DoH
www.health-ni.gov.uk

HSC Health and Social Care

A guide for children and young people - Somali

Tallaalka COVID-19

Hage loogu talagalay carruurta iyo dhallinyarada

Wax badan ka ogow www.nidirect.gov.uk/covid-vaccine

Buug-yerahan wuxuu sharaxayaa barnaamijka tallaalka cudurka korona fayras (COVID-19) ee loogu talagalay carruurta iyo dhallinyarada u-qalma.

Waa maxay COVID-19 ama Korona fayras?

COVID-19 waa cudur neef-mareenka ku dhaca oo aad u faafa oo uu sababo fayraska SARS-CoV-2. Carruur iyo dhallinyaro aad u tiro yar oo qaba infekshanka COVID-19 ayaa ku sii dhaca cuduro kale oo daran.

Ma jirto wax daawo ah oo loo hayo COVID-19 in kasta oo qaar ka mid ah daawooyinka dhowaan la tijaabiyay ay gacan ka geystaan yareynta halista dhibaatooyinka ka dhasha cudurka.

Adeegga caafimaadka wuxuu tallaalka COVID-19 siinayaa carruurta iyo dhallinyarada qaarkood. Waxaana ka mid ah kuwa da'doodu u dhaxayso 12 ilaa 17 sano jir kuwaas oo halis dheeraad ah ugu jira caabuqa ama la noolaanshaha qof uu aad u liito nidaamka difaaca jirkiisa, kaasoo u baahan doona 2 qiyaasood oo tallaalka ah oo u kala dhaxeeya 8 toddobaad. Dhammaan dhallinyarada kale ee da'doodu u dhaxayso 12 ilaa 17 sano waxaa la siin doonaa qiyaasta/dooska koowaad ee tallaalka.

Miyaan khatar ugu jiraa inaan qaado infekshinka COVID-19?

Cudurka wuxuu ku dhici karaa qof walba. Carruurta iyo dhallinyarada qaarkood ayaa halis weyn ugu jira oo ay ka mid yihiin kuwa la nool xaalado halis ah sida:

- kansarada (sida leukaemia ama lymphoma
- cudurka sonkorowga
- dhibaatooyinka wadnaha ee halista ah
- xanuunada xabadka ama neefsashada oo ku adkaata, xanuunada ku dhaca kelyaha, beerka ama neefshiidka
- difaaca jirka oo hoos u dhaca sababo la xiriira cudurka ama daaweynta (daawooyinka steroidka, kiimoterabi ama daaweynta la isticmaalo shucaaca)
- talaalista xubinaha jirka
- xaalad caafimaad oo la xiriira xanuunada ama naafonimada murqaha
- naafonimo daran oo xagga waxbarashada ah
- Cudurka Down''s syndrome
- dhibaato xagga beeryarada ah, sida cudurka sickle cell-ka, ama lagaa saaro beeryaradaada
- suuxdin
- dhibaatooyin xagga xida-sidaha ah
- xaalado kale oo caafimaad oo halis ah hadba sida uu kugula taliyo dhakhtarkaaga.

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 qabaan in ka badan intii caadiga ahayd 2 ilaa 3 toddobaad. Tallaalku wuxuu kaa caawin doonaa inuu kaa difaaco COVID-19.

Waxaa lagu siin doonaa tallaalka Pfizer, kaas oo loo ansixiyey carruurta iyo dhallinyarada.

Talaalku ma i difaaci doonaa?

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. Dhallinyarada badankooda waxay difaac wanaagsan ka helaan hal qiyaas/doos oo tallaalka COVID-19 ah. Kuwa lagula taliyay inay qaataan qiyaasta/dooska labaad, dooskaasi wuxuu kaa caawin doonaa inuu ku siiyo difaac joogto ah oo muddo dheer ah oo ka dhan ah fayraska.

Si la mid ah dhamaan daawooyinka, ma jiro tallaal si buuxda waxtar u leh - dadka qaarkiis wali waxaa laga yaabaa inay qaadaan COVID-19 iyagoo tallaalka qaatay xitaa, laakiin markaan ma noqonayo mid aad u daran. Macluumaad dheeraad ah oo ku saabsan astaamaha ayaa laga heli karaa nidirect.gov.uk/coronavirus.

