

Somali translation of Are you 16 or 17? Your guide to a second dose of COVID-19 vaccine.

## Hagahaaga qiyaasta labaad ee tallaalka cudurka COVID-19

# Miyaad tahay 16 jir ama 17 jir?

**Adeegga NHS (Adeegga Caafimaadka Qaran) ayaa iminka 2 qiyaas ee tallaalka cudurka COVID-19 ugu baaqaya ama u soo bandhigaya dhammaan dhallinyarada da'doodu tahay 16 jir ilaa 17 jir si iyaga loo siin karo difaac ama badbaadin sii waqti dheer.**

Waxaa laga yaabaa in aad adigu dhawaan heshay qiyaasta koowaad ee tallaalka cudurka COVID-19. Buugyarahan waxaa ku jira macluumaad adiga kaa caawin doona in aad go'aan ka gaarto waqtiga kuu habboon in aad hesho qiyaasta labaad.

### Dhallinyarada halis dheeraad ah ku jirta

Dhallinyarada iyagu halis dheeraad ah ugu jira cudur ama jirro daran haddii ay qaadaan cudurka COVID-19 ayaa hore loogu baaqay 2 qiyaas ee tallaalka, oo 8 toddobaad u kala dhaxeeyaan.

Buugyarahan waxaa loogu talagalay dhallinyarada 16 jir ama 17 jir ah ee aanan loo arkin in ay halis dheeraad ah ku jiraan.

### Sidee ayay u fiican tahay badbaadinta laga helo qiyaasta koowaad?

Daraasado ama cilmibaarisyo ayaa lagu tilmaamay xataa ka dib marka aad hesho 1 qiyaas ee tallaalka in ay aad u yaraato halista aad ugu jirto in aad dhibaato daran kala kulanto caabuqa COVID-19. Badbaadintan ayaa la filanayaa in ay xoogaa bilood u socoto dhallinyarada.

Dadka hore u qaaday caabuqa COVID-19 ee ka dib hela 1 qiyaas ee tallaalka, iyo kuwa caabuqu galo ka dib qiyaasta koowaad, ayaa difaac dabiici ah oo fiican ka dhista – kaasoo ugu yaraan u fiican sida dadka helay 2 qiyaas. Waxay tani tilmaamaysaa in dhallinyarada qaada caabuqa welibana qaata tallaalku ay heli doonaan badbaadin ama difaac aad u badan.

### Waa maxay faa'iidooyinka qiyaasta labaad?

Qiyaasta labaad waxay caawisaa in la wanaajiygo badbaadinta waqtiga sii dheer. Daraasado dheeraad ah ayaa naga caawin doona in aan ogaanno muddada ay badbaadintu socon doonto.

### Ma jiraan dhibaatooyin soo raaca tallaalka Pfizer?

**Dhibaatooyinka soo raaca ee caadiga ah waxay yihiin:**

- 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
- daal la dareemo
- madax xanuun
- damqashada guud ee jirka, ama calaamado cudur oo sahlan oo u eeg ifilada

Dhibaatooyinkan soo raaca waxay socdaan oo keliya xoogaa maalmood laakiin waxay sii caado badan yihiin ama sii kordhaan ka dib qiyaasta labaad.

### Dhibaatooyinka soo raaca ee ka caado yar

Dhawaan, waxaa si aad dhif u ah looga soo warbixiyey dad uu ku dhacay bararka wadnuhu (lagu magacaabo myocarditis ama pericarditis) toddobaadkii ugu horreeyey ka dib tallaalka cudurka COVID-19.

Dadkan intooda ugu badan waxay ahaayeen rag dhallinyaro ah waxayna sii caado badan yihiin ka dib tallaalka labaad.

Dhibaatooyinka soo raaca waxaa ka mid ah:

- xanuunka shafka ama laabta
- neeftuurid
- dareenka wadnaha ku boodaya, babbanaya, ama xoog kuu garaacaya

Haddii aad yeelato mid ka mid ah waxyaabahan, talo caafimaadeed u doono Takhtarkaaga Guud (GP) ama Waaxda Degdegga (Emergency Department).

Dadka intooda ugu badan ayaa ka bogsaday oo ka roonaaday ka dib nasasho iyo daawayno sahlan. Kuwa la kulma dhibaatooyin soo raaca oo daran, waxaa ku jiri karta tiro ka sii yar oo lagu arko saamaayno sii waqti dheer. Daraasado sii waqti dheer ayaa socda.

Haddii aad yeelatay bararka wadnaha ee lagu magacaabo myocarditis ama pericarditis ka dib qiyaastii koowaad, waa in aad talo caafimaadeed doonato ka hor inta aadan helin qiyaasta labaad ee tallaalka.

## Gormee ayaan u baahan ahay qiyaasta labaad?

Golaha Wadajir u ah Tallaallada (Joint Committee on Vaccination and Immunisation) (JCVI) ayaa waqtiga xaadirka ah ku talinaya in aad qiyaastaada labaad ee tallaalka qaadato ku dhawaad 12 toddobaad ka dib qiyaastaada kooxaad. Muddada 12 toddobaad ah ee loo dhexeysiiyo ayaa kordhin karta waqtiga ay badbaadintu kuu socon doonto ka dib qiyaasta labaad.

Taxaddar ahaan, golaha JCVI ayaa aaminsan in muddada 8 ilaa 12 toddobaad ah ee loo dhexeysiiyo ay yarayn karto halista dhibaatooyinka soo raaca ee daran laakiin dhif ah, sida bararka wadnaha ee myocarditis. Golaha JCVI ayaa weliba ku talinaya haddii aad qaadday caabuqa COVID-19, in aad sugto 12 toddobaad ka hor inta aadan helin qiyaasta xigta ee tallaalka. Haddii

aad heshay qiyaasta kooxaad ee tallaalka oo aad qaadday caabuqa, waxaa la filan karaa in aad hore u leedahay badbaadin ama difaac badan.

Muddooyinkan loo dhexeysiiyo ayaa la yarayn karaa oo laga dhigi karaa 8 toddobaad haddii aan filanayno in ay yaraato badbaadinta ka timaadda tallaalka ama caabuqa hore loo qaaday, tusaale ahaan marka uu socdo nooc cusub ee fayrusku.

## Macluumaad dheeraad ah

Waa in aad akhriso buugyaraha macluumaadka badeecada (product information leaflet) si aad faahfaahin dheeraad ah uga hesho tallaalkaaga, oo ay ka mid yihiin dhibaatooyinka suurogalka ah in ay soo raacaan, oo aad ka helayso barta internetka Coronavirus Yellow Card (Kaarka Jaallaha ama huruudda ah ee Koronafayrus). Dhibaatooyinka soo raaca ee loogu tuhunsan yahay tallaalka 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 ama huruudda ah): [coronavirus-yellowcard.mhra.gov.uk/productinformation](https://www.nidirect.gov.uk/covid-vaccine)



Macluumaad dheeraad ah ayaa laga heli karaa halkan: [www.nidirect.gov.uk/covid-vaccine](https://www.nidirect.gov.uk/covid-vaccine)

Macluumaadku waa sax waqtiga daabacaadda. Si aad u hesho nuskhaddii ugu dambaysay ee buugyarahan iyo qaabab kale booqo barta internetka hay'adda PHA [www.publichealth.hscni.net](https://www.publichealth.hscni.net)

© Xuquuqda daabacaadda boqortooyada 2021  
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**  
12-22 Linenhall Street, Belfast BT2 8BS.  
Tel: 0300 555 0114 (local rate).  
[www.publichealth.hscni.net](https://www.publichealth.hscni.net)

Find us on:

