

Somali translation of *COVID-19 vaccination - Your guide to booster vaccination 12/21*

English	Somali
COVID-19 vaccine	Tallaalka cudurka COVID-19
Your guide to booster vaccination	Hagahaaga tallaalka xoojinta
People aged-18 years and over, health and social care workers and those aged 16 and 17 who are at risk are being offered a booster dose of coronavirus (COVID-19) vaccine.	Dadka 18 jir ah ama ka weyn, shaqaalaha caafimaadka iyo daryeelka bulsheed iyo dadka 16 jir iyo 17 jir ah ee halis ku jira ayaa loogu baaqayaa qiyaasta xoojinta tallaalka koronafayrus (COVID-19).
What is coronavirus or COVID-19?	Waa maxay koronafayrus ama cudurka COVID-19?
COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus and is more serious in people over 40 years of age and those with certain health conditions.	Cudurka COVID-19 waa cudur neefsasho oo aad u faafa oo uu dhaliyo fayruska SARS-CoV-2 waxuuna u sii daran yahay dadka 40 jir ka weyn iyo dadka qaba xaalado caafimaad oo gaar ah.
Why are you being offered a COVID-19 booster?	Waa maxay sababta adiga laguugu baaqayo mudista dheeradka ah ee cudurka COVID-19?
Like some other vaccines, levels of protection may begin to wane over time. The booster will help to reduce the risk of you needing admission to hospital due to COVID-19 infection this winter. Protection against severe disease from the first 2 doses seems to decline very slowly. Boosting your immunity should help to extend your	Sida tallaallada kale qaarkood, heerka difaaca ama badbaadinta ayaa laga yaabaa in uu waqti ka dib daciifo. Mudista dheeradka ah waxay kaa caawin doontaa in aad iska yarayso halista in aad u baahato in isbitaalka lagu jiiyo caabuqa cudurka COVID-19 awgiis xilligan jiilaalka. Badbaadinta ama difaaca laga helo cudurka ama jirrada daran ee ka timaadda 2da qiyaasood ee ugu horreeya ayaa u muuqata in ay aayar badan u

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<p>protection into next year and give you longer term protection.</p>	<p>naaqusanto. Xoojinta difaacaaga dabiiciga ah ayaa kaa caawin doonta in aad dheereyso badbaadintaada oo aad gaarsiiso sanadka xiga waxaanad ka helaysaa badbaadin ama difaac ka waqti dheer.</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 to those most vulnerable first and will then be rolled down to younger age groups. Your appointment should be at least 3 months from your last dose, but this may be later depending on your age group or level of risk. For more on this, visit www.nidirect.gov.uk/covid-vaccine</p>	<p>Mudista dheeraadka ah waxaa marka hore loogu baaqayaa ama loo soo bandhigayaa dadka nuglan waxaana ka dib loo ballaarin doonaa kooxaha da'da yar. Ballantaadu waa in ay noqoto ugu yaraan 3 bilood ka dib qiyaastaadii ugu dambaysay, laakiin tani ka way ka dambayn kartaa iyadoo ku xiran kooxda da'daada ama heerka halistaada. Si aad war dheeraad ah tan uga hesho, booqo www.nidirect.gov.uk/covid-vaccine</p>
<p>Which vaccine will you be offered?</p>	<p>Waa midkee tallaalka laguugu baaqi doono?</p>
<p>You will be given a booster dose of either Pfizer or Moderna vaccine. Both vaccines boost well and have already been given to millions of people in the UK. Studies have shown that you only need a half dose of Moderna to boost the immune system well. This half dose of Moderna is expected to have low rate of side effects including</p>	<p>Waxaa lagu siin doonaa qiyaasta xoojinta tallaalka Pfizer ama Moderna. Labada tallaalka ayaa si fiican u xoojiya waxaana hore loo siiyey malaayiin qof oo jooga Ingiriiska. Daraasado ayaa lagu muujiyey in aad u baahan tahay oo keliya nuska qiyaasta Moderna si aad xoojin fiican u siiso nidaamka difaaca dabiciiga ah. Nuskan qiyaasta ee Moderna waxaa la</p>

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myocarditis. See page 3 for more information.	filayaa in ay tiro yaraadaan dhibaatooyinka soo raaca sida bararka wadnaha ee myocarditis. Eeg bogga 3 si aad macluumaad dheeraad ah u hesho.
You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.	Waxaa laguugu baaqi doonaa tallaalka adiga kugu habboon oo laga yaabo in uu la mid noqdo ama ka duwanaado tallaalladii aad hore u heshay.
Common side effects	Dhibaatooyinka soo raaca ee caadiga ah
As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:	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:
<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
You can rest and take paracetamol (follow the dose advice in the packaging) to help make you feel better. Although	Waad nasan kartaa waxaanad qaadan kartaa baarasatamool (raac talada qiyaasta ku jirta baakadka) si aad iskaga caawiso in aad

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<p>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>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 caabuq 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 lagu magacaabo Yellow Card</p>

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	(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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you should have them as soon as possible.	kuugu horreeya waa in aad kuwaas qaadata islamarka suurogalka ah.
When can you have your booster if you've had a COVID-19 positive test result?	Goormee ayaad heli kartaa mudistaada dheeraadka ah haddii aad heshay natiijada baaritaanka togan ee lagu helay cudurka COVID-19?
You will still need the booster but you should wait at least 4 weeks from your COVID-19 infection.	Waxaad weli u baahan doontaa mudista dheeraadka ah laakiin waa in aad sugto ugu yaraan 4 toddobaad ka dib marka aad qaaddo caabuqa COVID-19.
Further information	Macluumaad dheeraad ah
Visit coronavirus vaccination www.nidirect.gov.uk/covid-vaccine	Booqo tallaalka koronafayrus (coronavirus vaccination) www.nidirect.gov.uk/covid-vaccine
See the PHA leaflet on what to expect after vaccination, which is available to download at www.pha.site/COVID19InfoMaterials	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
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	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

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downloading the Yellow Card app.	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).
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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