

|                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                  | <b>Somali</b>                                                                                                                                                                                                                                                                               |
| <b>COVID-19 vaccination</b>                                                                                                                                                                                                      | <b>Tallaalka COVID-19</b>                                                                                                                                                                                                                                                                   |
| <b>A guide to the programme</b>                                                                                                                                                                                                  | <b>Hagaha barnaamijka</b>                                                                                                                                                                                                                                                                   |
| This leaflet explains about the COVID-19 vaccination programme and who is eligible.                                                                                                                                              | Buug-yarahaan wuxuu sharxayaa barnaamijka tallaalka COVID-19 iyo cidda u-qalanta.                                                                                                                                                                                                           |
| <b>Find out more at <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>                                                                                                                 | <b>Faahfaahin intaa ka badan ka ogow <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>                                                                                                                                                           |
| <b>What is COVID-19 or Coronavirus?</b>                                                                                                                                                                                          | <b>Waa maxay COVID-19 ama Korona fayras?</b>                                                                                                                                                                                                                                                |
| 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.                                                            | COVID-19 waxaa sababa faryas cusub oo koroona ah, oo loo yaqaan SARS-CoV-2. Waxaa markii ugu horreysay la aqoonsaday dhammaadkii 2019. Waa mid aad u faafa wuxuuna qofka u horseedi karaa cudur daran oo neef mareenka ku dhaca.                                                            |
| 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 badan oo cudurka ku dhacay waxaa laga yaabaa inaysan yeelan wax astaamo ah ama ay yeeshaan astaamo fudud. Astaamahani waxay badanaa ku bilowdaan qufac, qandho, madax xanuun iyo dareenka wax dhadhaminta iyo urka oo luma.                                                             |
| Some people will feel very tired, have aching muscles, 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 qaar waxay dareemi doonaan daal fara badan, waxay yeelan doonaan muruqyo xanuun, shuban iyo matag, qandho iyo jahwareer. Tiro yar oo dadka cudurka qaada ka mid ah ayaa markaa yeelan cudur daran oo u baahan kara in isbitaal la dhigo ama la geliyo xarunta daryeelka degdegga.     |
| <b>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.</b>                                                                                      | <b>Guud ahaan wax ka yar 1 qof 100kii qof ee cudurka qaada waxay u dhiman doonaan COVID-19, laakiin dadka ka weyn 75 sano tiradani waxay u kordhaysaa 1 qof 10kiiba.</b>                                                                                                                    |
| There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.                                                                                                                 | Ma jirto wax daawo ah oo loo hayo COVID-19 in kasta oo qaar ka mid ah doowayn dhowaan la tijaabiyay ay gacan ka geystaan yareynta halista dhibaatooyinka ka dhasha cudurka.                                                                                                                 |
| <b>About the types of vaccine</b>                                                                                                                                                                                                | <b>Maciuumaad ku saabsan noocyada tallaalka</b>                                                                                                                                                                                                                                             |
| In Northern Ireland, several different types of COVID-19 vaccines will be used during 2021. The vaccines will only be approved on the basis of large studies of safety and effectiveness.                                        | Waqooyiga Ireland, dhowr nooc oo kala duwan oo ah tallaalka COVID-19 ah ayaa la isticmaali doonaa inta lagu jiro sanadka 2021. Tallaalka waxaa la oggolaan doonaa oo keliya iyadoo lagu saleynayo marka la sameeyo daraasado ballaaran oo ku saabsan badbaadada iyo waxtarnimada tallaalka. |
| Over 34 million people in the UK have been vaccinated against COVID-19 and the vaccine has already prevented many cases and more than 10,000 deaths from COVID-19.                                                               | In ka badan 34 milyan oo qof oo ku nool UK ayaa laga tallaalay COVID-19 tallaalkuna wuxuu duba ka hortagey kiisas badan oo cudurka ah iyo in ka badan 10,000 oo u dhimashada COVID-19 ah.                                                                                                   |
| Recently there have been reports of an extremely rare condition involving blood clots and unusual bleeding after vaccination with AstraZeneca (AZ).                                                                              | Dhawaan waxaa soo baxay warar sheegaya xaalad daran oo aad u dhif ah oo ku lug leh xinjirowga dhiigga iyo dhiig bax aan caadi                                                                                                                                                               |

