

Somali translation of *COVID-19 vaccine - Your guide to booster vaccination*

English	Somali
COVID-19 vaccine	Tallaalka cudurka COVID-19
Your guide to booster vaccination	Hagahaaga tallaalka xoojinta
<p>People aged 50 years and over, health and social care workers and younger people at risk are being offered a booster dose of coronavirus (COVID-19) vaccine. You will be contacted when it is your turn to have a booster.</p>	<p>Dadka 50 jir ah ama ka weyn, shaqaalaha caafimaadka iyo daryeelka bulsheed iyo dhallinyarada halis ku jirta ayaa loogu baaqayaa qiyaasta xoojinta tallaalka koronafayrus (COVID-19). Waxaa lagula soo xiriiri doonaa marka ay doorkaaga noqoto in aad hesho xoojinta.</p>
What is coronavirus or COVID-19?	Waa maxay koronafayrus ama cudurka COVID-19?
<p>COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus and is more serious in older people and those with certain health conditions.</p>	<p>Cudurka COVID-19 waa cudur neefsasho oo aad u faafa oo uu dhaliyo fayruska SARS-CoV-2 waxuuna u sii daran yahay dadka waayeelka ah iyo dadka qaba xaalado caafimaad oo gaar ah.</p>
Why are you being offered a COVID-19 booster?	Waa maxay sababta adiga laguugu baaqayo mudista dheeradka ah ee cudurka COVID-19?
<p>Like some other vaccines, levels of protection may begin to wane over time. This booster dose will help extend the protection you gained from your first 2 doses and give you longer term protection. The booster will help to reduce the risk of you needing admission to hospital</p>	<p>Sida tallaallada kale qaarkood, heerka difaaca ama badbaadinta ayaa laga yaabaa in uu waqti ka dib daciifo. Qiyaastan xoojinta ayaa kaa caawin doonta in aad kordhiso difaacii aad ka heshay 2dii qiyaasood ee kuugu horreeyey waxayna kuugu deeqi doontaa difaac ama badbaadin ka waqti dheer. Mudista dheeradka ah</p>

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<p>due to COVID-19 infection this winter.</p>	<p>waxay kaa caawin doontaa in aad iska yarayso halista in aad u baahato in isbitaalka lagu jii fiyo caabuqa cudurka COVID-19 awgiis xilligan jiilaalka.</p>
<p>When should you have a booster?</p>	<p>Goormee ayay habboon tahay in aad hesho mudista dheeradka ah?</p>
<p>The booster is being offered at least 6 months after your last dose. Like your previous doses, the vaccine will be given in your upper arm.</p>	<p>Mudista dheeradka ah waxaa lagu baaqayaa ama la soo bandhigayaa ugu yaraan 6 bilood ka dib qiyaastii ugu dambaysay ee tallaalkaaga. Sida qiyaasihii kaaga horreeyey, tallaalka waxaa lagu mudi doonaa gacantaada sare.</p>
<p>Protection against severe disease from the first 2 doses seems to decline very slowly. So don't worry if your booster vaccine is given a few weeks after the 6 months' time-point. The booster dose should help to extend your protection into the next year.</p>	<p>Difaaca laga helo cudurka daran ee ka yimaadda 2 qiyaasood ee ugu horreeya ayaa u muuqda in uu si aad u deggan ugu naaqusmo. Markaa ha walwalin haddii tallaalkaaga dheeradka ah lagu siiyo xoogaa toddobaad ka dib barta ku beegan 6 bilood. Qiyaasta dheeradka ah ayaa la filayaa in ay kaa caawiso in aad difaacaaga ama badbaadintaada kordhisato oo aad gaarsiisato ilaa sanadka xiga.</p>
<p>Which vaccine will I be offered?</p>	<p>Waa midkee tallaalka la iigu baaqi doono?</p>
<p>You will be given a booster dose of either Pfizer or Moderna vaccine. You may be offered the AstraZeneca vaccine if this is what you had for your first doses and you cannot receive</p>	<p>Waxaa lagu siin doonaa qiyaasta xoojinta tallaalka Pfizer ama Moderna. Waxaa laguugu baaqi karaa tallaalka AstraZeneca haddii uu kani yahay midkii aad u heshay qiyaasihii kuugu horreeyey oo</p>

