



## Qaadashada Tallaalka si Looga hortago Cudurka COVID-19

**Tallaalada COVID-19 ee la cusboonaysiiyay 2024-2025 waa kuwo badqab leh, waxtar leh, waxaana lagu taliyey inuu qaato qof walba oo jira 6 billood iyo wixii kasii wayn.**

Inta badan dadka da'doodu tahay 5 sano iyo ka weyn waxay u baahan yihiin hal kuuro oo la cusboonaysiiyay ee 2024-2025 si ay u helaan difaac buuxa.

- Carruurta 6 billood-4 sano jirka ah waxay u baahan karaan in ka badan hal qiyaas oo ah tallaalka la cusbooneysiisay ee 2024-2025 mRNA si ay helaan difaac buuxa oo ka dhan ah COVID-19.
- Dadka da'doodu tahay 6 billood iyo ka sii weyn oo difaaca jirkood uu liita ama xaalada halis ah kujiro waxaa looga baahanyahay inay dhammaystiraan taxanaha aasaasiga ah ee talaalka ku haboon da'da ee COVID-19 ee 2024-2025 waxayna heli karaan kuurooyinka dheeriga ah ee cusub ee talaalka COVID-19 ee 2024-2025 ugu yaraan 2 billood kadib kuuradoodii ugu danbaysay.

**Waa kuwee tallaalkada COVID-19 ee hadda la heli karo?**

**Pfizer BioNTech/Comirnaty**

Nooca 2024 2025, 6 billood iyo ka weyn \*

**Moderna/Spikevax**

Nooca 2024 2025, 6 billood iyo ka weyn \*

**Novavax**

Foomulada 2024 2025, 12 sano iyo ka weyn

*\*Comirnaty iyo Spikevax waa magacyo summadeed ee tallaalkada mRNA ee hadda loo oggolaaday da'da 12 iyo ka weyn. Tallaalka Pfizer iyo Moderna ee mRNA waa tallaalo loo oggolaaday da'da 6 billood iyo ka weyn .*

## Badqab ma tahay in la qaato tallaallo kale isla wakhtiga tallaalka COVID-19?

Haa, waa badqab in la qaato tallaalka COVID-19 isla marka aad qaadanayso tallaallada kale. Uma baahnid inaad jadwal u sameysato tallaalada kale ee lagu taliyay si ka gooni ah tallaalka COVID-19. Ballanta tallaalka COVID-19 waa fursad kale oo aad ku heleyso dhammaan tallaalada lagu taliyey.

## Immisa qiyaasood ayuu ilmahaygu u baahan yahay si uu heelo difaac buuxo?

Carruurta aan la tallaalin ee 6 bilood-4 sano jir ayaa lagula talinayaa inay qaataan 2 qiyaasood oo cusub oo tallaalka Moderna COVID-19 ah ee 2024-2025 ama 3 qiyaasood oo ah tallaalka Pfizer COVID-19 ee la cusboonaysiiyay ee 2024-2025.

Carruurta horay loo tallaalay ee 6 bilood - 4 sano jirka ah ayaa lagula talinayaa inay qaataan 1 ama 2 qiyaasood ee tallaalka COVID-19 ee cusub ee 2024-2025 ee Moderna ama Pfizer (wakhtiga iyo tirada qiyaasaha la bixiyo waxay ku xirantahay tallaalkii hore loo qaatay ee COVID-19).

Carruurta da'doodu tahay 5 sano iyo wixii ka weyn ayaa helaya difaaca buuxa ee tallaalka COVID-19 haddii ay helaan ugu yaraan 1 kuuro oo ah tallaalka Moderna ama Pfizer COVID-19 ee la cusboonaysiiyay 2024-2025.

Shakhsiyaadka da'doodu tahay 12 sano iyo ka weyn ee aan la tallaalin ayaa u qalmi kara inay qaataan 2 kuuro oo ah tallaalka Novavax COVID-19 ee 2024-2025, kahortag ah, loona dhexaysiiyay 3 asbuuc.