|                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>This is being carefully reviewed but the risk factors for this condition are not yet clear. Because of the high risk of complications and death from COVID-19, the Medicines Healthcare products and Regulatory Agency (MHRA), the World Health Organization and the European Medicines Agency have concluded that the balance is very much in favour of vaccination.</p> | <p>ahayn oo la arkay kadib qaadashada tallaalka AstraZeneca (AZ). Arrintaan ayaa si taxaddar leh dib u eegis loogu sameeynayaa laakiin waxa sababay xaaladan weli ma cadda. Khatarta sare ee ay leeyihiin dhibaatooyinka ka yimaada COVID-19 iyo dhimashada uu sababo awgood, Hay'ada Maamulka Badeecada Daryeelka Caafimaadka iyo Daawooyinka (MHRA), Ururka Caafimaadka Adduunka iyo Hay'adda Daawooyinka Yurub waxay ku soo gabagabeeyeen in marka la isku barbardhigo khasaaraha cudurka keeni karo ay ka culus badan yihiin waxyeelooyinka gaarka ah ee tallaalka.</p> |
| <p><b>Who should have the COVID-19 vaccines?</b></p>                                                                                                                                                                                                                                                                                                                         | <p><b>Yay tahay inuu qaato tallaalka COVID-19?</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p>Initially, the Joint Committee on Vaccination and Immunisation (JCVI), an independent expert group, recommended that these vaccines were offered to those at highest risk of catching the infection and of suffering serious complications if they catch the infection.</p>                                                                                               | <p>Markii hore, Gudiga Wadajirka ah ee Talaalka (JCVI), Koox madaxbanaan oo ka kooban khubaro, ayaa ku taliyay in talaaladan la siiyo dadka halista ugu jira qaadista infekshinka iyo ku dhibtoodista dhibaatooyinka halista ah ee ka dhasha qaadista infekshanka.</p>                                                                                                                                                                                                                                                                                                      |
| <p>This included older adults, frontline health and social care workers, care home residents and staff, and those with certain clinical conditions.</p>                                                                                                                                                                                                                      | <p>Dadkaas waxaa ka mid ah dadka waayeelka ah, shaqaalaha safka hore kaga jira caafimaadka iyo daryeelka bulshada, dadka guryaha daryeelka dagan iyo shaqaalaha, iyo dadka qaba xaalado caafimaad oo gaar ah.</p>                                                                                                                                                                                                                                                                                                                                                           |
| <p><b>Am I at risk from COVID-19 infection?</b></p>                                                                                                                                                                                                                                                                                                                          | <p><b>Miyaan khatar ugu jiraa inaan qaado infekshinka COVID-19?</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p>Coronavirus can affect anyone. If you are an older adult and have a long-term health condition, you should have already been offered the vaccine.</p>                                                                                                                                                                                                                     | <p>Cudurka wuxuu ku dhici karaa qof walba. Haddii aad tahay qof weyn oo waayeel ah oo aad qabto xaalad caafimaad oo joogto ah, waxay ahayd in durba lagu siiyo tallaalka.</p>                                                                                                                                                                                                                                                                                                                                                                                               |
| <p><b>Who is now eligible for the vaccination?</b></p>                                                                                                                                                                                                                                                                                                                       | <p><b>Ayaa hadda u qalma tallaalka?</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <p>The vaccine is now being offered to people at lower risk from the complications of COVID-19. You are still at risk of catching the infection and passing it on to others.</p>                                                                                                                                                                                             | <p>Tallaalka waxaa hadda la siiyaa dadka halista ugu hooseeya uga jira dhibaatooyinka COVID-19. Haddii aad weli halis ugu jirto inaad qaaddo infekshinka, waa in lagu tallaalo.</p>                                                                                                                                                                                                                                                                                                                                                                                         |
| <p>For most younger people COVID-19 is usually a milder illness that rarely leads to complications. For a few people the symptoms may last for longer than the usual two to three weeks. The vaccination will help to protect you against COVID-19.</p>                                                                                                                      | <p>Dadka da'da yar badankood COVID-19 badanaa wuxuu u yahay cudur fudud oo si dhif ah ugu horseeda dhibaatooyin. Dad yar qaarkoodna astaamaha cudurka ayaa waxaa laga yaabaa inay abaan in ka badan intii caadiga ahayd laba ilaa saddex toddobaad. Tallaalku wuxuu kaa caawin doonaa inuu kaa difaaco COVID-19.</p>                                                                                                                                                                                                                                                        |
