

	Somali
COVID-19 vaccination	Tallaalka COVID-19
What to expect	Waxa la filan karo
Information for people who have just had their COVID-19 vaccination	Macluumaad loogu talagalay dadka goor dhow qaatay tallaalkooda COVID-19
Find out more at www.nidirect.gov.uk/covid-vaccine	Faahfaahin intaa ka badan ka ogow www.nidirect.gov.uk/covid-vaccine
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Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card.	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.
You can also report suspected side effects on the same website or by downloading the Yellow Card app.	Waxaad sidoo kale wixii waxyeelooyinka gaarka ah ku soo wargelin kartaa isla boggaas internetka ama adigoo soo degsanaya ablikeeshinka Kaarka Jaalaha ah.
coronavirus-yellowcard.mhra.gov.uk	coronavirus-yellowcard.mhra.gov.uk
People who are most at risk from the complications of COVID-19 are being offered the COVID-19 vaccination.	Dadka halista sare ugu jira dhibaatooyinka ka yimaada COVID-19 ayaa lasiiyaa tallaalka COVID-19.
This leaflet tells you what to expect after you have had your vaccination. If you need a second dose of vaccine, make sure you know the date of your next appointment.	Buug-yarahaan wuxuu kuu sheegayaa waxa la filan karo ka dib marka aad qaadato tallaalka. Haddii aad u baahan tahay qiyaasta labaad ee tallaalka, xaqiiji inaad taqaano taariikhda ballantaada xigta.
Following detailed review of large studies of safety and effectiveness, the Medicines and Healthcare products Regulatory Agency (MHRA) has now approved several different types of COVID-19 vaccines for use in the UK.	Kadib dib u eegis lagu sameeyey daraasado faahfaahsan oo ku saabsan badbaadada iyo wax ku oolnimada tallaalka, Hay'adda Maamulka Badeecooyinka Daryeelka Caafimaadka iyo Daawooyinka (MHRA) ayaa hadda ansixisay dhowr nooc oo kala duwan oo ah tallaallada COVID-19 in lagu isticmaalo gudaha UK.
An independent group of experts has recommended that these vaccines are offered to those at risk of catching the infection and suffering serious complications.	Koox madaxbanaan oo ka kooban khubaro ayaa ku taliyay in talaalkan la siiyo dadka halista ugu jira qaadista infekshinka iyo ku dhibtoodista dhibaatooyinka halista ah.
Now that more vaccine has become available, we are offering protection to all adults in order of risk.	Hadda maadaama tallaalo badan la helay, waxaannu difaac u fidineynaa dhammaan dadka waaweyn hadba sida ay halistoodu u kala sareeyso.
What are the side effects?	Waa maxay waxyeellooyinka gaarka ah?

Like all medicines, vaccines can cause side effects. Most of these are mild and short term, and not everyone gets them. Even if you do have symptoms after the first dose, you still need to have the second dose. Although you may get some protection from the first dose, having the full recommended course will give you the best 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 ah, oo qof walbana kuma dhacaan. Xitaa haddii aad yeelato astaamo kadib markaad qaadato qiyaasta ugu horreysa, waxaad weli u baahan tahay inaad qaadato qiyaasta labaad. In kasta oo laga yaabo inaad xoogaa difaac ah ka hesho qiyaasta ugu horreysa, qaadashada tallaalka oo dhammaystiran ayaa ku siin doona kahortagga ugu fiican ee fayraska.
Very common side effects in the first day or two include:	Waxyeellooyinka gaarka ah ee ugu caamsan ee lala kulmo maalinta koowaad ama labaad waxa ka mid ah:
<ul style="list-style-type: none"> • having a painful, heavy feeling and tenderness in the arm where you had your injection 	<ul style="list-style-type: none"> • in garabka lagaa durey aad ku yeelato xanuun, dareen culus iyo jilicsanaanta
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • daal dareemid
<ul style="list-style-type: none"> • headache, aches and chills 	<ul style="list-style-type: none"> • madax xanuun, jir xanuun iyo qarqaryo
You may also have flu like symptoms with episodes of shivering and shaking for a day or two. However, a high temperature* could also indicate that you have COVID-19 or another infection (see advice on page 6). You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make you feel better.	Waxaad sidoo kale yeelan kartaa astaamo u eg kuwa hargabka adigoo sidoo kale la kulmaya qarqaryo iyo gariir ilaa hal maalin ama labo maalmood. Si kastaba ha noqotee, heer-kulka sareeya* wuxuu sidoo kale tilmaami karaa inaad qabto COVID-19 ama infekshan kale (fiiri talooyinka ku qoran bogga 6). Waad nasan kartaa oo waxaad qaadan kartaa qiyaasta caadiga ah ee paracetamol (raac talooyinka ku jira baakadka daawada) si ay kaaga caawiso inaad raysato.
