

**Talaalka COVID-19:**

**Su'aalaha Badanaa Leys Weydiiyo**

La casriyeyay Ogosto 26, 2022

[Su'aalaha Badanaa Leys Weydiiyo ee ku saabsan Talaalka COVID-19 | Mass.gov](https://www.mass.gov/info-details/covid-19-vaccine-frequently-asked-questions)

**Tusmada**

* [Ka hor inta aan lagu talaalin](#_Before_getting_vaccinated)
* [Inta uu socday ballankaada](#_During_your_appointment)
* [Kaddib marka lagu talaalo](#_After_getting_vaccinated)
* [Ammaanka talaalka](#_Vaccine_safety)
* [Macluumaad badan](#_More_information)

# Ka hor inta aan lagu talaalin

**Waajib miyay igu tahay in aan bixiyo kharashka talaalka?**

Maya. Talaalka waxaa lacag la'aan dadka ku siiya dawladda federaalka.  Haddii aad qabtid ceymis, ma jiro kharash laguugu soo dallici doono. Hase ahatee, uma baahnid in aad ceymis qabtid si laguu talaalo. Marna laguma weydiin doono nambarka kaarkaada deynta (credit card number) si aad u qabsatid ballan.

**Dadka soo haajiray aan warqadaha haysanin, lacag la'aan miyaa lagu siin doonaa talaalka?**

Haa.  Talaalka waxaa dhamaan dadka Massachusetta lagu siiyaa lacag la'aan.  Ceymiska caafimaadka (sida Medicare iyo Medicaid) waxay bixin doonaan kharashka ku baxa siinta talaalka.  Bukaanka aan haysanin ceymiska caafimaadka, bixiyeyasha daryeelka caafimaadka waxay dawladda federaalka ka codsan karaan in loo soo celiyo kharashka ku baxa talaalka la siiyo muhaajiriinta aan haysan warqadaha sharciga.

**Weli ma qaadan karaa talaalka haddii aan haysanin kaarka aqoonisga ID?**

Haa. Waxaad qaadan kartaa talaalka xattaa haddii aadan qabin ceymis, shattiga wadaha, ama nambarka Soshal Sekuritiga. Si aad u heshid macluumaad badan, booqo [Sida leysugu diyaariyo ballanka talaalka COVID-19](https://www.mass.gov/guides/how-to-prepare-for-your-covid-19-vaccine-appointment).

**Qaadashada talaalka, si xun miyuu u saameyaa xaaladda socdaalka qofka?**

Maya. Dawladda Federaalka waxay xaqiijisay in aysan daweynta COVID-19 (kana mid ah talaalka) u tixgelin doonin sida qeyb ka tirsan ogaanta haddii kharasha lagu "dallaco dadweynaha" ama bacdamaa ay la xariirto xaalad fa'iido ugu jirto dadweynaha xagga dadka qaar ee raadiya dheereynta joogitaanka ama baddaalaadda xaaladda, xattaa haddii kharashka talaalka ay bixiso Medicaid ama laga bixiyo maaliyadda kale ee federaalka.

**Diiwaanka talaalka bukaanka, ma laga badbaadiyaa in la kashifo?**

Waaxda Caafimaadka Dadweynaha (Department of Public Health) waxay hayn doontaa diiwaanka elataroonigga bukaan kasta oo ku sugan Massachusetts ee qaata talaalka COVID-19.  Xogta talaalka waa qarsoodi sida diiwaanka caafimaadka bukaanka uu haayo takhtarkiisa ama takhtarkeeda.

**Ma loo baahan yahay in leyga baaro COVID-19 ka hor inta aan ley talaalin?**

Maya, baaritaanka COVID-19 looma baahna ka hor inta aan la talaalin qofka.

**Haddii aan la i talaalin laakiin hadda ka hor aan qabo COVID, weli ma istalaalayaa?** (

Haa

Waxaad heli kartaa tallaalka COVID-19 xataa haddii aad hadda ka hor qabtay COVID-19. Hadda lama heli karo baadhitaanka si la isku halayn karo go’aan u gaadhi kara haddii aad ilaashan tahay ka dib marka aad qaado fayraska sababa COVID-19. Si kastaba ha ahaatee, waxaad ka fekeri *kartaa* daahinta garoojadaada tallaalka labbaad (garoojada koowaad ama xoojinta) ee 3 bilood laga bilaabo marka astaamahu bilaabmeen ama, haddii aanad astaamo lahayn, marka koowaad ee aad heshay baadhitaanka cudurka laga helay.

