

Somali translation of COVID-19..guide for parents of children aged 5-11

English	Somali
COVID-19 vaccination	Tallaalka COVID-19
A guide for parents of children aged 5 to 11	Hage loogu talagalay waalidiinta leh carruur da'doodu u dhaxayso 5 illaa 11
The health service is offering coronavirus (COVID-19) vaccines to children aged 5 to 11 years.	Adeegga caafimaadku wuxuu tallaalka korona-fayras (COVID-19) siinayaa carruurta da'doodu u dhaxayso 5 ilaa 11 sano jir.
Experts have advised that parents of all children aged 5 to 11 years should be offered the chance to have their child vaccinated.	Khubarada ayaa ku taliyay in waalidiinta dhalay dhammaan carruurta ay da'doodu u dhaxayso 5 ilaa 11 sano ay tahay in fursad loo siiyo in ilmahooda la tallaalo.
Vaccination is particularly important for children who have health conditions that put them at high risk from COVID-19, as the benefits are greater.	Tallaalku wuxuu si gaar ah muhiim ugu yahay carruurta qaba xaalado caafimaad oo halistooda sii kordhaya haddii ilmaha qaado COVID-19, maadaama faa'iidooyinka laga helo tallaalka ay badan yihiin.
Which children are at high risk from coronavirus (COVID-19) infection?	Waa kuwee carruurta khatarta sare ugu jira caabuqa korona fayras (COVID-19)?
This includes those with certain health conditions, or those children who have a weakened immune system or live with someone who has a weakened immune system.	Waxaa ka mid ah carruurta qaba xaalado caafimaad oo gaar ah, ama carruurta qaba nidaamka difaaca jirka ee daciifka ama kuwa la nool qof nidaamka difaaca jirkiisu uu daciif yahay.
These children should have already been invited for vaccination.	Carruurtan waxay ahayd in mar hore loogu yeero qaadashada tallaalka.
For more information on the health conditions, you can read the leaflet here or talk to your specialist or GP: https://www.publichealth.hscni.net/publications/covid-19-vaccination-guide-parents-children-aged-5-11-years-high-risk	Wixii macluumaad dheeraad ah ee ku saabsan xaaladaha caafimaadka, waxaad halkaan ka akhrin kartaa buug-yaraha ama waxaad kala hadli kartaa dhakhtarkaaga GP-ga: https://www.publichealth.hscni.net/publications/covid-19-vaccination-guide-parents-children-aged-5-11-years-high-risk
How does COVID-19 affect children?	Sidee ayuu COVID-19 u saameeyaa carruurta?
For most children COVID-19 is a mild illness that may require a few days off school but rarely leads to complications. For a very few children, the symptoms may be more serious or last longer.	Carruurta intooda badan COVID-19 wuxuu u yahay jirro fudud oo u baahan karta maalmo yar oo fasax laga qaato dugsiga laakiin marar dhif ah ayuu sababaa dhibaatooyin. Carruur aad u yar, astaamaha cudurka waxay u noqon karaan kuwo aad u daran ama muddo dheer sii jira.
The current Omicron variant appears to be particularly mild in children. It is not known if future variants will be as mild.	Nooca fayraska Omicron ee hadda jira wuxuu u muuqdaa mid si gaar ah ugu khafiifsan carruurta. Lama oga in noocyada fayraska ee mustaqbalka soo shaac bixi doona ay noqon doonaan kuwo khafiif ah.
Will the vaccine protect my child?	Tallaalku ma difaaci doonaa ilmahayga?
The COVID-19 vaccination will reduce the chance of your child suffering from COVID-19 disease. It may take a few weeks for their body to build up some protection from the vaccine.	Tallaalka COVID-19 waxa uu yarayn doonaa fursadda ah in ilmahaagu la xanuunsado cudurka COVID-19. Waxa laga yaabaa inay qaadato dhawr toddobaad si jirka ilmahaaga uu xoogaa difaac ah uga samaysto tallaalka ah.

