

	Somali
COVID-19 AstraZeneca vaccine and extremely rare blood clots	Tallaalka COVID-19 ee AstraZeneca iyo xinjirowga dhiig ee aadka dhifta ah
Information about your vaccination	Macluumaadka ku saabsan tallaalkaaga
The UK vaccination programme has been very successful with more than 34 million people vaccinated and more than 10,000 lives already saved. The rapid rollout has meant that we have been able to protect more people and we are starting to lift the restrictions on our population. This leaflet is designed to help you make an informed decision about vaccination.	Barnaamijka tallaalka ee UK ayaa si aad guul looga gaaray in ka badan 34 milyan oo qof oo la tallaalay iyo in ka badan 10,000 oo qof ayaab durba la badbaadiyey. Fidinta degdegga ah waxay ka dhigan tahay inaan awood u yeelannay inaan badbaadino dad badan waxaanan billaabaynaa inaan xayiraadaha ka qaadno dadkeenna. Buug-yarahaan waxaa loogu talagalay inuu kaa caawiyo inaad go'aan sax ah ka gaarto tallaalka.
What is the concern?	Waa maxay walaaca?
Recently there have been reports of an extremely rare but serious condition involving blood clots and unusual bleeding after AstraZeneca (AZ) vaccination. Some people with this condition have suffered life changing effects and some have died. These cases are being carefully reviewed but the risk factors for this condition are not yet clear.	Dhawaan waxaa soo baxay warar sheegaya xaalad daran oo aad u dhif ah lakin halis ah oo ku lug leh xinjirowga dhiigga iyo dhiig bax aan caadi ahayn oo la arkay kadib qaadashada tallaalka AstraZeneca (AZ). Dadka qaar ee xaaladan qaba waxay la kulmeen saameyn nolasha wax ka bedela qaarna way dhinteen. Kiisaskaan ayaa si taxaddar leh dib u eegis loogu sameeynayaa laakiin waxa sababay xaaladan weli ma cadda.
Although this condition remains extremely rare, there is a higher risk in people after the first dose of the AZ vaccine. To date and overall, just over 10 people develop this condition for every million doses of AZ vaccine given. This is seen more often in younger people and tends to occur more than 4 days and within 28 days (4 weeks) following vaccination.	In kasta oo xaaladan ay aad dhif u tahay, hadana waxaa jira halis sare oo ah in dadka qaadaan kadib marka ay qaataan qiyaasta koowaad ee tallaalka AZ. Ilaa iyo maanta iyo guud ahaan, keliya in ka badan 10 qof ayaa ku dhacday xaaladan marka loo barbardhigo milyan kasta oo qiyaasta tallaalka ah ee la bixiyo. Arrintaan waxaa badanaa lagu arkaa dadka da'da yarta ah waxayna u badan tahay inay dhacdo in ka badan 4 maalmood iyo muddo 28 maalmood gudahood ah (4 toddobaad) tallaalka kadib.
Similar conditions can also occur naturally, and clotting problems are a common complication of COVID-19 infection. An increased risk has not yet been seen after other COVID-19 vaccines in the UK.	Xaalado la mid ah ayaa sidoo kale waxay u dhici karaan si dabiici ah, dhibaatooyinka xinjirowga ayaa ah dhibaatooy guud ee caabuqa COVID-19. Halis sii kordheysa wali lagama arkin tallaalka kale ee COVID-19 ee lagu bixiyo UK.
Which vaccine will I be offered?	Tallaalkee la i siin doonaa?
Until recently we have relied upon all our vaccines being offered without preference to the whole population. The Joint Committee on Vaccination and Immunisation (JCVI) has considered the balance of risks and benefits and has now made the following recommendations (see further detail over the page).	Ilaa dhawaanahan waxaan ku tiirsaneen dhamaan talaalada aan bixino iyadoo aan lakala dooranayn kuwaas oo aan siino dhamaan bulshada. Guddiga Wadajirka ah ee Tallaalka (JCVI) wuxuu tixgeliyey dheelitirka halista iyo faa'idooyinka uu leeyahay tallaalka wuxuuna hadda soo saaray talooyinka soo socda (faahfaahin dheeri ah ka fiiri bogga).

