

Waa wax caadi ah inaad walaacyo ka qabto sida talaallada COVID-19 ay u saameyn karaan caafimaadka taranka. Centers for Disease Control and Prevention (CDC, Xarumaha Xakameynta iyo Kahortaga Cudurada) waxay ku talinaysaa in talaallada COVID-19 la siiyo qof kasta oo jira 6 billood iyo ka wayn, ayna ku jiraan dadka doonaaya inay hadda uurka yeeshaan, ama uurka yeelan kara mustaqbalka. Hadda majirto wax caddeyn ah oo muujineyso in wax tallaah ah, oo ay kujiraan tallaallada COVID-19, ay keenaan dhibaatooyin dhanka taranka ah hadda ama mustaqbalka.

Akhristeyaasha qaar ayaa ka xumaan kara mawduucyada looga hadlaayo dukumiintigaan sabab la xariirta inay horay dhib ugu qabeen uur qaadista, xasuuksaha xun ee la xariirta isir nacaybka loo gaysan jiray dadka aan cadaanka ahayn, ama cabashooyinka caafimaadka ee badanaa aan la tixgelin ee haweenka/raga nimooow-naaga ah iyo haweenka/dadka aan jinsgooda la xaqiijin, ee xarumaha caafimaadka.

Hoos ka fiiri si aad u ogaato jawaabaha qaar kamid ah su'aalaha badanaa la iska waydiiyo ee ku saabsan talaalka COVID-19 iyo caafimaadkataranka dhalmada.

Su'aal: Awoodayda ilmo dhalista miyay saamayn kasoo gaari doontaa talaalka COVID-19?

Jawaaba: Hadda majirto wax caddeyn ah oo muujineyso in wax tallaah ah, oo ay kujiraan tallaallada COVID-19, ay saamayn ku leeyihiin taranka, ayadoon laga eegayn jinsiga/ama nooca qofka. Talaalladu waxay kala shaqeeyaan nidaamka difaaca jirkaaga inuu la dagaalamo korona fayraska wax saamayn ahna kuma lahan xubnahaaga taranka. Intii la waday tijaabada caafimaadka ee talaallada COVID-19, iyo daraasad balaaran oo lagu sameeyay lamaanayaal doonaayay inay uur yeeshaan, heerarka uur qaadista ayaa iskumid ahaa dadka qaatay talaallada COVID-19 iyo dadka aan qaadan talaallada. Talaallada COVID-19 waa kuwo badbaado iyo waxtar leh. [Centers for Disease Control and Prevention \(CDC\)](#) (Webseed kaliya ah Ingiriis), [American College of Obstetricians and Gynecologists \(ACOG\)](#), [Kulliyadda Dhakhaatiirta Kutakhasusay Taranka iyo Dhalmada Haweenka ee Mareykanka](#) (Webseed kaliya ah Ingiriis), iyo [Society for Maternal-Fetal Medicine \(SMFM, Bulshada Daaweynta Hooyada-Uurka\)](#) ayaa ku talinaaya in talaalka COVID-19 la siiyo haweenka uurka leh, ilmaha nuujinaaya, ama qorshaynaaya inay uur yeeshaan.

Booq lifaaqaan si aad u maqasho Dr. LaSalle oo ka hadlaysa sababta talaalka COVID loogu talinaayo: [Fertility and COVID-19 Vaccines \(Taranka iyo Talaallada COVID-19\) - YouTube](#)

Su'aal: Talaalku ma badali doonaa mareegtayda dhiiga caadada?

