalka ah. Tani sidoo kale waa waxa TGA ay siisay oggolaansho sharciyeed.

Qofka siineya tallaalkaaga ayaa ku ogeysiin doona nooca tallaalka aad heshay, iyo goorta ay tahay inaad ballansatid ballantaada labaad.

Miyaan u baahnaan doonaa dhooska saddexaad ee tallaalka COVID-19?

Khubarada tallaalka ee Australia ATAGI waxay ku talinayaan dhoos saddexaad ee tallaalka COVID-19 dadka ka weyn 12 sano oo si [aadka aha immunocompromised](#) (difaaca jidhkooda uu daciif yahay). Dadka immunocompromised (difaaca jidhkooda uu daciif yahay) oo liito ayaa leh heerar difaac oo ka hooseeya dadka intiisa kale. Waxay u baahan yihiin dhooskan saddexaad si ay u helaan ilaalin la mid ah ta dadka kale ka heli doonaan labada dhoos.

Kuwa u-qalma waa inay qaataan tallaalka saddexaad inta u dhexeysa laba illaa lix bilood kadib markii la siiyay tallaalkooda labaad ee COVID-19.

Dadka aan siadaa immunocompromised (difaaca jidhkooda uu daciif yahay) u dareyan uma baahna dhooska saddexaad ee tallaalka COVID-19 marxaladdan, maxaa yeelay waxay hore uga haystaan difaac ku filan fayraska laba dhoos oo tallaalka ah.

Sideen u ballansan karaa tallaalkayga COVID-19?

You can find a clinic and book a COVID-19 vaccination using the vaccine clinic finder <https://covid-vaccine.healthdirect.gov.au/>

Waxaad sidoo kale kala hadli kartaa dhakhtarkaaga ama farmasiilayaasha ka qaybgalaya buukinkaaga tallaalkaaga.

Tallaallada COVID-19 Australia ma khasabbaa?

Tallaalka COVID-19 waa ikhtiyaari. Dadku way dooran karaan haddii ay doonayaan inay qaataan tallaalka COVID-19. Maheli doontid takhsiiir inaad qaadan tallaalka COVID-19.

Tallaalka ka dhanka ah COVID-19 ayaa shardi u ah dadka ka shaqeeya daryeelka waayeelka ee deggan. Gobollada iyo taritoriyada qaarkood waxay leeyihiin shuruudo u gaar ah tallaalkooda. Waxaa jira ka dhaafitaanno dadka aan awoodin in la tallaalo xaalado caafimaad awgeed.

Ma ka qaadan karaa mid ka mid ah tallaallada dibedda?

Dadka Australiya ku nool waxay heli karaan oo keliya tallaallada COVID-19 oo ay ansixisay TGA si loogu isticmaalo Australiya. Tallaalladaan sidoo kale waxaa loo oggolaan karaa in loogu isticmaalo dalal kale. Waa inaad isku dayin inaad ka iibsatid tallaalka COVID-19 khadka tooska ah, maxaa yeelay kuwani waxay u eg yihiin kuwo aan ammaan ahayn ama been abuur ah.

Markaan qaato tallaalka, weli ma waxaan u baahanahay inaan qaado taxaddarro kale si aan u joojiyo faafitaanka COVID-19?

Ka dib markaad heshid tallaalkaaga, weli muhiim ayey kuu tahay inaad sii wadatid dhaqamada aaminka ah si aad u joojisid faafitaanka COVID-19.

Ka fogow dadka kale 1.5 mitir, gacmahaaga si joogto ah ugu maydh saabuun iyo biyo, gurigaaga joog markii aad xanuunsan tahay, iska baar COVID-19 oo xidho maaskaro markii loo baahdo.

Miyay dadka qaatay COVID-19 wali u baahan yihiin in la tallaalo?

Dadka qaatay COVID-19 oo soo bogsaday waa in weli la tallaalaa. Fayraska sababa COVID-19 waa fayras cusub, iyo khabaradu ma yaqaanaan inta goor ee difaaca jidhka ee dabiiciga ah uu sii jiri karo cudurka kadib. Waxay u badan tahay in kahortaga dib-u-qaadista infekshinku uu yaraan doono waqti ka dib. Sidaa darteed waa macquul in la qaato tallaalka si loo xoojiyo difaac isla markaana loo hubiyo in ka hortagga uu sii dheeraanayo.