40 years or older or with underlying medical conditions	40 sano jirka ama ka weyn ama dadka qaba xaalado caafimaad oo joogto ah
Older adults (including health and social care workers aged 40 years or older ¹), care home residents, and adults of any age with certain medical conditions are at high risk of the complications of COVID-19. The Medicines and Healthcare products Regulatory Agency (MHRA) and the JCVI advises that you should still receive any of the available COVID-19 vaccines. ² The benefits of vaccination in protecting you against the serious consequences of COVID-19 outweigh any risk of this extremely rare condition.	Dadka waaweyn ee waayeelka ah (oo ay ku jiraan shaqaalaha daryeelka caafimaadka iyo bulshada ee jira 40 sano ama ka weyn ¹), dadka degan guryaha xanaanada, iyo dadka waaweyn ee da'a kasta leh kuwaas oo qaba xaalado caafimaad waxay halis sare ugu jiraan dhibaatooyinka COVID-19. Hay'adaha Maamulka Badeecada Daryeelka Caafimaadka iyo Daawooyinka (MHRA) iyo JCVI waxay kugula talinayaan inaad wali qaadatid mid kamid ah talaalada COVID-19 ee aad heli karto. Faa'iidooyinka tallaalka ee ah inay kaa difaacaan cawaaqiibta cudurka COVID-19 ayaa ka culus halista uu tallaalka kuu keeni karo.
If you are a healthy person aged 30 to 39	Haddii aad tahay qof caafimaad qaba oo jira 30 ilaa 39
In the current situation, the JCVI has advised that it is preferable for people in this age group to have a vaccine other than AZ where possible. You are more at risk of the serious consequences of COVID-19 and will have the most benefit from being vaccinated if you are older, male, from certain minority ethnic backgrounds, in some occupations, or are obese. It is important that you have the vaccination as soon as possible to protect you and to reduce the chance of passing on the virus. If the situation changes and you are offered the AZ vaccination you may go ahead after you have considered all the risks and benefits. Please carefully consider the risk of COVID-19 to both you and your family and friends before making your decision. Please see the table on the next page.	Xaalada hada lagu jiro, JCVI waxay ku talisay inay haboon tahay in dadka jira da'adaan ay qaataan aan aheyn AZ hadba halkii ay suurta gal tahay. Waxaad halis badan ugu jirtaa cawaaqib xumada ka dhalan karta COVID-19 waxaadna ka heli doontaa faa'iidada ugu badan tallaalka haddii aad tahay qof da'a weyn, lab ah, kana soo jeedo qowmiyadaha laga tirada badan yahay, aad qabato shaqooyinka qaarkood, ama aad tahay qof buuran. Waa muhiim inaad qaadato tallaalka sida ugu dhakhsaha badan ee suurtoogalka ah si uu kuu difaaco loona yareeyo fursadda aad ku gudbin karto fayraska. Haddii xaaladdu is beddesho oo lagu siiyo tallaalka AZ waad sii wadan kartaa kadib markaad tixgeliso dhammaan halista iyo faa'iidooyinka ka dhalan kara. Fadlan si taxaddar leh uga fiirso halista COVID-19 uu u keeni karo adiga iyo qoyskaaga iyo saaxiibbadaaba kahor intaadan go'aan gaarin. Fadlan eeg jadwalka ku yaal bogga xiga.
If you are a healthy younger person aged 18 to 29	Haddii aad tahay qof caafimaad qaba oo da'a yar ah oo jira 18 illaa 29
Currently JCVI has advised that it is preferable for people under 30 to have a vaccine other than AZ because the risk from COVID-19 infections is so low. If you are offered the AZ vaccination you may wish to go ahead after you have considered all the risks and benefits for you.	Waqti xaadirkan JCVI waxay ku talisay inay fiican tahay in dadka 30 sano kayar ay qaataan tallaalka aan AZ aheyn maxaa yeelay halista ka dhalan karta infekshanka COVID-19 aad ayuu uyar yahay Haddii lagu siiyo tallaalka AZ oo aad rabto inaad qaadato, sidaas sameey ka dib markaad tixgeliso dhammaan halista iyo faa'iidooyinka aad kala kulmi doonto.