Qaadashada tallaalka COVID-19 ka dib marka uu kugu dhacay COVID-19 waxya bixisaa ilaalinta lagu daray nidaamkaaga difaaca. Dadka hadda ka hor qabay COVID-19 oo ma tallaanna ka dib bogsashooda ay aad u dhici karto inay qaadaan COVID-19 mar labbaadan halkii la tallaalay ka dib bogsashadooda.

Dadka Sugi Kara Si loo Tallaalo

**Ka dib markaa qabo COVID, intee in leeg ayaan u baahanay inaan sugo si la ii tallaalo?** )La cusboonaysiiyay 2/25/22)

Waa inaad sugtaa ilaa 10 maalmood ka dib astaamahu markay bilaabmeen, haddii aanad qabin astaamaha, 10 maalmood ka din baadhitaankaaga markii lagaa helay.  Tani waa in la xaqiijiyo inaanad ku faafin COVID-19 kuwa kale.

Haddii aad dhawaan qabtay COVID-19, waxaad ka fekeri *kartaa* daahida tallaalkaaga xiga ee COVID-19 (miduun garoojada koowaad ama xoojiyaha) 3 bilood laga bilaabo marka astaamahaagu bilaabmeen ama marka aad heshay baadhitaanka aan cudurka laga helin.

**Weli ma is tallaalaa haddii aan helay daawaynta antibodhiga molokuyuulada isku midka ah ee COVID? Intee in leeg ayaan u baahanay inaan sugu si la ii tallaalo ka dib daawayn?** (Cusub 2/25/22)

Haa. Sida waafaqsan shakhsiyaadka CDC ee helay antibodhiga molokuyuulada isku midka ah ee daawaynta COVID-19 waa in la tallaalo oo uma baahna inay sugaan tallaalka COVID-19.

**Dadka ku nool gobol kale ama qeyb waqtiga daggan waddan kale (tusaale, ardayda, hawlgabka, dadka haysta labada dhallasho), ma la siin karaa talaalka Massachusetts?**

Haa. Brograamka Talaalka Massachusetts COVID-19 waxaa loogu talogalay dadka daggan, ka shaqeeyo ama wax ku barta Barwaaqo Sooranka (Commonwealth).  Waxaad kaloo qiyaas labaad ka qaadan kartaa Massachusetta haddii aad qiyaasta kowaad ka soo qaadatay gobol kale. Fadlan hubso in aad haysatid kaarka talaalka lagu siiyay adiga waqtiga aad qaadatay qiyaasta kowaad.

**Maxay yahiin fa'iidada laga helo talaalka COVID-19?**

Tallaalka COVID-19 ee laga heli karo Maraykanka waxa uu dhaqan gal noqon doonaa ilaalinta dadka—gaar ahaan kuwan xoojiyay— si khatar ah u xanuusashada, in cusbitaal la dhigo, iyo xataa dhimanaya Sida cudurada kale, waxaad si wanaagsan uga ilaashan tahay COVID-19 marka aad tahay mid cusboonaysiiya tallaalka lagu taliyay.

**Talaalka ma ka hortagi doonaan nooca COVID-19?**

Farasku si joogto ah waxay isku beddelaan dhexda is beddelka iyo wakhtiyada qaabkood isbeddeladan waxay keenaan nooc cusub oo fayraska ah. Qaar ka mid ah noocyadu way soo baxaan oo qarsoomaam marka kuwa kale way sii socdaan. Noocyada cusub waxay ku sii socon doonaan inay soo baxaan. CDC iyo ururada caafimaadka dad waynaha waxay ka warhayaan dhammaan noocyada fayraska sababa COVID-19 gudaha Maraykanka iyo caalami ahaanba. Baro wax badan oo ku saabsan [Ku saabsan Noocayda Sababa COVID-19​​ | CDC](https://www.cdc.gov/coronavirus/2019-ncov/variants/variant.html)

**Waa maxay farqiga u dhaxeeya ogolaanshaha isticmaalka xaalada degdega ah iyo ansixinta buuxda?** (Cusub 2/2/22)

Ka hor inta aan tallaalka loo diyaarin dadka goobta adduunka dhabta ah, FDA waxay qiimaysaa natiijooyinka ka yimid tijaabooyinka caafimaad.  Afarta tallaal ee COVID-19 ee laga heli karo Maraykanka [saddex tallaalka COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html#vaccine-table) ay buuxisay badbaadada FDA iyo heerarka waxtarka oo waa la siisaayay  [Oggolaanshaha Isticmaalka Sare (EUAs) ay konka dibada](https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/emergency-use-authorization). EUA waxay oggolaadeen tallaalka in si degdeg ah loogu qaybiyo isticmaalka marka la ilaalinayo heerarka sare ee badbaadada ee looga baahan yahay dhammaan tallaalka. Wax badan ka baro [fiidyahan oo ku saabsan EUAs](https://www.youtube.com/watch?v=iGkwaESsGBQ).

