

	Somali
A guide to COVID-19 vaccination	Hagaha tallaalka cudurka COVID-19
All women of childbearing age, those currently pregnant or breastfeeding	Dhammaan haweenka jooga da'da carruurta lagu dhalo, kuwa hadda uurka leh ama ilme naasnuujinaya
You must read this before you go for vaccination	Waa in aad tan akhrisato ka hor inta aadan u tagin tallaalka
The COVID-19 vaccines available in the UK have been shown to be effective and to have a good safety profile. The early COVID-19 vaccines do not contain organisms that can multiply in the body, so they cannot infect the person being vaccinated or an unborn baby in the womb.	Tallaallada cudurka COVID-19 ee diyaar ka ah Ingiriiska waxaa la caddeeyey in ay waxtar leeyihiin oo ay taariikh fiican u leeyihiin badbaadada. Tallaallada hore ee cudurka COVID-19 kuma jiraan nooleyaal ku tarmi kara jirka dhexdiisa, markaa caabuq ma gelin karaan qofka la tallaalayo ama dhallaanka weli uurka ku jira.
Many vaccines can be given safely in pregnancy so why am I being advised against this vaccine?	Tallaallo farabadan ayaa si nabad ah loogu bixin karaa waqtiga uurka la sido markaa maxaa aniga la iiga digayaa tallaalkan?
The vaccines have not yet been tested in pregnancy, so until more information is available, those who are pregnant should not routinely have this vaccine. Non-clinical evidence is required before any clinical studies in pregnancy can start, and before that, it is usual to not recommend routine vaccination during pregnancy.	Tallaallada weli laguma tijaabinin waqtiga uurka la sido, markaa ilaa macluumaad dheeraad ah la helayo, dadka uurka leh ma habboona in ay si caadi ah u qaataan tallaalkan. Waxaa loo baahan yahay in la helo caddayn shaybaar lagu muujiyo ka hor inta aanay suurto gelin in la bilaabo daraasadaha bukaanka laga qaado waqtiga uurka la sido, taas ka horna, waxaa caadi ah in laga digo ama aanan lagu talinin in si caadi ah qofka loo tallaalo waqtiga uu uurka leeyahay.
Evidence from non-clinical studies of the Pfizer BioNTech vaccine has been received and reviewed by the Medicines and Healthcare products Regulatory Agency (MHRA). This evidence was also reviewed by World Health Organization and the regulatory bodies in the USA, Canada and Europe and has raised no concerns about safety in pregnancy. Non-clinical studies of the Astra-Zeneca	Caddaynta ka soo baxday daraasadaha shaybaarka dhexdiisa ee tallaalka Pfizer BioNTech ayaa la helay oo ay baartay Hay'adda Nidaaminta Daawooyinka iyo Badeecooyinka daryeelka caafimaadka (Medicines and Healthcare products Regulatory Agency) (MHRA). Waxaa caddayntan weliba baaray Ururka Caafimaadka Adduunka (World Health Organization) iyo hay'adaha nidaaminta

