

Tallaalada waa wax badbaadinaya adiga, kuwa aad jeceshahay iyo dadka agagaarahaaga jooga.

Xaqiiqooyin muhiim ah:

Tallaalada naf bay badbaadiyaan.



Tallaalada COVID-19 waxa ay buuxiyeen heerarka amaan ahaanshaha uga sareeya.



Tallaalada waxa ay badbaadiyaan bulshada oo idil.



Ma jiraan wax caddeynaya in ay tallaalada COVID-19 ay taranka wax yeelaan.



Liiska waxyaabaha tallaalada COVID-19 laga sameeyey kuma jiraan wax aadami ama xoolo, ama ukun/bayd laga soo qaadey.



Tallaalada COVID-19 waxa ay helayeen taageero caalami ah.



Xusuuso:

- Xaqiiqooyinka ka soo qaado ilo wareedyo la isku haleyn karo oo la aamini karo.
- Dhis bangi ay ilo wareedyadaas kuugu keydsan yihiin: website-yada NHS-ta, Ururka Cafimaadka Aduunka (World Health Organisation 'WHO'), iyo Laan-kheyrtu Cas ee Biriitan (the British Red Cross).
- Waqti sii akhriska iyo fahamka waxyaabaha tallaalada COVID-19 ku saabsan. Waa caafimaadkaaga, haddiiba ay jiraan wax kaaga baahan inaad ka taxadir iyo daryeel dheeraad ah siisid.
- Haddii aad akhriso wax baraha bulshada ku qoran/lagu sheego ama wax ay koox WhatsApp ku jirta ka hadlayaan oo aadan hubin, hal tallaabo dib uga guro oo adiga qof ahaan wax u baar si aad wax u ogaatid.
- Waxyaabaha aan ku tallaabsano kuwo kale ayey, siyaabo waaweyn, saameyn ugu yeelanayaan.



Si qoto dheer wax u eegis.

Tallaalada:

- Sanad walba, waxa ay tallaalada badbaadiyaan ilaa 3 milyuun oo naf oo gudaha UK iyo aduunkaba ku nool.
- Tallaalada waxa ay sababeen in, cudurada ay ka mid yihiin furuq, dabeyl iyo toddobo-ma-gaarto (tetanus) aysan hadda jirin ama ay aad dhif u yihiin.
- Haddii aan tallaal qaadano, waxaa kale oo aan badbaadineynaa qof aad qiimo noogu leh, kaas oo aysan u suurtoogelin in uu tallaal qaato (tusaale ahaan, kuwa buka ama kuwa uu hab-dhismeedka is-difaacidda jirkoodu liito).

Amaan ahaanshaha tallaalka COVID-19:

- Sina looma ogolaan laheyn in malaayiin dad ah la tallaalo haddii uu jiri lahaa wax shaki ah oo laga qabo amaan ahaanshaha, tayada ama wixtarka tallaalka.
- Heerarka wax lagu habsado waxaa dejiya Wakaalada Xeer-u-Dejinta Daawooyinka iyo Waxyaabaha Daryeelka Caafimaadka loo adeegsado, taas oo habsata in ay dhamaan daawooyinka gudaha UK lagu isticmaalo amaan yihiin.
- Tallaalka Oxford/AstraZeneca waxaa lagu tijaabiyey in ka badan 11,000 oo qof. Tallaalka Pfizer/BioNTech waxaa lagu tijaabiyey 43,500 oo qof.

Sameynta tallaalka COVID-19:

- Ma jirin hab-nidaameed laga boodey (skipped).
- Saddex shey baa hogaamiya in si dhaqso ah tallaal loo sameeyo: maalgelin badan, hanti (resources) badan, iyo in badan, oo badan, oo cilmi-baareyaal ah. Sameynta tallaalka COVID-19 waxa ay heshey saddexdaas oo dhan.
- Ma jiro tallaal horey u heley heer taageero caalamiga ah oo kan la mid ah.
- Aduunka hal shey baa mudnaan u lahaa – joojinta faafitaanka feyruska geerida la socoto – Sidaas darteed maalgelin badan baa laga heli karey dowladaha aduunka ku teedsan..

Sida at tallaalada COVID-19 u shaqeeyaan:

- Tallaalada shaqadooda waa in ay fariin (signal) u diraan hab-nidaameedka is-difaacidda jirkaaga taas oo uu jirka ku abuuranayo waxyaabo (antibodies) uu feyruska kula dagaalamayo.
- Wax kama bedelaan Isir-Sidahaaga (DNA-gaaga).
- Ma jiraan wax caddeynaya in ay taranka wax yeelaan.

Waxyaabaha ay tallaalada COVID-19 ka sameysan yihiin:

- Ku ma jiraan wax aadami, xoolo ama ukun/beyd laga soo qaadey.

Adiga iyo kuwa aad jeceshahay oo la idinku kaalmeeyo in idinka oo wax ka war qaba aad go'aan ka gaartaan waxyaabaha ku saabsan tallaalka COVID-19

Si aad u hesho macluumaadkii NHS-ta ee ugu dambeeyey ee la aamini karo ee tallaalka COVID-19 ku saabsan iyo waxa ka dhacaya xaruunta tallaalka ee goobtaada, booqo goobta:



Guddiga Caafimaadka ee Jaamacadda Cardiff iyo Vale
University Health Board - cavuhb.nhs.wales/covid-19/cavuhb-covid-19-mass-vaccination-programme/

Si aad u hesho macluumaadkii NHS-ta ee ugu dambeeyey ee la aamini karo ee ku saabsan tallaalka, waxa uu ka sameysan yahay, amaankiisa iyo in badan oo ka mid ah Su'aalaha Inta Badan La Isweydiiyo oo ku qoran in ka badan 35 luqadood, booqo goobta:



Recite^{me}

Caafimaadka Dadweynaha Wales - phw.nhs.wales/covid-19-vaccination

Si aad u akhrisato ama u dhageysato macluumaadka website-kan ku jira oo luqaddaada ku baxaya, guji (click) halka ay website-ka uga ku qoran tahay callaamada ii Meeri 'Recite'

Haddii aad heyso su'aalo qaas ah oo ku saabsan xaalad caafimaad oo horey u jirtey, aadna macluumaad dheeraad ah rabtid, la xiriir rugta caafimaadka ee GP-ga goobtaada.

06/2021