

Sida **saaxiibadaa** Looga la hadlo **TALLAALADA CAABUQA KOOFID-19**

Si aan dhammaanteen uga qeybqaadano ka hortagga fididda caabuqa KOOFID-19 ee bulshadeena.

Waxaa dhici karta in su'aalo tiro badan lagaa weydiinayo tallaalada caabuqa KOOFID-19. Si loo xaqiijiyo in dadka nolashaada ku xiran ay helaan xogo lagu kalsoonaan karo, waa kuwaan talooyinkeena ugu wanaagsan wixii aad ku oran lahayd.

Tallaaladu dadkay badbaadiyaan waxayna ilaaliyaan bulshadeena.

Tallaalada caabuqa KOOFID-19 waxay badbaadinayaan dadka. Tallaaladu waxay leeyihiin waxtar ka badan in ay ilaaliyaan dadka qaadanaya tallaalka, waxay kaloo ilaaliyaan qof kasta oo ka ag dhow. Marka ay sii bataan dadka bulshada laga tallaalay lagana ilaaliyey caabuqa KOOFID-19, waxaa sii adkaanaya in caabuqa KOOFID-19 uu sii fido.

Tallaalada caabuqa KOOFID-19 waa ammaan

Hay'adaha caafimaadka dadweynaha ee dunida, sida Wasaaradda Caafimaadka Kanada, iyo sidoo kale bahda sayniska iyo daawada caalamku waxay go'aan ku wada qaateen in tallaalada KOOFID-19 ee la ansixiyey ay yihiin ammaan. Malaayiin dad ah ayaa dunida hareeraheeda mar hore si ammaan ah looga tallaalay. Tallaaladu aad bay uga ammaan badan yihiin caabuqa KOOFID-19 oo kugu dhaca.

In kasta oo tallaalada lagu soo saaray muddo yar oo aan horay loo arag – mahadi ha ka gaarto abaabulka kheyraadka adduunka iyo cilmi-baaris fayraska koroona oo hore – waxay soo mareen isla heerar la mid ah si loo ansixiyo kuwii tallaaladii ka horreeyey.

Qof walba wuxuu fursad u heli doonaa in sanadkaan la tallaalo

Dhammaan dadweynaha Biritish Kolombiya ee doonaya in la tallaalo way helayaan fursaddaas sanadkaan. Waa lacag la'aan in aad iska tallaashid KOOFID-19. Tilmaamaha iyo xogaha ku saabsan helitaanka tallaalka waxaa laga heli karaa bartaan fraserhealth.ca/vaccines.

Gacan ka geyso in aan aafada caabuqa iska soo afjarno. Hadda isu diiwaangali tallaalkaaga

Tallaabada 1: Is-Diwaangali

Iska diiwaangali bartaan internetka (getvaccinated.gov.bc.ca), Telefoonka (1-833-838-2323) ama qof ahaan tag dhammaan xafiisyada Adeegga Biritish Kolombiya midkood. Xafido lambarkaaga xaqiijinta, dib baad ugu baahnaan doontaa.

Tallaabada 2: Ballan qabso

Waa lagu la soo xiriiri doonaa marka aad xaq u yeelatid in aad ballanta tallaalka qabsatid.

Tallaabada 3: Tallaalka qaado

Waxaad timaaddaa dhawr daqiiqo ka hor wakhtigii ballantaada; soo xiro shaar gacmo-gaab ah iyo af-san daboole (mask). Markaad tagtid rugta tallaalka waxaad buuxin doontaa habka imaanshaha, qaadan doontaa tallaalkaaga kowaad, sii joogi doontaa aagga hubsashada ilaa 15 daqiiqo qiyaasta. Waa lagu soo wargalin doonaa marka aad xaq u yeelatid in aad ballansatid tallaalkaaga labaad.

Ka hortagga caabuqa KOOFID-19 ayaa wali mudnaan leh

Xataa markii aad tallaalka KOOFID-19 qaadatid ka bacdi, waa in aad sii wadid raacidda amarada hay'adaha caafimaadka dadweynaha oo caadeysatid dhaqamada wanaagsan ee caabuqa KOOFID-19 sida adigoo gacmahaaga mayraya, iska baaraya fayraska oo guriga joogaya markaad xanuunsan tahay, dadka kalena ka fogaanaya oo goobaha dadweynaha gudahooda xiranaya af-san daboole (mask).

La socio xogaha rasmiga ah

Waa in aad ka heshid xogaha rasmiga ah ee ku saabsan Qorshaha Tallaalka KOOFID-19 ee gobolka Biritish Kolombiya iyo ammaanka tallaalka ilo wareedyo lagu kalsoon yahay sida hay'adda Caafimaadka Fareysar, Gobolka Biritish Kolombiya iyo Xarunta Xakameynta Cudurada ee Biritish Kolombiya (BCCDC).

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La cusbooneysiisay: Abriil 19, 2021 | Xog-wareedyada:
Xarunta Xakameynta Cudurada Biritish Kolombiya,
hay'adda Tallaalka Biritish Kolombiya, Wasaaradda
Caafimaadka Kanada, Xarunta Xakameynta Cudurada
iyo Hay'adda Caafimaadka Adduunka.

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