

# TALLAALKA KOFID-19 Ee Loogu Talagalay Dhalinyarada Baahiyaha Gaarka ah Leh ama Naafada ah

Hay'ada Xakameynta iyo Kahortaga Cudurada (CDC) waxay ku talinaysaa in qof walbo oo 6 bilood jir ah ama ka wayn uu qaato tallaalka KOFID-19. Maadaama dhalinyarada iyo carruurta leh baahiyaha caafimaadka ee qaaska ah iyo naafonimada ay halis badan u gali karaan xanuuno daran oo laga qaado KOFID-19, qoysaska iyo daryeel bixiyeyaasha waxaa laga codsanayaa inay si wayn u tixgeliyaan inay tallaalaan carruurta leh xaaladaha caafimaad ee raaga ama naafonimada. Si aad u hesho macluumaad dheeraad ah oo ku saabsan tallaallada lagula taliyay kooxaha da'da gaarka ah, booqo [CDC: Tallaalka KOFID-19 ee Dadka Difaaca Jirkooda u Dhaciifay si Dhexdhexaad ama si Daran \(www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html\)](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html).

Dhalinyarada qaba xaalado caafimaad ama la daalaadhacaya xanuunada waxay qaadan karaan tallaalka KOFID-19 Qofku waa inuusan qaadan tallaalka, waa haddii uu ku yeeshay Saamayn nafta halis gelisay ama galin karta (falcelin u baahan qalin epi) Shaykasta oo ka mid ah maaddooyinka ku jira tallaalka KOFID-19.

## MAXAA KU JIRA TALLAALKA?

Daryeelayaasha caafimaadka ee bixinaya tallaalka ayaa ku siin doona oggolaanshaha isticmaalka degdegga ah. (EUA) xaashida xaqiiqda oo leh liiska maaddooyinka uu koobanayahay talaalka oo faahfaahsan. Waxayna ka jawaabi karaan su'aalo kasta oo ku saabsan Xasaasiyada ama elerjiga. Midna badeecada tallaalka ee koox kasta ee da' kasta ah kuma jiraan ukun, waxyaalaha kaydinta, ama cinjir.

### Tallaalka Pfizer ee dadka da'doodu tahay 12 sano iyo ka weyn waxaa uu ka koobanyahay:

- mRNA
- Lipids: (4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate), 2[(polyethylene glycol)-2000]-N,N-ditetradecylacetamide, 1,2-distearoyl-sn-glycero-3-phosphocholine, and cholesterol)
- Cusbooyin: potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dihydrate
- Sonkor

### Tallaalka Pfizer ee carruurta da'doodu u dhaxayso 6 bilood ilaa 11 sano waxaa uu ka koobanyahay:

- mRNA
- Lipids: ((4- hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate), 2[(polyethylene glycol)-2000]- N,N-ditetradecylacetamide, 1,2-distearoyl-sn-glycero-3-phosphocholine, and cholesterol)
- Cusbada: soodhiyaam kolootiinta
- Qaseyaasha: tromethamine, tromethamine hydrochloride
- Sonkor

### Tallaalka Moderna waxaa uu ka koobanyahay:

- mRNA
- Dufan: (SM-102, polyethylene glycol 2000 dimyristoyl glycerol, cholesterol, and 1,2-distearoyl-sn-glycero-3- phosphocholine)
- Cusbada: sodium acetate trihydrate
- Acids: acetic acid
- Qaseyaasha: tromethamine, tromethamine hydrochloride
- Sonkor

### Tallaalka Novavax wuxuu ka kooban yahay:

- Qaabka dib u habaynta borootiinka qodxeed ee SARS-CoV-2 oo laga soo saaray unugyada cayayaanka ee baculovirus Sf9 (gooryaanka dayrta) iyo MatrixMTM adjuvant leh maadada ay kujiraan saponins laga soo saaray geedka soapbark (Quillaja saponaria Molina)
- Xayr: kolestarool, phosphatidylcholine
- Cusbooyinka: potassium dihydrogen phosphate, potassium chloride, disodium hydrogen phosphate dihydrate, sodium chloride, disodium hydrogen phosphate heptahydrate, sodium dihydrogen phosphate monohydrate.
- Waxyaabaha kale: polysorbate 80, biyo duritaanka loogu tala galay, xoogaa ah baculovirus iyo borotiinnada unugyada cayayaanka iyo DNA

