

## Waa maxay KOOFID-19?

KOOFID-19 waa caabuq ku dhaca sanbabada iyo neefmareenada oo uu keenay fayraska loo yaqaan SARS-CoV-2. Qofka uu ku dhacay xataa haddii uusan u dhiman KOOFID-19, waxaa dhici karta in uu ku reebo caafimaad darro raagta oo ay ka mid yihiin xusuus darro, daal, dhibaatooyin neefsasho oo aan la garaneyn iyo dhaawac gaara sanbabada iyo wadnaha.



Inkasta oo dadka qaarkood qaba KOOFID-19 ay dhici karto in aysan lahayn wax calaamado ah ama leeyihiin calaamado fudud, qaar kale waxay u baahan karaan in isbitaal la dhigo oo ay dhici karto in ay dhintaan.

Dadka qaarkood, calaamadaha KOOFID-19 waxay lahaan karaan muddo asbuucyo ah ama ka badan. Waxyeelooyinka muddada dheer ee caabuqa KOOFID-19 ku yeesho caafimaadka qofka si buuxda looma yaqaan, taas oo baahida tallaalka ka sii dhigeysa wax aad muhiim u ah.

## Yaa u baahan qaadashada tallaalka caabuqa KOOFID-19?

**Qof walba** oo xaq u leh waa in uu qaato tallaalka caabuqa KOOFID-19 xataa haddii ay qabeen ama ka bogsoodeen caabuqa KOOFID-19. Waxaa dhici karta in qof asaga oo aan ogeyn faafiyo fayraska iskasta oo aysan ayagu ku jirraneyn.

Waxaan hal tallaabo u sii dhowaaneynaa soo afjaridda cudurkaan safmareenka ah marka kasta oo qof la tallaalo.



## Sida la isku diiwaangaliyo tallaalka caabuqa KOOFID-19



Qof kasta oo ku nool, ka shaqeynaya ama wax ka baranaya Biritish Kolombiya wuxuu heli karaa tallaalka caabuqa KOOFID-19 lacag la'aanta ah. Maanta iska diiwaangali tallaalka caabuqa KOOFID-19 lacag la'aanta ah adoo wacaya telefoonkaan **1-833-838-2323**, booqanaya bartaan **gov.bc.ca/getvaccinated**, ama qof ahaan booqanaya goobta Adeegga Biritish Kolombiya (Service BC).



Haddii aad u baahan tahay caawimaad sidii aad isku diiwaangalin lahayd ama ballantaada tallaalka u qabsan lahayd, **wac telefoonkaan 1-833-838-2323** oo riix '4' isla markiiba.

Marka hawlwadeenku ka jawaabo, dheh/sheeg afka aad u baahan tahay oo sug inta uu turjumaan khadka ka soo galayo. Haddii aad dhagaha naafo ka tahay ama maqalka dhaguhu dhib kugu yahay, wac lambarkaan **7-1-1**.

Waxay furan tahay toddoba beri asbuucii, 7:00 a.m. ilaa 7:00 p.m.



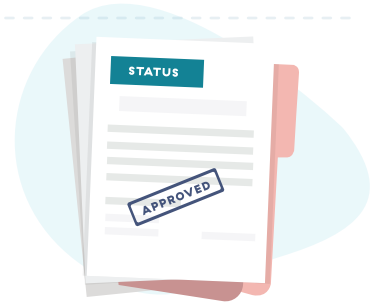
Haddii aadan heli karin farriimaha qoraalka ah ama iimeylada, fadlan ku wargali hawlwadeenka oo waxaad baddalkeeda u reebi kartaa lambarka telefoonka guriga.



Adigu **uma baahnid** in aad leedahay sharciga dhalashada Kanada ama tahay deggane rasmi ah si aad u qaadatid tallaalka caabuqa KOOFID-19 lacag la'aanta ah.



Adigu **uma baahnid** in aad leedahay Lambarka Caafimaadka Gaarka ah (Personal Health Number), Kaarka Adeegyada Biritish Kolombiya (BC Services Card) ama aad ku jirtid Qorshaha Adeegga Caafimaadka Biritish Kolombiya (B.C.'s Medical Service Plan) si aad u qaadatid tallaalka caabuqa KOOFID-19 lacag la'aanta ah.



Dhammaan xogaha gaarka ah oo la siiyo hawlwadeen daryeel caafimaad **ma saameyn doonto** sharciga socdaalka Kanada ee qofka.



Qof kasta oo ku nool Biritish Kolombiya wuxuu xaq u leeyahay ilaa saddex saacadood oo uu shaqada fasax ka yahay ayadoo lacagtii saacadahaas la siinayo si ay u soo qaadan karaan tallaalkooda caabuqa KOOFID-19 lacag la'aanta ah.

## Waa sidee ammaanka tallaalka caabuqa KOOFID-19?

Tallaalka caabuqa KOOFID-19 aad bay ammaan u yihiin waxayna waxtar u yeelan karaan in adiga iyo dadka aad jeceshahay laga ilaaliyo in aad u jirrataan caabuqa KOOFID-19.

In aad tallaalka qaadatid baa aad uga ammaan badan in uu kugu dhaco caabuqa KOOFID-19. Wuxuu ka hortagi doonaa jirro xun, isbitaal lagu dhigo iyo dhimasho.





In aad tallaalka qaadatid baa aad uga ammaan badan in uu kugu dhaco caabuqa KOOFID-19. Wuxuu ka hortagi doonaa jirro xun, isbitaal lagu dhigo iyo dhimasho.

## Sidee tallaalada caabuqa KOOFID-19 u shaqeeyaan?

Tallaaladu waxay hababkeena difaaca jirka baraan in ay abuuraan difaacyada jirka si ay ula dagaallamaan caabuqa KOOFID-19.

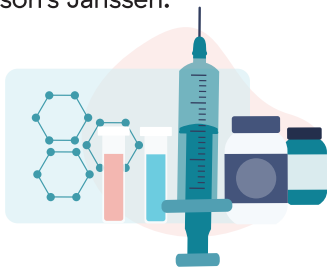
Dadka qaatay tallaalka buuxa aad bay uga ilaalsan yihiin in uu ku dhaco xanuunku iyo in ay fayraska u gudbiyaan dadka kale, taas oo joojisa socodka ama gudbinta xanuunka ee bulshada dhexdeeda.



Caabuqa KOOFID-19 kama qaadi kartid tallaalka. Tallaalka caabuqa KOOFID-19 wuxuu habkaaga difaaca jirka bari doonaa siduu uga hortagi lahaa caabuqa KOOFID-19.

### Tallaalka “Viral vector vaccine”

Tallaalada caabuqa KOOFID-19 qaarkood waxaa laga sameeyaa ayada oo la isticmaalayo noocyo aan shaqeyneyn oo ah jeermiska xanuunka keena ama jeermiska qeybihiis, oo loo yaqaan “cudur-side” (antigens). Tusaalayaasha tallaalada “viral vector vaccines” waxaa ka mid ah AstraZeneca iyo Johnson & Johnson’s Janssen.

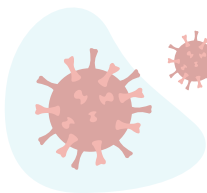


### Tallaalka “mRNA vaccine”

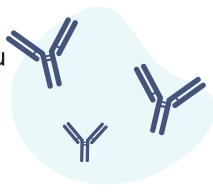
Tallaalo kale oo loo yaqaan “mRNA vaccines” waxay isticmaalaan furaha hidda sidaha ee xanuunka si loo sameeyo cudur-sidaha (antigens) talaalka. Waxba kama beddali doonaan dhismaha hidda sidahaaga (DNA). Tusaalayaasha tallaalada “mRNA vaccines” waxaa ka mid ah Moderna iyo Pfizer-Biontech.



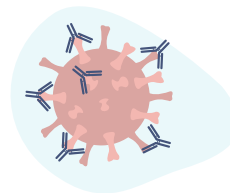
Marka aad qaadatid tallaalka caabuqa KOOFID-19, habka difaaca jirkaagu wuxuu:



**1.** Aqoonsan doonaa in fayrasku yahay mid qalaad/ajjabi ah



**2.** Ka hortagi doonaa asaga oo sameeya unugyada difaaca jirka (antibodies)



**3.** Xusuusan doonaa fayraska iyo sida loo dilo

## Inee tallaal baan u baahnahay?

Tallaalada badankood waxaa loo qaataa irbad ahaan sida labo tallaal oo isku xiga. Waxaa muhiim ah in aad qaadatid labada tallaalba si aad u heshid difaac buuxa haddii aad qaadaneysid tallaalka labada jeer ah.

Tallaalada qaarkood sida tallaalka “Johnson & Johnson’s Janssen”, waxay u baahan yihiin hal tallaal oo kaliya marka fadlan kala hadal qofka ku tallaalaya si aad u xaqiijisid in aad tallaal labaad u baahan tahay.



Haddii uu ku hayo xanuun cusub oo kuu diidaya in aad qabsatid hawlahaagii caadiga ahaa, waxaad go'aansan kartaa in aad sugtid inta aad bogsooneysid si aad isku tallaashid. Sidaanu waxay kaa caawinaysaa in aad kala garatid saameynta tallaalka iyo sii xumaanshada xanuunkaaga.

## Waa maxay difaacnaanta kooxda?

Difaacnaanta kooxda — oo sidoo kale loo yaqaan ‘**difaacnaanta bulshada**’ – waxay dhacdaa marka koox, ama dadweynaha badankood, ay ka difaacan yihiin oo ka ilaalsan yihiin fayras. Marka la helo difaacnaanta kooxda, fayraska faafaa wuxuu haystaa fursad yar oo uu ku faafo.

Difaacnaanta kooxda waxay ammaansan tahay marka lagu gaaro tallaalka bulshada, mana aha in la ogolaado in fayrasku ku faafo shacabka qeybtoodna, maadaama tallaalku ka hortago jirro aan loo baahneyn iyo dhimasho, khaasatan dadka nugul badankooda.



Waxaa muhiim ah in aad qoraal ka haysid nooca tallaalka caabuqa KOOFID-19 aad qaadatay. Iska xaqiiji in aad soo qaadatid qoraalkii talaalkaaga marka aad usoo laabaneysid tallaalkaaga labaad.

## Maxaan uga baahnahay in aan raaco sharciyada hay'adaha caafimaadka dadweynaha marka aan tallaalkayga qaato ka bacdi?

Fayraska laftigiisu waa isbeddalay waxaana jira waxyaabo badan oo ay tahay in laga ogaado sida ugu wanaagsan ee tallaaladu uga hortagaan nooc kasta.

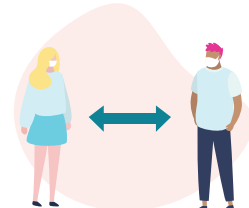
Inkasta oo tallaalada caabuqa KOOFID-19 ay waxtar u leeyihiin in ay kaa ilaaliyaan in aad jirratid, saynisyahanadu waxay weli wax ka baranayaan sida ugu wanaagsan ee tallaaladu kaaga ilaalinayaan in aad ogaansho la'aan ugu faafisid fayraska keena caabuqa KOOFID-19 dadka kale, xataa marka aadan lahayn wax calaamado ah.



Markaad qaadatid tallaalkaaga kowaad ama labaad ee caabuqa KOOFID-19 ka bacdi, waa in aad sii waddid raacidda talooyinka hay'adaha caafimaadka dadweynaha, oo ay ka mid yihiin:



Gacmahaaga oo aad dhaqidid ama jeermis dilaha gacmaha oo aad si joogta ah u isticmaashid maalinta oo dhan.



Labo mitir ama lix fiit oo aad u jirsatid dadka kale.



Af-San daboole aad u xiratid meeshii looga baahan yahay.



Goobaha buuqa ah iyo meelaha aan hawada fiican lahayn oo aad ka fogaatid.



Waa in aad sugtid ugu yaraan 14 beri marka aad qaadatid tallaalka caabuqa KOOFID-19 ka bacdi si aad u qaadatid tallaalka kale oo kasta.



Waa in aan dhammaanteen isu diyaarinaa in aan mustaqbalka qaadano irbadda xoojisada caadiga ah ee tallaalka caabuqa KOOFID-19.