



XAQIIQOQOYIN TALAALKA COVID-19 KOOBAN: IYO UURKA

Waxaa jira warar been abuur ah oo aad u faafay oo ku saabsan talaallada COVID-19 iyo uurka. Aan ka hadalno qaar kamid ah xaqiiqooyinka aan ognahay!

Talaallada COVID-19 waa kuwo badbaado leh kahor, inta lagu jiro, iyo kadib marka aad uurka yeelato intaba.

Talaalka inta lagu jiro uurka waxaa ku talinaaya American College of Obstetricians and Gynecologists (ACOG, Machadka Maraykanka ee Dhakhaatiirta Dhalmada iyo Taranka) iyo Centers for Disease Control and Prevention (CDC, Xarumaha Kahortaga iyo Xakameynta Xanuunka) si looga hortago xanuunka daran ee ka dhasha COVID-19.

Dadka uurka leh ayaa khatar wayn ugu jira inay xanuun xun iyo dhibaatooyin ka qaadaan haddii uu ku dhaco COVID-19.

Inaad aad ugu xanuunsato COVID-19 intaad uurka leedahay iyo kadibba waxaa aad u kordhinaysa suuragalnimada in isbitaal lagu seexsho oo lagugu xiro mashiinka naqaska, dhibaatooyin kugu yimaada intaad uurka leedahay, dhiciska ilmaha, ama in ilmuhu kaa dilmo.

Ma jirto caddayn muujinaysa in talaallada COVID-19 ay sababayaan dhibaatooyinka dhalmada, ilmo dilan, ilmo dhicis ah, ilmo uurka ku mayda, ama dhibaatooyin kale.

Hase yeeshee, xanuunka COVID-19 ayaa lagu yaqaanaa inuu keeno dhibaatooyinka.

Haddii aad naas nuujinayso waad qaadan kartaa talaalka.

Caanaha naaska ayaa difaacyada talaalka gaarsiinaaya cunugaaga si looga difaaco caabuqa COVID-19 ilaa uu u qalmo talaalka markuu gaaro 6 billood jir.

Ilaha:

Talaallada COVID-19 intaad Naas nuujinayso ilmaha (cdc.gov) | <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html> (Ingiriis, Isbaanish, Kuuriyaan, Fiyeednaamiis, iyo Jayniis keliya)

Dadka uurka Leh iyo Kuwa Dhawaan Uurka lahaa | CDC | <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html> (Ingiriis keliya)

Talaalka COVID-19 iyo Uurka: Waxa ay tahay inaad Ogaato | Johns Hopkins Medicine | <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/the-covid19-vaccine-and-pregnancy-what-you-need-to-know> (Ingiriis keliya)

Si aad u codsato dukumiintigaan oo qaab kale ah, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimayl u dir civil.rights@doh.wa.gov.