What about the second dose?	Ka waran qiyaasta labaad?
Everybody who has already had a first dose of AZ vaccine without suffering this rare side effect	Qof kasta oo horey u qaatay qiyaasta koowaad ee tallaalka AZ isaga oo aan la kulmin

should complete the course. It is expected that the first dose of the vaccine will have given you some protection, particularly against severe disease. Having the second dose will give you higher and longer lasting protection and tends to cause less of the common side effects (including short lived headache).	saameyntan dhifka ah waa inuu dhammaystiraa qaadashada qiyaasaha tallaalka. Waxaa la filayaa in qiyaasta koowaad ee tallaalku uu ku siin doono xoogaa difaac ah, gaar ahaan difaac xagga cudurrada daran ah. Qaadashada qiyaasta labaad waxay ku siin doontaa difaac sare oo wakhti dheer ah waxayna u badan tahay inaysan kuu keenin waxyeellooyin gaarka ah ee badan (oo uu ku jiro madax xanuunka gaaban).
1. This includes unpaid carers and family members of those who are immunosuppressed	1 Kuwaas waxaa ka mid ah daryeelayaasha aan mushaharka qaadan iyo xubnaha qoyska ee difaaca jirkooda uu liito
2. If you have certain rare blood clotting disorders then you should discuss whether you can have the AZ vaccine with your specialist	2 Haddii aad qabtid xanuunno dhif ah oo xinjirowga dhiigga ah markaa waa inaad qofk khabiir ah kala hadashaa haddii aad qaadan karto tallaalka AZ iyo haddii kale
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What are the potential risks and benefits of the AZ vaccine compared to the risks associated with COVID-19 for my age group?	Maxay yihiin halista iyo faa'iidooyinka ka iman kara tallaalka AZ marka loo barbardhigo halista uu leeyahay cudurka COVID-19 marka loo fiiriyo dadaka da'adeyda ah?
Over 50 years of age or with underlying medical conditions	Jira in ka badan 50 sano ama qaba xaalado caafimaad oo joogto ah
40 to 49 years of age	Da'da 40 ilaa 49 sano ah
30 to 39 years of age	Da'da 30 ilaa 39 sano ah
18 to 29 years of age	Da'da 18 ilaa 29 sano ah
Age	Da'da
Risk from COVID-19	Halista cudurka COVID-19
Risk of vaccination	Halista tallaalka
Benefit of vaccination	Faa'iidada tallaalka
Low	Hooseeya
• chance of catching and spreading infection	• fursadda ah in qaado lana faafiyo infekshanka
Very high	Aad u sarreeya
• hospitalisation	• isbitaal dhigid
• intensive care admission	• gelitaanka daryeelka degdegga ah
• death	• geeri
Moderate	Dhexdhexaad ah
• Long COVID	• COVID dheer
High	SareEYA
• chance of catching and spreading infection	• fursadda ah in qaado lana faafiyo infekshanka
Moderate	Dhexdhexaad ah
• hospitalisation	• isbitaal dhigid
• intensive care admission	• gelitaanka daryeelka degdegga ah
• death	• geeri
• Long COVID	• COVID dheer
High	Sareeya
• chance of catching and spreading infection	• fursadda ah in qaado lana faafiyo infekshanka

Low	Hooseeya
• hospitalisation	• isbitaal dhigid
• intensive care admission	• gelitaanka daryeelka degdegga ah
• death	• geeri
Moderate	Dhexdhexaad ah
• Long COVID	• COVID dheer
Very high	Aad u sarreeya
• chance of catching and spreading infection	• fursadda ah in qaado lana faafiyo infekshanka
Very low	Aad u hooseeya
• hospitalisation	• isbitaal dhigid
• intensive care admission	• gelitaanka daryeelka degdegga ah
• death	• geeri
Moderate	Dhexdhexaad ah
• Long COVID	• COVID dheer
After 1st dose, more than 80% reduction in:	Kadib qaadashada 1aad, in kabadan 80% hoos udhac ku yimaada:
• deaths	• dhimashada