| <p>The vaccine will be offered to those under 50 years old in the following order:</p>                                                                                                                                                                                                                                                                                       | <p>Tallaalka waxaa la siin doonaa dadka ka da'a yar 50 sano jir waxaana loo kala siin doonaa sida soo socota:</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>• 40 - 49 years</li> </ul>                                                                                                                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>• 40 - 49 sano</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <ul style="list-style-type: none"> <li>• 30 - 39 years</li> </ul>                                                                                                                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>• 30 - 39 sano</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <ul style="list-style-type: none"> <li>• 18 years and over</li> </ul>                                                                                                                                                                                                                                                                                                        | <ul style="list-style-type: none"> <li>• 18 sano iyo wixii ka weyn</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

|                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>The risk remains higher in older ages. For example the risk of dying from COVID-19 in someone aged 40 to 49 is 3 times higher than someone in the 30 to 39 year age group and 12 times higher than someone in the 20 to 29 year age group.</p>                                                                                                                         | <p>Khatartu wali wey sii badan tahay da'da weyn. Tusaale ahaan halista u dhimashada COVID-19 ee qof da'diisu u dhaxayso 40 ilaa 49 waxay 3 jeer ka badan tahay qof da'diisu tahay 30 ilaa 39 sano jir waxayna 12 jeer ka sarreeysaa qof da'diisu tahay 20 ilaa 29 sano jir.</p>                                                                                                                                                                                                           |
| <p>As the programme progresses, the JCVI will advise on the appropriate vaccine for each age group. The vaccine offered may depend on your age. Currently the JCVI has advised it is preferable for healthy people under 40, who have not yet received a first dose, to have a vaccine other than AstraZeneca (AZ).</p>                                                   | <p>Intuu barnaamijku socdo, JCVI ayaa ku talin doonta tallaalka habboon ee ay qaadan karaan da'a kasta. Tallaalka lagu siinayo wuxuu ku xirnaan karaa da'daada. Xilligan JCVI waxay ku talisay inay fiican tahay in dadka caafimaadka qaba ee da'doodu ka yar tahay 40, oo aan weli helin qiyaas koowaad, inay qaataan tallaalka aan ahayn AstraZeneca (AZ).</p>                                                                                                                          |
| <p>The time when it will be offered will be based on the availability of those vaccines. Anybody who was previously eligible for vaccination remains so and should make an appointment to start or complete their recommended course.</p>                                                                                                                                 | <p>Wagtiga la bixin doono tallaalka waxay ku xirnaan doontaa helitaanka tallaalka. Qof kasta oo horey xaq ugu lahaa qaadashada tallaalka sidaas ayuu sii ahaanayaa waana inuu balan qabsadaa si uu u bilaabo ama u dhameystiro qaadashada tallaalka lagula taliyay.</p>                                                                                                                                                                                                                   |
| <p><b>Pregnant women</b></p>                                                                                                                                                                                                                                                                                                                                              | <p><b>Haweenka Uurka Leh</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <p>The JCVI has now advised that pregnant women should be offered vaccination at the same time as the rest of the population, based on their age and clinical risk group.</p>                                                                                                                                                                                             | <p>Guddiga Wadajirka ah ee Tallaalka (JCVI) ayaa ku taliyay in haweenka uurka leh la siiyo tallaalka isla waqtiga dadka intiisa kale la siinayo, iyadoo lagu saleynayo da'dooda iyo kooxda halista caafimaad ay ku jiraan.</p>                                                                                                                                                                                                                                                            |
| <p>The Pfizer BioNTech and Moderna vaccines are the preferred vaccines for pregnant women of any age. There is now extensive experience of the use of the Pfizer BioNTech and Moderna vaccines in pregnancy in the USA with no safety concerns. Pregnant women who commenced vaccination with the AZ vaccine, however, are advised to complete with the same vaccine.</p> | <p>Tallaalka Pfizer BioNTech iyo Moderna ayaa ah tallaalka la doorbido inay qaataan haweenka uurka leh ee da'a kasta ha lahaadeene. Waxaa jira waayo-aragnimo ballaaran oo ku aadan isticmaalka tallaalka Pfizer BioNTech iyo Moderna inta lagu guda jiro uurka ee gudaha Mareykanka iyadoo wax walaac oo dhanka badbaadada ah laga qabin. Haweenka uurka leh ee bilaabay tallaalka AZ, si kastaba ha noqotee, waxaa lagula talinayaa inay dhamaystiraan qaadashada isla tallaalkaas.</p> |
| <p><b>Who cannot have the vaccine?</b></p>                                                                                                                                                                                                                                                                                                                                | <p><b>Yaanan qaadan karin tallaalka?</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p>The vaccines do not contain organisms that grow in the body, 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 some people who have severe allergies and people with certain blood disorders.</p> | <p>Tallaalka kuma jiraan unugyo ku kora jirka, sidaas darteedna waxay ammaan u yihiin dadka qaba cilladaha habka difaaca jirka ah. Dadkan waxaa laga yaabaa inaysan sifiican uga fal-celinin tallaalka. Dad aad u tira yar oo halis ugu jira COVID-19 ayaanan qaadan karin tallaalka - dadkaas waxaa ku jira qaar ka mid ah dadka qaba xasaasiyad daran iyo dadka qaba cudurada dhiigga qaarkood</p>                                                                                      |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Who should wait to have the vaccine?</b>                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Yay tahay inuu sugo qaadashada talaalka?</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| If you are currently unwell, self-isolating, waiting for a COVID-19 test or have had a positive COVID-19 test result in the last four weeks, you should delay vaccination until later.                                                                                                                                                                                                                                                          | Haddii aadan caafimaad qabin, aad ku jirto isgo'doomin, aad sugayso natiijada baaritaanka COVID-19 4 toddobaad ee ugu dambeeyey, waa inaad dib u dhigataa qaadashada tallaalka.                                                                                                                                                                                                                                                                                                                                  |
| <b>Will the vaccine protect me?</b>                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Tallaalku ma i difaaci doonaa?</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 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 some protection from the vaccine. 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.                                                                                                           | Tallaalka COVID-19 wuxuu yarayn doonaa fursadda ah inaad la xanuunsato cudurka COVID-19. Waxay qaadan kartaa dhowr toddobaad si jirkaaga uu xoogaa difaac ah uga helo tallaalka. Si la mid ah dhamaan daawooyinka, ma jiro tallaalka si buuxda waxtar u leh - dadka qaarkiis wali waxaa laga yaabaa inay qaadaan COVID-19 iyagoo tallaalka qaatay xitaa, laakiin tani waa inaysan noqon mid aad u daran.                                                                                                         |
| <b>Will the vaccine have side effects?</b>                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Tallaalku ma yeelan doonaa waxyeelooyin gaar ah?</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 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 side effects 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 should give you longer lasting protection against the virus.                                                                         | Si la mid ah dhamaan dawooyinka kale, tallaalku wuxuu keeni karaa waxyeelooyin gaar ah. Waxyeellooyinka gaarka ah badankood waa kuwo fudud oo waqti gaaban qaata, oo qof walbana kuma dhacaan. Xitaa haddii aad yeelato waxyeelooyinka gaarka ah kadib markaad qaadato qiyaasta ugu horreysa, waxaad weli u baahan tahay inaad qaadato qiyaasta labaad. In kasta ay tahay inaad xoogaa difaac ah ka hesho qiyaasta ugu horreysa, qaadashada qiyaasta labaad waa inay ku siiso kahortagga ugu fiican ee fayraska. |
| Very common side effects include:                                                                                                                                                                                                                                                                                                                                                                                                               | Waxyeellooyinka gaarka ah ee ugu caamsan waxa ka mid ah:                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1-2 days after the vaccine</li> </ul>                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>in garabka lagaa durey aad ku yeelato xanuun iyo jilicsanaanta Tani waxay u badan tahay inay ka sii darto 1-2 maalmood tallaalka kadib</li> </ul>                                                                                                                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>feeling tired</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>daal dareemid</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <ul style="list-style-type: none"> <li>headache, aches and chills</li> </ul>                                                                                                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>madax xanuun, jir xanuun iyo qarqaryo</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                          |
| You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help you feel better. Although feeling feverish with flu-like symptoms is not uncommon for two to three days, a high temperature* is unusual and may indicate you have COVID-19 or another infection. Side effects following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111. | Waad nasan kartaa waxaadna qaadan kartaa qiyaasta caadiga ah ee paracetamol (raac talooyinka ku jira baakadka daawada) si ay kaaga caawiso inaad raysato. In kasta oo inaad dareento qandho leh astaamo u eg kuwa hargabka ay tahay wax iska caadi ah laba illaa saddex maalmood, heerkul sarreeya* waa wax aan caadi ahayn waxaana laga yaabaa inay tilmaam u tahay inaad qabto COVID-19 ama infekshan kale.                                                                                                    |

|                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                     | Waxyeeelooyinka gaarka ah ee kadib tallaalka ah waxay caadi ahaan socdaan wax ka yar toddobaad. Haddii astaamahaaga ay u muuqdaan inay ka sii darayaan ama haddii aad ka walaacsan tahay, wac NHS 111.                                                                                                                                         |
