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| Translation | English |
| Talaalka covid-19 | COVID-19 vaccine |
| **Hagaha xoojinta dayrta COVID-19** | **A guide to the COVID-19 autumn booster** |
| Dadka da'doodu tahay 50 sano iyo wixii ka weyn, deganeyaasha guryaha daryeelka ee dadka da'da ah, kuwa da'doodu tahay 5 sano iyo ka weyn ee ku jira kooxda halista caafimaad iyo kuwa safka hore ee caafimaadka iyo daryeelka bulshada ayaa la siin doonaa xoojisay tallaalka coronavirus (COVID-19) dayrtan. | People aged 50 years and older, residents in care homes for older people, those aged 5 years and over in a clinical risk group and frontline health and social care staff will be offered a booster of coronavirus (COVID-19) vaccine this autumn. |
| **Yaa la siinayaa xoojiye dayrta?** COVID-19 aad ayuu ugu daran yahay dadka da'da ah iyo dadka qaba xaalado caafimaad oo hoose. Jiilaalkan waxa la filayaa in caabuqyo badan oo neef-mareenka ah, oo ay ku jiraan COVID-19 iyo hargabku ay ku wareegi karaan heerar sare - tani waxay cadaadis sii kordhin kartaa cusbitaalada iyo adeegyada kale ee daryeelka caafimaadka. Sababahan dartood, dadka da'doodu tahay 50 sano iyo wixii ka weyn, kuwa ku jira guryaha daryeelka, iyo kuwa da'doodu tahay 5 sano iyo ka weyn ee kooxaha halista kiliinikada ah ayaa la siinayaa xoojiye dayrta ee tallaalka COVID-19. Kobciye sidoo kale waxaa la siin doonaa safka hore ee caafimaadka iyo shaqaalaha daryeelka bulshada, kuwa daryeela shakhsiyaadka nugul iyo qoysaska shakhsiyaadka habdhiska difaaca daciifka ah. | **Who is being offered an autumn booster?** COVID-19 is more serious in older people and in people with certain underlying health conditions. This winter it is expected that many respiratory infections, including COVID-19 and flu may be circulating at high levels – this may put increasing pressure on hospitals and other health care services. For these reasons, people aged 50 years and over, those in care homes, and those aged 5 years and over in clinical risk groups are being offered an autumn booster of COVID-19 vaccine. A booster will also be offered to front-line health and social care staff, those who care for vulnerable individuals and families of individuals with weakened immune systems. |
| Xoojinta dayrta waxaa la siinayaa kuwa halista sare ugu jira dhibaatooyinka caabuqa COVID-19, kuwaas oo laga yaabo in aan la kobcin dhawr bilood. Maaddaama tirada caabuqyada COVID-19 ay u badan tahay inay korodho xilliga jiilaalka, xoojiyehaani waa inuu kaa caawiyaa dhimista halista in lagu dhigo cusbitaalka COVID-19. | The autumn booster is being offered to those at high risk of the complications of COVID-19 infection, who may have not been boosted for a few months. As the number of COVID-19 infections is likely to increase over the winter, this booster should help to reduce your risk of being admitted to hospital with COVID-19. |
| Kobciyaha ayaa sidoo kale laga yaabaa inuu bixiyo xoogaa ka hortag ah infekshanka Omicron ee khafiifka ah laakiin ilaalinta noocaan ah ma sii jiri doonto waqti dheer. | The booster may also provide some protection against milder Omicron infection but such protection does not last for long. |
| **Waqtiga xoojiye dayrta** Tallaalka waxa la heli doonaa inta u dhaxaysa Sebtembar iyo Disembar, kuwa ugu khatarta badanna waa la tallaali doonaa marka hore. Waa inaad haysataa xoojinta dayrta ugu yaraan 3 bilood ka dib qiyaastaada ugu dambeysa ee tallaalka.  Haddii aad u qalanto tallaalka hargabka, waxaa laga yaabaa inaad awooddo inaad qaadato isla waqti isku mid ah - haddii kale fadlan horay u soco, waxaad la qabsan kartaa tallaalka kale hadhow. | **Timing of the autumn booster** Vaccination will be available between September and December, and those at highest risk will be vaccinated first. You should have your autumn booster at least 3 months after your last dose of vaccine.  If you are eligible for a flu vaccine, you may be able to have them at the same time – if not please go ahead anyway, you can catch up with the other vaccine later. |
