

	Somali
COVID-19 vaccination	Tallaalka cudurka COVID-19
A guide for adults	Hagaha loogu talagalay dadka qaangaarka ah
This leaflet explains about the COVID-19 vaccine and who is eligible.	Buugyarahani waxuu sharraxaad ka bixinayaa tallaalka cudurka COVID-19 iyo cidda u qalanta.
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What is COVID-19 or coronavirus?	Waa maxay cudurka COVID-19 ama koronafayrus?
COVID-19 is caused by a new coronavirus, known as SARS-CoV-2. It was first identified in late 2019. It is very infectious and can lead to severe respiratory disease.	Cudurka COVID-19 waxuu ka dhashaa fayruska nooca koronafayrus oo cusub, oo loo yaqaanno SARS-CoV-2. Waxaa markii ugu horraysay la helay dhammaadkii sanadkii 2019. Aad ayuu u faafaa waxuuna keeni karaa cudur neefsasho daran.

Many people who are infected may not have any symptoms or only have mild symptoms. These commonly start with cough, fever, headache and loss of taste or smell.	Dad farabadan oo caabuqa qaba ayaa laga yaabaa in aanay calaamado cudur yeelanin ama ay yeeshaan oo keliya calaamado cudur oo sahlan. Waxay kuwani caadi ahaan ku bilaabmaan qufac, xummad ama qandho, madax xanuun iyo luminta dhadhanka ama urta.
Some people will feel very tired, have aching muscles, sore throat, diarrhoea and vomiting, fever and confusion. A small number of people then go on to have severe disease which may require hospitalisation or admission to intensive care.	Dadka qaarkood ayaa dareema daal badan, yeesha muruqyo damqanaya, cune xanuun, shuban iyo matagid, xummad ama qandho iyo jahwareer. Dad tiro yar ayaa ka dib gala cudur daran oo u baahan kara in isbitaalka la jifiyo ama la geliyo daryeelka xooggan.
Overall fewer than 1 in 100 people who are infected will die from COVID-19, but in those over 75 years of age this rises to 1 in 10.	Guud ahaan in ka yar 100kii qofba 1 oo caabuqa qaba ayaa ku dhinta cudurka COVID-19, laakiin dadka 75 jir ka weyn tani way kugu korodhsan tahay waxayna u gaartaa 10kii qofba 1.
There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.	Lama wada daawayn karo cudurka COVID-19 inkastoo ay jiraan daawayno dhawaan la tijaabiyey oo caawiya in la yareeyo halista dhibaatooyinka ka yimaadda.
About the types of vaccine	Ku saabsan noocyada tallaalka
In Northern Ireland, there are three types of COVID-19 vaccine currently approved. Other types of vaccine are expected to be approved during 2021.	Waqooyiga Ayrland, waxaa ka jira saddex nooc ee tallaalka cudurka COVID-19 oo hadda loo ansixiyey. Noocyo kale ee tallaalka ayaa la filayaa in la ansixiyo sanadka 2021 gudahiisa.
Who should have the COVID-19 vaccine?	Cidma ayaa habboon in la siiyo tallaalka cudurka COVID-19?
The Joint Committee on Vaccination and Immunisation (JCVI), an independent expert group, has recommended that these vaccines are offered first to those at highest risk of catching the infection and of suffering serious complications if they catch the infection. This includes older adults, frontline health and social care workers, care home residents and staff, and those with certain health conditions. When more vaccine becomes available, the vaccines will be offered to other people	Guddiga Wadajirka ah ee Tallaalka iyo Tallaalidda (Joint Committee on Vaccination and Immunisation) (JCVI), koox khuburro oo madaxbannaan, ayaa ku taliyey in tallaalladan horta loogu baaqo dadka halista ugu badan ugu jira in ay caabuqa qaadaan oo ay dhibaatooyin daran la kulmaan haddii ay caabuqa qaadaan. Waxaa tan ka mid ah dadka waayeelka ah, shaqaalaha daryeelka caafimaadka iyo bulsheed ee safka hore ku jira, degganeyaasha iyo shaqaalaha hoy ama guri daryeel, iyo dadka qaba

at risk as soon as possible.	xaalado caafimaad oo gaar ah. Marka tallaal dheeraad ah uu soo baxo, waxaa tallaalada islamarka suurogalka ah loogu baaqi doonaa dadka kale ee halis ku jira.