| *If you are on chemotherapy and have a high temperature, contact your local cancer care unit.                                                                                                                                                                                                       | *Haddii aad ku jirto daaweynta kiimoteraabiga oo aad leedahay heerkul sarreeya, la xiriiir qaybta daryeelka kansarka ee deegaankaaga.                                                                                                                                                                                                          |
| <b>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.</b>                                                                                                         | <b>Haddii aad la kulanto mid ka mid ah waxyaabahan soo socda in ka badan 4 maalmood iyo muddo 28 maalmood gudahood ah (4 toddobaad) kadib xilliga qaadashada tallaalka waa inaad si dhakhso leh GP-gaaga ama Waaxda Gurmardka uga raadsataa talo caafimaad.</b>                                                                                |
| <ul style="list-style-type: none"> <li>a new, severe headache which is not helped by usual painkillers or is getting worse;</li> </ul>                                                                                                                                                              | <ul style="list-style-type: none"> <li>madax xanuun daran oo cusub kaas oo aanan waxba ka tarayn xanuun baab'iyaha caadiga ah ama kasii daraya;</li> </ul>                                                                                                                                                                                     |
| <ul style="list-style-type: none"> <li>an unusual headache which seems worse when lying down or bending over or may be accompanied by</li> </ul>                                                                                                                                                    | <ul style="list-style-type: none"> <li>madax xanuun aan caadi aheyn oo umuuqda mid ka sii daraya markaad jiifsato ama foorarsato ama ay wehliyaan</li> </ul>                                                                                                                                                                                   |
| – 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;                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>new, unexplained pinprick bruising or bleeding;</li> </ul>                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>Nabaro ama dhiig bax cusub oo aan sabab lahayn;</li> </ul>                                                                                                                                                                                                                                              |
| <ul style="list-style-type: none"> <li>shortness of breath, chest pain, leg swelling;</li> </ul>                                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>neef yari, xabad xanuun, lugo barar;</li> </ul>                                                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>persistent abdominal pain.</li> </ul>                                                                                                                                                                                                                        | <ul style="list-style-type: none"> <li>calool xanuun joogto ah.</li> </ul>                                                                                                                                                                                                                                                                     |
| If you have any of the above symptoms after your first vaccination, you should speak to your doctor or specialist before having the second dose.                                                                                                                                                    | Haddii aad qabto mid ka mid ah astaamaha kor ku xusan ka dib qaadashada tallaalkaaga ugu horreeya, waa inaad la hadashaa dhakhtarkaaga ama khabiirkaaga ka hor intaadan qaadan qiyaasta labaad.                                                                                                                                                |
| If you do seek advice from a doctor or nurse please make sure you tell them about your vaccination (show them the vaccination card if possible) so that they can assess you properly. You can also report suspected side effects to vaccines and medicines through the Yellow Card scheme. See page | Haddii aad talo ka raadsato dhakhtar ama kalkaaliye caafimaad, xaqiiji inaad u sheegto tallaalkaaga (tus kaarka tallaalka haddii ay macquul tahay) si ay si habboon qiimeyn kuugu sameeyaan. Waxaad sidoo kale waxyeeelooyinka gaarka ah ee ka yimaada tallaalkada iyo daawooyinka kaga soo warbixin kartaa nidaamka Kaarka Jaalaha. Eeg bogga |
| <b>If you are currently in the clinically extremely vulnerable group, please continue to follow the government guidance.</b>                                                                                                                                                                        | <b>Haddii aad hadda ku jirto kooxda caafimaad ahaan aad u nugul, fadlan sii wad inaad raacdo tilmaamaha dawladda.</b>                                                                                                                                                                                                                          |
| <b>What can I do after I have had the COVID-19 vaccine?</b>                                                                                                                                                                                                                                         | <b>Maxaan sameyn karaa ka dib markaan qaato tallaalka?</b>                                                                                                                                                                                                                                                                                     |
| The vaccine cannot give you COVID-19 infection,                                                                                                                                                                                                                                                     | Tallaalku kama qaadi kartid infekshinka                                                                                                                                                                                                                                                                                                        |