FDA sidoo kale hadda waxay bixisay oggolaanshaha buuxa [Pfizer-BioNTech (COMIRNATY) COVID-19 Vaccineexternal icon](https://www.fda.gov/vaccines-blood-biologics/qa-comirnaty-covid-19-vaccine-mrna) ee dadka da’aha 12 sano jir ah iyo ka wayn ee Moderna (Spikevax) Tallaalka COVID-19 ee dadka da’aha 18 sanadood iyo ka wayn .  Ka hor bixinta oggolaanshaha, FDA waxay dib u eegeen caddaynta ku dhisan xogta iyo macluumaadka loo soo gudbiyay taageerada EUA. Tan waxaa ku jiraya xogta iyo baadhitaanka ka hor imaanshaha rugta iyo tijaabada rugta, siiba faahfaahinta nidaamka warshadaynta, natiijooyinka baadhitaanka tallaalka si loo xaqiijiyo tayada tallaalka, iyo baadhitaanka goobahan halka tallaalka lagu sameeyo. Tallaalkan waxaa la ogaaday inuu buuxiyo heerarka sare ee badbaadada, waxtarka, iyo tayada warshaddaynta FDA ay u baahan tahay alaabta la oggolaaday. Baro wax badan oo ku saabsan [nidaamka oggolaanshaha FDA](https://www.fda.gov/news-events/press-announcements/fda-approves-first-covid-19-vaccine)

**Waxaa la igaga tallaalay COVID-19 wadan dibada ka ah Maraykanka. Miyaan u baahanahay inaad dib isku tallaalo gudaha Maraykanka taxane koowaad oo kale? Miyaan u qalmaa xoojinta?** (Cusub 2/25/22)

Ilaalinta ugu wanaagsan, CDC waxay ku talinaysaa qof kasta [ilaa si cusub ula socdo](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html) tallaalka COVID-19, ay ku jiraan dadka ku qaatay tallaalka COVID-19 dibada Maraykanka. Dadka dhammaan waa loo wada cusboonaysiiyay tallaalkooda COVID-19 marka ay qaateen dhammaan garoojooyinka gudaha taxanaha koowaad iyo dhammaan xoojiyayaasha lagu taliyay, marka loo qalmo.

Tallooyinka gaarka ah ee dadka, lagu tallaalay dibada Maraykanka (hoos lagu muujiyay) waxay ku xidhan yihiin haddii:

* Tallaalka(lada) la qaato waxaa lagu aqbalay gudaha Maraykanka
* Taxanaha kiiwaad waa la dhammaystiray
* Garoojada xoojinta wa ala diiday

Macluumaadka dheeraadka ah booqo [Tallaalka COVID-19 ee Dadka Lagu tallaalay Dibada Maraykanka | CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/people-vaccinated-abroad.html)

# Inta uu socday ballankaada

**Maxaan filan karaa marka aan imaado ballanka in leyga talaalo COVID-19?**

Fadlan booqo[Qaado Talaalka COVID-19 (Getting COVID-19 Getting Your COVID-19 Vaccine) | CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect.html) si aad u ogaatid talooyinka ku saabsan waxa aad filan kartid marka lagu talaalo, macluumaadka uu ku siin doono bixiyehaada, iyo ilaha aad isticmaali kartid si aad ula socotid caafimaadkaada kaddib marka lagu talaalo.

**Ma u baahanahay in aan qaato maaskaro marka aan qaato talaalka COVID-19?**

Haa, waa in aad qaadatid maaskaro oo daboola sankaada iyo afkaada inta uu socdo ballankaada.

**Ilaa intee ayaan sugi doonaa inta u dhexeyso qiyaasta kowaad iyo qiyaasta labaad talaalka COVID-19 ee Pfizer iyo Moderna ama Novavax?**

**Cirbadda labaad waxaa lagu tallinaa muddo 21 maalin xagga Pfizer iyo Novavax iyo 28 maalin xagga Moderna, balse waqti kasta ilaa 6 todobaad** Si kastaba ha ahaatee, haddii aad qaadato tallaalka labbaad wakhti kasta ka dib taariikhda lagu taliyay, weli waxaa lagaaga fekeraa in si buuxda laguu tallaalay. Waa in aadan qaadanin qiyaasta labaad **21 maalin ka hor xagga Pfizer iyo Novavax ama 28 maalin ka hor xagga Moderna.** Talaalka Janssen (Johnson & Johnson) waa hal qiyaas keliya.