COVID-19 vaccine have raised no concerns.	ee Maraykanka, Kanada iyo Yurub oo lagama helin walaac ka jira badbaadada waqtiga uurka la sido. Daraasadaha shaybaarka dhexdiisa ee tallaalka cudurka COVID-19 ee Astra-Zeneca lagama helin wax walaac ah.
The Joint Committee on Vaccination and Immunisation (JCVI) has recognised that the potential benefits of vaccination are particularly important for some pregnant women. This includes those who are at very high risk of catching the infection or those with clinical conditions that put them at high risk of suffering serious complications from COVID-19.	Guddiga Wadajirka ah ee Tallaalka iyo Tallaalidda (Joint Committee on Vaccination and Immunisation) (JCVI) ayaa aqoonsaday in faa'iidooyinka suurogalka ah ee tallaalku ay aad muhiim ugu yihiin haweenka uurka sida qaarkood. Waxaa tan ka mid ah dadka halis aad u badan ugu jira in ay qaadaan caabuqa ama dadka qaba xaalado caafimaad oo calaamado leh oo halis badan u gelinaya in ay dhibaatooyin daran kala kulmaan cudurka COVID-19.
What does this mean for me?	Maxay tani aniga iiga dhigan tahay?
Here are the key points you should consider:	Waa kuwan qodobbada muhiimka ah in aad tixgeliso:
<ul style="list-style-type: none"> if you are pregnant you should not be vaccinated unless you are at high risk – you can be vaccinated after your baby is born 	<ul style="list-style-type: none"> haddii aad uur leedahay waa in aanan lagu tallaalin haddii aadan halis badan ugu jirin cudurka – waxaa lagu tallaali karaa ka dib marka uu ilmahaagu dhasho
<ul style="list-style-type: none"> if you have had the first dose and then become pregnant, you should delay the second dose until after your baby is born (unless you are at high risk) 	<ul style="list-style-type: none"> haddii aad heshay qiyaasta koowaad ee tallaalka oo aad ka dib uuraysato, waa in aad dib u dhigto qiyaasta labaad ilaa ka dib marka uu ilmahaagu dhasho (haddii aadan halis badan ugu jirin cudurka)
If you are pregnant and think you are at high risk, you should discuss having or completing vaccination with your doctor, nurse or midwife.	Haddii aad uur leedahay oo aad u aragto in aad halis badan ugu jirto cudurka, waa in aad takhtarkaaga, kalkaaliyahaaga ama ummulisadaada kala hadasho qaadashada tallaalka ama dhammaystirkiisa.
Although the vaccine has not been tested in pregnancy, you may decide that the known risks from COVID-19 are so clear that you wish to go ahead with vaccination. There is no advice to avoid pregnancy after COVID-19 vaccination.	Inkastoo aanan tallaalka lagu tijaabinin waqtiga uurka la sido, haddana waxaad go'aansan kartaa in halisaha la og yahay in ay ka jiraan cudurka COVID-19 ay aad u cad yihiin oo ay kugu dirqinayaan in aad ku dhaqaaqdo tallaalka. Ma jirto talo lagu

<p>Vaccination, helping to protect those most vulnerable.</p>	<p>sheegayo in uurka la iska ilaaliyo ka dib marka la helo tallaalka cudurka COVID-19. Tallaalka, caawinaya in la badbaadiyo dadka ugu nuglan.</p>
<p>Breastfeeding</p>	<p>Naasnuujinta</p>
<p>There are no data on the safety of COVID-19 vaccines in breastfeeding or on the breastfed infant. Despite this, COVID-19 vaccines are not thought to be a risk to the breastfeeding infant, and the benefits of breastfeeding are well known. Because of this, the JCVI has recommended that the vaccine can be received whilst breastfeeding. This is in line with recommendations in the USA and from the World Health Organization. If you are breastfeeding, you may decide to wait until you have finished breastfeeding and then have the vaccination.</p>	<p>Ma jiraan xog ama macluumaad laga hayo badbaadada ay tallaallada cudurka COVID-19 u leeyihiin waqtiga ilme la naasnuujiyo ama ilmaha la naasnuujinayo. Sidan ha ahaatee, haddana tallaallada cudurka COVID-19 looma arko in ay halis gelinayaan ilmaha naaska nuugaya, waxaana si fiican loo yaqaannaa faa'iidooyinka ku jira naasnuujinta. Tan awgeed, guddiga JCVI ayaa ku taliyey in tallaalka la heli karo waqtiga ilme la naasnuujinayo. Waxay tani waafaqsan tahay talooyinka laga bixiyey Maraykanka iyo Ururka Caafimaadka Adduunka. Haddii aad ilme naasnuujiso, waxaad go'aansan kartaa in aad sugto ilaa aad dhammayso naasnuujinta oo aad ka dib hesho tallaalka.</p>