|                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| and two doses will reduce your chance of becoming seriously ill. We do not yet know how much it will reduce the chance of you catching and passing on the virus. So, it is important to continue to protect those around you. | COVID-19, qaadasgada labada qiyaasood wuxuu yareyn doonaa fursadda ah inaad ula xanuunsato si daran. Ma naqaano inta ay yareyn doonto halista ah inaad qaado fayraska oo aad dadka kalana u gudbis. Sidaas darteed, waa muhiim inaad sii wado difaacida dadka kugu xeeran. |
| Remember, to protect yourself and your family, friends and colleagues you MUST still follow any local restrictions and:                                                                                                       | Xasuusnow, in aad u difaacdo naftaada iyo qoyskaaga, asxaabtaada iyo saaxibadaada WAA INAAD weli raacdaa xayiraadaha deegaanka iyo:                                                                                                                                        |
| <ul style="list-style-type: none"> <li>practise social distancing</li> </ul>                                                                                                                                                  | <ul style="list-style-type: none"> <li>ku dhaqan kala fogaanshaha bulshada</li> </ul>                                                                                                                                                                                      |
| <ul style="list-style-type: none"> <li>wear a face covering</li> </ul>                                                                                                                                                        | <ul style="list-style-type: none"> <li>xiro marada wajiga lagu daboolo</li> </ul>                                                                                                                                                                                          |
| <ul style="list-style-type: none"> <li>wash your hands regularly</li> </ul>                                                                                                                                                   | <ul style="list-style-type: none"> <li>si taxaddar leh oo joogto ah u dhaq gacmahaaga</li> </ul>                                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>open windows to let fresh air in</li> </ul>                                                                                                                                            | <ul style="list-style-type: none"> <li>fur dariishadaha si ay hawo nadiif ah uga soo gasho</li> </ul>                                                                                                                                                                      |
| <ul style="list-style-type: none"> <li>follow the current guidance at <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></li> </ul>                                                         | <ul style="list-style-type: none"> <li>raac tilmaamaha hadda jira ee ah <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></li> </ul>                                                                                                    |
| <b>Keep your card safe and make sure you keep your next appointment to get your second dose.</b>                                                                                                                              | <b>Kaarkaaga ilaasho oo xaqiiji inaad ilaaliso ballantaada xigta si aad u hesho qiyaastaada labaad.</b>                                                                                                                                                                    |
| <b>Make sure you keep this record card with you</b>                                                                                                                                                                           | <b>Xaqiiji inaad haysato kaarkan diiwaanka ah</b>                                                                                                                                                                                                                          |
| Don't forget your COVID-19 vaccination Protect yourself.                                                                                                                                                                      | Ha iloobin tallaalkaaga COVID-19 Ilaali naftaada.                                                                                                                                                                                                                          |
| <b>For more information on the COVID-19 vaccination or what to do after your vaccination, see <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>                                    | <b>Wixii macluumaad dheeraad ah ee ku saabsan tallaalka COVID-19 ama waxa la sameeyo tallaalkaaga kadib, ka eeg <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>                                                               |
| <b>Can I catch COVID-19 from the vaccine?</b>                                                                                                                                                                                 | <b>Miyaan COVID-19 ka qaadi karaa tallaalka?</b>                                                                                                                                                                                                                           |
| 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.                                                         | COVID-19 kama qaadi kartid tallaalka laakiin waxaa suurtagal ah inaad qaado COVID-19 oo aadan ogaanin inaad qabto astaamaha illaa laga gaaro xilliga ballanta tallaalkaaga.                                                                                                |
| The most important symptoms of COVID-19 are recent onset of any of the following:                                                                                                                                             | Astaamaha ugu muhiimsan ee COVID-19 ayaa ah mid ka mid ah kuwan soo socda:                                                                                                                                                                                                 |
| <ul style="list-style-type: none"> <li>a new continuous cough</li> </ul>                                                                                                                                                      | <ul style="list-style-type: none"> <li>qufac cusub oo joogto ah</li> </ul>                                                                                                                                                                                                 |