Dadka qaar aan weli la tallaalin— da’aha 12 ilaa 64 sanadood kuwaas oo aan si dhexdhexaad ah ama darran difaaca jidhku u hooseeyo, gaar ahaan labka da;aha 12 ilaa 39 sanadood —waxa uu ka faa’iidi karaa helida garoojada labbaad ee tallaalka mRNA COVID-19 In a 8 todobaad ka dib garoojadooda koowaad, beddelka jadwalka wakhtiga sare lagu sheegay. Waydii adeeg bixiyayaaga daryeelka caafimaadka wixii macluumaad dheeraada ah.

**Ilaa intee ayay waxtar leedahay halka qiyaas ee talaalka Pfizer, Moderna ama Novavax COVID-19 marka la barbar dhigo labada qiyaas?**

Talaalada Pfizer iyo Moderna iyo Novavax COVID-19 looma darsin in loo isticmaalo sida hal qiyaas. Dadka waa in la siiyo labada qiyaas talaalka si loo talaalo si buuxdo.

**Ma ley kormeeri doonaa kaddib marka ley talaalo?**

Dadka qaba xasaasiyadda (anaphlaxis) (xasaasiyadda darran) oo ka qaada sabab kasta ha noqoto waxaa la kormeeri doonaa muddo 30 daqiiqo. Dhamaan inta kale waxaa la kormeeraa 15 daqiiqo.

**Ma heli doonaa wax aan ku muujiyo caddeynta talaalka?**

Waxaa lagu siin doonaa kaarka talaalka ama daabacaad kuu sheegto talaalka COVID-19 aad qaadatay, taariikhda aad qaadatay, iyo meesha aad ka qaadatay. Fadlan hubso in aad haysatid kaarkaan si aad u qaadatid qiyaasta labaad. Waxaad sawir ka qaadi kartaa kaarkaada sida koobi digital oo dheeraad ah.

Waxaa lagu siin doonaa warqad ama nooca elataroonigga warqadda xaqiiqada oo in badan kaaga sheegto talaalka COVID-19 ee lagu siiyo. Talaal kasta oo la soo ogolaado COVID-19 waxaa la socdo warqad u gaar ah oo laga helo macluumaad adiga kugu kaalmeeyo in aad fahamtid halista iyo manaafacaadka qaadashada talaalka noocaas[. Warqadaha xaqiiqada](https://www.cdc.gov/vaccines/covid-19/eua/index.html) waxaa laga heli karaa.

[Warqada Xaqiiqada Talaalka EUA COVID-19 ee Pfizer-BioNTech (Pfizer-BioNTech COVID-19 Vaccine EUA Fact Sheet) ee loogu talogalay Qaateyaasha iyo Bixiyeyaasha Daryeelka (fda.gov)](https://www.fda.gov/media/144414/download), [Warqadda Xaqiiqada Talaalka COVID-19 Moderna (Moderna COVID-19 Vaccine EUA Fact Sheet ee loogu talogalay Qaateyaasha iyo Bixiyeyaasha Daryeelka (fda.gov)](https://www.fda.gov/media/144638/download), iyo [Warqadda Xaqiiqada EUA Talaalka COVID-19 Janssen (Janssen COVID-19 Vaccine EUA Fact Sheet) ee loogu talogalay Qaateyaasha iyo Bixiyeyaasha Daryeelka (fda.gov)](https://www.fda.gov/media/146305/download)

**Maxaan sameyaa haddii aan lumiyo Kaarkeyga Diiwaanka Talaalka COVID-19?** (La cusboonaysiiyay 1/11/22)

Waxaa kuu furan dhowr fursado:

1. La xariir bixiyehaada daryeelka caafimaadka ama goobta laguugu talaalay? Waxay daabici karaan koobi kale oo ah diiwaankaada.
2. Ka hel koobiga dhijitaalka ah ee diiwaankaaga tallaalka dhexda [MyVaxRecords.Mass.Gov](http://www.myvaxrecords.mass.gov).
3. Diiwaankaada waxaa kaloo la gelin doonaa [v-safe](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html), haddii aad isku qortay brograamka.
4. Waxaad buuxin doontaa [Foomka Codsiga Diiwaanka Talaalka (Immunization Record Request Form)](https://www.mass.gov/doc/miis-immunization-record-request/download) ee toos u abaara Waaxda Caafimaadka Dadweynaha (Department of Public Health) ee gobolka. Haddii aad isticmaashid foomkaan, waxaad heli doontaa taariikh dhamaystiran oo ku saabsan dhamaan talaalka aad qaadatay, ma aha talaalka COVID-19 keliya, iyo waxay qaadan kartaa ilaa 6 todobaad si aad u heshid diiwaankaada.
   1. Fadlan ogow in foomkan ay tahay in nootaayo lagu qoro ka hor inta aan la gudbin ama boostadalagu soo dirin koobiga adag. Waxaad heli doontaa diiwaanka warqadda tallaal kasta oo aadheshay oo looga warbixiyay MIIS. Ma heli doontid kaadhka tallaalka COVID-19.

