

Somali translation of *What to expect after your COVID vaccination*

English	Somali
What to expect after your COVID-19 vaccination	Waxa aad filan karto ka dib tallaalkaaga cudurka COVID-19
Information for people who have just had a COVID-19 vaccination	Macluumaad loogu talagalay dadka iminka uun la siiyey tallaalka cudurka COVID-19
Find out more at www.nidirect.gov.uk/covid-vaccine	War dheeraad ah ka hel halkan 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 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 ah ee Koronafayrus).
You can also report suspected side effects on the same website	Dhibaatooyinka soo raaca ee lagu tuhunsan yahay waxaad weliba kaga warbixin kartaa isla

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<p>or by downloading the Yellow Card app.</p>	<p>bartaas internetka ama marka aad soo dejisato abb-ka ama barnaamijka telefoonka gacanta ee lagu magacaabo Yellow Card (Kaarka Jaallaha amaah).</p>
<p>https://coronavirus-yellowcard.mhra.gov.uk</p>	<p>https://coronavirus-yellowcard.mhra.gov.uk</p>
<p>People who are most at risk from the complications of coronavirus (COVID-19) are being offered the COVID-19 vaccination. This leaflet tells you what to expect after you have had your primary or booster vaccination.</p>	<p>Waxaa tallaalka cudurka COVID-19 loo soo bandhigayaa ama loogu baaqayaa dadka halista ugu badan ugu jira dhibaatooyinka ka yimaadda koronafayrus (COVID-19). Waxuu buugyarahani kuu sheegayaa waxa aad filan karto ka dib marka aad hesho tallaalkaaga ugu horreeya ama xoojinta.</p>
<p>What are the side effects?</p>	<p>Waa maxay dhibaatooyinka soo raaca?</p>
<p>Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them. The very common side effects are the same and should still only last a day or two.</p>	<p>Sida daawooyinka dhammaantood, tallaalladu waxay keeni karaan dhibaatooyin soo raaca. Kuwani inta ugu badan way sahlan yihiin wayna waqti gaaban yihiin, oo dadkoo dhan kuma dhacaan. Dhibaatooyinka soo raaca ee aad caadiga u ah waa isku mid waana in ay weli socdaan oo keliya maalin ama labo maalmood.</p>
<p>Very common side effects in the first day or two include:</p>	<p>Dhibaatooyinka soo raaca ee aad caadiga u ah maalinta ama labada maalmood ee ugu horreeya waxaa ka mid ah:</p>

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<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"> • xanuun, culays iyo damqasho aad ka dareento gacanta lagaa muday
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • daal la dareemo
<ul style="list-style-type: none"> • headache, aches and chills 	<ul style="list-style-type: none"> • madax xanuun, damqashada iyo qarqarka jirka
<p>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. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make you feel better.</p>	<p>Waxaad weliba yeelan kartaa calaamado cudur oo u eeg ifilada iyadoo waqtiyada qarqarka iyo gariirku ay socdaan maalin ama labo maalmood. Hase yeeshee, heerkulka jirka ee sarreeya* ayaa weliba tilmaami kara in aad qabto cudurka COVID-19 ama caabuq kale. Waad nasan kartaa waxaanad qaadan kartaa qiyaasta caadiga ah ee baarasatamool (raac talada ku jirta baakadka) si aad iskaga caawiso in aad roonaato.</p>
<p>*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.</p>	<p>*Haddii aad hesho daawaynta kiimikeed (chemotherapy) oo aad yeelato heerkul sare, la xiriir qaybta daryeelka kansarka degaankaaga.</p>
<p>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.</p>	<p>Dhibaataada soo raacda ee aanan caadi ahayn waa bararka qanjirrada kulkisha ama qoorta ee ku yaalla isla dhinaca dhudhunkii ama gacantii lagaaga muday tallaalka. Waxay tani socon kartaa qiyaas ahaan 10 maalmood, laakiin haddii ay waqti dheeraad ah socoto u tag takhtarkaaga. Haddii aad sugayso in lagaa qaado sawirka raajada naasaha (mammogram) xoogaaga</p>

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	toddobaad ee ku xiga tallaalka, haddaba waa in aad taas sheegto marka aad soo xaadirto.
What should I do if I am concerned about my symptoms?	Maxaa habboon in aan sameeyo haddii aan ka walaac qabo calaamadahaayga cudurka?
These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call your GP or Out of Hours service. If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card – keep your card safe) 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 online by searching Coronavirus Yellow Card or by downloading the Yellow Card app.	Calaamadahan cudurku waxay caadi ahaan socdaan in ka yar hal toddobaad. Haddii calaamadahaaga cudurku ay u muuqdaan in ay ka sii darayaan ama haddii aad walaac qabto, wac Takhtarkaaga Guud (GP) ama adeegga Saacadaha Aanan la shaqaynin. Haddii aad dhab ahaan talo u doonato takhtar ama kalkaaliye, hubi in aad iyaga u sheegto tallaalkaaga (iyaga tus kaarka tallaalka – meel adag ku hayso kaarkaaga) si ay qiimayn hagaagsan kaaga qaadi karaan. 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 lagu magacaabo Yellow Card (Kaarka Jaallaha aah).