Jawaaba: Qayb kamid ah dadka laga talaalay COVID-19 ayaa soo sheegay in isbadello ku dhaceen mareegtooda dhiiga caadada kadib markii la talaalay, sida in dhiiga caadadu muddo badan socday, in mudada u dhexaysa dhiigaga caadadu yaraatay ama dhiig aad uga badan sidii caadiga ahayd. [Daraasad la sameeyay sanadka 2022](#), ayaa lagu ogaaday in shaqsiyaadka dhiiga caadadu ku dhaco ee qaatay talaalka COVID-19 ay muddo ka yar hal maalin ku korortay mudada dhiiga caadadu ka socday kuwaasoo ku beegan xiliyada ay qaadanayeen kuurooyinkooda. Kala duwanaan hal maalin ah waa heerka caadiga ah ee kala duwanaanta mareegta caadada. Ayadoo ay jiraan isbadeladaan kooban ee ku imaan kara mareegta dhiiga caadada, **ma jirto cadayn sheegaysa in talaalladu COVID-19 sababaan dhibaatooyin dhanka dhalmada ah.** Isbadel ku yimaada mareegtaada ayaa badeli karta waqtiga ugxantaadu dilaacdo. Dadka adeegsada kahortaga ilmaha ee dabiiciga ah iyo qaababka kale ee ku tiirsan la socoshada mareegta dhiiga caadada ayay ku adkaan kartaa inay helaan xiliga rasmiga ah ee ugxantu dilaacdo ama inay ka ilaaliyaan/qorsheeyaan uur cusub. La hadal dhakhtarkaaga si aad ugala hadasho mareegtaada caadada aadna xog badan uga ogaato qorshayntaada dhalmada.

Su'aal: Talaalka COVID-19 ma saamayn karaa kahortaga dhalmada?

Jawaaba: Sida ay sheegtay Planned Parenthood, ma jirto cadayn sheegaysa in talaalka COVID-19 uu yareeyo awooda ama kordhiyo waxtarka hanaanka xakamaynta dhalmada. Waqti xaadirkaan, ma jiraan waxbixino ka yimid dadka la talaalay oo sheegaysa in xakamayntooda dhalmadu shaqayn wayday kadib markii la talaalay. Inkastoo wararka sheegaaya in dhiiga caadadu isbadelay ay jiraan, tani kama dhigna inay saamayn ku yeelan doonto sida kahortaga dhalmadu u shaqaynaayo. Arrintaan waxay abuuri kartaa dhibaato la xariirta xisaabinta xiliyada dhiiga caadada iyo ugxanta; dadka adeegsada nidaamka xakamaynta uurka ee dabiiciga ah, sida qaabka ka warhaynta taranka, ayay ku adkaan kartaa inay ogaadaan xiliga ugxantu dilaacayso. Waxaa jira aalado ka caawin kara dadka inay la socdaan xiliga ugxantoodu dilaacayso. Waxaa habboon inaad kala hadasho dhakhtarkaaga dookhyada aad heli karto iyo si aad u hesho xog dheeri ah.

SU'AAL: Miyuu talaalku saamayn karaa shahwada iyo/ama ma keeni karaa ma dhalaysnimo?

Jawaab: Majirto wax caddeyn ah oo muujineyso in wax tallaah ah, oo ay kujiraan tallaalka COVID-19, ay keeni karaan in ragga ay ku dhacaan cilado dhanka taranka ah ama noqdaan ma dhalaysyo. [Daraasad yar oo dhawaan lagu sameeyey 45 rag caafimaad qaba kuwaas oo qaatay tallaalka COVID-19 ee mRNA ayaa laga eegay astaamaha shahwada, sida tiradda iyo dhaqdhaqaaqa, kahor iyo kadib tallaalka. Cilmi baarayaashu ma aysan helin isbadello wax ku ool ah ee kujira astaamahaan tallaalka kadib. Taas badelkeeda, hal daraasad ayaa heshay in caabuqa COVID-19 oo keeni karo hoos u dhaca dhalmada ragga muddo dhan ilaa 60 maalmood kadib caabuqa. Qandhada ka timaada xanuun kasta, ahna sidoo kale astaan caan ku ah COVID-19, ayaa keeni karta hoos u dhaca muddo kooban ee soo saarida shahwada. Inkastoo qandhadu ay noqon karto waxyeelo kumeel gaar ah oo ka dhalata tallaalka COVID-19, majirto caddeyn hadda jirta in qandhada tallaalka COVID kadib ay saameyneyso soosaarka shahwada. Kala hadal dhakhtarkaaga haddii aad qabto walaacyo kale.](#)

Su'aal: Talaalku ma saamaynayaa Daawooyinka IVF (Bacriminta Vitro)?