Haddii lagugu tallaalay goob tallaal dad badan ah, arag [tilmaamaha diiwaanka tallaalka.](https://www.mass.gov/info-details/covid-19-vaccination-locations#requesting-a-copy-of-your-vaccination-record-)

# Kaddib marka lagu talaalo

**Maxaa loo baahan yahay in aan sameeyo haddii aan la kulmo calaamadaha kaddib marka aan qaato talaalka COVID-19?**

Dadka qaar waxay la kulmaan waxyeelo kaddib marka la talaalo (sida daal, madax xanuun, iyo xanuun ku yimaada meesha laga durray), waa calaamado caadi oo muujiya in jirkaada uu ku hawlan yahay dhismaha badbaadinta. Waxyeeladaan waxay saameyn karaan awoodda aad u leedahay in aad wadatid hawl maalmeedkaada, balse waa iska tagi doonaan muddo dhowr maalin gudahooda. Haddii aad isku aragtid calaamadaha neefsiga sida sanka oo biyo ka socdo, qufac, ama luminta dareenka urka ama dhadhanka, waa in aad ku fakartid in lagaa baaro COVID-19 ama la hadal bixiyahaada daryeelka caafimaadka. Waxaa suurtogal ah in la qaado COVID-19 kaddib marka lagu talaalo xattaa. Joog guriga haddii aad xanuunsan tahay iyo iska ilaali in aad hoosta ka gashid dadka kale.  Ka hubso meesha aad ka shaqeysid sida tani u saamayn doonto shaqadaada.

Haddii aad isku aragtid xanuun ama fahmo darro, kala hadal bixiyehaada daryeelka caafimaadka, ee lagu yaabo in ay ku talliyaan daawada laga iibsado miiska, sida ibuprofen ama acetaminophen. Si aad u yareysid xanuunka iyo fahmo darrada meesha lagu mudday cirbadda, waxaad meesha marisaa marro nadiif ah, qabooban, qoyan, kaddibna isticmaal ama jimcii gacantaada kore.  Si aad u yareysid fahmo darrada qandhada, cab dareere badan iyo si qafiif ah u labbiso. Inta badan, fahmadarrada ka dhallata qandhada ama xanuunka waa caadi, balse la xariir bixiyehaada daryeelka caafimaadka haddii:

* gaduudashada ama jilicsanaanta meesha lagaa durray oo soo badata 24 saac kaddib
* waxyeeladaada ku geliyaan walwal ama aysan u muuqanin in ay iska tagi doonaan

**Sidee ayaan ku sheegi doonaa haddii aan isku arko waxyeelo kaddib marka aan qaato talaalka COVID-19?**

V-safe qalab ku shaqeeyo telefoonka gacanta ee isticmaala fariinta qoraalka iyo wareysiyada internetka si loo hubiyo caafimaadka qofka kaddib marka lagu siiyo talaalka COVID-19. Marka aad adeegsatid v-safe, waxaad dhakhso u sheegi kartaa CDC haddii aad isku aragtid waxyeelo kaddib marka aad qaadatid talaalka COVID-19. Sida ku xeran jawaabaha aad bixisid, waxaa dhici karto in uu ku soo waco qof ka socdo CDC si uu kuu hubiyo iyo si uu u helo macluumaad dheeraad ah. Kaddibna v-safe wuxuu ku xasuusin doonaa in aad qaadatid qiyaasta talaalka labaad COVID-19 haddii aad u baahan tahay mid. Si aad isugu qortid v-safe, fadlan booqo [V-safe Hubiyaha Caafimaadka Talaalka Kaddib (After Vaccination Health Checker) | CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html).

Haddii aad qabtid arrimo, waxaad kaloo wici kartaa bixiyehaada daryeelka caafimaadka. Adiga ama bixiyehaada waxaad waxyeelada talaalka u sheegi kartiin Siistemka Warbixinta Dhacdada Xun Talaalka (Vaccine Adverse Event Reporting System) (VAERS), taasoo ah siistem ka jiro qaranka oo idil, waxaa maamula dawladda federaalka.