Tallaallada kuma jiraan unugyo ku kora jirka, sidaas darteedna waxay ammaan u yihiin dadka qaba cilladaha xagga nidaamka difaaca jirka ah. Dadkan waxaa laga yaabaa inaysan sifiican uga fal-celinin talaalka lakin tallaalka wuxuu difaac ka siinayaa cudurada daran.

Ka warran bixinta oggolaanshaha?

Waxaa laga yaabaa inaad u baahato inaad macluumaadka ku saabsan tallaalka la wadaagto waalidiintaada oo aad ka wada hadashaan.

Haddii tallaalka lagugu siiyo dugsiga, waxaa lagu siinayaa foomka oggolaanshaha kaas oo waalidkaaga/mas'uulkaaga uu saxiixayo si uu u oggolaado inaad qaadato tallaalka.

Kalkaaliyaha caafimaadka ee dugsiga ama GP-ga ayaa kaala hadli doona wixii ku saabsan tallaalkaaga xilliga ballantaada waxayna awoodi doonaan inay kaaga jawaabaan wixii su'aalo ah ee aad qabtid.

Dhibaatooyinka soo raaca ee caadiga ah

Si la mid ah dhamaan dawooyinka kale, tallaalku wuxuu keeni karaa waxyeelooyin gaar ah. Waxyeellooyinkaan gaarka ah badankood waa kuwo fudud oo waqti gaaban ah, oo qof walbana kuma dhacaan. Tallaalka aan u isticmaalno carruurta ka yar 18 sano, waxyeellooyinka ayaa aad u badan marka la qaato qiyaasta/dooska labaad.

Waxyeellooyinka gaarka ah ee ugu caamsan waxa ka mid ah:

- in garabka lagaa durey aad ku yeelato xanuun iyo jilicsanaanta Tani waxay u badan tahay inay ka sii darto 1 ilaa 2 maalmood tallaalka kadib
- daal dareemid
- madax xanuun
- Xanuuno guud, ama astaamo u eg kuwa ifilada

Waad nasan kartaa waxaanad qaadan kartaa baarasatamool (raac talada qiyaasta ku jirta baakadka) si aad iskaga caawiso in aad roonaato. In kasta oo inaad dareento qandho leh astaamo u eg kuwa hargabka ay tahay wax iska caadi ah 2 illaa 3 maalmood, heerkul sarreeya ayaa ah wax aan caadi ahayn waxaana laga yaabaa inay tilmaam u tahay inaad qabto COVID-19 ama infekshan kale. Waxyeelooyinka 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, adiga ama waalidkaaga ayaa wici kara GP-gaaga ama Adeegga Shaqeeya Xilliada Ka Baxsan Wakhtiga Shaqada.

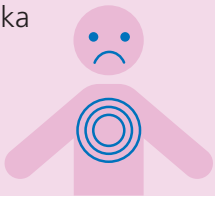
Waxyeellooyinka gaarka ah ee aan caanka ahayn

Dhawaan, kiisaska la xiriira caabuqa wadnaha (oo loo yaqaanno caabuqa muruqa wadnaha ama caabuqa lakabyada wadnaha) ayaa la soo sheegay kadib qaadashada tallaallada COVID-19.

Inta badan kiisaskani waxay ku dhaceen ragga da'da yar waxayna badanaana soo shaac baxaan dhawr maalmood kadib qaadashada tallaalka labaad. Dadka intiisa badan way ka bogsadeen oo waxay dareemeen caafimaad kadib nasasho iyo daaweyn fudud ay qaateen.

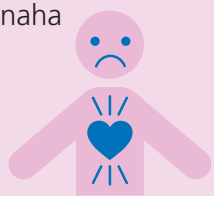
Waa in aad dhakhso u raadsato ama u doonato talo caafimaadeed haddii aad yeelato:

xanuunka shafka ama laabta



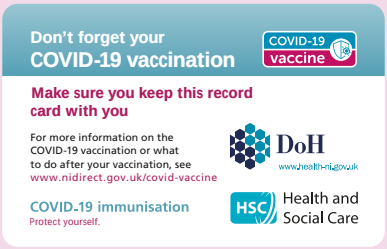
neeftuurid

dareenka wadnaha ku boodaya, babbanaya, ama xoog kuu garaacaya



Kaarkaaga xafido.

