

# Badqabka Tallaalka COVID-19: Waxa ay tahay Inaad ogaato



## Talaalladu waa kuwo badqab leh

Talaallada COVID-19 ee aan ku isticmaalno Maraykanka waxay mareen kormeerka badqabka ee ugu adag oo abid laga sameeyo taariikhda<sup>1</sup> Maraykanka. Dhammaan tallaallada ayaa midkood si buuxda u ansixisay ama u ogolaatay u adeegsiga xaaladda degdega ah U.S. Food and Drug Administration (FDA, Maamulka Dawada iyo Cuntada Mareykanka)—Micnaheeda oo ah in FDA aysan helin wax walaac badbaado oo halis ah. Khubaro madax banaan ayaa sidoo kale dib u eegis ku sameeyey tijaabooyinka aana helin wax cilado ah.

Talaallada waxaa wali lagu wadaa kormeer si looga fiiriyo ciladaha badqabka iyo waxtarka inta lagu talaalaayo dadwaynaha. Maraykanku waxa uu leeyahay nidaamyo kaladuwan oo u diyaarsan inay xaliyaan ciladaha badqabka ayna helaan isla marka ay dhacaanba.



## Talaalladu way shaqaynayaan

Waxaa laga yaabaa inaad aragtay macluumaad u ekeysiinaya in tallaallada qaarkood ay ka fiican yihiin kuwa kale. Tijaabooyinka caafimaadka ayaa muujinaaya in dhammaan tallaallada la heli karo ay wax wayn ka tarayaan kahortaga COVID-19. Farqiyada u dhexeeya tallaallada ayaa ah wax ay adag tahay in la isku babac dhigo waayo waxaa la tijaabiyay waqtiyo kaladuwan iyo goobo kaladuwan. Qaar ayaa xataa lagu tijaabshay kahortaga noocyada kaladuwan ee fayrasyada dhaliya COVID-19.

Markii si buuxda lagu tallaalo, wali waa macquul inuu kugu dhaco COVID-19, laakiin waxaa aad u yar inaad aad ugu jirato ama aad u baahato in Isbitaal lagu dhigo. Tijaabooyinka ayaa muujinaaya in talaal kasta uu lahaa 85 boqolkiiba heerka kahortaga xanuunka **xun** ee COVID-19. Tallaalku waxa uu sidoo kale ka hortagay in dad badani isku arkaan calaamad **walba** oo COVID-19 ah:

- Johnson & Johnson (Janssen), boqolkiiba 74
- Pfizer-BioNTech, boqolkiiba 95
- Moderna, boqolkiiba 94

## Dhibaatooyinka ka dhasha ayaa ah kuwo caadi ah

Kama qaadi kartid cudurka COVID-19 talaalka. Hase yeeshee, si lamid ah tallaallada kale, waxaad dareemi kartaa cilado. Kuwaani waa calaamado muujinaaya in tallaalka uu shaqeynayo. Talaallada labada kuuro ah, ciladaha kadib kuurada labaad ayaa ka darnaan kara kuwa kuurada koobaad. Haddii ay suurtagal tahay, sii naftaada waqti aad ku nasato aadna kusoo kabato maalin ama labo kadib markaad talaalka qaadato. Talaallada COVID-19 ee u baahan labada kuuro, xaqiiji inaad qaadato kuuradaada labaad. Ma heli doontid talaal buuxa ilaa laga gaaro labo asbuuc kadib kuuradaada labaad.

### Gacanta cibada lagaaga duray:

- Xanuun
- Murxid
- Barar



### Jidhkaaga oo dhan:

- Daal
- Madax xanuun
- Murqo xanuuno
- Qarqaryo
- Qandho
- Lalabo



<sup>1</sup> Centers for Disease Control and Prevention, "Safety of COVID-19 Vaccines (Badqabka Tallaallada COVID-19)". Maarso 25, 2021, oo aad oonleen uga helayso: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html> (Waxaa lagu heli karaa Ingiriis oo kaliya).



# Astaamaha xasaasiyada alarjiga

Xasaasiyaadka alarjiga ee ka dhasha talaalka ayaa aad u yar, laakiin way dhacaan. Xarunta caafimaadka ayaa kaa fiirin doonta ugu yaraan 15 daqiiqo kadib marka lagu talaalo inaad yeelato iyo in kale xasaasiyad alarji. Waxaa loo tababaray inay ka jawaabaan wayna yaqaanaan siday kuu caawinayaan.

Haddii aad yeelato fal-celin xasaasiyadeed marka aad rugta caafimaadka ka tagtid, wac 911. Calaamadaha fal-celinta xasaasiyadda waxaa ka mid ah: neefsashada oo kugu adkaata, wejigaaga iyo cunaha oo barara, wadnaha oo dhaqso u garaacma, finan jirka oo dhan ka soo baxa, dawakhaad, iyo daciifnimo.

## Naga caawi inaan isha ku hayno cilado kasta oo dhanka badqabka ah

Iska diiwaan geli aalada V-safe si aad usoo sheegto cilado kasta oo ka dhasha talaalka: [v-safe.cdc.gov](https://v-safe.cdc.gov) (Waxaa lagu heli karaa Ingiriis oo kaliya). Ka qaybgalkaaga ayaa naga caawinaaya inaan ilaalino badqabka talaalku u leeyahay qof kasta.

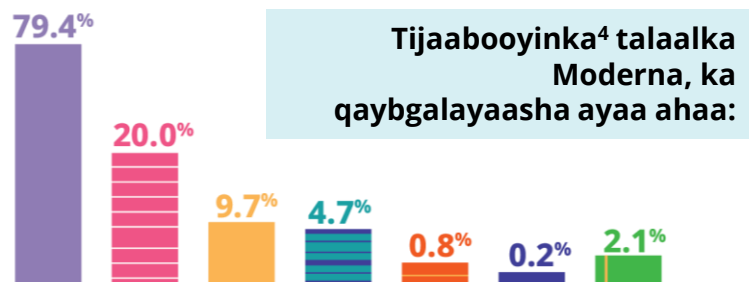
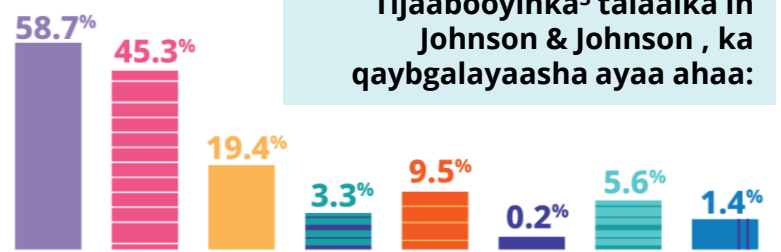
Adiga ama adeeg bixiyaha ku siinaya tallaalka ayaa wixii cilado ah usoo sheegi kara Vaccine Adverse Event Reporting System (VAERS, Nidaamka Ka Warbixinta Xaaladaha Daran ee Tallaalka). FDA, Centers for Disease Control and Prevention (Xarunta Kahortaga iyo Xakamaynta Cudurada) iyo Washington State Department of Health (DOH, Waaxda Gobalka Washington uqaabilsan Caafimaadka) ayaa u adeegsada VAERS la socoshada dhacdooyinka ama ciladaha suurtagalka ah.

Waxaad warbixin kusoo gudbin kartaa barta [vaers.hhs.gov](https://vaers.hhs.gov) (Waxaa lagu heli karaa Ingiriis oo kaliya).

## Dadka kasoo kala jeeda isirada iyo qoomiyadaha badan ayaa ka qaybgalay tijaabooyinka

Saynis yahannada ayaa ku tijaabiyay talaal kasta tobanan kun oo dad ah.

-  Caddaan
-  Isbaanish ama Latinx
-  Madoow ama Afrikaan Ameerikaan
-  Eeshiyaan
-  Hindi Maraykan ama Asalka Alaska
-  U dhashay Hawaiian ama Qabiil kale oo Jasiirada Baasifiga dagan
-  Qoomiyado badan
-  Lama sheegin
-  Isir kale



<sup>2</sup>Food and Drug Administration. "FDA Briefing Document: Pfizer-BioNTech COVID-19 Vaccine", Kulanka Vaccines and Related Biological Products Advisory Committee (Gudigga Talo Bixinta Talaallada iyo Maadooyinka la Xariira Noolaha). Diseembar 10, 2020, oo aad oonleen uga helayso barta: <https://www.fda.gov/media/144245/download> (Waxaa lagu heli karaa Ingiriis oo kaliya).

<sup>3</sup>Food and Drug Administration. "FDA Briefing Document: Janssen Ad26.COV2.S Vaccine for the Prevention of COVID-19", Kulanka Vaccines and Related Biological Products Advisory Committee. Feebaraayo 26, 2021, oo aad oonleen uga helayso barta: <https://www.fda.gov/media/146217/download> (Waxaa lagu heli karaa Ingiriis oo kaliya).

<sup>4</sup>Food and Drug Administration. "FDA Briefing Document: Moderna COVID-19 Vaccine", Kulanka Vaccines and Related Biological Products Advisory Committee. Diseembar 17, 2020, oo aad oonleen uga helayso barta: <https://www.fda.gov/media/144434/download> (Waxaa lagu heli karaa Ingiriis oo kaliya).



Talaalku waa mid badbaado iyo waxtar uleh carruurta, haweenka uurka leh, iyo kuwa qaba xanuunnada daran. Iyadoo ay dad badani qaadadanayaan tallaalka, waxaan sii wadi doonaa helitaanka xogo dheeraad ah oo kusaabsan badqabka iyo waxyeelada kadhalata talaalka. Xogta ayaa muujinaysa in tallaallada COVID-19 ay yihiin kuwo badqab leh, waxyeelada aadka u xun ee ka dhashana waa kuwo dhif ah.

## La hadal adeeg bixiyaasha caafimaadka ama shaqaalaha caafimaadka haddii aad walaacyo ka qabto qaadashada talaalka



### Xasaasiyaadka

- Centers for Disease Control and Prevention (CDC, Xarumaha Xakamaynta iyo Kahortagga Cudurrada) waxay kula talinaysaa in talaalka la siiyo qof kasta oo aan xasaasiyad ku qabin maadooyinka ku jira tallaalka.
- Xasaasiyaadka laga qaado tallaallada COVID-19 ayaa badanaa loo arkaa inay keenayaan dufanka ku jira talaalka, oo loo yaqaano polyethylene glycol (PEG) iyo polysorbate.
- Talaalku malahan xasaasiyaad guud sida kuwa laga helo cuntada, marka inta badan xasaasiyaadka kale ee talaalka waa inaan laga cabsan marka la qaadanaayo talaalka COVID-19. Tusaale, tallaallada kuma jirto ukun, maadooyinka caanaha, iyo kaydiyaasha noolaha.

### Hufnaanta

Maadooyinka laga sameeyay talaalka COVID-19 waa kuwo badqab leh looguna baahan yahay in talaalku saqadiisa qabsado. Hal qayb oo kamid ah talaalka Johnson & Johnson ayaa ka kooban koobiyada shaybaarka lagu sameeyay ee unugyada asal ahaan ka yimid qaybo lagasoo doortay ilmo la iskasoo riday oo dhacday 35 sano kahor. Qaar badan oo tallaallada kale ah, ayna ku jirana talaalka bus-buska, jadeecada, iyo cagaarshoowga A, ayaa loo sameeyay isla qaabkaas. Ma jiro wax kamid ah tallaallada oo ay ku jiraan jir dadeed (oo ay ku jiraan unugyada ilmaha uurka ku jira), fayraska COVID-19, leexada caanaha, ilaaliyaasha, ama maadooyinka kale ee noolaha ayna ku jiraan maadooyinka hilibka khaansiirka ama gelatin. Tallaallada lagu kobcin ukun kuma jiraan qaybaha ukun.

### Xaaladaha caafimaadka

- Tijaabooyinka ayaa muujiyay in tallaallada COVID-19 ay badqab iyo ammaan u leeyihiin dadka qaba xanuunnada caafimaad si lamid ah kuwa caafimaadka qaba. Labaatan ilaa 45 boqolkiiba dadka ka qaybgelay tijaabooyinka talaal kasta ayaa qabay ciladaha sida cayil xad dhaaf ah, sonkoroow, xanuunka wadnaha, xanuunka beerka, iyo HIV.
- Waxaan haysanaa xogta badqabka oo kooban oo ku aadan u adeegsiga talaalka dadka nidaamyadooda difaacu liito ama cilada difaaca jirka qaba. CDC waxay wali ku talinaysaa in talaalka la siiyo kooxahaan waxaayo waxay khatar badan ugu jiraan inay u dhintaan haddii ay qaadaan caabuqa COVID-19.
- Khubarada caafimaadka ee uurka iyo dhalmada ayaa ku talinaaya in talaalka COVID-19 la siiyo haweenka uurka leh, ilmaha nuujinaaya, ama qorshaynaaya inay uur yeeshaan. Xogta ayaa muujinaysa in tallaallada COVID-19 ay yihiin kuwo badqab u leh xiliga uurka. Xaqiiqdii, daraasaadka qaarkood ayaa muujinaaya in waalidka la talaalay uu xataa unugyada difaaca ka dhanka ah COVID-19 u gudbinaayo cunugeeda uurka ku jira iyo kan naaska nuugaaya. Dadka uurka leh ayaa khatar ugu jira xanuun daran oo ka dhasha COVID-19, ayna ku jiraan dhimasho. Tallaalladu waa difaaca ugu wanaagsan.