| **Tallaalkee ayaa lagu siinayaa?**  Waxaa lagu siin doonaa qiyaas xoojin ah oo tallaal ah oo ay sameeyeen Pfizer ama Moderna. Waxa laga yaabaa in lagu siiyo nooc cusub oo la cusboonaysiiyay oo ah tallaaladan xoojinaya - tallaalada isku dhafan waxaa ka mid ah:  • nus tallaalkii asalka ahaa oo lagu daray:  • nus qiyaas tallaal oo ka dhan ah kala duwanaanshaha Omicron.  Tallaalada asalka ah iyo kuwa isku dhafan labaduba waxay kor u qaadaan ilaalinta si aad u wanaagsan, in kasta oo tallaalada isku dhafan ay soo saaraan heerar sare oo ka hortag ah oo ka dhan ah noocyada Omicron. | **Which vaccine will you be offered?**  You will be given a booster dose of a vaccine made by Pfizer or Moderna. You may be offered an updated combination version of these booster vaccines – the combination vaccines include:   * a half-dose of the original vaccine combined with: * a half-dose of a vaccine against the Omicron variant.   Both the original and the combination vaccines boost protection very well, although the combination vaccines produce slightly higher levels of antibody against some strains of Omicron. |
| Maadaama aynaan saadaalin karin noocyada fayraska COVID-19 ee wareegi doona jiilaalkan, Guddiga Wadajirka ah ee Tallaalka iyo Tallaalka (JCVI) waxay soo gabagabeeyeen in labada nooc ee tallaalka loo isticmaali karo dadka waaweyn, iyo in qofna uusan dib u dhigin tallaalka qaata tallaalo isku dhafan. Markaa waxa lagu siin doonaa tallaalka saxda ah wakhtiga saxda ah. | As we cannot predict which variants of the virus of COVID-19 will be circulating this winter, the Joint Committee on Vaccination and Immunisation (JCVI) have concluded that both types of vaccine can be used in adults, and that no one should delay vaccination to receive combination vaccines. So you will be offered the right vaccine for you at the right time. |
| **Fadlan aqbal tallaalka lagugu siiyo isla marka aad awooddo - waa muhiim inaad hesho xoojiyahaaga oo aad dhisto ka hortagga jirro daran ka hor xilliga jiilaalka.** | **Please accept the vaccination that is offered to you as soon as you are able to – it is important to have your booster and build up your protection against severe illness before the winter.** |
| **Yaa aan qaadan karin soo jeedinta xoojinta dayrta** Waxaa jira dad aad u yar oo aan ahayn inay helaan xoojiyeyaashan. Haddii aad dareen-celin daran ku yeelatay qiyaas hore oo tallaalka ah waa inaad kala hadashaa dhakhtarkaaga. | **Who cannot take up the offer of an autumn booster** There are very few people who should not have this booster. If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor. |
| **Dhibaatooyinka soo raaca** **Waxyeellooyinka caadiga ah:** Sida qiyaasahaagii hore, waxyeellooyinka caadiga ah waxay la mid yihiin dhammaan tallaallada COVID-19, oo ay ku jiraan tallaallada isku dhafan ee la isticmaalo xilliga dayrta, waxaana ka mid ah:  • Dareen xanuun badan, dareen culus iyo jilicsanaan cududda meesha lagugu duray - tani waxay u badan tahay inay ugu xun tahay 1 ilaa 2 maalmood ka dib tallaalka.  Dareen daal  • madax xanuun  • xanuun guud ama calaamado fudud oo hargab ah  Waad nasan kartaa oo aad qaadan kartaa paracetamol (raac talada qiyaasta ee baakadda) si ay kaaga caawiso inaad dareento fiicnaan.  