<i>*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.</i>	<i>*Haddii aad ku jirto daaweynta kiimoteraabiga oo aad leedahay heerkul sarreeya, la xiriir qaybta daryeelka kansarka ee deegaankaaga.</i>
An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm where you had the vaccine. This can last for around 10 days, but if it lasts longer see your doctor. If you are due for a mammogram in the few weeks after the vaccine, then you should mention that when you attend.	Waxyeellooyinka gaarka ah ee aan caamka ahayn waxaa ka mid ah qanjidhada kilkisha oo barara ama kuwa qoorta ee hal dhinac la ah gacanta lagaa talaalay. Waxyeellooyinkan gaarka ah waxay socon karaan ilaa 10 maalmood, laakiin haddii ay intaas ka sii dheeraadaan u tag dhakhtarkaaga. Haddii la qorsheeyey in lagaa qaado raajada naasaha dhowr toddobaad kadib qaadashada tallaalka, markaa waa inaad u sheegtaa arrintaas markii aad ka xaadireyso ballanta raajada.
What should I do if I am concerned about my symptoms?	Maxaan sameeyaa haddii aan ka walwalsanahay astaamaheya?
These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111. If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card) so that they can assess you properly. You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this	Astaamahan caadi ahaan waxay socdaan wax ka yar toddobaad. Haddii astaamahaaga ay u muuqdaan inay ka sii darayaan ama haddii aad ka walaacsan tahay, wac NHS 111. Haddii aad talo ka raadsato dhakhtar ama kalkaaliye caafimaad, xaqiiji inaad u sheegto tallaalkaaga (tus kaarka tallaalka) si ay si habboon qiimeyn kuugu sameeyaan. Waxaad sidoo kale waxyeellooyinka gaarka ah ee ka yimaada tallaalka iyo iyo dawooyinka kaga soo warbixin kartaa

online by searching Coronavirus Yellow Card or by downloading the Yellow Card app (please see page 2).	nidaamka Kaarka Jaalaha. Waxaad sidaas ka sameyn kartaa khadka tooska ah adigoo raadinaya Coronavirus Yellow Card (Kaarka Jaallaha ah ee Korona Fayras) ama adigoo soo dejinaya ablikeeshinka Kaarka jaallaha ah (fadlan eeg bogga 2).
Recently there have been reports of an extremely rare condition involving blood clots and unusual bleeding after vaccination with AstraZeneca (AZ). 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 MHRA, the World Health Organization and the European Medicines Agency have concluded that the balance is very much in favour of vaccination.	Dhawaan waxaa soo baxay warar sheegaya xaalad daran oo aad u dhif ah oo ku lug leh xinjirowga dhiigga iyo dhiig bax aan caadi 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, 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.
If you experience any of the following from more than 4 days and within 28 days after vaccination you should seek medical advice urgently from your GP or Emergency Department.	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.
<ul style="list-style-type: none"> a new, severe headache which is not helped by usual painkillers or is getting worse 	<ul style="list-style-type: none"> madax xanuun daran oo cusub kaas oo aanan waxba ka tarayn xanuun baab'yaha caadiga ah ama kasii daraya
<ul style="list-style-type: none"> an unusual headache which seems worse when lying down or bending over or may be accompanied by 	<ul style="list-style-type: none"> madax xanuun aan caadi ahayn oo umuuqda mid ka sii daraya markaad jiifsato ama foorarsato ama 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
<ul style="list-style-type: none"> new, unexplained pinprick bruising or bleeding 	<ul style="list-style-type: none"> Nabaro ama dhiig bax cusub oo aan sabab lahayn
<ul style="list-style-type: none"> shortness of breath, chest pain, leg swelling 	<ul style="list-style-type: none"> neef yari, xabad xanuun, lugo barar
<ul style="list-style-type: none"> persistent abdominal pain 	<ul style="list-style-type: none"> calool xanuun joogto ah
Worldwide, there have also been recent, rare cases of inflammation of the heart called myocarditis or pericarditis reported after the Pfizer and Moderna COVID-19 vaccines, although it is not yet clear that these are caused by the vaccines. These cases have been seen mostly in younger men within several days after vaccination. Most of these people recovered and felt better following rest and simple treatments.	Dunida oo dhan, sidoo kale waxaa dhawaanahan jiray, kiisas dhif ah oo ah caabuq ku dhaca wadnaha ee loo yaqaan “myocarditis” ama “pericarditis” kuwaas oo laga soo warbixiyey kadib qaadashada talaalada Pfizer iyo Moderna ee ka dhanka ah COVID-19, in kasta oo aysan wali cadeyn in caabuqyadaas ay sababaan talaalada. Xaaladahan waxaa lagu arkay inta badan ragga da'da yar dhowr maalmood kadib qaadashada tallaalka. Dadkan badankood way ka bogsadeen waxayna dareemeen fiicnaan kadib markay qaateen nasasho iyo daaweyn fudud.
