

Somali translation of *COVID-19 vaccination – a guide to the spring booster*

English	Somali
COVID-19 vaccine	Tallaalka cudurka COVID-19
A guide to the spring booster for those aged 75 years and older residents in care homes	Hagaha tallaalka xoojiyaha ah ee xilliga guga ee loogu talagalay dadka da'doodu tahay 75 sano iyo dadka ka weyn ee deggan guryaha daryeelka
People aged 75 years and over, residents in care homes for older people, and those aged 12 years and over with weakened immune systems will be offered a spring booster dose of coronavirus (COVID-19) vaccine. Find out how to get your booster vaccination at www.nidirect.gov.uk/covid-vaccine	Dadka da'doodu tahay 75 sano iyo wixii ka weyn, dadka deggan guryaha daryeelka ee loogu talagalay dadka waayeelka ah, iyo dadka habdhiska difaaca jirkooda uu daciif yahay waxaa gu'ga la siin doonaa tallaalka xoojiye ah oo tallaalka korona fayras (COVID-19) ah. Sida loo helo tallaalkaaga xoojiyaha ah ka ogow www.nidirect.gov.uk/covid-vaccine
Who is being offered a spring booster?	Yaa la siinayaa tallaalka xoojiyaha ah ee guga?
COVID-19 is more serious in older people and those with a weakened immune system. Protection from the vaccine may be lower and may decline more quickly in these people. For this reason, people aged 75 years and over, those in care homes and those 12 years and over with a weakened immune system are being offered the spring booster.	COVID-19 aad ayuu ugu daran yahay dadka da'da ah iyo dadka habdhiska difaaca jirkooda uu daciif yahay. Difaaca laga helayo tallaalka ayaa laga yaabaa inuu noqdo mid hooseeya wuxuuna noqon karaa mid si dhaqso ah u daciifa marka laga hadlayo dadkan. Sababtan awgeed dadka da'doodu tahay 75 sano iyo ka weyn, dadka ku jira guryaha daryeelka iyo kuwa da'doodu tahay 12 sano iyo ka weyn ee habdhiska difaaca jirkooda uu daciif yahay ayaa la siinayaa tallaalka xoojiyaha ah ee gu'ga.

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<p>Although vaccines are expected to provide good protection against severe COVID-19 disease, protection against mild infection with the Omicron variant seems to decline quickly, even after the booster dose.</p> <p>This spring booster is being offered as a precaution to those at extremely high risk, most of whom received their first booster around 6 months ago. If the number of infections increases over the summer, this booster should help to reduce your risk of being admitted to hospital with COVID-19.</p>	<p>In kasta oo tallaallada laga filayo inay si wanaagsan uga hortagaan cudurka daran ee COVID-19, ka hortagga tallaalka ee caabuqa fudud ee nooca Omicron waxay u muuqataa inay si dhakhso ah hoos ugu dhacayso, xitaa kadib marka la qaato qiyaasta xoojiyaha ah.</p> <p>Tallaalka xoojiyaha ah ee gu'ga waxaa loo bixinayaa taxadir ahaan waxaana la siinayaa dadka khatarta aadka u saraysa ku jira, kuwaas oo intooda badan qaatay qiyaastoodii koowaad ee tallaalka xoojiyaha ah qaatay 6 bilood kahor. Haddi tirada caabuqyada ay kordhaan xagaaga, tallaalkan xoojiyaha ah wuxuu kaa caawin doonaa yaraynta halista ah in lagu dhigo isbitaal COVID-19 awgiis.</p>
<p>Timing of the spring booster You should have the spring booster around 6 months (and not before 3 months) since your last dose of vaccine.</p>	<p>Waqtiga bixinta tallaalka xoojiyaha ah ee guga Waa inaad qaadatao tallaalka xoojiyaha ah ee guga qiyaastii 6 bilood (oo aan ka horrayn 3 bilood) tan iyo markaad qaadatay qiyaastaada ugu dambeysa ee tallaalka.</p>
<p>Which vaccine will you be offered? You will be given a booster dose of either Pfizer or Moderna vaccine. (You may be offered the AstraZeneca vaccine if this is what you had for your first doses and you cannot receive either of the other vaccines.) Both vaccines boost well and have already been given to millions of people in the UK.</p>	<p>Tallaalkee ayaa lagu siin doonaa? Waxaa lagu siin doonaa qiyaasta tallaalka xoojiyaha ah ee tallaalka Pfizer ama Moderna. (Waxaa lagu siin karaa tallaalka AstraZeneca haddii aad tallaalkaas ka qaadaty qiyaasahaagii ugu horreeyay isla markaana aadan qaadan karin mid ka mid ah tallaallada kale.) Labada tallaalka xoojin fiican ayay leeyihiin waxaana durba la siiyay malaayiin qof oo ku nool UK.</p>
<p>Studies have shown those aged 18 and over who can get the Moderna vaccine only need a half dose to boost the immune</p>	<p>Daraasadaha waxay muujiyeen in dadka ay da'adoodu tahay 19 jir iyo kuwa ka weyn kuwaas oo qaadan kara tallaalka</p>

