



UK Health  
Security  
Agency

**NHS**



Waxa la fisho kadib tallaalka

# COVID-19 ee ilmahaaga



Hage loogu talagalay waalidiinta ay  
u joogaan carruurta ay da'doodu u  
dhaxayso 5 ilaa 11 sano jir

Wax badan ka ogow [nhs/CovidVaccine](https://www.nhs.uk/covidvaccine)



## **NHS waxay tallaalka COVID-19 siinaysaa dhammaan carruurta u qalma.**

Buug-yarahani waxa uu  
kuu sheegayaa waxa aad  
filan karto kadib markii  
ilmahaagu uu qaato  
tallaalka.

## Waxyeellooyinka gaarka ah

Si la mid ah dhamaan dawooyinka kale, tallaaladu waxay keeni karaan waxyeelooyin gaar ah. Inta badan waxyeellooyinka waa kuwa fudud iyo wakhti gaaban ah oo dhammaan carruurta kuma dhacaan. Waxyeellooyinka gaarka ee caadiga ah waa inay socdaan hal ama laba maalmood oo keliya. Tallaalka Pfizer wuxuu u badan yahay inuu keeno waxyeelooyin badan kadib marka la qaato qiyaasta labaad ee tallaalka.

Waxyeellooyinka gaarka ah ee aadka u badan kuwaas oo qofka ku dhaca maalinta koowaad ama labada maalmood ee ugu horeeya waxaa ka mid ah:

- in xanuun, dareen culus iyo jilicsanaan laga dareemo cududda tallaalka lagu durey
- daal dareemid
- madax xanuun, jir xanuun iyo qarqaryo

Waxaa sidoo kale ku dhici kara astaamo la mid ah kuwa hargabka iyo gariir iyo qarqaryo oo maalin ama ilaa laba maalmood ah. Si kastaba ha noqotee, heerkulka oo sare u kaca wuxuu sidoo kale muujin karaa inay qabaan COVID-19 ama caabuq kale.

Waa inay nastaan. Waxaad siin kartaa baristamool si ay uga caawiso inay dareemaan caafimaad. Fadlan xaqiiji in qiyaasta iyo nooca baristamoolka ay ku habboon yihiin da'ada ilmaha.

Waxaad macluumaad dheeraad ah oo ku saabsan baristamoolka ka heli kartaa halkan [www.nhs.uk/medicines/paracetamol-for-children](http://www.nhs.uk/medicines/paracetamol-for-children).

Waxyeello oo aan caam ahayn ayaa ah bararka qanjirada kilkisha ama qoorta ee ay isku dhinaca yihiin cududda looga durey tallaalka. Tani waxay socon kartaa ilaa 10 maalmood, laakiin haddii ay intaas ka sii dheeraato u tag dhakhtarkaaga.

## Waxa la sameeyo haddii aad ka welwelsan tahay astaamahaaga

Astaamahani waxay caadi ahaan socdaan wax ka yar hal toddobaad. Haddii astaamahooda ay u muuqdaan inay ka sii darayaan ama haddii aad ka welwelsan tahay, waxaad wici kartaa NHS 111. Haddii aad talo ka raadsato dhakhtar ama kalkaaliye, xaqiiji inaad u sheegto tallaalka ay qaateen ilmaha (tus kaarka tallaalka) si ay markaa si habboon qiimeyn ugu sameeyaan ilmahaaga.

Waxaad sidoo kale waxyeellooyinka gaarka ah ee laga shakisan yahay ee tallaallada iyo daawooyinka uga warbixin kartaa si onlaynka ah adigoo isticmaalaya [Barnaamijka Yellow Card](#) ama adigoo [degsanaya ablikeeshinka Yellow Card](#).



[coronavirus-yellowcard.mhra.gov.uk](https://coronavirus-yellowcard.mhra.gov.uk)

## Ma jiraan waxyeelooyin kale oo aad u daran?

Dhawaan, kiisas la xiriiira caabuqa wadnaha (oo loo yaqaan caabuqa murqaha wadnaha ama caabuqa lakabyada wadnaha) ayaa si dhif ah la soo sheegay kadib qaadashada tallaallada COVID-19.

Kiisaskan ayaa inta badan lagu arkay ragga da'da yar dhawr maalmood gudahooda kadib markay qaataan tallaalka. Dadkan intooda badan si degdeg ah ayay uga bogsadeen waxayna dareemeen caafimaad kadib nasasho iyo daaweyn fudud.

Waa inaad si degdeg ah u raadsato talo caafimaad haddii ilmahaaga uu la kulmo:

- laab xanuun
- neefta oo ku dhegta
- dareemida garaaca wadnaha oo degdeg ah, gariirida, ama boodboodista wadnaha

## **Ilmahaagu fayraska COVID-19 maka qaadi karaa tallaalka?**

Ilmahaagu COVID-19 kama qaadi karo tallaalka laakiin waxaa suurtagal ah inuu ku soo dhacay COVID-19 isla markaana aanan la ogaanin inuu qabay astaamaha ilaa laga gaaro kadib ballanta qaadashada tallaalka.