Shakhsiyaadka da'doodu tahay 12 sano iyo ka weyn ee hore loogu tallaalay tallaalka COVID-19 (kuwaas oo aan lagu tallaalin tallaalka mRNA COVID-19 ee dhowaan la cusboonaysiiyay ee 2024-2025) ayaa u qalma qaadashada 1 kuuro oo ah tallaalka Novavax COVID-19 ee 2024-2025, Kahortag ah.

Carruurta da'doodu tahay 6 bilood iyo ka weyn oo difaac jirkood uu liita ama xaalada halis yahay waxaa looga baahanyahay inay dhammaystiraan 3-qiyaas oo taxane ah oo waxaana laga yaabaa inay helaan qiyaaso dheeraad ah oo tallaalka COVID-19 oo la cusboonaysiiyay 2024-2025 ee ugu yaraan 2 bilood ka dib markii ay qaateen qiyaaskoodii ugu dambeeyay.

DOH 820-246 Somali

Si aad dukumiintigaan ugu heshid qaab kale, wac 1800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir email [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).

## Ma jiraa kharash loogu talagalay tallaalka COVID-19?

Si la mid ah tallaalada kale, tallaalada COVID-19 ayay dabooli doonaan qorshayaasha caymiska badankooda. Tallaalada COVID-19 waxaa weli si lacag la'aan ah lagu siin doonaa dhammaan carruurta gobolka Washington ilaa ay ka gaarayaan dhalashadooda 19aad iyadoo laga helaayo [Childhood Vaccine Program \(Barnaamijka Tallaalada Loogu Talagalay Carruurta\)](#) (Ingiriis keliya). Waxaa sidoo kale jira barnaamijyo loogu talagalay dadka waaweyn kuwaas oo gacan ka gaysan kara daboolida kharashka qaadashada tallaalka haddii aanay lahayn caymis caafimaad ama caymiskoodu aanu daboolin tallaalka. Haddii aadan haysan caymis ama aadan haysan caymis kugu filan aadna tahay qaangaar ka wayn 19 sano, waxaad u qalantaa talaalka COVID-19 ee 2024-2025 oo aad qiimo jaban uga helayso dhakhtar katirsan [Washington State Adult Vaccine Program \(Barnaamijka Talaalka Dadka waawayn ee Gobalka Washington\)](#) (AVP, Barnaamijka Talaalka Dadka waawayn ee Gobalka Washington) (Ingiriis keliya). Dhakhtarkaaga AVP ayaa kaa qaadi kara qarashka bixinta si uu kuu siiyo talaalka, laakiin waxaad codsan kartaa in qarashkaan lagaa dhafo haddii aadan bixin karin. Laguuma diidi karo inaad talaalka COVID-19 ka hesho dhakhtarka AVP haddii aadan lacagta bixin karin. Waxaad heli kartaa dhakhaatiirta caymiska ku jira adoo adeegsanaaya [khariirada dhakhaatiirta AVP](#) (Ingiriis keliya). Waxaad wici kartaa dhakhtarka AVP oo kuu dhow si aad xog dheeraad ah uga hesho helitaanka talaalka iyo jadwalka.

### Xariirka

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360-236-3642



[Tusmada Caafimaadka ee Tallaalka COVID-19](https://www.cdc.gov/vaccines/covid-19/clinical-considerations/interim-considerations-us.html# covid-vaccines) - <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/interim-considerations-us.html# covid-vaccines>

[Childhood Vaccine Program](https://doh.wa.gov/public-health-healthcare-providers/public-health-system-resources-and-services/immunization/childhood-vaccine-program) - <https://doh.wa.gov/public-health-healthcare-providers/public-health-system-resources-and-services/immunization/childhood-vaccine-program>

[Adult Vaccine Program](https://doh.wa.gov/public-health-healthcare-providers/public-health-system-resources-and-services/immunization/adult-vaccine-program) - <https://doh.wa.gov/public-health-healthcare-providers/public-health-system-resources-and-services/immunization/adult-vaccine-program>

[Vaccines.gov](https://www.vaccines.gov/) - <https://www.vaccines.gov/>