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<p>system well. This half dose of Moderna is expected to have low rate of side effects including myocarditis.</p>	<p>Moderna ay keliya u baahan yihiin nus doos oo ah tallaalka si ay si fiican ugu xoojiyaan habdhiska difaaca jirkooda. Qiyaastan/dooskaan nuska ah ee tallaalka Moderna ayaa la filayaa inuu yeesho heer hoose oo waxyeellooyinka gaarka ah oo ay uu ku jiro caabuqa muruqyada wadnaha.</p>
<p>You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.</p>	<p>Waxaa lagu siin doonaa tallaalka saxda ah ee adiga kugu habboon, kaas oo laga yaabo inuu la mid noqdo ama ka duwanaado tallaaladii aad hore u soo qaadatay.</p>
<p>Who cannot take up the offer of a spring booster</p>	<p>Yaanan qaadan karin tallaalka xoojiyaha ah ee guga</p>
<p>There are very few people who should not have this booster.</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>Waxaa jira dad aad u tira yar oo ay tahay inaysan qaadan tallaalkan xoojiyaha ah.</p> <p>Haddii aad ficilcelin daran ka muujisay qiyaas hore oo tallaalka ah waa in aad arrintaan kala hadasho dhakhtarkaaga.</p>
<p>Common side effects</p>	<p>Waxyeellooyinka gaarka ah ee caamka ah</p>
<p>As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:</p>	<p>Si la mid ah qiyaastii/dooskii aad hore u qaadatay, waxyeellooyinka gaarka ah ee caamka ah way ka wada siman yihiin dhammaan tallaallada COVID-19 ee laga isticmaalo Boqortooyada Midowday (UK) waxaana ka mid ah:</p>
<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 ay ka dareemaan meesha laga durey/mudey. Tani waxay ka sii dari doontaa 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"> • xanuun guud oo jirka ah, ama astaamo fudud oo u eg kuwa ifilada

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<p>You can rest and take paracetamol (follow the dose advice in the packaging) to help make you feel better.</p>	<p>Waad nasan kartaa oo waxaad qaadan kartaa barastimool (raac talada qiyaasta ee ku qoran baakadda) si uu kaaga caawiyo inaad fiicnaato.</p>
<p>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.</p> <p>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>In kasta oo qandho lala kulmi karo maalin ama laba maalmood gudahooda kadib qaadashada tallaalka, haddii aad yeelato astaamo kale oo COVID-19 ah ama qandhadaada ay sii dheeraato, guriga joog oo waxaa laga yaabaa inaad u baahato inaad iska qaado baaritaan.</p> <p>Astaamaha soo shaac baxa kadib qaadashada tallaalka waxay caadi ahaan socdaan in ka yar hal toddobaad. Haddii astaamahaaga ay u muuqdaan inay ka sii darayaan ama haddii aad ka welwelsan tahay astaamahaaga, la xiriir GP-gaaga.</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>Waxaad sidoo kale ka warbixin kartaa wixii waxyeello ah oo laga shakiyo ee la xiriira tallaalka ama daawooyinka adigoo isticmaalaya websaydka Yellow Card scheme. Waxaad sidaas ku samayn kartaa onlayn ahaan adiga oo raadinaya websaydhka Coronavirus Yellow Card ama adiga oo soo degsanaya ablikeeshinka Yellow Card.</p>
<p>Please see the end of this document for more details.</p>	<p>Fadlan eeg dhammaadka dukumeentigan si aad u hesho wixii faahfaahin dheeraad ah.</p>
<p>Serious side effects</p>	<p>waxyeellooyin gaarka ah ee halista ah</p>
<p>Worldwide, there have also been very rare cases of inflammation of the heart called myocarditis or pericarditis reported after Pfizer and Moderna COVID-19 vaccines.</p>	<p>Aduunka oo dhan, waxaa jirey kiisaska aad dhif u ah oo ah caabuqa wadnaha oo loo yaqaanno “myocarditis” oo ah caabuqa muruqyada wadnaha ama “pericarditis” oo ah caabuqa lakabyada wadnaha ayaa la soo sheegay kadib qaadashada tallaallada COVID-19 ee Pfizer iyo Moderna.</p>
<p>These cases have been seen mostly in younger men within several days after</p>	<p>Kiisaskan waxaa lagu arkay inta badan ragga da'da yar waxaana badanaa ay soo</p>

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<p>vaccination. Most of these people recovered and felt better following rest and simple treatments.</p>	<p>shaac baxaan dhowr maalmood gudahooda kadib qaadashada tallaalka. Dadkan intooda badan way soo kabsadeen waxayna dareemeen caafimaad kadib nasasho iyo daaweyn fudud.</p>
<p>You should seek medical advice urgently from your GP or Emergency Department if, after vaccination, you experience:</p>	<p>Waa inaad si degdeg ah talo caafimaad uga raadsato GP-gaaga ama Waaxda Xaaladaha Degdegga ah haddii, tallaalka kadib, aad la kulanto:</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 kugu 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
<p>If you have had serious side effects after a previous dose of the vaccine you should discuss this with your doctor.</p>	<p>Haddii aad la kulantay waxyeellooyin halis ah kadib markaad qaadatay tallaalka hore, waa inaad arrintaas kala tashataa dhakhtarkaaga.</p>
<p>Can you still catch COVID-19 after having the vaccine?</p>	<p>Ma qaadi kartaa COVID-19 xitaa kadib markaad qaadato tallaalka?</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 COVID-19 waxa uu yarayn doonaa fursada ah inaad la xanuunsato COVID-19. Waxa laga yaabaa inay qaadato dhawr maalmood si jirkaaga uu difaac uga samaysto tallaalka xoojiyaha 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>Si la mid ah dhamaan dawooyinka, ma jiro talaal si dhammaystiran waxtar u leh - dadka qaar ayaa laga yaabaa inay weli qaadaan COVID-19 iyagoo xitaa qaatay tallaalka, laakiin wuxuu noqonayaa mid aan aad u darnayn.</p>
<p>If you have not had all your vaccinations</p>	<p>Haddii aanad qaadan dhammaan tallaalladaada</p>
<p>If you have not yet had either of your first two doses of the vaccine you should have them as soon as possible.</p> <p>If you missed your first booster or third</p>	<p>Haddii aadan weli qaadan mid ka mid ah labadaada qiyaasood/doos ee ugu horreeya ee tallaalka waa inaad sida ugu dhakhsaha badan u qaadataa.</p>

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dose (for those with weakened immune system), you should have this spring booster as soon as possible.

You may need another booster as well as your usual flu injection in the autumn.

If you have a COVID-19 positive result, when can you have a spring booster?

If you are unwell, wait until you have recovered to have your vaccine. If you have had confirmed COVID-19 you should ideally wait 4 weeks before having your spring booster. You should not attend a vaccine appointment if you are self-isolating or waiting for a COVID-19 test.

Haddii aad seegtay tallaalka xoojiyaha ah ee koowaad ama qiyaasta/dooska saddexaad (loogu talagalay dadka nidaamka difaaca jirkooda uu daciif yahay), waa inaad sida ugu dhakhsaha badan u qaadataa tallaalka xoojiyaha ah ee guga.

Waxa laga yaabaa inaad u baahato tallaalka kale oo xoojiye ah iyo sidoo kale tallaalka ifilada caadiga ah marka la gaaro dayrta.

Haddii natiijada baaritaankaaga COVID-19 ay tahay mid togan, goorma ayaad qaadan kartaa tallaalka xoojiyaha ah ee guga?

Haddii aad xanuunsan tahay, sug ilaa aad ka bogsanayso si aad u qaadato tallaalkaaga. Haddii la xaqiijiyey inaad qabto COVID-19 waa inaad sida ugu fiican sugtaa 4 toddobaad kahor intaadan qaadan tallaalka xoojiyaha ah ee gu'ga. Waa inaadan imaan ballanta qaadashada tallaalka haddii aad is-karantiilayso ama aad sugayso natiijada baaritaanka COVID-19.

Further information

An information leaflet on what to expect after vaccination is available to download at www.pha.site/COVID19InfoMaterials

Read the product information leaflets for UK recipients of the Pfizer and Moderna vaccines for more details on your vaccine, including possible side effects.
<https://coronavirus-yellowcard.mhra.gov.uk>

Macluumaad dheeraad ah

Buug-yeraha macluumaadka ku saabsan waxa la filan karo kadib qaadashada tallaalka ayaa laga soo dejiisan karaa www.pha.site/COVID19InfoMaterials

Akhriso buug-yeraha macluumaadka tallaalka ee loogu talagalay dadka UK ee qaadanaya tallaallada Pfizer iyo Moderna si aad uga hesho wixii tafaasiil dheeraad ah oo ku saabsan tallaalkaaga, oo ay ku jiraan waxyeellooyin gaarka ah ee ka imaan kara. <https://coronavirus-yellowcard.mhra.gov.uk>

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https://coronavirus-yellowcard.mhra.gov.uk/productinformation	https://coronavirus-yellowcard.mhra.gov.uk/productinformation
You can also report suspected side effects on the coronavirus Yellow Card website.	Waxaad sidoo kale ka warbixin kartaa waxyeellooyinka laga shakisan yahay adigoo isticmaalaya websaydhka Coronavirus Yellow Card
Information correct at time of publication. For the latest version of this and other patient leaflets, visit the PHA website www.publichealth.hscni.net	Macluumaadka waxaa uu sax yahay waqtiga daabacaadda. Si aad u hesho noocii ugu dambeeyay ee buug-yerahan loogu talagalay bukaanada, booqo websaydhka PHA www.publichealth.hscni.net
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