In kasta oo xummad ay ku dhici karto maalin ama laba maalmood gudahooda ee tallaalka, haddii aad leedahay astaamo kale oo COVID-19 ah ama qandhadaadu ay sii dheeraato, guriga joog oo waxaa laga yaabaa inaad u baahato inaad iska baarto. Calaamadaha tallaalka ka dib waxay caadi ahaan socdaan wax ka yar toddobaad. Haddii calaamadahaagu u muuqdaan inay ka sii daraan ama haddii aad ka welwelsan tahay, la xiriir GP-gaaga ama adeegga saacadaha ka baxsan. Waxa kale oo aad ka sheegi kartaa dhibaatooyinka laga shakisan yahay ee tallaalada iyo dawooyinka adiga oo isticmaalaya nidaamka kaadhka jaalaha ah. | **Side effects** **Common side effects**: As with your previous doses, the common side effects are the same for all COVID-19 vaccines, including the combination vaccines being used this autumn, and include:   * 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 * feeling tired * headache * general aches or mild flu-like symptoms   You can rest and take paracetamol (follow the dose advice in the packaging) to help you feel better.  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 you may need 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 or Out of Hours service. You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme. |
| **Waxyeellooyinka halista ah:** Kiisaska caabuqa wadnaha (oo loo yaqaanno myocarditis ama pericarditis) ayaa la soo sheegay si aad dhif u ah ka dib labadaba tallaallada Pfizer iyo Moderna COVID-19. Kiisaskan waxaa lagu arkay inta badan ragga da'da yar iyo dhowr maalmood gudahooda ee tallaalka. Inta badan dadka ay dhibaatadu saameysey waxay dareemeen fiicnaan waxayna si dhakhso ah u soo kabsadeen nasasho iyo daaweyn fudud ka dib. Waa inaad si degdeg ah talo caafimaad uga raadsato dhakhtarkaaga ama Waaxda Gurmadka haddii, tallaalka ka dib, aad la kulanto:  • xabad xanuun  • neefta oo ku yaraata  • dareenka garaaca degdega ah, ruxruxa ama garaaca wadnaha  Haddii aad ku yeelatay saameyno halis ah ka dib qiyaas kasta oo hore waxaa lagugula talin karaa inaad iska ilaaliso ama dib u dhigto tallaal kale. Waa inaad tan kala hadashaa dhakhtarkaaga ama khabiirkaaga. Fadlan eeg macluumaadka nidaamka kaadhka jaalaha ah ee ku yaala dhamaadka xaashida si aad u aragto sida loo soo sheego dhibaatooyinka soo raaca. | **Serious side effects**: Cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after both the Pfizer and Moderna COVID-19 vaccines. These cases have been seen mostly in younger men and within several days of vaccination. Most of the people affected have felt better and recovered quickly following rest and simple treatments. You should seek medical advice urgently from your doctor or Emergency Department if, after vaccination, you experience:   * chest pain * shortness of breath * feelings of having a fast-beating, fluttering or pounding heart   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. Please see the information on the Yellow Card scheme at the end of the leaflet to see how to report side effects. |
| **Wali ma qaadi kartaa COVID-19 ka dib markaad tallaalka qaadato?** Kobciyaha COVID-19 waxa uu yarayn doonaa fursadda aad si xun uga xanuunsanayso COVID-19 jiilaalkan. Waxa laga yaabaa inay qaadato dhawr maalmood inuu jidhkaagu dhiso difaac dheeraad ah oo ka ilaaliya xoojiyeha. Sida dawooyinka oo dhan, ma jiro tallaal si dhammaystiran waxtar u leh - dadka qaarkiis ayaa laga yaabaa inay weli helaan COVID-19 inkasta oo ay leeyihiin tallaal, laakiin cudur kasta waa inuu noqdaa mid aad u daran. | **Can you still catch COVID-19 after having the vaccine?** The COVID-19 booster will reduce the chance of you becoming severely unwell from COVID-19 this winter. It may take a few days for your body to build up some extra protection from the booster. Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but any infection should be less severe. |