**Kaddib marka la qaato talaalka COVID-19, intee ayay qaadan doontaa si ay u shaqeyso si wanaagsan?**

Badanaa waxay jirka ku qaadataa dhowr todobaad si uu u dhiso difaaca talaalka kaddib. Taasi macnaheeda waxay tahay in ay suurtogal tahay in qofka uu qaado cudurka firuska ee sababta u ah COVID-19 ka hor iyo kaddib talaalka kaddibna uu ku xanuunsado. Sababta waxay tahay in talaalka uusan helin waqti ku filan uu ku soo saaro badbaadin. Waxaa loo haystaa in si buuxdo laguu talaalay haddii aad qaadatay labo qiyaas oo ah talaalada COVID-19 ee Moderna, Pfizer ama Novavax hal qiyaas oo ah talaalka Janssen (Johnson & Johnson) in ka badan 14 maalin ka hor.

**Ilaa intee ayay gaartaa badbaadada talaalka COVID-19?**

Weli lama garanayo inta ilaalinta tallaalka COVID-19 gaadh. Dhawaan daraasadaha waxay muujinayaan in ilaalinta ku lidka ah fayrasku ay muddo ka dib yaraato. Taasina waa sababta CDC ay ugu taliso kooxo gaar ah inay helaan tallaalka taageerada ah .

**Goormaan heli karaa tallaalka xoojinta ah?**

Macluumaadka dheeraadka ah ee ku saabsan waxa tallaalka xoojintu yahay, cida u qalanta, iyo sida loo helo mid, booqo [Xoojiyaha COVID-19 su’aalaha inta badan la is waydiiyo | Mass.gov](https://www.mass.gov/info-details/covid-19-booster-frequently-asked-questions) ama [COVID-19 Tallaalka Xoojiyaha | CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html)

Waxaa jira aalad kaa caawin karta guul ka gaadhida marka ama haddii adiga (ama ilmahaagu) uu heli karo hal ama wax k badan oo xoojiyayaasha COVID-19. Waxay ku calaamadsan tahay ‘Ogow Marka Aad Qaadato Kooxiyahaaga’ oo waxaa laga heli karaa  [Xoojiyayaasha Tallaalka COVID-19 | CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html)

**Ma heli karaa Mudditaanka Xoojiyaha labbaad?**

Macluumaadka dheeraadka ah ee ku saabsan waxay yihiin xoojiyayaashu, cida u qalanta, iyo sida loo helo mid, booqo xoojiyaha COVID-19 su’aalaha inta badan la is waydiiyo | Mass.gov ama [Xoojiyayaasha Tallaalka COVID-19 | CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html)

Waxaa jira aalad kaa caawin karta guul ka gaadhida marka ama haddii adiga (ama ilmahaagu) uu heli karo hal ama wax k badan oo xoojiyayaasha COVID-19. Waxay ku calaamadsan tahay ‘Ogow Marka Aad Qaadato Kooxiyahaaga’ oo waxaa laga heli karaa  [Xoojiyayaasha Tallaalka COVID-19 | CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html)

**Kumaa u qalma garoojada taxanaha koowaad ee dheeraadka ah?**

Eemacluumaadka ku saabsan garoojooyinka tallaalka, cida u qalanta, iyo sida loo helo mid, booqo [Macluumaadka Tallaalka Massachusetts COVID-19 | Mass.gov](https://www.mass.gov/info-details/massachusetts-covid-19-vaccine-information" \l "covid-19-vaccinations-for-specific-groups-) ama [Ka dhig mid Cusub Tallaalkaaga COVID-19 | CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html)

# Ammaanka Talaalka

**Talaalka Johnson & Johnson ma yahay ammaan?**

Dhammaan tallaalka gudaha Maraykanka waa inay maraan [saddex weji oo tijaabooyinka tallaalka ah](https://www.cdc.gov/vaccines/basics/test-approve.html) si loo xaqiijiyo inay yihiin [badbaado iyo waxtar](https://www.cdc.gov/mmwr/covid19_vaccine_safety.html). Dhammaan tallaalka COVID-19 ee lagu isticmaalay Maraykanka gudahiisa waa badbaado oo waxay bixiyaan heerarka sare ee ilaalinta ku lidka ah jirada daran, cusbitala dhigida, iyo dhimashada.

Badanka xaaladaha, tallaalka Pfizer-BioNTech, Moderna ama Novavax COVID-19 waxaa laga doorbidaa Tallaalka COVID-19 ee J&J/Janssen ee tallaalka koowaad iyo xoojiyaha uu sababo [khatarta dhacdooyinka kala duwan ee dhabta ah](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html). Tallaalka COVID-19 J&J/Janssen waxaa [laga fekeri karaa xaaladaha qaarkood](https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html" \l "considerations-Janssen), ay ku jiraan dadka kuwaad oo:

* Qabay falcelinta daran ka dib garoojada tallaalka mRNA ama midka qaba xasaasiyad daren ee waxyaabaha oo ka kooban yahay Pfizer-BioNTech ama Moderna (mRNA tallaalka COVID-19).
* Waxay ahaan doonaan haddii kale kuwa aan ka tallaalnayn COVID-19 iyaddoo ay sababtay helida pfizer-BioNTech ama Moderna (mRNA tallaalka COVID-19).
* Doonaya inuu qaato tallaalka COVID-19 ee J&J/Janssen ka sakow walaacyada badbaadada.