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https://coronavirus-yellowcard.mhra.gov.uk	https://coronavirus-yellowcard.mhra.gov.uk
Are there other more serious side effects?	Miyay jiraan dhibaatooyin kaloo soo raaca oo ka xun?
<p>There have been reports of an extremely rare condition involving blood clots and unusual bleeding after the AstraZeneca and Janssen vaccines. Because of the high risk of complications and death from COVID-19, the Medicines and Healthcare products Regulatory Agency (MHRA), the World Health Organisation and the European Medicines Agency have concluded that the balance is very much in favour of vaccination.</p>	<p>Waxaa laga soo warbixiyey xaalad caafimaad oo aad iyo aad dhif u ah oo la xiriirta xinjirrada dhiigga iyo dhiigis aanan caadi ahayn ka dib tallaallada AstraZeneca iyo Janssen. Sababtoo ah halista badan ee dhibaatooyinka iyo dhimashada uu keeno cudurka COVID-19, Hay'adda Nidaaminta Daawooyinka iyo Badeecooyinka daryeelka caafimaadka (Medicines and Healthcare products Regulatory Agency) (MHRA), Hay'adda Caafimaadka Adduunka (World Health Organisation) iyo Hay'adda Daawooyinka Yurub (European Medicines Agency) ayaa ku go'aan gaaray in marka wax walba la isku eego uu tallaalku leeyahay faa'iidada ugu badan.</p>
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 yeelato mid ka mid ah waxyaabaha soo socda ka dib 4 maalmood iyo muddada 28 maalmood ah ee ka dambaysa tallaalka waa in aad dhakhso talo caafimaadeed ugu doonato Takhtarkaaga Guud ama Waaxda Degdegga (Emergency Department).

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<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 cusub, daran oo ay wax ka tari waayaan xanuun tireyaasha caadiga ah ama ka sii 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 aanan caadi ahayn oo u muuqda in uu ka sii daro marka la jiifsado ama la foorarsado ama ay soo raaci karaan
<ul style="list-style-type: none"> - blurred vision, nausea and vomiting 	<ul style="list-style-type: none"> - aragga mugdi leh, lallabo iyo matag
<ul style="list-style-type: none"> - difficulty with your speech 	<ul style="list-style-type: none"> - hadalka oo kugu adkaada
<ul style="list-style-type: none"> - weakness, drowsiness or seizures 	<ul style="list-style-type: none"> - daciifsanaan, lulmo ama qallallo
<ul style="list-style-type: none"> • new, unexplained pinprick bruising or bleeding 	<ul style="list-style-type: none"> • nabar ama dhiigis mudis irbad oo kale oo cusub, oo aanan sabab lahayn
<ul style="list-style-type: none"> • shortness of breath, chest pain, leg swelling or persistent abdominal pain 	<ul style="list-style-type: none"> • neeftuurid, xanuunka laabta ama shafka, bararka lugta ama xanuunka caloosha ee aanan go'ayn
<p>Worldwide, rare cases of inflammation of the heart called myocarditis or pericarditis have been reported after Pfizer and Moderna COVID-19 vaccines.</p>	<p>Dunida oo dhan, waxaa lagu arkay marar dhif ah ee bararka wadnaha oo lagu magacaabo myocarditis ama pericarditis oo laga soo warbixiyey ka dib tallaallada cudurka COVID-19 ee Pfizer iyo Moderna.</p>
<p>These cases have been seen mostly in younger men within several days after vaccination. Most</p>	<p>Mararkan waxaa inta ugu badan lagu arkay ragga da' yar dhowrkii maalmood ee ku xigay tallaalka.</p>