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<p>Two doses of the vaccine should give your child long lasting protection against serious complications of infection – including any future waves due to new variants.</p>	<p>Laba qiyaasood/doos oo tallaalka ah ayaa ilmahaaga siinaya difaac waara oo lagaga hortagayo dhibaatooyinka halista ah ee caabuqa – oo ay ku jiraan mowjado kasta oo mustaqbalka soo baxa oo ay sababaan noocyada fayraska ee cusub.</p>
<p>Your child should also have some protection from the mild symptoms. The protection against Omicron should last for several weeks.</p>	<p>Ilmahaagu ayaa sidoo kale xoogaa difaac ah ka helaya astaamaha fudud. Ka-hortagga Omicron waa inuu sii socdaa dhowr toddobaad.</p>
<p>Like all medicines, no vaccine is completely effective – some children may still get COVID-19 despite having a vaccination, but this should be less severe.</p>	<p>Si la mid ah dhamaan dawooyinka, ma jiro talaal si dhammaystiran waxtar u leh - carruurta qaarkood ayaa laga yaabaa inay weli qaadaan COVID-19 iyagoo xitaa qaatay tallaalka, laakiin wuxuu noqonayaa mid aan aad u darnayn.</p>
<p>Further information is available on symptoms on www.nidirect.gov.uk/coronavirus</p>	<p>Macluumaad dheeraad ah oo ku saabsan astaamaha ayaa laga heli karaa nidirect.gov.uk/coronavirus.</p>
<p>About the vaccine</p>	<p>Macluumaad ku saabsan tallaalka</p>
<p>Children aged 5-11 will be offered the Pfizer COVID-19 vaccine. Each children’s dose is a third of the amount of vaccine that is given to older children and adults. Children at greater risk of serious illness if they catch COVID-19 will need 2 doses of vaccine, 8 weeks apart. All other children will be offered 2 doses of vaccine 12 weeks apart.</p>	<p>Carruurta da'doodu u dhaxayso 5-11 waxaa la siin doonaa tallaalka Pfizer COVID-19. Qiyaasta/dooska la siiyo ilmo kasta waa hal meel oo ka mid ah saddex meeloodka tallaalka la siiyo dhalinyerada iyo dadka waaweyn. Carruurta khatarta weyn ugu jirta xanuun halis ah inay la kulmaan haddii ay qaadaan COVID-19 waxay u baahan doonaan 2 qiyaasood/doos oo tallaalka ah, oo loo kala dhaxeeyiinaayo 8 toddobaad. Dhammaan carruurta kale waxaa la siin doonaa 2 qiyaasood/doos oo tallaalka ah oo loo kala dhaxeeyiinaayo 12 toddobaad.</p>
<p>The vaccine has been tested to make sure it is as safe as possible. You can read the Pfizer leaflet here: https://coronavirus-yellowcard.mhra.gov.uk/productinformation</p>	<p>Tallaalka waa la tijaabiyay si loo xaqiijiyo in leeyahay badbaado hadba intii suurtagal ah. Waxaad halkaan ka akhrisan kartaa buug-yaraha Pfizer: https://coronavirus-yellowcard.mhra.gov.uk/productinformation</p>
<p>Common side effects</p>	<p>Waxyellooyinka gaarka ah ee caamka ah</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 should only last a day or two. The Pfizer vaccine tends to cause more side effects after the second dose than the first dose.</p>	<p>Si la mid ah dhamaan dawooyinka kale, tallaalku wuxuu keeni karaa waxyellooyin gaar ah. Waxyellooyinka gaarka ah badankood waa kuwo fudud oo waqti gaaban qaata, oo qof walbana kuma dhacaan. Waxyellooyinka gaarka ah ee caamka ah waana inay ahaadaan kuwo socda keliya maalin ama laba maalmood. Tallaalka Pfizer wuxuu u badan yahay inuu keeno waxyellooyin gaar ah kadib qaadashada qiyaasta labaad marka loo barbardhigo qiyaasta/dooska koowaad.</p>
<p>Very common side effects include:</p>	<p>Waxyellooyinka gaarka ah ee ugu caamsan 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. This tends to be worst around 1 to 2 days after the vaccination 	<ul style="list-style-type: none"> xanuun, culays iyo damqasho aad ka dareento gacanta lagaa durey/mudey. Tani waxay u badan tahay inay ka sii darto 1 ilaa 2 maalmood kadib qaadashada 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"> xanuunka guud ee jirka, ama astaamo fudud oo u eg kuwa ifilada