Macluumaadka dheeraadka ah booqo [Johnson & Johnson’s Janssen Guud marka Tallaalka COVID-19 iyo Badbaadada | CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/janssen.html).

**Sidee ayaan ku ogaan doonaa haddii talaalka yahay ammaan?**

Waa muhiim ah in la ogaado in talaalka la baaro in badan marka la barbar dhigo dawooyinka kale. Marka kowaad, kooxo yaryar ayaa la siiyaa talaalka iskudayidda. Marka xiga, talaalka waxaa la siiyaa dadka qaba sifooyinka qaar (tusaale, da'da, isirka, iyo caafimaadka jirka). Kaddibna, tallaalka waxaa la siiyaa tobanaan kun dad, iyo waxaa la tijaabiyaa waxtarka iyo ammaanka.

Taasi kaddib [Guddiga Kala Tallinta Dhaqanka Talaalka (Advisory Committee on Immunization Practices)](https://www.cdc.gov/vaccines/acip/index.html) (ACIP) wuxuu fiiriyaa xogta si uu u arko haddii talaalka shaqeeyo iyo haddii uu yahay ammaan.  Waxay waano siiyaan Raashinka iyo Maamulka Daawada Mareykanka (United States Food and Drug Administration) (FDA). FDA waxay fiirisaa xogta iyo waanada laga helo ACIP kaddibna waxay gaartaa go'aanka in la ogolaado talaalka. Talaalka waxaa la ogolaadaa oo keliya kaddib **marka la qaado dhamaan talaabadahaan**, kaddibna aqoonyaanada waxay hubiyaan in uu shaqeeyo iyo in uu yahay ammaan.

Booqo [Hubinta Ammaanka Talaalada COVID-19 ee Mareykanka | CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html) si aad u heshid macluumaad badan.

**Sidee ayay ku tahay ammaan haddii ay dhakhso u dhacday?**

Waa la dadajiyay jadwalka lagu soo saaro talaalka COVID-19 balse marna lama fududeysan ammaanka. Halkaan ka fiiri sida ay u dhacday:

1. **Waxaan horay u haysanay macluumaad waxtar leh:**Firuska COVID-19 wuxuu qeyb ka yahay qoyska kronofirus ee la darsay muddo aad u dheer. Aqoonyaanada waxay macluumaad muhiim ah ka ogadeen meelaha kale uu "coronovirus" ka dillaacay taasoo ku kaalmeysay in ay soo saaraan talaalka COVID-19, sidaas darteed ma aha in aan ka bilownay meel eber ah.
2. **Dawlado ayaa maalgeliyay cilmi baarista talaalka:**Mareykanka iyo dawladaha kale waxay geliyeen lacag badan si ay u masaruufaan shirkadaha talaalka. In lala shaqeeyo waddamada kale waxay kaloo kaalmeysay cilmi baareyaasha in ay isla markiiba dhaqaaqaan.
3. **Dad badan ayaa ka qeybgalay iskudayidda kliinikada:**Dad badan ayaa rabay in ay kaalmo ka geystaan kana qeybgalaan darasaadka talaalka. Shirkadaha ma u baahneen in ay waqti geliyaan raadinta dadka ku shaqeeyo iskaa wax u qabso.
4. **Soo saarka waxaa la waday isla marka inta ay socdeen darasaadka ammaanka:** Shirkadaha talaalka waxay awood u yeesheen in ay sameyaan iyo keydiyaan qiyaasta talaalka isla markaasna la sii waday darasaadka (lagu magacaabo iskudayidda kliinikada) si loo muujiyo in talaalada ay ahayeen ammaan iyo waxtar. Tan macnaheeda waxay tahay in talaalka u ahaa diyaar si loo qeybiyo kaddib marka la soo ogolaaday.

## Sidee ayay ammaan u tahay haddii aan la ogeyn waxyeelada muddada dheer?

Talaalada Pfizer iyo Moderna COVID-19 waa waxa aqoonyaanada ku magacaabaan talaalka RNA, ama talaalada mRNA marka la soo gaabiyo. Tallaalka Janssen (Johnson & Johnson) waxaa lagu magacaabaa talaalka "viral vector." Labada nooc talaalada waxaa lagu tijaabiyay xoolaha iyo aadanaha muddo sanooyin. Dhanka kale, COVID-19 wuxuu nala soo darsay ku dhawaad hal sanno ka hor, badanaa lama oga waxyeelada muddada dheer uu cudurka COVID-19 leeyahay, lagana yaabo in ay culus yahiin. Sidaas darteed, in leys talaalo waa xullashada ugu fiican xagga caafimaadka muddada dheer iyo ammaanka.