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of these people recovered and felt better following rest and simple treatments.	Dadkan intooda ugu badan ayaa ka bogsaday oo ka roonaaday ka dib nasasho iyo daawayno sahlan.
You should seek medical advice urgently if you experience:	Waa in aad dhakhso u raadsato ama u doonato talo caafimaadeed haddii aad yeelato:
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • xanuunka laabta
<ul style="list-style-type: none"> • shortness of breath 	<ul style="list-style-type: none"> • neeftuurid
<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
Can I catch COVID-19 from the vaccines?	Miyaan cudurka COVID-19 ka qaadi karaa tallaallada?
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.	Cudurka COVID-19 kama qaadi kartid tallaalka laakiin waxaa suurogal ah in aad cudurka COVID-19 qaadday oo aad ka dib ballantaada tallaalka aragto in aad leedahay calaamadaha cudurka.
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.	Inkastoo aad yeelan karto xummad ama qandho maalin ama labo 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.
When can I go back to daily activities?	Gormee ayaan dib ugu noqon karaa waxqabadyada maalin walba?
You should be able to resume activities that are normal for you as long as you feel well. If your arm is	Waxaa la filayaa in aad dib u bilaabi karto waxqabadyada caadiga kuu ah inta aad caafimaad

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<p>particularly sore, you may find heavy lifting difficult. If you feel unwell or very tired you should rest and avoid operating machinery or driving.</p>	<p>qabto. Haddii gacantaadu ay damqasho badan tahay, waxaa kugu adkaan karta in aad qaaddo wax culus. Haddii aad bugto ama jirran tahay ama aad u daallan tahay waa in aad nasato oo aadan ku shaqaynin mashiinno ama baabuur wadin.</p>
<p>Will the vaccine protect me?</p>	<p>Miyuu tallaalku aniga i badbaadin doonaa?</p>
<p>The COVID-19 vaccines that you have had have been shown to reduce the chance of you suffering from COVID-19 disease.</p>	<p>Tallaallada cudurka COVID-19 ee adiga lagu siiyey waxaa la caddeeyey in ay kaa yaraynayaan halista in uu kugu dhasho cudurka COVID-19.</p>
<p>It may take a few weeks from the first dose for your body to build up protection. Your body should respond more quickly (after a few days) after any additional doses. 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.</p>	<p>Waxay qaadan kartaa xoogaa toddobaad si uu jirkaagu u dhisto difaaca ka yimaadda tallaalka ka dib qiyaasta koowaad. Waxaa la filayaa in uu jirkaagu si ka dhakhso badan uga ficil celiyo (ka dib xoogaa maalmood) ka dib qiyaasaha dheeraadka ah. Sida daawooyinka dhammaantood, ma jiro tallaalka si buuxda wax u tara, markaa waa in aad sii waddo qaadista tallaabooyinka taxaddarka ah ee lagu taliyey si aad iskaga ilaaliso caabuqa. Dadka qaarkood ayaa weli qaadi kara cudurka COVID-19 inkastoo tallaalka la siiyey, laakiin waa in uu kani ka daciifsanaado.</p>

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<p>What can I do after I have had the vaccine?</p>	<p>Maxaan samayn karaa ka dib marka aan helo tallaalka?</p>
<p>The vaccine cannot give you COVID-19 infection, and a full course will reduce your chance of becoming seriously ill. It will help to reduce the risk of you passing on the virus. So it is important to continue to follow current national guidance.</p>	<p>Tallaalka kama qaadi kartid caabuqa COVID-19, oo qiyaasta buuxda ee tallaalka ayaa kaa yarayn doonta halista cudurka ama jirrada daran. Waxuu kaa caawin doonaa in aad iska yarayso halista in aad dadka kale u gudbiso fayruska. Markaa waxaa muhiim ah in aad sii waddo raacista hagista qaran ee waqtiga xaadirka ah.</p>
<p>To protect yourself and your family, friends and colleagues you must still:</p>	<p>Si aad u badbaadiso naftaada iyo qaraabadaada, saaxiibbadaada iyo dadka kula shaqeyna waa in aad weli:</p>
<ul style="list-style-type: none"> • wear a face covering where advised 	<ul style="list-style-type: none"> • xirato waji shareer marka lagu taliyo
<ul style="list-style-type: none"> • practise social distancing 	<ul style="list-style-type: none"> • dhaqan geliso kala fogaanshaha bulsheed
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • gacmahaaga u dhaqdo si taxaddar leh marar badan
<ul style="list-style-type: none"> • open windows to let fresh air in 	<ul style="list-style-type: none"> • furto daaqadaha si aad u soo geliso hawo cusub
<ul style="list-style-type: none"> • follow the current guidance at www.gov.uk/coronavirus 	<ul style="list-style-type: none"> • raacdo hagista waqtiga xaadirka ah ee ku taalla www.gov.uk/coronavirus
<p>Vaccination, helping to protect those most vulnerable.</p>	<p>Tallaalka, caawinaya in la badbaadiyo dadka ugu nuglan.</p>
<p>If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine</p>	<p>Haddii aad macluumaad dheeraad ah uga baahan tahay tallaalka</p>

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	cudurka COVID-19 fadlan booqo: www.nidirect.gov.uk/covid-vaccine
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