| **Haddii aanad qaadan dhammaan tallaalladaada** Haddii aanad weli qaadan mid ka mid ah 2da qiyaasood ee ugu horreeya ee tallaalka (ama qiyaasta saddexaad ee kuwa habka difaaca jidhkoodu daciif yahay) waa inaad sida ugu dhakhsaha badan u qaadataa. Haddii aad u qalanto xoojisay dayrta laakiin aad u malaynayso inaad seegtay xoojiye hore waa inaad weli sii wadaa - uma baahnid qiyaas kale. | **If you have not had all your vaccinations** If you have not yet had either of your first 2 doses of the vaccine (or a third dose for those with a weakened immune system) you should have them as soon as possible. If you are eligible for the autumn booster but think you have missed a previous booster you should still go ahead – you will not need another dose. |
| **Haddii aad leedahay natiijo togan COVID-19, goormaad heli kartaa xoojiye dayrta?** Haddii aad xanuunsan tahay, sug ilaa aad ka bogsanayso si aad u qaadato tallaalkaaga. Haddii aad xaqiijisay COVID-19 waa inaad sida ugu fiican u sugtaa 4 toddobaad ka hor inta aanad helin xoojinta dayrta. Waa inaadan ka qaybgalin tallaalka haddii aad gooni u taagan tahay ama aad sugayso baaritaanka COVID-19. | **If you have a COVID-19 positive result, when can you have your autumn 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 autumn booster. You should not attend for vaccination if you are self-isolating or waiting for a COVID-19 test. |
| **Macluumaad dheeraad ah** Waxaad ka akhriyi kartaa waraaqaha macluumaadka COVID-19 ee soo socda mareegaha PHA www.pha.site/covid19infomaterials  • COVID-19 Waxa la filayo tallaalka ka dib  • COVID-19 Hagaha barnaamijka  Uurka? Qaado tallaalkaaga COVID-19  • Tallaalka COVID-19 – hage loogu talagalay dadka nidaamka difaaca jirkoodu daciif yahay  Akhri warqadaha macluumaadka alaabta ee loogu talagalay dadka UK qaata ee tallaalada Pfizer iyo Moderna si aad u hesho tafaasiil dheeraad ah oo ku saabsan tallaalkaaga, oo ay ku jiraan waxyeellooyin ka iman kara.  Tiro aad u yar oo dad ah alaab kale ayaa laga yaabaa in uu takhtarka kula taliyo.  Macluumaad dheeraad ah oo ku saabsan sida loo helo xoojinta dayrta, booqo nidirect.gov.uk/covid-vaccine  Waxaad ka warbixin kartaa dhibaatooyinka laga shakisan yahay bogga internetka ee Kaarka Jaallaha ama adigoo wacaya 0800 731 6789 (9 subaxnimo ilaa 5 galabnimo Isniinta ilaa Jimcaha) ama adoo soo dejinaya app Card-ka Jaallaha: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)  Macluumaadka saxda ah wakhtiga daabacaadda Si aad u hesho nuqulkii ugu dambeeyay ee buug-yarahaan iyo qaabab kale booqo websaydka PHA www.publichealth.hscni.net | **Further information** You can read the following COVID-19 information leaflets on the PHA website www.pha.site/covid19infomaterials   * COVID-19 What to expect after vaccination * COVID-19 A guide to the programme * Pregnant? Have your COVID-19 vaccinations * COVID-19 vaccinations – a guide for people with a weakened immune system   Read the product information leaflets for UK recipients of the Pfizer and Moderna vaccines for more details on your vaccine, including possible side effects.  For a very small number of people another vaccine product may be advised by your doctor.  For more information on how to get your autumn booster, visit nidirect.gov.uk/covid-vaccine  You can report suspected side effects on the Yellow Card website or by calling 0800 731 6789 (9am to 5pm Monday to Friday) or by downloading the Yellow Card app: www.mhra.gov.uk/yellowcard  Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website www.publichealth.hscni.net |
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