## WAXYEELOYINA GUUD

Si la mid ah tallaalka kale ee joogtada ah, dadka qaar waxaa laga yaabaa in ay yeeshaan waxyeelooyin marka ay tallaalka qaataan kadib. Waxyeelooyinka aalaaba waxay raagaan hal iyo laba maalin sida caadiga ahna qofka kama hor istaagaan in uu wato nolol maalmeedkiisa. Qofka Tallaalka KOFID-19 kadib qofka wuxuu dareemi karaa:

- Cudud xanuun
- Muruq xanuun
- Daal madax
- Xanuun
- Qandho/ qarqaryo

Waxaa laga yaabaa in aad yeelato waxyeelooyinka tallaalka kadib kuwaas oo aad dhibsato, laakiin waxaa jira waxyaabo aad samayn karto si aad u dareento ladnaan, sida inaad isticmaasho kaniinka xanuun bi'iyaha oo aan aspirin aheyn (Tylenol or Ibuprofen) ama in aad qabato hawlo deggan aad raaxo ku dareento. Haddii aad yeelato waxyeelooyin aad u daran, isbitaal aad ama wac 911.

## Walaaca imaan kara

- Taariikhda xasaasiyadda ama elerjiga: Ilmaha qaba xasaasiyad aadka u daran, waxyaabaaha aan kor lagu xusin badanaa dhib kuma keento qaadashada tallaalka KOFID-19. Waxaa laga codsan doonaa inay sugaan ilaa 30 daqiiqo ka dib tallaalka marka ay qaataan si loo kormeero calaamadaha ama xaalada qofka.
- Myocarditis iyo pericarditis (bararka wadnaha): CDC waxay heshay warbixino ku saabsan bararka murqaha wadnaha iyo bararka hareeraha wadnaha oo ku dhacay dhalinyarada iyo dadka da'da yar ka dib markay qaateen tallaalka Pfizer, Moderna iyo Novavax. Waxay ku badan tahay ragga. Xaaladdan naadirka ahi uma muuqato inay la xiriiirta/laxidhiidha xaalad caafimaad oo hoose ama halisa. Kiisaska badankoodu way fududaayeen waana la daweyn karaa. Faa'iidooyinka la yaqaan ee tallaalka KOFID-19ka laga helay ayaa aad uga miisaan khatarahiisa. Is aad Wax badan uga barato booqo ciwaankaan: [CDC: Myocarditis and Pericarditis mRNA KOFID-19 Vaccination \(www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html\)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html).

## Codsiga dadka qaba xaaladaha gaarka ah

Kolka aad ballan samaysanayso ama aad timaado goobta tallaalka, xaqiiji in aad ogaysiiso shaqaalaha goobtaas in ilmaha aad xanaanaynayso uu u bahaan karo caawimaad dheeraad ah. Tusaale ahaan, waxaa laga yaabaa in iftiinka iyo qayalada qolka ka jirta ay dhibbayso, sidaas daraadeedna aysan u fariisan karin una sugi karin tallaalka. Waxaad codsan kartaa caawimaad gaar ah sida:

- In aad socoto tallaalka kadib intaad fariisan lahayd.
- Gaariga dhexdiisa in lagu tallaalo.
- In ay soo raacaan dad ay jecelyihiin wehelkooda oo caawin kara inta ballanta lagu guda jiro.
- In lagu tallaalo qol deggan kana fog buuqa dadka. Yog muaj lus nug?

Barnaamijka Istallaalida Adiga oo Guriga Jooga ([www.health.state.mn.us/diseases/coronavirus/vaccine/inhome.html](https://www.health.state.mn.us/diseases/coronavirus/vaccine/inhome.html)) waxa uu dadka reer Minnesota ku siiya tallaalka KOFID-19 gurigooda haddii aysan awoodin inay tagaan rug caafimaad ama goob kale oo tallaalka ah si loo tallaalo.

## Su'aalo?

Daryeel bixiyayaasha caafimaadka/daryeelayaasha ayaa diyaar kuu ahaan doona si ay uga jawaabaan su'aalaha aad qabto oo ku saabsan ballamaha tallaalka KOFID-19. Si kasta oo ay ahaatoba, haddii aad qabtid wax su'aal ah horaantiiba waydii daryeel bixiye caafimaad/daryeela oo aad ku kalsoontahay.

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