



Australian Government



Uurka, naas-nuujinta, iyo tallaalada COVID-19

Comirnaty (Pfizer) iyo Spikevax (Moderna) tallaalka COVID-19 ayaa loo doorbidayaa haweenka uurka leh iyo naas-nuujinaya iyo kuwa qorsheynaya uurka. Haweenka uurka leh iyo kuwa naaska nuujinaya waxay qaadan karaan tallaalka marxalad kasta oo uurka ah.

Halista ba'an, togen natiijooyinka imanaya kara COVID-19 waxay ku badan tahay haweenka uurka leh iyo ilmahooda aan dhalan. Haweenka uurka leh ee qaada COVID-19 waxay leeyihiin halis sare oo ah inay u baahdaan inay cusbitaal tagaan ama u baahdaan daryeel degdeg ah. Ilmahooda aan dhalan waxay yeelan doonaan fursad ka yar sare oo ah inay dhashaan xilli hore (waxay dhashaan ka hor 37 toddobaad ee uurka) waxayna u baahan yihiin inay cusbitaal u tagaan daryeel.

Tallaalku waa habka ugu fiican ee lagu yarayn karo khatarahaas. Waxaad u baahandoon taa labadhoos oo ah tallaalka Pfizer, oo ay u dhexeeyaan saddex illaa lix toddobaad ama laba dhoos oo ah tallaalka Moderna, oo ay u dhexeyso afar ilaa lix wiig.

Daraasad ka timid Maraykan ah oo lagu sameeyay in ka badan 35,000 oo haween uur leh ayaa muujisay waxyeellooyinka tallaalka ka dib uu aad isagu mid ahaa dumarka uurka leh iyo kuwa aan uurka lahayn labadaba. Tallaalku ma kordhiyo fursadaha dhibaatooyinka sida dhalmada ka horeysa, dhiska, ilmaha yar ee uurka leh iyo cilladaha dhalashada.

Maaddaama xogta COVID-19 haweenka uurka leh ay sii kordheyso, waxaan sii wadi doonnaa inaan cusbooneysiino taladayada.

Waa maxay waxyeellooyinka ka iman kara ka dib marka aad heshid tallaalka COVID-19 inta aad uurka leedahay?

Dhibaatooyinka caadiga ah ee soo raaca tallaalka COVID-19 waxaa ka mid ah:

- Xumad
- cudud xanuun
- madax xanuun
- murqo xanuun
- xanuun lalaabadka

- qarqaryo.

Haddii aad leedahay mid ka mid ah waxyeellooyinkan tallaalkaaga ka dib, waxaad qaadan kartaa paracetamol si loo yareeyo saameynahaan caadiga ah. Paracetamol waa ammaan dhammaan heerarka uurka.

Daraasado laga sameeyay adduunka oo dhan ayaan helin waxyeello soo gaar ku ah haweenka uurka ama ilmahooda. Si kastaba ha ahaatee, waxaa suurtoagal ah inay jiraan waxyeelo aad u yar taas oo cilmibadhiyaashu aaney weli la helin.

Ma jiraan wax faa'iidooyin ah oo uu tallaalka COVID-19 uu laa yahey ilmahayga inta aan uu uurka leeyahay?

Dumarka uurka leh ee qaba COVID-19 waxay halis sare ugu jiraan dhalmada ama dhicis (hore). Carruurtoodu waxay sidoo kale u badan tahay inay muujiyaan murugo inta ay dhalanayaan, ama u baahan yihiin daweyn ee meesha daryeelka degdegga ah ee dhasha ee cusbitaalka.

Tallaalku waa habka ugu fiican ee lagu yarayn karo khatarahaas.

Caddaynta sayniska waxay soo jeedinaysaa in unugyada difaaca jidhka ee ay abuureen haweenka uurka leh ka dib markii la siiyay tallaalka COVID-19 ay ka gudbi karaan mandheerta, gaar ahaan dumarka la tallaalay horaantii uurka oo qaata labada dhoos kahor dhalamada ilmahooda. Unugyadaan difaaca jidhka ayaa laga yaabaa inay siiyaan ilmaha waxoogaa difaac ah COVID-19 dhowrka bilood ee ugu horreeya noloshiisa.

Maxay yihiin talooyinka haweenka naas -nuujinaya?

Pfizer iyo Moderna ayaa lagula talinayaa dumarka naaska nuujinaya. Waad sii wadan kartaa naasnuujinta kahor ama kadib tallaalkaaga. Pfizer is recommended for women who are breastfeeding. You can continue breastfeeding before or after your vaccination.

Maxay yihiin talooyinka loogu talagalay haweenka qorshaynaya uurka?

Pfizer iyo Moderna ayaa sidoo kale lagula talinayaa dumarka qorshaynaya uurka. Tallaalka ka hor intaanad uur qaadin macnaheedu waa inaad u badan tahay inaad ka difaacdo COVID-19 inta aad uurka leedahay oo dhan. Fadlan ogow in:

- Uma baahnid inaad iska ilaalisid uur qaadista kahor ama kadib tallaalka COVID-19.
- Tallaalku ma saameeyo bacriminta.
- Lagaagama dooneyo in aad uurka iska soo tijaabisid uurka ka hor intaanad is tallaalin.

Wixii macluumaad dheeraad ah

Si aad u ogaatid meesha aad ka heli kartid tallaalkaaga COVID-19, booqo <https://covid-vaccine.healthdirect.gov.au/>

Haddii aad qabtid wax su'aalo ah oo ku saabsan tallaallada COVID-19, la hadal dhakhtarkaaga, tag health.gov.au/covid19-vaccines-languages, ama wac Khadka Gargaarka Coronavirus ee Qaranka (National Coronavirus Helpline) 1800 020 080.



Adeegyada turjumaanka, wac 131 450.