Am I at increased risk from COVID-19 infection?	Miyaan anigu halis dheeraad ah ugu jiraa caabuqa COVID-19?
Coronavirus can affect anyone. If you are an older adult and have a long-term health condition, COVID-19 can be very serious and in some cases fatal.	Koronafayrus waxuu saamayn karaa qof kaste. Haddii aad tahay qof waayeel ah oo aad qabto xaalad caafimaad oo waqti dheer, cudurka COVID-19 aad ayuu kuugu darnaan karaa oo mararka qaar wuu ku dili karaa.
You should have the COVID-19 vaccine if you are:	Waa in aad adigu qaadato tallaalka cudurka COVID-19 haddii aad tahay:
• an adult living or working in a care home for the elderly	• qof qaangaar ah oo ku nool ama ka shaqeeya hoy daryeel oo waayeelka loogu talagalay
• a frontline health and social care worker	• shaqaalaha daryeelka caafimaadka iyo bulsheed ee safka hore ku jira
• clinically extremely vulnerable (shielding)	• bukaan ahaan qof aad iyo aad u nugul (gabbaad ku jira)
• a carer working in domiciliary care looking after older adults	• daryeela ka shaqeeya daryeelka guriga lagu bixiyo oo daryeela dad waayeel ah
• aged 65 years and over	• 65 jir ama ka weyn tahay
• a younger adult with a long-term clinical condition (see next page)	• dhallinyaro qaangaar ah oo qaba xaalad caafimaad oo waqti dheer oo calaamado cudur leh (eeg bogga xiga)
The vaccine will also be offered to adults with conditions such as:	Waxaa tallaalka weliba loogu baaqi doonaa dadka qaangaarka ah ee qaba xaaladaha caafimaadka sida:
• a blood cancer (such as leukaemia, lymphoma or myeloma)	• kansarka dhiigga (sida dhiig caddaadka (leukaemia), lymphoma ama myeloma)
• diabetes	• cudurka macaanka ama sonkorowga
• dementia	• cudurka asaasaqa (dementia)
• a heart problem	• dhibaato ku jirta wadnaha
• a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma	• cabashada xabadka ama laabta ama dhibaatooyin neefsasho, oo ay ka mid yihiin boronkiitada, cudurka sanbabbada ee emphysema ama cudurka neefta ama naqaska ee daran
• a kidney disease	• cudurka kelyaha

<ul style="list-style-type: none"> • a liver disease 	<ul style="list-style-type: none"> • cudurka beerka
<ul style="list-style-type: none"> • lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy) 	<ul style="list-style-type: none"> • difaaca dabiiciga ah ee jirka ee daciifsan sababtoo ah cudur ama daawayn (sida caabuqa fayruska HIV, daawada istiiroodis leh, dabiibka kiimikeed ama dabiibka shucaaca)
<ul style="list-style-type: none"> • rheumatoid arthritis, lupus or psoriasis 	<ul style="list-style-type: none"> • xanuunka tufta ee kalagoosyada jirka (rheumatoid arthritis), cudurka waxqabadka xad dhaafka ah ee difaaca dabiiciga ah (lupus) ama cudurka sooriyaasis ee qolofta haragga
<ul style="list-style-type: none"> • having had an organ transplant 	<ul style="list-style-type: none"> • lagu tallaalay xubin jir
<ul style="list-style-type: none"> • having had a stroke or a transient ischaemic attack (TIA) 	<ul style="list-style-type: none"> • ku dhacay cudurka faaliga ama dhiigga waqti gaaban ka go'a maskaxda (transient ischaemic attack) (TIA)
<ul style="list-style-type: none"> • a neurological or muscle wasting condition 	<ul style="list-style-type: none"> • xaaladda caafimaadka ee neerfaha ama burburka muruqa