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<p>either of the other vaccines. These vaccines have already been given to millions of people in the UK.</p>	<p>aadan heli karin tallaallada kale midkood. Tallaalladan waxaa hore loo siiyey malaayiin qof oo jooga Ingiriiska.</p>
<p>You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.</p>	<p>Waxaa laguugu baaqi doonaa tallaalka adiga kugu habboon oo laga yaabo in uu la mid noqdo ama ka duwanaado tallaalladii aad hore u heshay.</p>
<p>Common side effects</p>	<p>Dhibaatooyinka soo raaca ee caadiga ah</p>
<p>As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:</p>	<p>Isla sida qiyaastaadii tallaalka ee hore dhibaatooyinka soo raaca ee caadiga ah waxay isku mid u yihiin dhammaan tallaallada cudurka COVID-19 ee lagu isticmaalo Ingiriiska, waxaana ka mid ah:</p>
<ul style="list-style-type: none"> • having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1 to 2 days after the vaccine 	<ul style="list-style-type: none"> • xanuun, culays iyo damqasho aad ka dareento gacanta lagaa muday. Waxay u badan tahay in ay tani ugu xumaato qiyaas ahaan 1 ilaa 2 maalmood ka dib tallaalka
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • daal la dareemo
<ul style="list-style-type: none"> • headache 	<ul style="list-style-type: none"> • madax xanuun
<ul style="list-style-type: none"> • general aches, or mild flu like symptoms 	<ul style="list-style-type: none"> • damqashada guud ee jirka, ama calaamado cudur oo sahlan oo u eeg ifilada
<p>You can rest and take paracetamol (follow the dose advice in the packaging) to help</p>	<p>Waad nasan kartaa waxaanad qaadan kartaa baarasatamool (raac talada qiyaasta ku jirta baakadka) si</p>

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<p>make you feel better. Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate you have COVID-19 or another infection.</p>	<p>aad iskaga caawiso in aad roonaato. Inkastoo dareenka xummadda ama qandhada la isku arki karo 2 ilaa 3 maalmood ka dib, haddana heerkulka jirka ee sarreeya aayanan caadi ahayn waxuuna tilmaami karaa in aad qabto cudurka COVID-19 ama caabuuq kale.</p>
<p>Although a fever can occur within a day or 2 of vaccination, if you have any other COVID-19 symptoms or your fever lasts longer, stay at home and arrange to have a test. Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, contact your GP.</p>	<p>Inkastoo aad yeelan karto xummad ama qandho maalin ama 2 maalmood ka dib tallaalka, haddii aad yeelato calaamado kaloo cudurka COVID ah ama xummaaddaadu ay sii socoto, guriga joog oo habayso in baaritaan lagaa qaado. Calaamadaha cudur ee ka dambeeya tallaalku waxay caadi ahaan socdaan in ka yar hal toddobaad. Haddii calaamadahaaga cudur ay u muuqdaan in ay ka sii darayaan ama haddii aad walaac qabto, la xiriir Takhtarkaaga Guud (GP).</p>
<p>You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app.</p>	<p>Dhibaatooyinka soo raaca ee loogu tuhunsan yahay tallaallada iyo daawooyinka waxaad weliba kaga warbixin kartaa barnaamijka Yellow Card (Kaarka Jaallaha ama huruudda ah). Waxaad tan ku samayn kartaa internetka marka aad raadiso Coronavirus Yellow Card (Kaarka Jaallaha ama huruudda ah ee Koronafayrus) ama marka aad soo dejisato abb-ka ama barnaamijka telefoonka gacanta ee</p>

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	lagu magacaabo Yellow Card (Kaarka Jaallaha ama huruudda ah).
If you had serious side effects after any previous dose you may be advised to avoid or delay further vaccination. You should discuss this with your doctor or specialist.	Haddii aad dhibaatooyin soo raaca oo xun yeelatay ka dib qiyaas kaaga horraysay waxaa lagugula talin karaa in aad tallaalka dheeraadka ah iska dayso oo aadan qaadanin ama dib u dhigto. Waa in aad tan kala hadasho takhtarkaaga ama takhasuslahaaga.
Serious side effects	Dhibaatooyinka soo raaca ee xun
Worldwide, there have also been recent, very rare cases of inflammation of the heart called myocarditis or pericarditis reported after Pfizer and Moderna COVID-19 vaccines.	Dunida oo dhan, waxaa weliba dhawaan lagu arkay, marar aad dhif u ah oo ay timid xaaladda bararka wadnaha oo lagu magacaabo myocarditis ama pericarditis oo laga soo warbixiyey ka dib tallaallada cudurka COVID-19 ee Pfizer iyo Moderna.
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.	Mararkan waxaa inta ugu badan lagu arkay ragga da' yar dhowrkii maalmood ee ku xigay tallaalka. Dadkan intooda ugu badan ayaa ka bogsaday oo ka roonaaday ka dib nasasho iyo daawayno sahlan.
You should seek medical advice urgently if, after vaccination, you experience:	Waa in aad dhakhso u raadsato ama u doonato talo caafimaadeed haddii, ka dib tallaalka, aad yeelato:
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • xanuunka shafka ama laabta
<ul style="list-style-type: none"> • shortness of breath 	<ul style="list-style-type: none"> • neeftuurid

