

Hagitaanka loogu talo galay dadka sida buuxda looga tallaalay COVID-19. Sebteember 29, 2021

Tallaalka COVID-19 aad ayay wax tar ugu leeyihiin ka ilaalinta in la jiranaado. Ku salaysan [waxa aanu ognahay](#), badanka dadka si buuxda loo tallaalay waxay ka qayb qaadan karaan hawlaha ay joojiyeen qabashadooda sababtoo ah safmarka awgeed. Hagitaankan waxa uu ku salaysan yahay [talooyinka CDC](#).

Waxa ay la Macno tahay in Si buuxda Lagu Tallaalo

- Dadka weli waxaa loo arkaa inay si buuxa looga talaalay COVID-19 haddii ay heleen labba garoojo miduun tallaalada COVID-19 Moderna ama Pfizer ama hal garoojo oo tallaalka Janssen (Johnson & Johnson) ah wax ka badan 14 maalmood ka hor.
 - Tani sidoo kale waxaa lagu dabaqaa tallaalada COVID-19 waxaa isticmaalka degdega ah ku oggolaaytay Ururka Caafimaadka Adduunka (tusaale, astraZeneca/Oxford, Sinopharm).
- Lagaagsma baahna inaad hesho talaal si aad u qaadata talaalka xoojinta si laguugu tix geliyo inaad wada talaalan tahay.
- Dadka qaba xaalada ama qaata dawooyinka daciifiya nidaamka difaaca jidhka waa inay la hadlaan adeeg bixiyahooda daryeelka caafimaadka si ay uga hadlaan hawlahooda.

Sida loo Ilaaliyo Naftaada iyo Kuwa Kale

- **Haddii aad jiro dareento, joog guriga oo is baadh.**
Marka tallaalku si aad ah wax u tarayo weli waxaa jira fursada aad ku qaadi karto COVID-19 xataa haddii lagu tallaalay. Haddii ay kugu dhacdo astaamaha neefsashada sida duuf dareeraya, ama waayida urta iyo dhadhadnka, waa inaad [iska baadhaa](#) COVID-19 ama la hadashaa adeeg bixiyahaaga daryeelka caafimaadka.
- **Naftaada karantiimee haddii laga ahelo COVID-19.**
Haddii adiga lagaa helo COVID-19 waxaad u baahan tahay inaad [is gooniyayso](#), iyaddoon la eegin heerkaaga tallaalka. Tallaalka COVID-19 kaama dhigaayo in lagaa helo baadhitaanada fayraska.
- **Ka warhay astaamaha haddii aad xidhiidh dhow u tahay qof qaba COVID-19.**
Lagaagama baahna inaad is karantiimayso ka dib marka cudurku ku gaadho. Si kastaba ha ahaatee, weli waa inaad ka warhaysaa astaamaha COVID-19 wixii ah cudur gaadhida ka dambaysa 14 maalmood. Hadidi aad la kullanto astaamaha, naftaada ka fogee kuwa kale, raadso baadhitaan, oo la xidhiidh adeeg bixiyahaaga daryeelka caafimaadka.
- **Goobaha qaar, sii xidhnow maaskaraha oo iska ilaali taabashada dhow marka ay dhici karto.**
Maaskarooyinka weli waa ku waajib dhammaan shakhsiyaadka dad waynaha iyo nidaamyada gaadiid raaca gaarka ah (ay ku jiraan raacitaanka la wadaago, dirayska, tagsiga, basaska badda, MBTA, istaanada Tareenka La raaco iyo gaadiid raaca), xarumaha daryeelka caafimaadka, gudaha dugsiyada, iyo goobaha kale ee marti gelinta dad waynaha nugul, sida goobta daryeelka wadarta ah.

Shakhsiyaadka si buuxda loo tallaalay sidoo kale waxaa lagula talinayaa inay xidhaan maaskaraha marka la joogo gudaha guryaha (oo aan ahayn gudaha gurigaaga) haddii aad qabtay nidaamka difaaca jidhka daciifay ama aad khatar isa soo taraysa ugu jirto cudur darran, ama

haddii qof jooga gurigaaga uu qabo nidaamka difaaca jidhka daciifay, uu khatar isa soo taraysa ugu jiro cudur darran, ama uu yahay qof wayn oo aan la tallaalin.

- Macluumaadka dheeraadka ah, booqo [COVID-19 Mask Requirements | Mass.gov](#).
- Fadlan dib u eeg sidoo kale [Macluumaadka iyo Khayraadka COVID-19 – Taageerada Ardayga iyo Qoyska](#).

Fadlan ogow: Shuruudaha loogu talo galay shaqaalaha daryeelka caafimaadku way kala duwanaan karaan. Wixii macluumaad dheeraad ah, arag [COVID-19 Hagitaanka ku Noqoshada Shaqada | Mass.gov](#).