<ul style="list-style-type: none"> • a severe or profound learning disability 	<ul style="list-style-type: none"> • naafonimo waxbarasho oo daran ama qotodheer
<ul style="list-style-type: none"> • a problem with your spleen, eg sickle cell disease, or having had your spleen removed 	<ul style="list-style-type: none"> • dhibaato ku jirta beeryarahaaga, matalan cudurka qaabka xun ee unugyada dhiigga cas (sickle cell disease), ama lagaa saaray beeryarahaaga
<ul style="list-style-type: none"> • being seriously overweight (BMI of 40 and above) 	<ul style="list-style-type: none"> • culayska xad dhaaf badan (cabbirka culayska iyo dhererka jirka (BMI) ee 40 ah ama ka sarreeya)
<ul style="list-style-type: none"> • severe mental illness. 	<ul style="list-style-type: none"> • cudurka maskaxda ee daran.
<p>All people who are in the clinically extremely vulnerable (shielding) group will be eligible for a COVID-19 vaccine. Whether you are offered the vaccine may depend on the severity of your condition. Your GP can advise on whether you are eligible.</p>	<p>Dhammaan dadka ku jira kooxda bukaan ahaan aad iyo aad u nugul (gabbaad ku jira) ayaa u qalmi doona tallaalka cudurka COVID-19. Kuugu baaqista ama kuu soo bandhigista tallaalku waxay ku xirnaan kartaa darnaanta xaaladdaada caafimaad. Takhtarkaaga Guud ayaa kuu sheegi kara haddii aad u qalanto.</p>
<p>Who cannot have the vaccine?</p>	<p>Cidma ayaanan helin karin tallaalka?</p>
<p>The vaccines do not contain living organisms, and so are safe for people with disorders of the immune system. These people may not respond so well to the vaccine. A very small number of people who are at risk of COVID-19 cannot have the vaccine – this includes people who have severe allergies to a</p>	<p>Tallaallada kuma jiraan nooleyaal dhab ah, markaana waxay nabad u yihiin dadka qaba cudurrada ku dhaca nidaamka difaaca dabiiciga ah ee jirka. Waxaa laga yaabaa in dadkani aanay waxtar sidaas u fiican ka helin tallaalka. Dad aad u tiro yar oo halis ugu jira cudurka COVID-19</p>

<p>component in the vaccine. Women of childbearing age, those who are pregnant, planning a pregnancy or breastfeeding should read the detailed information on www.nidirect.gov.uk/covid-vaccine</p>	<p>ayaanan qaadan karin tallaalka – waxaa tan ka mid ah dadka xasaasiyado daran u qaba wax ku jira tallaalka. Haweenka jooga da'da carruurta lagu dhalo, kuwa uurka leh, ku tala jira uurka ama ilme naasnuujinaya waa in ay akhristaan macluumaadka faahfaahsan ee ku jira barta www.nidirect.gov.uk/covid-vaccine</p>
<p>Will the vaccine protect me?</p>	<p>Miyuu tallaalku aniga i badbaadin doonaa?</p>
<p>The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few weeks for your body to build up protection from the vaccine.</p>	<p>Tallaalka cudurka COVID-19 waxuu yarayn doonaa halista aad ugu jirto in uu kugu dhasho cudurka COVID-19. Waxay qaadan kartaa xoogaa toddobaad si uu jirkaagu u dhisto difaaca ka yimaadda tallaalka.</p>
<p>The vaccine has been shown to be effective and no safety concerns were seen in studies of more than 20,000 people.</p>	<p>Waxaa la caddeeyey in tallaalku uu waxtar leeyahay oo walaacyo khuseeya badbaadada laguma arkin daraasadaha laga qaaday in ka badan 20,000 oo qof.</p>
<p>Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.</p>	<p>Isla sida daawooyinka dhammaantood, ma jiro tallaalku si buuxda wax u tara – dadka qaarkood ayaa weli qaadi kara cudurka COVID-19 inkastoo ay heleen tallaalka, laakiin waa in uu kani ka daciifsanaado.</p>