• hospitalisation	• isbitaal dhigidda
• intensive care	• gelitaanka daryeel degdegga ah
After 2nd dose, more than 95% reduction in:	Kadib qaadashada 2aad, in kabadan 80% hoos udhac ku yimaada:
• deaths	• dhimashada
After 1st dose, between 60% and 70% reduction in:	Kadib qaadashada 1aad, in u dhaxeysa 60% iyo 70% hoos oo udhac ah ku timaada:
• catching and passing on infection	• qaadista iyo gudbinta cudurka
After 2nd dose, more than 85% reduction in:	Kadib qaadashada 2aad, in kabadan 80% hoos udhac ku yimaada:
• catching and passing on infection	• qaadista iyo gudbinta cudurka
Uncommon	Aan caadi ahayn
• sore arm	• cudud xanuun
• feeling tired	• daal dareemid
• headache	• madax xanuun
• general aches	• xanuun guud oo jirka ah
• flu like symptoms	• astaamo u eg kuwa ifilada
Extremely rare	Aad iyo aad dhif u ah
• clotting problems (around 1 in 100,000 first doses)	• dhibaatooyinka xinjirowga (oo ku dhaca qiyaastii 1 qof 100,000kii qof ee qiyaasta koowaad qaataba)
Common	Caadi ah
• sore arm	• cudud xanuun
• feeling tired	• daal dareemid
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• flu like symptoms	• astaamo u eg kuwa ifilada
Extremely rare	Aad iyo aad u yar
• clotting problems (around 1 in 50,000 first doses)	• dhibaatooyinka xinjirowga (oo ku dhaca qiyaastii 1 qof 50,000kii qof ee qiyaasta koowaad qaataba)
Very common	Aan caadi ahayn
• sore arm	• cudud xanuun
• feeling tired	• daal dareemid
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• clotting problems (around 1 in 50,000 first doses)	• dhibaatooyinka xinjirowga (oo ku dhaca qiyaastii 1 qof 50,000kii qof ee qiyaasta koowaad qaataba)
What should I look out for after vaccination?	Maxay tahay inaad iska fiiriyo kadib qaadashada tallaalka?
Although serious side effects are very rare, if you experience any of the following more than 4 days and within 28 days (4 weeks) after vaccination you should seek medical advice urgently from your GP or Emergency Department.	Inkastoo waxyeelooyinka gaark ah ee aad u daran ay dhif yihiin, haddii aad la kulanto mid ka mid ah waxyaabahan soo socda in ka badan 4 maalmood iyo 28 maalmood gudahood kadib xilliga qaadashada tallaalka waa inaad si dhakhso leh GP-gaaga ama Waaxda Gurmardka uga raadsataa talo caafimaad.
• a new, severe headache which is not helped by usual painkillers or is getting worse	• madax xanuun daran oo cusub kaas oo aanan waxba ka tarayn xanuun baab'iyaha caadiga ah ama kasii daraya
• a headache which seems worse when lying down or bending over or	• madax xanuun ka sii daraya markaad jiifsato ama foorarsato ama
• an unusual headache that may be accompanied by:	• madax xanuun aan caadi aheyn oo ay wehliyaan
– blurred vision, nausea and vomiting	– aragga oo xumaada, lallabbo iyo matag
– difficulty with your speech	– hadalka oo kugu adkaada
– weakness, drowsiness or seizures	– daciifnimo, dawakhaad ama suuxdin
• new, unexplained pinprick bruising or bleeding	• Nabaro ama dhiig bax cusub oo aan sabab lahayn
• shortness of breath, chest pain, leg swelling	• neef yari, xabad xanuun, lugo barar
• persistent abdominal pain	• calool xanuun joogto ah
Vaccination, helping to protect those most vulnerable.	Tallaalka, gacan ka geysanaya sidii loo badbaadin lahaa dadka nugul.
Further information can be found at the following link: www.nidirect.gov.uk/covid-vaccine	Macluumaad dheeraad ah waxaa laga heli karaa linkiga soo socda: www.nidirect.gov.uk/covid-vaccine
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