| <ul style="list-style-type: none"> <li>a high temperature</li> </ul>                                                                                                                                                          | <ul style="list-style-type: none"> <li>heerkul sareeya</li> </ul>                                                                                                                                                                                                          |
| <ul style="list-style-type: none"> <li>a loss of, or change in your normal sense of taste or smell</li> </ul>                                                                                                                 | <ul style="list-style-type: none"> <li>luminta, ama isbeddelka dareenkaga caadiga ah ee dhadhanka ama wax urinta</li> </ul>                                                                                                                                                |
| If you have the symptoms above, stay at home and arrange to have a test.                                                                                                                                                      | haddii aad qabto astaamaha kore, guriga joog oo isku diyaari inaad baaritaan iska qaado.                                                                                                                                                                                   |
| <b>What do I do next?</b>                                                                                                                                                                                                     | <b>Maxaan sameeyaa marka xigta?</b>                                                                                                                                                                                                                                        |
| After you have had the first dose you need to plan to attend your second appointment. You should have a record card and your next appointment should be between 3 and 12 weeks later.                                         | Kadib markaad qaadato qiyaasta koowaad waxaad ubaahantahay inaad qorsheyso inaad ka xaadarto ballantaada labaad. Waa inaad haysataa kaarka diiwaanka oo ballantaada xigta waa inay tahay inta u dhexeysa 3 iyo 12 toddobaad kadib qiyaasta labaad.                         |

|                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Although the first dose will give you good protection, you need the second dose to get longer lasting protection.                                                                                                                                          | In kastoo qiyaasta koowaad ay ku siin doonto difaac wanaagsan, waxaad u baahan tahay qiyaasta labaad si aad u hesho difaac wakhti dheer ah.                                                                                                                                                                                                                                  |
| <b>What should I do if I am not well when it is my next appointment?</b>                                                                                                                                                                                   | <b>Maxaan sameeyaa haddii aan xanuunsado markii la gaaro ballantayda xigta?</b>                                                                                                                                                                                                                                                                                              |
| 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.                                                                                                                  | Haddii aad xanuunsan tahay, waxaa fiican inaad sugto illaa aad ka bogsato si aad u qaadata tallaalkaaga, lakin waa inaad isku daydaa inaad qaadata tallaalka sida ugu dhakhsaha badan ee ugu macquulsan.                                                                                                                                                                     |
| You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or within four weeks of having a positive COVID-19 test.                                                                                                | Waa inaad ka xaadirin ballanta tallaalka haddii aad ku jirto isgo'doomin, aad sugayso natiijada baaritaanka COVID-19 ama aad ku jirto muddada afarta toddobaad ah markii la xaqiijiyay natiijada baaritaankaaga ee ah inaad qabto COVID-19.                                                                                                                                  |
| 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 akhri buugyaraha macluumaadka tallaalka si aad u hesho wixii faahfaahin dheeraad ah ee ku saabsan tallaalkaaga, oo ay ku jiraan waxyeelooyinka gaarka ah, adigoo raadinaya Kaarka Jaalaha ee Korona fayras. Waxaad sidoo kale wixii waxyeelooyinka gaarka ah ku soo wargelin kartaa isla boggaas internetka ama adigoo soo degsanaya ablikeeshinka Kaarka Jaalaha ah. |
| <a href="https://www.coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a>                                                                                                                                                            | <a href="https://www.coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a>                                                                                                                                                                                                                                                                              |
| <b>Remember</b>                                                                                                                                                                                                                                            | <b>Xasuusnow</b>                                                                                                                                                                                                                                                                                                                                                             |
| COVID-19 is spread through droplets expelled 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.                          | COVID-19 wuxuu ku faafaa dhibco ka soo baxa sanko ama afka, qaasatan marka la hadlayo ama la qufacayo. Waxaa sidoo kale la qaadi karaa marka aad taabato indhahaaga, sankoaga iyo afkaaga kadib markaad soo taabatay walxo iyo sagxado ku wasakhaysan fayraska.                                                                                                              |