<p>Will the vaccine have side effects?</p>	<p>Miyuu tallaalku yeelan doonaa dhibaatooyin soo raaca?</p>
<p>Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them. Even if you do have symptoms after the first dose, you still need to have the second dose. Although you should get good protection from the first dose, having the second dose will give you the best protection against the virus.</p>	<p>Sida daawooyinka dhammaantood, tallaalladu waxay keeni karaan dhibaatooyin soo raaca. Kuwani inta ugu badan way sahlan yihiin wayna waqti gaaban yihiin, oo dadkoo dhan kuma dhacaan. Xataa haddii aad calaamado cudur yeelato ka dib qiyaasta ugu horraysa ee tallaalka lagaa siiyo, waxaad haddana u baahan tahay in aad hesho qiyaasta labaad. Inkastoo la filayo in aad difaac fiican ka hesho qiyaasta koowaad ee tallaalka, haddana helitaanka qiyaasta labaad ayaa difaaca ugu fiican kaa siin doona fayruska.</p>
<p>Very common side effects include:</p>	<p>Dhibaatooyinka soo raaca ee caado badan waxaa ka mid ah:</p>
<ul style="list-style-type: none"> • having a painful, heavy feeling 	<ul style="list-style-type: none"> • xanuun, culays iyo damqasho

and tenderness in the arm where you had your injection. This tends to be worst around 1-2 days after the vaccine	aad ka dareento gacanta lagaa muday. Waxay u badan tahay in ay tani ugu xumaato qiyaas ahaan 1-2 maalmood ka dib tallaalka
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • daal la dareemo
<ul style="list-style-type: none"> • headache 	<ul style="list-style-type: none"> • madax xanuun
<ul style="list-style-type: none"> • general aches, or mild flu like symptoms 	<ul style="list-style-type: none"> • damqashada guud ee jirka, ama calaamado cudur oo sahlan oo u eeg ifilada
Although feeling feverish is not uncommon for two to three days, a high temperature is unusual and may indicate you have COVID-19 or another infection. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help you feel better.	Inkastoo dareenka xummadda ama qandhada la isku arki karo labo ilaa saddex maalmood ka dib, haddana heerkulka jirka ee sarreeya aayanan caadi ahayn waxuuna tilmaami karaa in aad qabto cudurka COVID-19 ama caabuq kale. Waad nasan kartaa waxaanad qaadan kartaa qiyaasta caadiga ah ee baarasatamool (raac talada ku jirta baakadka) si aad isku soo roonaysiin karto.
Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111.	Calaamadaha cudur ee ka dambeeya tallaalku waxay caadi ahaan socdaan in ka yar hal toddobaad. Haddii calaamadahaaga cudur ay u muuqdaan in ay ka sii darayaan ama haddii aad walaac qabto, wac NHS 111.
If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination record card if possible) so that they can assess you properly.	Haddii aad talo u doonato takhtar ama kalkaaliye, hubi in aad iyaga u sheegto tallaalkaaga (iyaga tus kaarka diiwaangelinta tallaalka haddii ay suurogal tahay) si ay qiimayn hagaagsan kaaga qaadi karaan.
You can also report suspected side effects to vaccines and medicines through the Yellow Card scheme. See page 11.	Dhibaatooyinka soo raaca ee loogu tuhunsan yahay tallaallada iyo daawooyinka waxaad weliba kaga warbixin kartaa barnaamijka Yellow Card (Kaarka Jaallaha ama huruudda ah). Eeg bogga 11.
