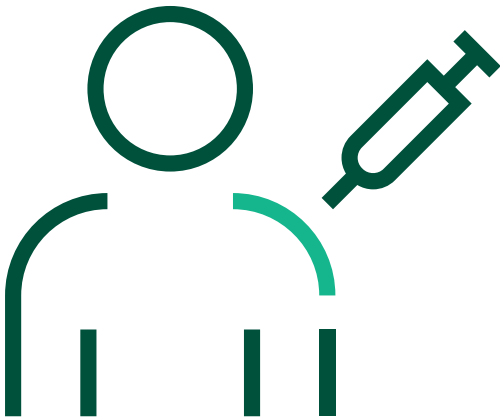


Talaalka ka hortaga COVID-19



06 Abriil 2021

...



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.

Yaa la siinayaa tallaalka?

Qof kasta oo jooga Denmark ah ayaa la siinayaa tallaalka ka dhanka ah COVID-19, oo ay ku jiraan kuwa aan u dhalan Daanishka. Waa muhiim in marka dad badan intii suurtoagal ah la tallaalo si aan u xakameyno faafitaanka saf-mareenka. Si kasta ha noqotee, guud ahaan ma siinayno tallaalka carruurta da'doodu ka yar tahay 16 sano jir ama haween uur leh ama naasnuujinaysa sababtoo ah tallaalladaas laguma tijaabin kooxahaas.



Jadwalka tallaalka Madaxda Caafimaadka Daaniska ayaa si isdaba joog ah loo wargalin doonaa si aad ula socon karto waqtigaaga: www.sst.dk/vaccinationskalender

Sidee la isoo ogaysiin doonaa tallaalka?

Waxaa lagugu soo ogeysiinayaa e-Boks kaaga marka ay tahay waqtigaaga, oo waxaad ka ballansan kartaa ballanta tallaalka www.vacciner.dk. Haddii lagaa dhaafo inaad ka hesho Digital Post, waxaad ku heli doontaa warqad boostada waxaadna ballan ku qabsan kartaa taleefanka.



Markaad awoodo inaad ballan qabsato, way kugu adkaan doontaa inaad hesho waqtiyada la heli karo. Hadday sidaas tahay, fadlan isku day mar dambe, maadaama waqtiyada cusub si joogto ah loogu daro nidaamka.

Haddii aadan aqbalin soojeedinta tallaalka isla markiiba, ma waayi doontid fursadda ah inaad tallaalka bilaash ah hesho mar dambe. Si kastaba ha noqotee, Madaxda Caafimaadka Daanishku waxay ku gula talinayaan inaad qaadatid dalabkan sida ugu dhakhsaha badan ee aad u hesho, maadaama ay muhiim tahay in dad badan intii suurtagal ah si dhakhso ah loo tallaalo si aan u xakamayno saf-mareenka.

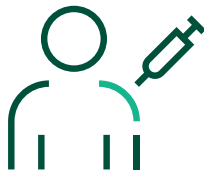
Sidee tallaalku u dhacayaa?



1. Imaw xarunta tallaalka waqtiga cayimay. La imaw maaskaro wajiga iyo kaarkaaga caymiska caafimaadka jaalaha 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.

Maxaan si gaar ah uga warqabaa?



1. Kulama talineyno tallaalka COVID-19 carruurta da'doodu ka yar tahay 16 sano iyo sidoo kale haweenka uurka leh iyo kuwa naas nuujinaya maaddaama tallaallada aan weli si fiican loogu tijaabinin kooxahaan. Haddii ay suurogal tahay inaad uur leedahay, la hadal dhakhtar kahor tallaalka. Xaaladaha aan caadiga ahayn, tusaale ahaan haddii ilmo ama haweeney uur leh ay qabaan cudur daran, tallaalka ayaa la siin karaa iyadoo lagu saleynayo shaqsi ahaan, qiimeynta caafimaad ahaaneed.



2. Haddii aad ku leedahay fal-celin xasaasiyad daran (xasaasiyad daran) timid ama in ka badan oo ka mid ah maaddooyinka tallaallada ku jira, sida macrogol ama PEG, ama haddii ay kugu dhacday dhacdo xasaasiyad daran ah qiyaasta koobaad ee tallaalka kadib, markaa waa inaan lagu tallaalin.