Jawaab: Ma jirto cadayn sheegaysa in talaalka COVID-19 uu saameeyo natiijooyinka dadka isticmaala daawooyinka IVF. Daraasaadku ma helin wax saamaynta oo talaalka COVID-19 mRNA ku yeesho heerarka waxtarka ee IVF. Hal [daraasad](#) ayaa ogaatay inaysan farqiyo wayn u dhexayn waxtarka daawada baxnaaninta caado galeenka, tayada ugxanta, kobaca ilmaha uurka ku jira, ama natiijooyinka uurka marka la isku eego dadka talaalka qaatay iyo dadka aan qaadan talaalka. Talaallada COVID-19 ayaa la ogaaday inaysan saamayn ku lahayn taranka, aysana abuurin dhibaato dheeri ah oo ku dhacda dadkii horay dhibka ugu qabay uur qaadista. Talaallo badan ayaa si joogto ah qaab badqab leh loo siiyaa dadka intay uurka leeyihiin iyo kahor uurkaba, sida talaallada hargabka, teetanaha, iyo gawracatada. Tallaalka COVID-19 ayaa lagu talinayaa inuu qaato qof kasta oo jira 6 bilood iyo ka wayn, ayna ku jiraan kuwa doonaaya inay uur qaadaan.

Su'aal: Talaalka COVID-19 miyuu sababi karaa ilmo dilanka?

Jawaab: Maya, talaallada COVID-19 waa kuwo badbaado leh kahor, inta lagu jiro, iyo kadib marka aad uurka yeelato intaba. Ma jirto cadayn muujinaysa in qaadashada talaallada COVID-19 ay kordhinayaan khatarta ilmo dilanka. Tiro badan oo ilmo dilanka ah ayaan lagu arkin dadka qaatay talaalka COVID-19.

Heerka ilmo dilanka ayaa ka badan inta dadku aaminsan yihiin, ku dhawaad [10 ilaa 20 boqolkiiba](#) uurarka ayaa ku dhamaada ilmo dilan. Qaar kamid ah dadka qaatay talaalka ayaa waajihi kara ilmo dilan, laakiin arintaan lama xariirto talaalka- ilmo dilanka ayaa imaan kara talaal iyo talaal la'aan ba. Xaqiiqdii, dadka qaata caabuqa daran ee COVID-19 markay uurka biloowga ah leeyihiin ayaa khatar wayn ugu jira in ilmuhu ka dilmo. Talaalku waa difaaca ugu habboon ee naftaada, iyo ilmahaaga ka difaacaaya COVID-19.

Ilaha

Centers for Disease Control and Prevention, "COVID-19 Vaccines for People Who Would Like to Have a Baby". 2022. Oo aad oonleen uga helayso barta: [COVID-19 Vaccines for People Who Would Like to Have a Baby | CDC](#)

American College of Obstetricians and Gynecologists, "COVID-19 Vaccination Considerations for Obstetric-Gynecologic Care". 2022. Oo aad oonleen uga helayso barta: [COVID-19 Vaccination Considerations for Obstetric-Gynecologic Care | ACOG](#)

World Health Organization, "Questions and Answers: COVID-19 vaccines and pregnancy." 2022. Oo aad oonleen uga helayso barta: [Questions and Answers: COVID-19 vaccines and pregnancy \(who.int\)](#)

Mount Sinai, "Large Study Provides Reassurance that COVID-19 Vaccination Does Not Affect Fertility or Early Pregnancy." 2022. Oo aad oonleen uga helayso barta: [Large Study Provides Reassurance that COVID-19 Vaccination Does Not Affect Fertility or Early Pregnancy | Mount Sinai - New York](#)

Mar kasta la tasho dhakhtarkaaga aad ku kalsoon tahay si aad ugala hadasho go'aannada gaarka ah ee caafimaadka.