You should seek medical advice urgently if you experience:	Waa inaad si degdeg ah u raadsataa talo caafimaad haddii aad isku aragto:
<ul style="list-style-type: none"> chest pain 	<ul style="list-style-type: none"> xabad xanuun

<ul style="list-style-type: none"> • shortness of breath 	<ul style="list-style-type: none"> • neefta oo ku qabata
<ul style="list-style-type: none"> • feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> • dareemid ah wadno garaac degdeg ah, qalloocid, ama boodbood wadnaha ah
Are the side effects different for each dose?	Qiyaasta/qaadashada tallaalka maku kala duwan yihiin waxyeellooyinka gaarka ah?
Not all COVID-19 vaccines are the same – some tend to cause more side effects at the first dose, others cause more side effects at dose two. The very common side effects are the same and should still only last a day or two.	Dhammaan tallaallada COVID-19 isku mid ma aha - qaarbaa waxay keenaan waxyeellooyin badan oo gaar ah marka la qaato qiyaasta ugu horreysa, qaarka kalana waxay keenaan waxyeellooyin badan oo gaar ah marka la qaato qiyaasta labaad. Waxyeellooyinka gaarka ah ee caamka ah waa isku mid waana inay ahaadaan kuwo socda keliya maalin ama laba maalmood.
Can I catch COVID-19 from the vaccines?	Miyaan COVID-19 ka qaadi karaa tallaalka?
You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment.	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"> • a new continuous cough 	<ul style="list-style-type: none"> • qufac cusub oo joogto ah
<ul style="list-style-type: none"> • a high temperature 	<ul style="list-style-type: none"> • heerkul sareeya
<ul style="list-style-type: none"> • a loss of, or change in, your normal sense of taste or smell (anosmia). 	<ul style="list-style-type: none"> • luminta, ama isbeddelka, dareenka caadiga ah ee dhadhanka ama wax urinta (cudurka anosmia).
Although a fever can occur within a day or two of vaccination, if you have any other COVID-19 symptoms or your fever lasts longer, stay at home and arrange to have a test.	In kasta oo qandho ku dhici karto maalin ama laba maalmood kadib tallaalka, haddii aad qabto astaamo kale oo COVID-19 ah ama qandhadaadu ay sii dheeraato, guriga joog oo isku diyaari inaad baaritaan iska qaado.
When can I go back to daily activities?	Goorma ayaan dib ugu soo laaban karaa howlo maalmeedka caadiga ah?
You should be able to resume activities that are normal for you as long as you feel well. If your arm is particularly sore, you may find heavy lifting difficult. If you feel unwell or very tired you should rest and avoid operating machinery or driving.	Waa inaad inaad dib ugu laaban kartid howlaha caadiga kuu ah hadba inta aad caafimaad qabtid. Haddii gacantaadu si gaar ah u xanuunsan tahay, waxaa laga yaabaa inay kugu adkaato qaadista waxyaabaha culus. Haddii aad dareento caafimaad darro ama aad u daalan tahay waa inaad nasataa oo aad iska ilaalisaa ka hawgalista mishiinada ama wadista gawaarida.
What do I do next?	Maxaan sameeyaa marka xigta?
If this is your first dose, you should have a record card with your next appointment in between 3 and 12 weeks time. It is important to have both doses of the same vaccine to give you the best protection.	Haddii kani uu yahay qiyaastadii ugu horreysay, waa inaad haysataa kaarka diiwaanka oo ku qoran ballantaada xigta oo ay tahay inaad ka xaadirta inta u dhexeysa 3 iyo 12 toddobaad gudahood. Waa muhiim inaad qaadato labada qiyaasood ee hal tallaalka si ay kuu siiyaan kahortaga ugu fiican.
Make sure you keep this record card with you	Xaqiiji inaad haysato kaarkan diiwaanka ah
Don't forget your COVID-19 vaccination Protect yourself. For more information on the COVID-19	Ha iloobin tallaalkaaga COVID-19 Ilaali naftaada. Wixii macluumaad dheeraad ah ee ku saabsan tallaalka

vaccination or what to do after your vaccination, see www.nidirect.gov.uk/covid-vaccine	COVID-19 ama waxa la sameeyo tallaalkaaga kadib, ka eeg www.nidirect.gov.uk/covid-vaccine
Keep your card safe. If this is your first dose, don't forget to keep your next appointment.	Kaarkaaga xafido. Haddii kani uu yahay qiyaastaada ugu horeysay, ha iloobin inaad ilaaliso ballantaada xigta.