3. Haddii aad hleedahay xinjiro aad u yar ama cudur sida haemophilia, waxaad halis sare ugu jirtaa in dhiig fadhiisto haddii aad is tallaasho. Sidaa darteed, la hadal dhaqtar kahor intaadan is tallaalin.

Goorma ayaan dib u dhigaa tallaalka?



1. Haddii aad leedahay qandho sare (ugu yaraan 38°C) ama aad qabtid caabuq daran sida burukiito, tallaalka waa in dib loo dhigaa. Waa lagu tallaali karaa haddii aad qabtid qandho yar ama caabuq aan halis ahayn sida hargab caadi ah, laakiin waa inaad mar walba ka fikirtaa inaad qabtid COVID-19.



2. Haddii aad qabtid COVID-19, waa inaad dib u dhigtaa tallaalka.



3. Haddii lagaa baaray COVID-19 shaki awgiis ama inaad xiriir dhow la leedahay qof qaba COVID-19, waa inaad dib u dhigtaa tallaalka illaa aad ka heleyso natiijada baaritaanka. Haddii baaritaankaagu uu yahay mid laga waayay cudurka, waa lagaa tallaali karaa, laakiin haddii laga helay, waxaa lagugula talinayaa inaad sugto ugu yaraan hal bil kadib markaad joojiso dareemiddaada jirro.



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 mid ka mid ah tallaalka ee COVID-19 ayaa hoos ku taxan.

Tusaalooyinka waxyeelada caadiga ah	
Xasaasiyada meesha duritaanka	Xasaasiyad guud ahaaneed
<ul style="list-style-type: none">• Xanuun iyo guduudasho goobta duritaanka	<ul style="list-style-type: none">• Daal• Madax xanuun• Murqo iyo xubno xanuun• Qarqaryo• Koror xogaa ah ee heerkulka

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



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.

Tallaallada noocee ah ayaan heli karaa?

Waxaa lagu siin doonaa mid ka mid ah tallaalka ee COVID-19 kuwaas oo loo oggolaaday in laga isticmaalo Denmark.

	Comirnaty®	COVID-19 Vaccine Moderna®
Nooca	Tallaalka RNA	Tallaalka RNA
Oo ay soo saareen	Shirkadda Jarmalka ee BioNTech oo kaashanaysa shirkadda Maraykanka laga leeyahay ee Pfizer	Shirkadda Mareykanka ee Moderna
Lagu sameeyay	Jarmal iyo Belgium	Spain iyo Switzerland
Loo oggolaaday	Dadka jira 16 + - marka laga reebo haweenka uurka leh iyo kuwa naas nuujinaya	Dadka jira 18 + - marka laga reebo haweenka uurka leh iyo kuwa naas nuujinaya
Tirada qiyaasta tallaalka si ay buuxda waxtar u yeelato	2	2
Muddada u dhexeysa tallaallada	3-6 toddobaad	4-6 toddobaad
Waxtar buuxda ayaa la gaadhayaa	7 maalmood kadib duritaanka labaad	14 maalmood kadib duritaanka labaad



Ma dooran karaa tallaalka aan doonayo inaan qaato?

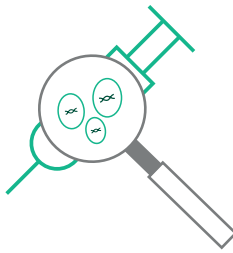
Maadaamo oo aan helno keliya sahay tallaalka oo xaddidan, iyo sababta oo ah in tallaallada la keydiyo oo lagu maamulo xaalado gaar ah, waxaan u baahan nahay inaan ku sii xakameyno qaybinta tallaallada. Qiyaas kasta waa la tiriyaa, mana dooneyno inaan khasaarino wax tallaalka ah, sababtoo ah ma dooran kartid tallaalka aad qaadaneyso. Sidoo kale waxay la mid tahay barnaamijka tallaalka carruurnimada iyo barnaamijyada kale ee tallaalka bilaashka ah ee Denmark. Waqtigaan la joogo, dhamaan talaalada COVID-19 ee la soo gaarsiiyay Denmark waxaa loo qeybin doonaa iyadoo la bixinayo talaal bilaash ah, sidaas darteedna suurtagal ma noqoneyso in lagu iibsado tallaalka warqad dhakhtar.

Sidee ayuu tallaalada u shaqeeyaan?