<p>Your child should rest and, if they are at school, they may need to take a day or two off.</p>	<p>Ilmahaagu waa inuu nastaa, haddii uu dugsi ku jirana, waxay u baahan karaan maalin ama laba maalmood oo fasax ah.</p>
<p>You can give them paracetamol (follow the children's dose advice on the packaging) to help make them feel better. You can find more information on paracetamol for children on www.nhs.uk/medicines/paracetamol-for-children.</p>	<p>Waxaad siin kartaa barastamool (raac talada qiyaasta/dooska la siiyo carruurta ee ku qoran baakadda) si aad uga caawiso inay dareemaan fiicnaan. Waxaad macluumaad dheeraad ah oo ku saabsan barastamoolka loogu talagalay carruurta ka heli kartaa www.nhs.uk/medicines/paracetamol-for-children.</p>
<p>Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate they have COVID-19 or another infection.</p>	<p>In kasta oo in la dareemo qandho ay tahay waxn caadi ah 2 ilaa 3 maalmood, heerkul sarreeya waa mid aan caadi ahayn oo waxaa laga yaabaa inuu astaan u yahay inay ilmaha uu qabo COVID-19 ama caabuq kale.</p>
<p>Symptoms following vaccination normally last less than a week. If your child's symptoms seem to get worse or if you are concerned, you can call your GP or Out of Hours service.</p>	<p>Astaamaha soo shaac baxa kadib qaadashada tallaalka waxay caadi ahaan socdaan in ka yar hal toddobaad. Haddii astaamaha cudurka ee ilmahaaga ay u muuqdaan in ay ka sii darayaan ama haddii aad walaac qabto, wac dhakhtarkaaga guud (GP) ama adeegga Saacadaha Aanan la shaqaynin.</p>
<p>Less common side effects</p>	<p>Waxyellooyinka gaarka ee aan caamka ahayn</p>
<p>Cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines. Most cases recovered and felt better following rest and simple treatments.</p>	<p>Kiisaska caabuqa wadnaha (oo loo yaqaanno "myocarditis" oo ah caabuqa murqaha wadnaha ama "pericarditis" oo ah caabuqa lakabyada wadnaha) ayaa si dhif ah loo soo sheegay kadib qaadashada tallaalkada COVID-19. Kiisaska intooda badan waa laga soo bogsaday oo waxay dareemeen caafimaad kadib nasasho iyo daaweyn fudud.</p>
<p>In the US, all side effects have been reported much less commonly after the children's dose of vaccine. So far, only 1-2 cases of myocarditis have been reported for every million doses of vaccine given.</p>	<p>Dalka Mareykanka, dhammaan waxyellooyinka gaarka ah ayaa si aad u yar loo soo sheegay kadib qaadashada qiyaasta/dooska tallaalka ee carruurta. Ilaa hadda, kaliya 1-2 kiis oo 'myocarditis' ah ayaa laga soo sheegaa halkii malyeen ee qiyaasood ee la bixiyo.</p>
<p>You should seek medical advice urgently from your GP or Emergency Department if your child experiences:</p>	<p>Waa inaad si degdeg ah talo caafimaad uga raadsato GP-gaaga ama Waaxda Xaaladaha Degdegga haddii ilmahaaga uu la kulmo:</p>
<ul style="list-style-type: none"> chest pain 	<ul style="list-style-type: none"> laab xanuun
<ul style="list-style-type: none"> shortness of breath 	<ul style="list-style-type: none"> neefta oo yaraata/neeftuurid
<ul style="list-style-type: none"> feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> Dareemida wad garaac degdeg ah, gariirida, ama boodboodka wadnaha

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Make sure you tell them about the vaccination your child has received, or show them your child's record card.	Xaqiiji inaad u sheegto wax ku saabsan tallaalka uu ilmahaaga qaatay, ama tus kaarka diiwaanka ilmahaaga.
If you think they have had a serious side effect from the vaccine you can report it using the Coronavirus Yellow Card scheme. Please see page 4 for details.	Haddii aad u maleyneyso il ilmaha ay waxyeellooyin aad u daran kala kulmeen tallaalka waxaad kaga warbixin kartaa adiga oo isticmaalaya nidaamka Kaarka Jaallaha ee Korona Fayras (Coronavirus Yellow Card scheme). Please see page 4 for details.