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<ul style="list-style-type: none"> feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> dareenka wadnaha ku boodaya, babbanaya, ama xoog kuu garaacaya
<p>Is there anyone who shouldn't have a booster?</p>	<p>Miyuu jiraa qof aanay ku habboonayn in uu helo mudista dheeradka ah?</p>
<p>There are very few people who should not have a booster.</p>	<p>Aad ayay u tiro yar yihiin dadka aanay ku habboonayn in ay helaan mudista dheeradka ah.</p>
<p>If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor.</p>	<p>Haddii aad ficilcelin daran ka muujisay qiyaas hore ee tallaalka waa in aad tan kala hadasho takhtarkaaga.</p>
<p>Can you still catch COVID-19 after having the vaccine?</p>	<p>Miyaad weli qaadi kartaa cudurka COVID-19 ka dib marka aad tallaalka hesho?</p>
<p>The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few days for your body to build up some protection from the booster.</p>	<p>Tallaalka cudurka COVID-19 waxuu yarayn doonaa halista aad ugu jirto in uu kugu dhasho cudurka COVID-19. Waxay qaadan kartaa xoogaa maalmood si uu jirkaagu u dhisto difaaca ka yimaadda mudista dheeradka ah.</p>
<p>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.</p>	<p>Sida daawooyinka dhammaantood, ma jiro tallaalka bixiya waxtar buuxa – dadka qaarkood ayaa weli qaadi kara cudurka COVID-19 inkastoo tallaalka la siiyey, laakiin waa in uu kani ka daciifsanaado.</p>
<p>If you have not had the first vaccinations</p>	<p>Haddii aadan helin tallaalladii ugu horreeyey</p>
<p>If you have not yet had either of your first 2 doses of the vaccine</p>	<p>Haddii aadan weli helin mid ka mid ah 2da qiyaasood ee tallaalka ee</p>

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<p>you should have them as soon as possible.</p>	<p>kuugu horreeya waa in aad kuwaas qaadata islamarka suurogalka ah.</p>
<p>You will still need the booster but the timing of it will depend on when you had your first 2 doses.</p>	<p>Waxaad weli u baahan doontaa mudista dheeradka ah laakiin waqtigeeda ayaa ku xirnaan doonta waqtiga aad heshay 2dii qiyaasood ee kuugu horreeyey.</p>
<p>Further information</p>	<p>Macluumaad dheeraad ah</p>
<p>Visit coronavirus vaccination www.nidirect.gov.uk/covid-vaccine</p>	<p>Booqo tallaalka koronafayrus (coronavirus vaccination) www.nidirect.gov.uk/covid-vaccine</p>
<p>See the PHA leaflet on what to expect after vaccination, which is available to download at www.pha.site/COVID19InfoMaterials</p>	<p>Eeg buugyaraha hay'adda PHA ee ku saabsan waxa aad filan karto ka dib tallaalka, oo diyaar u ah in laga soo dejisto halkan www.pha.site/COVID19InfoMaterials</p>
<p>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.</p>	<p>Fadlan akhriso buugyaraha macluumaadka badeecada si aad faahfaahin dheeraad ah uga hesho tallaalkaaga, oo ay ka mid yihiin dhibaatooyinka suurogalka ah in ay soo raacaan, adigoo raadinaya Coronavirus Yellow Card (Kaarka Jaallaha ee Koronafayrus). Dhibaatooyinka soo raaca ee lagu tuhunsan yahay waxaad weliba kaga warbixin kartaa isla bartaas internetka ama marka aad soo dejisato abb-ka ama barnaamijka telefoonka gacanta ee lagu magacaabo Yellow Card (Kaarka Jaallaha ama huruudda ah).</p>

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https://coronavirus-yellowcard.mhra.gov.uk	https://coronavirus-yellowcard.mhra.gov.uk
You can read the information for UK recipients of the Pfizer and Moderna vaccines here:	Macluumaadka loogu talagalay dadka Ingiriiska ku hela tallaallada Pfizer iyo Moderna ayaad ka akhrisan kartaa halkan:
https://coronavirus-yellowcard.mhra.gov.uk/productinformation	https://coronavirus-yellowcard.mhra.gov.uk/productinformation
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