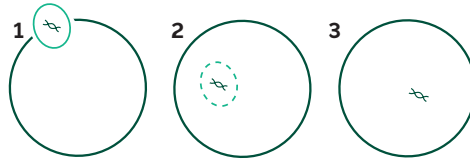
Dhammaan tallaal ee la ansixiyay ee COVID-19 waxay ka kooban yihiin qaybo yar oo hidde -sidde ah oo laga sameeyay waxa loogu yeero nucleic acids (RNA ama DNA), kuwaas oo si dabiici ah u dhaca walxaha ku jira jirka aadanaha. Tallaalka Comirnaty® iyo tallaalka COVID-19 Vaccine Moderna®, xarkaha ayaa ku 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.

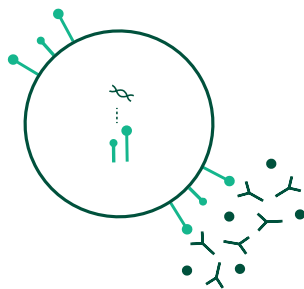
Xarkaha hida sidaha iyo waxyaabaha ku jira tallaalka si dhakhso leh ayuu u kala jajabiyaa kadib markay hawshooda gutaan.



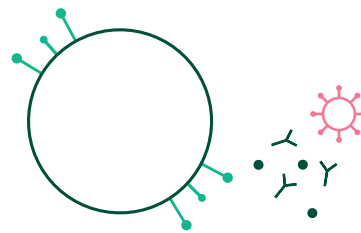
- 1.** Tallaalku wuxuu kakooban yahay qaybo yar oo hidde side ah.



- 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.

Sidee ayuu waxtar u leeyahay tallaalka?

Tallaallada COVID-19 dhammaantood waxaa lagu bartay tijaabooyin waaweyn oo aan kala sooc lahayn ah, halkaas oo koox la siiyay tallaalka koox kalena la siiyay irbad cusbo ama tallaalka kale (waxa loogu yeero placebo). Waxtarka tallaallada ayaa la xisaabiyay iyadoo la isbarbardhigayo inta qof ee labada kooxba ay ku xanuunsadeen COVID-19.

Guud ahaan, in yar oo kamid ah kuwa la tallaalay ayaa markii dambe u xanuunsaday COVID-19. Waxtarka tallaalka waxaa lagu xisaabiyaa iyadoo la go'aaminayo yareynta halista jirrada ee shakhsiyaadka la tallaalay marka la barbardhigo kooxda placebo. Haddii, tusaale ahaan, 100 qof oo koox ah iyo 5-6 qof oo kooxda kale ah ay bukoodaan, markaa waxtarkoodu wuxuu noqonayaa 94-95%, taas oo ah kiiskae Comirnaty® iyo tallaalkada COVID-19 Vaccine Moderna®.

Dhinaca kale, macnaheedu maahan inaad 'kaliya' tahay, tusaale ahaan, 95% la ilaaliyay, mana aha macnaheedu in halista aad ugu jirto COVID-19 ay tusaale ahaan tahay 5%, xitaa haddii aad is tallaasho. Xaqiiq ahaan, halistu aad ayey uga yartahay, sababtoo ah sidoo kale waa inaad xisaabta ku darsataa in halista aad ku heli karto COVID-19 ay yar tahay haddii aad tallaasho iyo haddii kale. Heerka caabuqa (dhacdooyinka) ee 100, tusaale ahaan, waxay ka dhigan tahay in 100 qof 100,000kii qof ee deggenba laga helay cudurka 24kii saac ee la soo dhaafay. Haddii aan u maleyno in ku dhowaad nus ka mid ah ay sidoo kale leeyihiin calaamado, tusaale ahaan waxay la xanuunsadeen COVID-19, markaa waxtarka tallaallada - haddii qof walba la tallaalo - waxay ka dhigan tahay in kaliya 3-4 ka mid ah shakhsiyaadka cudurka qaba ay ku dhici doonaan COVID-19, halka 50 qof ay xanuunsanayaan haddii aan qofna la tallaalin.

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 lagaa tallaalay, weli waa inaad raacdaa tilmaamaha guud ee Hay'adda Caafimaadka Denmark ee ku saabsan sida looga hortago caabuqa. 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

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 waxaadna ka akhriyi kartaa waxyaabo dheeri ah oo ku saabsan fayraska cusub ee corona iyo COVID-19 barta www.sst.dk/corona