Tallaalka hargabku miyuu iga ilaalin doonaa qaadista COVID-19?

Ifilada (ifilada) iyo COVID-19 labaduba waa fayras, laakiin isku mid ma aha. Tallaalka hargabku ma siinayo difaac, ama kahortaga, COVID-19.

Tallaalka COVID-19 ayaan ka difaaci doonin hargabka. Waxaa lagu talinayaa in la qaato labada tallaalka ee hargabka iyo COVID-19, laakiin xusuusnow inaad u dhaxeysiisid 7 maalmood inta u dhaxaysa tallaalka hargabka iyo tallaalka COVID-19.

Miyaan qaataa dawada khafiifisa dhiiga kahor intaan qaadan talaalka AstraZeneca?

Maya, muhiim mahan inaad qaadatid daawada khafiifisa dhiiga kahor intaan qaadanin talaalkaaga.

Waa inaad sii wadatid qaadashada dawada caadiga ah illaa dhakhtarkaagu kugula taliyo mooyee.

Tallaallada COVID-19 ma shaqeyn doonaan haddii COVID-19 isbeddelo?

Feyrasyada oo dhami way is badalaan waqti kadib. Tan waxaa loo yaqaan 'mutation'. Caddaymaha sayniska ee socda waxay muujinayaan in tallaallada COVID-19 ay wali waxtar u yeelan doonaan noocyada cusub (isbedelada) ee COVID-19. Maamulka Agabka Daaweynta (The Therapeutic Goods Administration) ayaa sii wadi doona inay si dhow u eegaan tan iyada oo qayb ka ah oggolaanshahooda caadiga ah iyo howlaha kormeerka.

Waxay noqon kartaa inay dadku u baahan yihiin tallaalka xoojin ah sida ay teetanada iyo xiiq-dheerta, tallaalka. Waxey noqon kartaa inaan u baahanahay inaan mar kale is tallaalno. Sida laynooga tallaalo hargabka oo sannad kasta. Baarayaasha ayaa wali baaraya tan.

Haddii aad ubaahantahay qiyaaso dheeri ah oo dheeraad ah, sida kordhinta sanadkii kasta, ee talaalada COVID-19 wali waxaa lagu go'aaminayaa tijaabooyinka caafimaad ee socda. Mustaqbalka, dhakhtarkaagu wuxuu kuu sharxi karaa haddii loo baahdo waxyaabaha kor u qaada COVID-19 iyo inta goor.

Tallaallada COVID-19 wax ma ka beddelaan hidaraacayga ama DNA-kayga?

Maya, tallaallada COVID-19 waxba kama beddelaan hidaraacayga ama DNA-gaaga.

Qaar ka mid ah tallaallada cusub ee COVID-19 waxay isticmaalaan qayb ka mid ah Messenger RNA (mRNA) si ay jidhkaaga u faraan inay u sameeyaan jawaab kahortaga COVID-19. Talaalku kuma siinayo COVID-19.

DNA waa nooc ka mid ah molecule ka duwan kan loo yaqaan 'RNA' ee tallaallada mRNA. MRNA waxba kuma qabato DNA-daada, waana la jajabiyaa wax yar kadib markay jirkaaga gasho.

Talaalku ma wuxuu ururineyaa hidaraacayga ama DNA-da?

Maya, markii aad qaadatid tallaalka, inta badan garabkaaga sare. Tallaallada COVID-19 ee Australia waxaa lagu bixiyaa cirbad.

Tallaalada COVID-19 miyay igu xidhi doonaan internetka?

Maya, tallaalada COVID-19 kuma - xidhi karaan internetka. Tallaalku waa shey caafimaad oo ma aha mid dijitaal ah.

Tallaalada COVID-19 miyay ku jiraan microchips ama farsamada raadinta?

Midkoodna tallaallada COVID-19 kumajiraan sofweer ama microchips. Dad ma raaci karaan.

