	Somali
COVID-19 vaccination	**Tallaalka COVID-19**
A guide for women who are pregnant or breastfeeding	**Hage loogu talagalay haweenka uurka leh ama naas nuujinaya**
Please read this before your vaccination	**Fadlan akhri hagahan kahor tallaalkaaga**
Find out more at www.nidirect.gov.uk/covid-vaccine	**Faahfaahin intaa ka badan ka ogow www.nidirect.gov.uk/covid-vaccine**
The COVID-19 vaccines available in the UK have been shown to be effective and to have a good safety profile. The current COVID-19 vaccines do not contain live coronavirus and cannot infect a pregnant woman or her unborn baby in the womb.	Tallaallada COVID-19 ee laga heli karo UK ayaa muujiyey inay waxtar leeyihiin oo ay leeyihiin badbaado wanaagsan. Tallaallada hadda jira ee COVID-19 kuma jiraan fayrasyada korona ee nool oo infekshan ma qaadsiin karaan haweeney uur leh ama cunuggeeda caloosha ku jira.
COVID-19 vaccination in pregnancy	**Tallaalka COVID-19 iyo uurka**
Although clinical trials on the use of COVID-19 vaccines during pregnancy are not advanced, the available data do not indicate any harm to pregnancy.	In kasta oo tijaabooyinka caafimaad ee ku aadan isticmaalka tallaallada COVID-19 xilliyada uurka aan loo soo gudbin, xogta la hayo ma muujinayaan in tallaalka waxyeello ku leeyahay uurka.
In addition to any pre-existing risk factors a pregnant woman may have, in the later stages of pregnancy women are at increased risk of becoming seriously unwell with COVID-19. If this happens, your baby is two to three times more likely to be born prematurely, which can affect their long-term health.	Marka lagu daro sababo kasta oo hore u jirey oo khatar ah oo haweenayda uurka leh ay yeelan karto, marxaladaha dambe ee uurka hawaanka waxay halis ugu jiraan inay si daran ula xanuunsadaan COVID-19. Haddii taasi ay dhacdo, ilmahaagu wuxuu laba ama saddex jibaan u badan yahay inuu dhasho xilli hore, taas oo saameyn ku yeelan karta caafimaadkooda muddada dheer.
The Joint Committee on Vaccination and Immunisation (JCVI) has therefore 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.	Sidaa darteed Guddiga Wadajirka ah ee Tallaalada (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.
There is now extensive experience of the use of the Pfizer BioNTech and Moderna vaccines during pregnancy in the USA with no safety concerns. These vaccines are therefore the preferred vaccines to offer to pregnant women of any age.	Hadda waxaa jira waayo-aragnimo ballaaran oo ku aadan isticmaalka tallaallada Pfizer BioNTech iyo Moderna inta lagu guda jiro uurka ee gudaha Mareykanka iyadoo wax walaac oo dhanka badbaadada ah laga qabin. Tallaalladaasi ayaa haddaba ah tallaallada la doorbido in la siiyo haweenka uurka leh ee da'a kasta ah.
Pregnant women who commenced vaccination with AstraZeneca, however, are advised to complete the course with the same vaccine.	Haweenka uurka leh ee bilaabay tallaalka AstraZeneca, si kastaba ha noqotee, waxaa lagula talinayaa inay dhamaystirtaan qaadashada isla tallaalkaas.
What does this mean for me?	**Maxay arrintaan iiga dhigan tahay?**
If you are pregnant you will be able to receive a COVID-19 vaccine at the same time as other women of your age:	Haddii aad uur leedahay waxaad heli doontaa tallaalka COVID-19 isla waqtiga ay qaadanayaan haweenka kale ee da'daada ah:

• You may wish to discuss having it with your doctor or midwife.	• Waxaad takhtarkaaga ama umulisada kala hadli kartaa qaadashada tallaalka.
• Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age, because of more extensive experience of their use in pregnancy.	• Tallaalada Pfizer iyo Moderna ayaa ah tallaalada la doorbido inay qaataan haweenka uurka leh ee da'a kasta ha lahaadeene, sababo la xiriira in waayo-aragnimo balaaran laga helay u isticmaalkooda uurka.
• If you decide to have a COVID-19 vaccine, please tell the vaccination team that you are pregnant so that this can be recorded.	• Haddii aad go'aansato inaad qaadato tallaalka COVID-19, fadlan u sheeg kooxda tallaalka inaad uur leedahay si arrintaas loo diiwaangeliyo.
• Pregnant women who commenced vaccination with AstraZeneca, however, are advised to complete the course with the same vaccine.	• Haweenka uurka leh ee bilaabay tallaalka AstraZeneca, si kastaba ha noqotee, waxaa lagula talinayaa inay dhamaystirtaan qaadashada isla tallaalkaas.
If you have had the first dose of COVID-19 vaccine and then become pregnant or find out you are pregnant:	Haddii aad qaadatay qiyaasta ugu horreysa ee tallaalka COVID-19 ka dibna aad uur yeelatid ama aad ogaatid inaad uur leedahay:
• you may wish to discuss having the second dose with your doctor or midwife.	• Waxaa laga yaabaa inaad u baahan tahay inaad dhakhtarkaaga ama umulisada kala hadasho qaadashada qiyaasta labaad ee tallaalka.
• unless you had serious side effects, you are advised to complete the course with the same vaccine during your pregnancy or you can wait until you have had your baby.	• marka laga reebo haddii aad yeelato waxyeelo gaar ah oo daran, waxaa lagugula talinayaa inaad qaadato qiyaasaha dhamaystiran ee hal tallaal inta aad uurka leedahay ama waxaad sugi kartaa ilaa aad ilmahaaga ka dhaso.
Breastfeeding	**Naas nuujinta**
There is no known risk associated with any current COVID-19 vaccines whilst breastfeeding. The JCVI advises that breastfeeding women may be offered any suitable COVID-19 vaccine.	Ma jiraan wax khatar ah oo la og yahay oo la xiriira tallaallada COVID-19 ee hadda jira oo kugu wajahan inta aad naas nuujineyso. JCVI waxay ku talineysaa in haweenka naas nuujinaya lasiin karo talaalada COVID-19 ee ku haboon.
Talk to your doctor or midwife if you have any concerns.	Kala hadal dhakhtarkaaga ama umulisadaada haddii aad qabto wax walaac ah.
There is no need to avoid pregnancy after COVID-19 vaccination.	Looma baahna in laga fogaado qaadista uurka kadib marka la qaato tallaalka COVID-19.
The Royal College of Obstetricians and Gynaecologists (RCOG) and Royal College of Midwives (RCM) have a decision guide and other useful information on COVID-19 vaccines and pregnancy (www.rcog.org.uk and www.rcm.org.uk/guidance-for-pregnant-women)	Kuleejka Royal ee Dhakhtarada Cudurada Haweenka iyo Dhakhtarada Dhalmada iyo Carruurta (Royal College of Obstetricians and Gynecologists) (RCOG) iyo Kuleejka Royal ee Umulisooyinka (Royal College of Midwives) (RCM) waxay leeyihiin hage go'aan iyo macluumaad kale oo faa'iido leh oo ku saabsan talaalka COVID-19 iyo uurka (www.rcog.org.uk and www.rcm.org.uk/guidance-for-pregnant-women)

Vaccination, helping to protect those most vulnerable.	Tallaalka, gacan ka geysanaya sidii loo badbaadin lahaa dadka nugul.
Information correct at time of publication. For the latest version of this factsheet, visit the PHA website www.publichealth.hscni.net/publications	Macluumaadka wuxuu sahan yahay waqtiga daabacaadda. Si aad u hesho noocii ugu dambeeyay ee buugyarahan iyo isagoo ah qaabab kale booqo websaydhka PHA www.publichealth.hscni.net/publications
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