What should I do if I am not well before my next appointment?	Maxaan sameeyaa haddii aan xanuunsado markii la gaaro ballantayda xigta?
If you are unwell, it is better to wait until you have recovered to have your vaccine. You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or within 4 weeks of having a first confirmed positive COVID-19 test result.	Haddii aad xanuunsan tahay, waxaa fiican inaad sugto illaa aad ka bogsato si aad u qaadato tallaalkaaga. Waa inaad ka xaadirin ballanta tallaalka haddii aad ku jirto isgo'doomin, aad sugayso natiijada baaritaanka COVID-19 ama aad ku jirto muddo 4 toddobaad gudahood ah markii ugu horreysay ee la xaqiijiyay natiijada baaritaankaaga ee ah inaad qabto COVID-19.
Will the vaccine protect me?	Talaalku ma i difaaci doonaa?
The COVID-19 vaccine that you have had has been shown to reduce the chance of you suffering from COVID-19 disease. Each vaccine has been tested in more than 20,000 people and each has also been used in many different countries.	Tallaalka COVID-19 ee aad qaadatay ayaa la muujiyey inuu yareynayo fursadda ah inaad la xanuunsato cudurka COVID-19. Tallaal kasta waxaa lagu tijaabiyay in ka badan 20,000 oo qof oo mid kasta oo tallaalka ka mid ahna sidoo kale waxaa laga isticmaalay dalal badan oo kala duwan.
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, so you should continue to take recommended precautions to avoid infection. Some people may still get COVID-19 despite having a vaccination, but this should be less severe.	Waxay qaadan kartaa dhowr toddobaad si jirkaaga uu xoogaa difaac ah uga helo tallaalka. Si la mid ah dhamaan dawooyinka, ma jiro tallaalka si buuxda waxtar u leh, sidaa darteed waa inaad sii waddo taxaddarrada lagu taliyay si looga fogaado infekshinka. Dadka qaarkiis wali waxaa laga yaabaa inay qaadaan COVID-19 iyagoo tallaalka qaatay xitaa, laakiin tani waa inaysan noqon mid aad u daran.
What can I do after I have had the vaccine?	Maxaan sameyn karaa kadib markaan qaato tallaalka?
The vaccine cannot give you COVID-19 infection, and a full course will reduce your chance of becoming seriously ill. We don't know how much it will reduce the risk of you passing on the virus. So it is important to continue to follow current guidance.	Tallaalku kama qaadi kartid infekshinka COVID-19, oo inaad qaadato tallaalka oo dhamaystiran wuxuu yareyn doonaa fursadda ah inaad ula xanuunsato si daran. Ma naqaano inta ay yareyn doonto halista ah inaad fayraska dadka kale u gudbis. Sidaas darteed waa muhiim inaad sii wado raacitaanka tilmaamaha hadda jira.
To protect yourself and your family, friends and colleagues you MUST still:	Si aad u difaacdo naftaada iyo qoyskaaga, asxaabtaada iyo saaxibadaada WAA INAAD weli:
<ul style="list-style-type: none"> • practise social distancing 	<ul style="list-style-type: none"> • ku dhaqantaa kala fogaanshaha bulshada
<ul style="list-style-type: none"> • wear a face covering 	<ul style="list-style-type: none"> • xirataa marada wajiga lagu daboolo
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • si taxaddar leh oo joogto ah u dhaqdaa gacmahaaga
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • furtaa dariishadaha si ay hawo nadiif ah u soo gasho
<ul style="list-style-type: none"> • follow the current guidance at www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> • raac tilmaamaha hadda jira ee ah www.nidirect.gov.uk/coronavirus
Remember	Xasuusnow

COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.	COVID-19 wuxuu ku faafaa dhibco laga neefsado 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.
Vaccination, helping to protect those most vulnerable.	Tallaalka, gacan ka geysanaya sidii loo badbaadin lahaa dadka nugul.
If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine	Haddii aad u baahan tahay macluumaad dheeraad ah oo ku saabsan tallaalka COVID-19 fadlan booqo: www.nidirect.gov.uk/covid-vaccine
Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website www.publichealth.hscni.net	Macluumaadka saxda ah waqtiga daabacaadda. Si aad u hesho noocii ugu dambeeyay ee buugyarahan iyo isagoo ah qaabab kale booqo websaydhka PHA www.publichealth.hscni.net
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