| You MUST still continue to follow any local restrictions and:                                                                                                                                                                                              | WAA INAAD weli sii waddo inaad raacdo wixii xaddidaadyo ah ee ka jira deegaanka iyo:                                                                                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>practise social distancing</li> </ul>                                                                                                                                                                               | <ul style="list-style-type: none"> <li>ku dhaqantaa kala fogaanshaha bulshada</li> </ul>                                                                                                                                                                                                                                                                                     |
| <ul style="list-style-type: none"> <li>wear a face covering</li> </ul>                                                                                                                                                                                     | <ul style="list-style-type: none"> <li>xirataa marada wajiga lagu daboolo</li> </ul>                                                                                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>wash your hands regularly</li> </ul>                                                                                                                                                                                | <ul style="list-style-type: none"> <li>si joogto ah u dhaqdaa gacmahaaga</li> </ul>                                                                                                                                                                                                                                                                                          |
| <ul style="list-style-type: none"> <li>open windows to let in fresh air</li> </ul>                                                                                                                                                                         | <ul style="list-style-type: none"> <li>furtaa dariishadaha si ay hawo nadiif ah u soo gasho</li> </ul>                                                                                                                                                                                                                                                                       |
| <ul style="list-style-type: none"> <li>follow the current guidance at <a href="https://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></li> </ul>                                                                                     | <ul style="list-style-type: none"> <li><b>raac tilmaamaha hadda jira ee ah <a href="https://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></b></li> </ul>                                                                                                                                                                                              |
| <b>Vaccination, helping to protect those most vulnerable.</b>                                                                                                                                                                                              | <b>Tallaalka, gacan ka geysanaya sidii loo badbaadin lahaa dadka nugul.</b>                                                                                                                                                                                                                                                                                                  |
| If you need more information on the COVID-19 vaccination please visit: <a href="https://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>                                                                                           | Haddii aad u baahan tahay macluumaad dheeraad ah oo ku saabsan tallaalka COVID-19 fadlan booqo:                                                                                                                                                                                                                                                                              |

|                                                                                                                                                                       |                                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                       | <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>                                                                                                   |
| Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website<br><b>www.publichealth.hscni.net</b> | Macluumaadka wuxuu sahan yahay waqtiga daabacaadda. Si aad u hesho noocii ugu dambeeyay ee buugyarahan iyo isagoo ah qaabab kale booqo websaydhka PHA<br><b>www.publichealth.hscni.net</b> |
| © Crown copyright 2021                                                                                                                                                | © Crown copyright 2021                                                                                                                                                                     |
| This information was originally developed by Public Health England and is used under the Open Government Licence v3.0                                                 | Macluumaadkan waxaa asal ahaan soosaaray Hay'adda Caafimaadka ee England waxaana lagu isticmaalaa Ruqsadda Furan ee Dowladda v3.0                                                          |
| Tel: 0300 555 0114 (local rate)                                                                                                                                       | Tel: 0300 555 0114 (sicirka deegaanka)                                                                                                                                                     |
| Find us on:                                                                                                                                                           | Naga raadi:                                                                                                                                                                                |