Astaamaha ugu muhiimsan ee COVID-19 waa bilaabashada mid ka mid ah kuwan soo socda:

- qufac cusub oo joogto ah
- heerkul sareeya
- luminta, ama isbeddelka, dareenkooda caadiga ah ee wax dhadhaminta ama wax urinta (anosmia)

In kasta oo xummad/qandho ay ku dhici karto maalin ama laba maalmood gudahooda kadib qaadashada tallaalka, haddii ilmahaaga uu qabo astaamo kale oo COVID-19 ah ama qandhada ay ku sii dheeraato, guriga la joog oo qorshey inaad baaritaan ka qaado.

## Maxaa xigi doona



Kadib marka la tallaalo ilmahaaga, waa in lagu siiyaa kaadhka diiwaanka ah. Haddii ilmahaaga uu u baahan yahay in lagu duro qiyaas/doos

labaad, ballanta xigta waxay noqon doontaa qiyaas ahaan 8 ilaa 12 toddobaad gudahood. Qaadashada qiyaasta/dooska labaad waxay siin doontaa difaac waara.

**Xafid kaarka diiwaanka ee ilmahaaga. Haddii ilmahaaga uu u baahan yahay inuu qaato doos/qiyaas labaad, ha ilaawin inaad ka xaadirtaan ballanta xigta.**

## Haddii ilmahaagu aanu caafimaad qabin si uu uga xaadiro ballanta

Haddii ilmahaagu aanu caafimaad qabin, waxa fiican inaad sugto ilaa ay ka soo bogsanayaan si ay u qaataan tallaalkooda.

Ilmahaagu waa inuusan ka xaadirin ballanta tallaalka haddii ay ku jiraan karantiil/is-go'doomin ama haddii ay sugayaan baaritaanka COVID-19. Sida ugu fiican waa inaad sugtaa 12 toddobaad kadib marka ilmahaaga baaritaan looga helay COVID-19 ama ugu yaraan 4 toddobaad haddii ilmahaagu uu halis sare ku jiro.

## Tallaalku ma difaaci doonaa ilmahaaga?

Tallaalka COVID-19 ee ilmahaaga uu qaatay ayaa muujiyey inuu yareeyo fursadda ah inay la xanuunsadaan cudurka COVID-19.

Malaayiin qiyaasood/doos oo tallaalka ah ayaa lagu bixiyey adduunka oo dhan. Tallaalka aad ayuu waxtar ugu leeyahay carruurta iyo dhallinyarada.

Waxa laga yaabaa inay qaadato dhowr toddobaad si jirka ilmahaaga uu tallaalka ugu yeesho xoogaa difaac ah. Si la mid ah dhamaan dawooyinka, ma jiro talaal si dhammaystiran waxtar u leh, sidaas darteed waa inaad sii waddaa ku dhaq mida taxaddarrada lagu taliyey si aad uga fogaato in ilmahaaga uu qaado caabuqa. Carruurta qaarkood ayaa laga yaabaa inay weli qaadaan caabuqa COVID-19 iyagoo xitaa qaatay tallaalka, laakiin wuxuu noqon doonaa mid aan aad u darnayn.

## **Waxa uu ilmahaaga samayn karo kadib qaadashada tallaalka**

Tallaalka ilmahaaga uma keeni karo caabuqa COVID-19, wuxuuna yaraynayaa fursadda ah inay la xanuunsadaan.

Wali waa muhiim in la sii wado ku dhaqanka tilmaamaha qaranka ee hadda jira. Ilmahaaga wuxuu sii wadan karaa aadista dugsiga, kadib marka la tallaalo.

Si aad u ilaaliso naftaada iyo qoyskaaga, asxaabtaada iyo saaxiibadaada, waa inaad wali:

- ka fakartaa kala fogaanshaha bulshada
- xirataa maaskarada wajjiga hadba meeshii lagugula taliyo
- si taxadar leh oo joogto ah u dhaqdaa gacmahaaga
- furtaa daaqadaha si ay hawo saafi ah u soo gasho
- raacdaa tilmaamaha hadda jira ([gov.uk/coronavirus](https://www.gov.uk/coronavirus))



## Sida COVID-19 uu u faafo

COVID-19 wuxuu ku faafaa dhibco ka soo baxa sanko ama afka qofka, gaar ahaan marka uu qofku hadlayo ama qufacayo. Waxaa sidoo kale laga qaadi karaa taabashada indhahaaga, sankoaga iyo afkaaga kadib marka aad soo taabato walxo iyo sagxad ku wasakhaysan fayraska.

## Macluumaad dheeraad ah

Fadlan akhri buug-yaraha macluumaadka ee tallaalka si aad u hesho tafaasiil dheeraad ah oo ku saabsan tallaalka, oo ay ku jiraan waxyeellooyinka suurtagalka ah, adigoo ka eegaya websaydhka Coronavirus Yellow Card.

Waxaad sidoo kale wixii waxyeellooyin ah oo laga shakisan yahay lagu soo gudbin karaa isla websaydkaas ama adiga oo la soo degaya ablikeeshinka Yellow Card. Macluumaad dheeraad ah ayaa laga helayaa [www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination](http://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination).



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