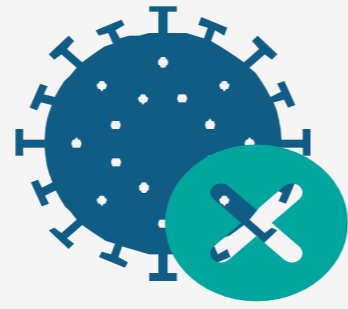


Xaqiiqooyinka tallaalka COVID-19



Waa aamin

FDA iyo guddiga la talinta madaxa banaan ee Gobolka New York waxay ogolaadeen talaalada Pfizer, Moderna iyo Johnson & Johnson ka dib markii si taxadar leh loo eegay loona baaray. In kabadan 116,000 oo qof ayaa kaqeyb qaadatay tijaabooyinka caafimaad. In kabadan sedexdii kaqeybgalayaashu waxay ahaayeen dad midab leh.



Waxay ka shaqaysaa

Dhamaan sadexda talaal ee la ogol yahay waxay ahaayeen 100% wax ku ool ka hortagga isbitaalada iyo dhimashada COVID-19. Talaallada Pfizer iyo Moderna waxay ku dhowaad 95% ahaayeen kuwo wax ku ool u leh ka hortagga COVID-19. Dalka Mareykanka, talaalka J & J wuxuu ahaa 72% wax ku ool ah kahortaga infekshonka COVID ka iyo 86% wuxuu waxtar u leeyahay cudurada daran.



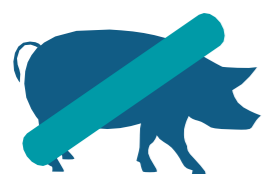
Waa lacag la'aan

Talaalada COVID-19 waxaa lagugu siinayaa lacag la'aan adiga. Bixiyeyaasha qaarkood ayaa laga yaabaa inay lacag ka qaadaan bixinta talaalka, kaas oo ay bixinayso caymiskaagu. Haddii aadan caymis lahayn, weli wax kharash ah adiga kuguma fadhiyo.



Amaan u leh dadka madow iyo kuwa maariinka ah

In kabadan 30% kaqeybgalayaasha daraasadaha talaalka waxay ahaayeen dad midab leh.



Bilaash badeecadaha dadka iyo xoolaha

Talaallada kuma jiraan ukumo, hilib doofaar, walxaha ilaaliya ama xayawaan ama waxyaabo kale oo aadanaha ka mid ah.



Waxaa ogolaaday dhakhaatiirta Madow

Ururka Dhakhaatiirta Qaranka iyo Shabakada Dhakhaatiirta Madow ee Greater Rochester ayaa dib u eegay badbaadada tallaalka waxayna taageereen isticmaalkooda.



Kuu siin maayo COVID-19

Talaalada kuma jiraan coronaviruas cusub, kumana yeeli karaan inaad ka bukooto COVID-19.



Xaaladda imigarayshan lama ururiyo

Haddii aad is tallaasho, marna uma baahnid inaad siiso dawladda wax macluumaad ah oo loo isticmaali karo in lagu aqoonsado xaaladdaada socdaal.



Dumarka Uurka leh wuxuu kordhiyaa halista COVID

Haweenka uurka leh waxay halis sare ugu jiraan dhibaatooyinka COVID. Saynisyahanadu waxay daraaseynayaan in tallaalku u nabdoon yahay haweenka uurka leh iyo dhallaankooda. La hadal daryeelahaaga caafimaadka si aad wax badan uga ogaato.

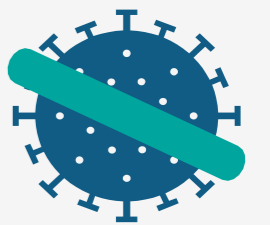
Xaqiiqooyinka tallaalaka COVID-19



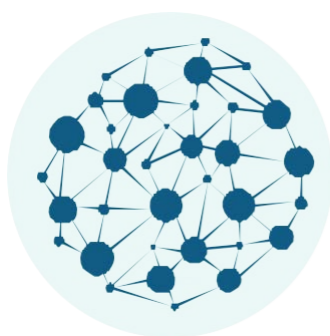
Wax saameyn ah oo weyn malaha

Sida talaalada oo dhan, dadka qaar waxaa laga yaabaa inay yeeshaan murqo xanuun, qandho, daal iyo calaamado kale oo fudud maalin ama labo maalin. Kuwani waa calaamado muujinaya in nidaamka difaaca jirka uu dhisayo kahortagga cudurka. Marar dhif ah, dadku waxay xasaasiyad ku yeelan karaan tallaal kasta isla marka tallaalaka ka dib. Tani waa sababta dhammaan tallaalada ay u bixiyaan xirfadlayaal daryeel caafimaad oo tababaran waana sababta aad u sugeysid ugu yaraan 15 daqiiqo tallaalaka ka hor intaadan bixin.

Tallaalka malaheyn coronavirus



Tallaalku wuxuu si ku-meelgaar ah jirka ugu dhiirrigeliyaa inuu sameeyo borotiin aan dhib lahayn oo u muuqda borotiinka COVID-19. Marka jidhkeennu la kulmo borotiinkan, wuxuu abuuraa difaaca jirka ee aan u baahannahay inaan la dagaallanno COVID-19 haddii-iygo goorta - jeermiska dhabta ah weerara.



Saynisyahannadu waxay lahaayeen bilow bilow ah

In kasta oo tallaalada COVID-19 si dhakhso leh loo soo saaray, waxaa lagu dhisay sannado badan oo ay shaqeynayeen soo saarista tallaalada fayrasyada la midka ah.



Tijaabinta wanaagsan & guuleysiga

Tallaallada COVID-19 waxay la kulmeen heerar la mid ah kuwa tallaalada kale. Sababtoo ah COVID-19 aad buu u baahsanaa, cilmi baarayaashu si dhakhso leh ayey u arki karaan in tallaaladu ay bixiyaan difaac.



Qaarkood waxay qaataan laba qiyaasood

Tallaalada Pfizer iyo Moderna, waxaad u baahan tahay qadar labaad si aad si buuxda ugu difaacdo COVID-19. Waxaad heli doontaa tallaalakaaga labaad toddobaadyo kadib markii ugu horreysay. Tallaalka Johnson & Johnson wuxuu u baahan yahay hal qiyaas.



Ma badali karaan DNA

Tallaalku wuxuu jidhka u tababaraa inuu sameeyo gabal ka mid ah coronavirus. Pfizer iyo Moderna waxay u isticmaalaan mRNA tilmaamo ahaan, halka Johnson & Johnson ay u adeegsadaan DNA fayras aan waxyeello lahayn oo aan sababi karin jirro ama iskeed isu beddeli karin.



Maaskarada, masaafada, gacmaha dhaq

Ilaa iyo inta faafitaanka fayrasku istaagayo, sii wad inaad raacdo taxaddarradan nabadgelyada ah.



Majiro wax tijaabo ah oo ah COVID-19

Tallaalku kuguma sababi doono inaad si dhab ah uga baarto baadhitaannada lagu hubinayo infekshinka hadda jira.



Haysatay? Talaal qaado

Ku-qaadsiinta ku-tallaalidda 'COVID-19' waa suurtagal, mana garanayno inta uu qofku ilaalinayo ka dib markii uu ka soo kabsaday COVID-19



Macluumaad dheeraad ah oo ku saabsan internetka

Booqasho: <https://www.cdc.gov/coronavirus> iyo <https://ny.gov/vaccine> and <https://www.flvaccinehub.org>.