Haddii adiga ama waalidkaaga ama daryeelahaaga aad talo ka raadsataan dhakhtar ama kalkaaliye caafimaad, xaqiiji inaad u sheegtaan tallaalkaaga (tus kaarka tallaalka, haddii ay macquul tahay) si ay si habboon qiimeyn kuugu sameeyaan.



Waxaad adiga ama waalidkaaga ama daryeelahaaga sidoo kale waxyeellooyinka gaarka ah ee ka yimaada tallaalada iyo daawooyinka kaga soo warbixin kartaan nidaamka Kaarka Jaalaha.

coronavirus-yellowcard.mhra.gov.uk

Miyaan COVID-19 ka qaadi karaa tallaalka?

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. Astaamaha ugu muhiimsan ee COVID-19 ayaa ah mid ka mid ah kuwan soo socda:

- qufac cusub oo joogto ah
- heerkul sareeya
- luminta, ama isbeddelka dareenkaga caadiga ah ee dhadhanka ama wax urinta

Haddii aad qabto astaamaha kore, guriga joog oo isku diyaari inaad baaritaan iska qaado.

Maxaan sameeyaa marka xigta?

Kadib qaadashada tallaalkaaga, ilaasho kaarkaaga tallaalka. Kaarkaaga tallaalka ayaa muujinaya faahfaahinta tallaalkaaga COVID-19.

Maxaa dhacaya haddii aanan caafimaad qabin marka ballantayda xilligeeda la gaaro?

Waa inaadan ka xaadirin ballanta tallaalka haddii aad ku jirto isgo'doomin, aad sugayso natiijada baaritaanka COVID-19 ama aad ku jirto mudd 4 toddobaad gudahood ah markii ugu horreysay ee la xaqiijiyay natiijada baaritaankaaga ee ah inaad qabto COVID-19.

Sidee COVID-19 u faafaa?

COVID-19 wuxuu ku faafaa dhibco laga neefsado sanka ama afka, qaasatan marka la hadlayo ama la qufacayo.

Waxaa sidoo kale la qaadi karaa marka aad taabato indhahaaga, sankaaga iyo afkaaga kadib markaad soo taabatay walxo iyo sagxado ku wasak haysan fayraska.

WAA INAAD weli sii waddo inaad raacdo wixii xaddidaadyo ah ee ka jira deegaanka iyo:

xirataa marada wajiga lagu daboolo

si taxaddar leh oo joogto ah u dhaq gacmahaaga

fur dariishadaha si ay hawo nadiif ah uga soo gasho

raac tilmaamaha hadda jira

www.nidirect.gov.uk/coronavirus

Macluumaad dheeraad ah

Adiga ama waalidkaaga waa inaad akhrisaan buugyaraha macluumaadka tallaalka si aad u heshaan wixii faahfaahin dheeraad ah ee ku saabsan tallaalkaaga, oo ay ku jiraan waxyeelooyinka gaarka ah, adigoo ka fiirinaya websaydhka Kaarka Jaalaha ee Korona fayras (Coronavirus Yellow Card).

Waxaad sidoo kale wixii waxyeelooyinka gaarka ah oo laga shakhiyo ku soo wargelin kartaa isla boggaas internetka ama adigoo soo degsanaya ablikeeshinka Kaarka Jaalaha ah: **coronavirus-yellowcard.mhra.gov.uk/productinformation**

Macluumaad dheeraad ah waxaa laga heli karaa **pha.site/covid-vaccine-schools**

Waxaa macluumaadkan asal ahaan soo saartay Hay'adda Badbaadada Caafimaadka Ingiriiska (UK Health Security Agency) waxaana lagu isticmaalaa Shatiga Dawladda ee Furan (Open Government Licence) v3.0

Public Health Agency

Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Find us on: