

# Waxa la samaynayo haddii lagaa tallaalayo COVID-19

## Maxaa la ii tallaalayaa?

COVID-19 waxaa sababa fayras cusub oo ku dhaca dadka. Sidaa darteed, difaaca jirkeena uma adkeysan karo caabuqa, sidaa darteed COVID-19 wuxuu awood u yeeshay inuu u faafo sida cudur caalami ah.

Tiro yar oo ka mid ah dadka Daanishka ayaa ku dhacay COVID-19, mana garan karno si hubaal ah in kuwa uu ku dhacay cudurka ay si buuxda uga ilaalinayaan in mar dambe uu ku dhaco.

Qofkasta wuu ku dhici karaa COVID-19. Qofkasta wuu la jiran karaa COVID-19. Si kastaba ha noqotee, dadka qaar waxay si gaar ah ugu jiraan halis sare inay si daran u bukoodaan oo ay u dhintaan haddii ay qaadaan cudurka.



**Madaxda caafimaadka Daanishku waxay ku talineysaa in la iska tallaalo COVID-19 sababtoo ah waxay kaa ilaalinaysaa inaad qaaddo caabuqa oo aad la xanuunsato COVID-19**

**Markasta oo ay badato dadka la tallaalayo, ayaa si fiican ayaan u xakameyn doonaa faafida saf-mareenka.**

**Tallaalku waa lacag la'aan, waana ikhtiyaari inaad aqbasho tallaalka lagu siinayo tallaalka iyo in kale.**

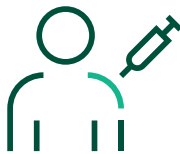
## Sidee tallaalku u dhacayaa?



1. Imaw xarunta tallaalka waqtiga la sheegay. Soo qaado kaadhkaaga caafimaadka jaallaha ah.



2. Xirfadlayaasha daryeelka caafimaad ee kala duwan ayaa bixin kara tallaalka, laakiin waxay had iyo jeer ku shaqeyn doonaan masuuliyada dhakhtarka.



3. Sida caadiga ah, tallaalka waxaa lagu mudayaa muruqa weyn ee garabkaaga.



4. Meesha ugu dhow ku sug ugu yaraan 15 daqiiqo kadib marka aad is tallaasho, markaa xirfadlayaasha daryeelka caafimaadku way ku caawin karaan haddii aad xasaasiyad ku leedahay.

## Waa maxay waxyeelooyinka suurtagalka ah?

Tallaallada oo dhami waxay leeyihiin waxyeellooyin, laakiin qof kasta oo la tallaalaa lama kulmo waxyeellooyin soo raaca tallaalka. Guud ahaan, Waxyeelooyinka waa kuwo fudud oo kmuddo gaaban ah, waxaannu u aragnaa in tallaallada COVID-19 ay yihiin kuwo aad u badqab ah oo si heer sare ah loo diiwaangeliyey. Waxyeelooyinka ugu caansan ee dadku la kulmi karaan marka lagu tallaalayo tallaalka kasta oo COVID-19 ahayaa hoos ku taxan.

Tusaalooyinka waxyeelada caadiga ah	
<b>Xasaasiyada meesha duritaanka</b>	<b>Xasaasiyad guud ahaaneed</b>
<ul style="list-style-type: none"><li>• Xanuun iyo guduudasho goobta duritaanka</li></ul>	<ul style="list-style-type: none"><li>• Daal</li><li>• Madax xanuun</li><li>• Murqo iyo xubno xanuun</li><li>• Qarqaryo</li><li>• Qandho yar</li></ul>



Tusaalooyinka waxyeelooyinka naadirka ah
<ul style="list-style-type: none"><li>• Falcelin xasaasiyadeed oo daran</li><li>• Neefsashada oo kugu adkaata</li><li>• Naqaarka oo finan kasoo baxaan</li><li>• Wajiga oo barara</li></ul>

Dadka badankood xanuun ayey kala kulmi doonaan goobta lagu muday cirbada. Dad badan ayaa la kulmi doona falcelin xasaasiyadeed ee guud sida murqo xanuun ama qandho yar, taas oo guud ahaan calaamado u ah in habka difaaca jirkaagu uu u falgalayo sidii ay ahayd tallaalka. Uma baahnid inaad wacdid dhakhtarkaaga haddii aad la kulanto waxyeelooyinkan la yaqaan ee mudada kooban ah.

Xaalado naadir ah, waxaad la kulmi kartaa falcelin xasaasiyad daran isla marka aad tallaasho kadib. Haddii aad xasaasiyad daran ku leedahay daawada, tusaale ahaan, waa inaad ka warqabtaa tan kahor tallaalka. Shaqaalaha gurmada degdegga ah ayaa had iyo jeer diyaar u ah inay la tacaalaan xasaasiyadda naadirka ah ee xarumaha tallaalka.

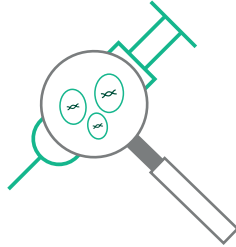
Farqi yar ayaa udhaxeeya waxyeelada iyo falcelinta ugu badan ee ku dhacda talaalada kala duwan. Wax badan ka akhri [www.sst.dk/covid-vaccination](http://www.sst.dk/covid-vaccination).

## Sidee ayuu tallaalada u shaqeeyaan?

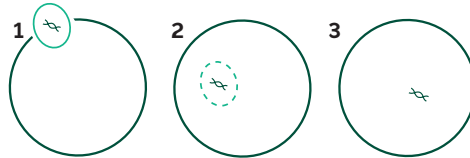
Tallaalada la ansixiyay ee COVID-19 waxay ka kooban yihiin qaybo yar oo hidde -sidde ah oo laga sameeyay waxa loogu yeero nucleic acids (RNA ama DNA), kuwaas oo si dabiici ah u dhaca walxaha ku jira jirka aadanaha. Wiix ah Comirnaty® iyo Spikevax® (hore loogu yaqaanay COVID-19 Tallaalka Moderna®) talaalka, xarkaha ayaa ku lifaaqan dufan.

Mar haddii silsiladaha hidde-wadaha ay galaan unugyada jirka, koodhka waxaa loo tarjumay borotiin u gaar ah ee fayraska corona ee cusub. Borotiinadani waxay kiciyaan habka difaaca jirka si ay u sameeyaan unugyada difaaca jirka iyo unugyada difaaca ee gaarka ah si habka difaaca jirka u u aqoonsado una jajabiyo fayraska haddii aad cudurka aad qaadid mar dambe.

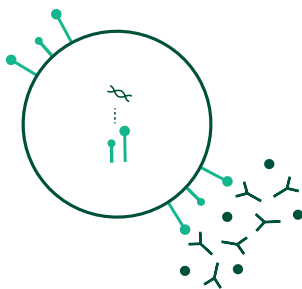
Xarkaha hida sidaha iyo waxyaabaha ku jira tallaalka si dhakhso leh ayuu u kala jajabiyaa kadib markay hawshooda gutaan.



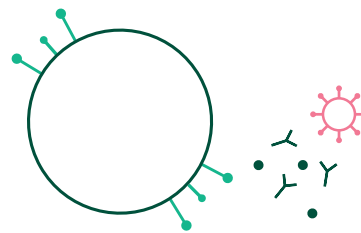
- 1.** Tallaalku waxa uu ka kooban yahay qaybo yaryar



- 2.** Ku lifaaqida waxay gka caawinaysaa in la keeno xarigga hida sideha gudaha unugyada jirka. Ku lifaaqatan ayaa markaa si dhakhso leh u jajabiya dheecaanka jirka.



- 3.** Qeybaha yaryar ee hida sidaha waxay keenaan in unuggu soo saaro borotiino cusub, oo degta banaanka unuga isla markaana kiciya habka difaaca jirka si uu u sameeyo unugyada difaaca jirka iyo unugyada difaaca.



- 4.** Unugyada difaaca jirka iyo unugyada difaaca jirka ayaa burburin karaan fayraska haddii aad cudurka ku qaadatid taariikh dambe. Xarkaha hida sidaha ayaa lagu jajabiyaa unuga markii uu dhamaysto hawshiisa.

## Maxaan ugu baahanahay in la i tallaalo laba jeer?

Tallaaladu si buuxda waxtar uma yeeshaan illaa 1-2 toddobaad kadib duritaanka labaad, sidaa darteedna waxaad u baahan tahay in lagaa tallaalo laba jeer.

Weli ma ogin inta tallaalku siinayo difaac. Sidaa darteed, ma dhihi karno in ilaalinta uu socon doono sannado badan, ama haddii aad u baahan tahay in mar kale lagugu tallaalo taariikh dambe si aad isu ilaaliso.

## Maxaan ka warqabaa ka dib markaan is tallaalo?

In kasta oo lagu tallaalay, weli waa inaad raacdaa tilmaamaha guud ee Hay'adda Caafimaadka Denmark ee ku saabsan sida looga hortago inaad cudurka qaado. Tallaalladu waxtar ma aha 100%, welina ma ogin in tallaalku uu sidoo kale kahortago inaad qaadatid fayraska oo aad cudurka ku faafiso dad kale.




Waa inaad la xiriirtaa dhakhtar haddii aad isku aragto calaamado daran kadib marka lagu tallaalo. Tani waxay, tusaale ahaan, noqon kartaa astaamo xasaasiyadeed sida neefsashada oo dhib ku ah ama finan maqaarka ka soo baxa. Dhakhtarka ayaa qiimeyn kara in calaamadaha uu keenay tallaalka ama ay keeni karaan arimo kale wuxuuna bilaabayaa daaweyn haddii loo baahdo.

Dhakhtarka waxaa waajib ku ah inuu ku wargaliyo waxyeelooyinka laga shakiyay Madaxda Dawooyinka Daanishka Adiga laf ahaantaada ayaa ku wargelin kara waxyeelooyinka laga shakiyay Madaxda Dawooyinka Daanishka adoo u marsiinaya [www.lmst.dk](http://www.lmst.dk)



## Ilaali caadooyinka wanaagsan

Xataa in kastoo lagu tallaalay, weki waxaa jirta khatarta inaad kuwa kale qaadsiiin karto, Sidaas awgeed, waa inaad sii wadaa inaad raacdo Masuuliyiinta Caafimaadka Dheeniska si loo xadido caabuqa.

				
<b>Guriga joog oo is baadh haddii aad la kullanto astaamahan</b>	<b>Ilaali masaafadda</b>	<b>Fur daaqadaha iyo albaabada oo hawo u fur gurigaaga si caadi ah.</b>	<b>Dhaq gacmaha inta badan ama ama isticmaal jeermis dilaha gacanta</b>	<b>Si buuxda oo caadi ah u nadiifi, gaar ahaan oogoooyinka ay dad badan taabtaan</b>

## Halkeed jawaabo uga heli kartaa su'aalahaaga?

Waxaad had iyo jeer ka heli kartaa macluumaadkii ugu dambeeyay ee ku saabsan tallaalka ka dhanka ah COVID-19 bogga internetka [www.sst.dk/covid-vaccination](http://www.sst.dk/covid-vaccination) waxaadna ka akhriyi kartaa waxyaabo dheeri ah oo ku saabsan fayraska cusub ee corona iyo COVID-19 barta [www.sst.dk/covid](http://www.sst.dk/covid).