How to book your appointment	Sida loo qabsado ballantaada
You can make an appointment at a children's vaccination clinic in your local Health and Social Care Trust using the online booking system at: https://covid-19.hscni.net/get-vaccinated	Waxaad ballan ka qabsan kartaa rugta tallaalka carruurta ee xaafadaada iyo Social Care Trust adigoo isticmaalaya nidaamka ballan qabsashada onlaynka ah: https://covid-19.hscni.net/get-vaccinated
You may be able to attend without an appointment - see www.nidirect.gov.uk/covid-vaccine	Waxaad awoodi kartaa inaad tagto adigoo ballan qabsan - eeg www.nidirect.gov.uk/covid-vaccine
What to do next	Maxaa xiga oo la sameeyaa
When your child has had their first injection, you should get a record card.	Marka ilmahaaga lagu duro qiyaasta ugu horeeysa, waa inaad heshaa kaarka diiwaanka.
You should keep this card and bring it with you when taking your child for their next appointment. This will be in 8 to 12 weeks' time.	Waa inaad xafidaa kaarkan oo aad hore usoo qaadataa markaad u kaxaysanayso ilmahaaga ballanta xigta. Tani waxay noqon doontaa 8 ilaa 12 toddobaad gudahood.
Although the first dose will give your child good protection, they will need the second dose to get longer-lasting protection.	Inkasta oo qiyaasta/dooska koowaad uu ilmahaaga siin doono difaac wanaagsan, waxay u baahan doonaan qiyaasta/dooska labaad si ay u helaan difaac waara.
Keep their card safe and make sure you take your child to get their second injection.	Meel fiican ku xafid kaarkooda oo xaqiiji inaad ilmahaaga u kaxayso ballanta xigta si loo soo siiyo qiyaastooda/dooskooda labaad.
After the vaccine	Kadib qaadashada tallaalka
You and your child should still try to avoid catching COVID-19 infections by following the current guidance.	Adiga iyo ilmahaagu waa inaad wali isku daydaan inaad iska ilaalisaan qaadista caabuqa COVID-19 idinkoo raacaya tilmaamaha kahortagga xudurka ee hadda jira.
Further information	Macluumaad dheeraad ah
The Yellow Card scheme is a website where you can report any side effects from the vaccine.	Yellow Card scheme waa websayd aad ku soo gudbin karto wixii waxyeelo ah oo lagala kulmo tallaalka.
You can also call 0800 731 6789. You can report suspected side effects on the website https://coronavirus-yellowcard.mhra.gov.uk/ or by downloading the Yellow Card app.	Waxaad sidoo kale wici kartaa 0800 731 6789. Waxaad ka warbixin kartaa wixii waxyeello ah oo laga shakiyo adigoo isticmaalaya websaydka https://coronavirus-yellowcard.mhra.gov.uk/ ama adigoo soo degsanaya ablikeeshinka Yellow Card.
You can read the product information leaflet for more details on your vaccine, (see page 2)	Waxaad weliba akhrisan kartaa buugyaraha macluumaadka badeecada (product information leaflet) si aad faahfaahin dheeraad ah uga hesho

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including possible side effects, on the Coronavirus Yellow Card website.	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).
Further information on coronavirus symptoms is available on	Macluumaad dheeraad ah oo ku saabsan astaamaha caabuqa korona fayras ayaa laga heli karaa
www.nidirect.gov.uk/coronavirus	www.nidirect.gov.uk/coronavirus
Published in February 2022 by the Public Health Agency	Waxaa bishii Febraayo 2022 daabacday Hay'adda Caafimaadka Dadweynaha
Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website www.publichealth.hscni.net	Macluumaadku waa sax waqtiga daabacaadda. Si aad u hesho nuulkii ugu dambeeyay ee buug-yarahaan iyo macluumaadkaan oo u qoran qaabab kale booqo websaydhka PHA www.publichealth.hscni.net
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This information was originally developed by UK Health Security Agency and is used under the Open Government Licence v3.0	Macluumaadkan waxaa markii hore soo saartay Hay'adda Ammaanka Caafimaadka UK waxaana lagu hoos isticmaalaa Shatiga Furan ee Dawladda v3.0