Tallaalada COVID-19 ma iqaad siin karaan COVID-19?

Midkoodna tallaalada COVID-19 ee Australia la ansixiyay kuma jiro fayraska nool ee sababa COVID-19. Tan micnaheedu waa tallaalka COVID-19 kuguma keeni karo inaad ku xanuunsato COVID-19, oo tallaalku kaaama dhigo inaad daadiso fayraska.

Dhibaatooyinka qaarkood ee ka imanaya tallaalka COVID-19, sida xanuun, murqo xanuun iyo daal, waxay umuuqdaan astaamaha COVID-19. Calaamadahaani waa qeyb ka mid ah falgalka caadiga ah ee tallaalka. Waxay noqon kartaa calaamad inuu tallaalku shaqaynayo oo jidhku dhisayo difaac ka dhan ah fayraska COVID-19.

Tallaallada COVID-19 miyay ku jiraan wax soo saarka xoolaha?

Tallaallada COVID-19 ee loo oggolaaday in laga isticmaalo Australiya kuma jiraan wax xayawaan ah, hilib ama beed.

Waa maxay ra'yiga ay hoggaamiyeyaasha iimaanku ka qabaan tallaallada COVID-19?

Tallaallada loo yaqaan 'COVID-19' ee loo oggolaaday in laga isticmaalo Australiya waxaa oggolaaday hoggaamiyeyaal diimeed badan.

22-kii Diseembar 2020, Vatican-ka (Vatican) waxay soo saartay bayaan ay ku taageereyso adeegsiga tallaallada COVID-19. Waxaad ka aqrisan kartaa bayaanka Vatican-ka cinwaanka: https://www.vatican.va/roman_curia/congregations/cfaith/documents/rc_con_cfaith_doc_20201221_nota-vaccini-anticovid_en.html

Golaha Fatwa ee Australiya (The Australian Fatwa Council) waxay soo saareen Fatwa tallaalka COVID-19 13-kii Febwari 2021. Fatwada waxaa la soo saaray ka dib markii ay baaris iyo falanqeyn ku sameysay tallaalka COVID-19 oo ay la qaateen dhakhaatiir Muslimiin ah oo lagu kalsoon yahay laguna kalsoonaan karo iyo khubaro caafimaad. Fatwa waxay kula talineysaa talaalka Australiya ee COVID-19 inay yihiin kuwo la ogolyahay sida uu qabo sharciga islaamka. Waxaad ka akhrisan kartaa Golaha Fatwada ee Golaha Fatwada Australia 'COVID-19 Fatwa' <https://www.anic.org.au/fatwa-council/>

Synagogue Sydney ayaa soo saaray khudbad tariikhdu markey aheyd 27 Febwari 2021 ay ku taageerayaan adeegsiga talaalka COVID-19. Waxaad ka aqrisan kartaa khudbadda: <https://www.greatsynagogue.org.au/rabbiscorner.htm>

Ururka Dhakhaatiirta Islaamka ee Australiya ayaa daabacay bayaan ku saabsan tallaalka COVID-19 13kii Agos 2021. Waxaad ka arki kartaa bayaankan: <https://aimamed.com.au/feature-content/>

Yaan la xidhiidhi karaa haddii aan su'aalo ka qabo tallaalka COVID-19?

Haddii aad dooneysid inaad qof kala hadashid talaalka COVID-19, wac khadka caawinta ee National Coronavirus 1800 020 080. Khadka taleefanka ayaa la heli karaa 24 saac maalin kasta. Waxii adeegga tarjumaadda iyo Af-celinta, wac 131 450.

Waxaad waxbadan ka baran kartaa websaydhada Waaxda Caafimaadka (Department of Health's) halkaas oo macluumaad laga heli karo 63 luqadood www.health.gov.au/covid19-vaccines-languages

Waxa kale oo aad la hadli kartaa dhakhtarkaaga ama xirfadlaha daryeelka caafimaadka ee deegaankaaga.

Waxaa muhiim ah in lala socodsiiyo ilo lagu kalsoon yahay oo rasmi ah sida Waaxda Caafimaadka ama Maamulka Alaabta Daweynta (Therapeutic Goods Administration).