If you are currently in the clinically extremely vulnerable group, please continue to follow the government guidance.	Haddii aad hadda ku jirto kooxda bukaan ahaan aad iyo aad u nugul, fadlan sii wad raacista hagista dawladda.
I have had my flu vaccine, do I need the COVID-19 vaccine as well?	Waxaan anigu qaatay tallaalkayga ifilada, miyaan weliba u baahan ahay tallaalka cudurka COVID-19?
The flu vaccine does not protect you from COVID-19. As you are eligible for	Tallaalka ifiladu adiga kaama badbaadinayo cudurka COVID-19.

both vaccines you should have them both, but normally separated by at least a week.	Maadaama aad labada tallaal u qalanto waa in aad labadoodaba qaadato, laakiin caadi ahaan u kala dhexeysiiso ugu yaraan hal toddobaad.
Can I catch COVID-19 from the vaccine?	Miyaan cudurka COVID-19 ka qaadi karaa tallaalka?
You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment.	Cudurka COVID-19 kama qaadi kartid tallaalka laakiin waxaa suurogal ah in aad cudurka COVID-19 qaadday oo aad ka dib ballantaada tallaalka uun aragto in aad leedahay calaamadaha cudurka.
The most important symptoms of COVID-19 are recent onset of any of the following:	Calaamadaha ugu muhiimsan ee cudurka COVID-19 waa bilowga dhawaan ee mid ka mid ah waxyaabaha soo socda:
<ul style="list-style-type: none"> • a new continuous cough 	<ul style="list-style-type: none"> • qufac cusub oo joogto ah oo aanan kala go'ayn
<ul style="list-style-type: none"> • a high temperature 	<ul style="list-style-type: none"> • heerkulka jirka ee sarreeya
<ul style="list-style-type: none"> • a loss of, or change in your normal sense of taste or smell 	<ul style="list-style-type: none"> • luminta, ama isbeddelka dareenkaaga caadiga ah ee dhadhanka ama urta
If you have the symptoms above, stay at home and arrange to have a test.	Haddii aad qabto calaamadaha cudurka ee sare, guriga joog oo qorshayso in baaritaan lagaa qaado.
If you need more information on symptoms visit www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice	Haddii aad macluumaad dheeraad ah uga baahan tahay calaamadaha cudurka booqo www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice
What do I do next?	Maxaan sameeyaa marka xigta?
After you have had the first dose you need to plan to attend your second appointment. You should have a record card with your next appointment written on it for a date between 3 and 12 weeks after the first.	Ka dib marka aad hesho qiyaasta koowaad ee tallaalka waxaad u baahan tahay in aad qorshaysato in aad u tagto ballantaada labaad. Waa in aad haysato kaarka diiwaangelinta oo ay ku qoran tahay ballaantaada xigta oo ku beegan taariikh u dhexeysa 3 iyo 12 toddobaad ka dib midda ugu horraysa.
Although the first dose will give you good protection, you need the second dose to get longer lasting protection	Inkastoo qiyaasta ugu horraysa ee tallaalka aad ka heli doonto difaac fiican, waxaad u baahan tahay qiyaasta labaad si aad u hesho difaaca ka waqti dheer.
Keep your card safe and make sure you keep your next appointment to get your	Kaarkaaga meel adag ku hayso oo hubi in aad xafiddo ballantaada xigta si aad u

second dose	hesho qiyaastaada labaad.
What should I do if I am not well when it is my next appointment?	Maxaa habboon in aan anigu sameeyo haddii aan buko ama jirran ahay marka ballantayda xigta la gaaro?
If you are unwell, it is better to wait until you have recovered to have your vaccine, but you should try to have it as soon as possible. You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or unsure if you are fit and well.	Haddii aad bugto, waxaa ka fiican in aad sugto ilaa aad bogsanayso si aad tallaalkaaga u hesho, laakiin waa in aad isku daydo in aad kaas qaadato islamarka suurogalka ah. Waa in aadan u tagin ballanta tallaalka haddii aad is go'doominayso, sugayso baaritaanka cudurka COVID-19 ama uu shaki kaaga jiro tabarqabkaaga iyo caafimaadqabkaaga.
Can I give COVID-19 to anyone, after I have had the vaccine?	Miyaan cudurka COVID-19 qaadsiin karaa qof kale, ka dib marka aan helo tallaalka?
The vaccine cannot give you COVID-19 infection, and two doses will reduce your chance of becoming seriously ill. We do not yet know whether it will stop you from catching and passing on the virus. So, it is important to follow the guidance in your local area to protect those around you.	Tallaalka kama qaadi kartid caabuqa COVID-19, oo labada qiyaasood ee tallaalka ayaa kaa yarayn doona halista cudurka ama jirrada daran. Annagu weli ma ogin haddii uu kuu diidi doono in aad fayruska qaaddo oo aad gudbiso. Markaa, waxaa muhiim ah in aad raacdo hagista u taalla xaafadda ama degaanka aad ku nooshahay si aad u badbaadiso dadka ku hareera jooga.
To protect yourself and your family, friends and colleagues you still need to:	Si aad u badbaadiso naftaada iyo qaraabadaada, saaxiibbadaada iyo dadka kula shaqeeya waxaad weli u baahan tahay in aad:
<ul style="list-style-type: none"> practise social distancing 	<ul style="list-style-type: none"> dhaqan geliso kala fogaanshaha bulsheed
<ul style="list-style-type: none"> wear a face covering 	<ul style="list-style-type: none"> xirato waji shareer
<ul style="list-style-type: none"> wash your hands carefully and frequently 	<ul style="list-style-type: none"> gacmahaaga u dhaqdo si taxaddar leh marar badan
<ul style="list-style-type: none"> follow the current guidance www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> raacdo hagista waqtiga xaadirka ah www.nidirect.gov.uk/coronavirus
Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card. You can also report suspected side effects on the same website or by downloading the Yellow Card app.	Fadlan akhriso buugyaraha macluumaadka badeecada si aad faahfaahin dheeraad ah uga hesho tallaalkaaga, oo ay ka mid yihiin dhibaatooyinka suurogalka ah in ay soo raacaan, adigoo raadinaya Coronavirus Yellow Card (Kaarka Jaallaha ama

coronavirus-yellowcard.mhra.gov.uk	<p>huruudda ah ee Koronafayrus). Dhibaatooyinka soo raaca ee lagu tuhunsan yahay waxaad weliba kaga warbixin kartaa isla bartaas internetka ama marka aad soo dejisato abb-ka ama barnaamijka telefoonka gacanta ee lagu magacaabo Yellow Card (Kaarka Jaallaha ama huruudda ah). coronavirus-yellowcard.mhra.gov.uk</p>
Remember	Xusuusnow
<p>COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.</p>	<p>Cudurka COVID-19 waxuu ku faafaa dhibco yar yar oo neefta kaga soo baxa sankaa ama afka, gaar ahaan marka la hadlo ama la qufaco. Waxaad weliba qaadi kartaa marka aad taabato indhahaaga, sankaa iyo afkaaga ka dib marka aad xiriir la gasho ama taabato shayada iyo meelaha faddaraysan.</p>
Vaccination, helping to protect those most vulnerable.	Tallaalka, caawinaya in la badbaadiyo dadka ugu nuglan.
<p>If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine</p>	<p>Haddii aad macluumaad dheeraad ah uga baahan tahay tallaalka cudurka COVID-19 fadlan booqo: www.nidirect.gov.uk/covid-vaccine</p>