Novarax waa qayb hoosaadka barootiinka tallaalka koowaad ee COVID-19 taas oo CDC ku talisay isticmaalka gudaha Maraykanka. Qayb hoosaadka barootiinka tallaalka waxay ka koobnaan karaan qaybaha waxyeeladaha aan lahayn ee (barootiinka) ee fayraska COVID-19 oo ay dhinac socoto maado kale oo loogu yeedho maada caawisa difaac jidhka oo ka caawisa nidaamka difaaca jidhka inuu ka jawaabo fayraska mustaqbalka haddii uu gaadho. Tallaalka lagu isticmaalo qayb hoosaadkan barootiinka waxaa lagu isticmaalay in k abadan 30 sanadood gudaha Maraykanka, laga bilaabo tallaalka koowaad ee ruqsada haysta cagaar showga B. Qayb hoosaadka tallaalada barootinka kale ee lagu isticmaalo gudaha Maraykanka waxaa ka mid ah kuwan ka ilaasha hargabka iyo kixda (kixda)

Aqoonyaanada waxay sii wadi doonaan in ay la socdaan waxyeelada talaalka COVID-19. Dadka ku sugan iskudayidda kliinikada waxaa lala socon doonaa muddo 2 sanno. Dadka kale ee qaatay talaalka waxay isticmaali karaan qalab lagu magacaabo **v-safe** oo la geliyo telefoonadooda gacanta si ay dhakhso ugu sheegaan CDC haddii aad isku aragtid waxyeelo kaddib marka aad qaadatid talaalka COVID-19. Dadka isticmaala v-safe waxay macluumaadka la wadaagi karaan muddo hal sanno kaddib marka la talaalo.

V-safe Ka dib Tallaalka Baadhaha Caafimaadka

**Talaalka COVID-19 ma leeyahay waxyeelo?**

Waxaa dhici karto in dadka qaar la kulmaan waxyeelo kaddib marka la talaalo, waa calaamado caadi ah in jirkaada uu ku hawlan yahay dhismaha badbaadinta. Waxyeeladaan waxay saameyn karaan awoodda aad u leedahay in aad wadatid hawl maalmeedkaada, balse waa iska tagi doonaan muddo dhowr maalin gudahooda. Waxyeelada badanaa lala kulmo waa yar yahiin, waxaana ka mid ah daal, madax xanuun, xanuun meesha la durray, xanuunka murqaha iyo/ama kala goysyada, qarqaryada, labbolabada iyo/ama mattagga, iyo qandhada.  [Macluumaadka Dheeraadka ah arag Saamaynta Xun ee Suuragalla ah Ka dib qaadashada Tallaalka COVID-19 | CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html)

**Talaalka COVID-19 ma i qaadsiin karaa COVID-19?**

Maya. Talaalada Pfizer, Moderna, Novavax iyo Janssen (Johnson & Johnson) ma laha firuska nool ee sababta u ah COVID-19. Tan macnaheeda waxay tahay in talaalka COVID-19 uusan kuu keeni karin xanuunka COVID-19. (ilaha: [Xaqiiqada ku saabsan Talaalka COVID-19 (cdc.gov)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html) Sidaas darteed, haddii aad tahay bositiifo xagga COVID-19, xattaa haddii aad qaadatay talaalka, waxaad u baahan tahay in aad isgo'doomisid.

**Ma loo baahan yahay in laga talaalo COVID-19 qofka horay u qaaday xasaasiyad?**

Waa in aadan qaadanin talaalka COVID-19 ee Pfizer, Moderna, Novavax, ama Janssen (Johnson & Johnson) haddii aad qabtid xasaasiyad xun (oo lagu magacaabo anaphylaxis) shay kasta uu talaalka ka samaysan yahay. Haddii aad xasaasiyad darran u qabtid shay aan ku jirin talaalka, kala hadal bixiyehaada daryeelka caafimaadka ka hor inta aan lagu siinin talaalka.

Inkastoo ay jirto fursad yar in talaalada COVID-19 ay sabab u noqon karaan xasaasiyad, tani waxay badanaa dhacdaa muddo dhowr daqiiqo gudahooda ilaa hal saac kaddib marka la qaato talaalka. Qof kasta, xattaa haddii uusan qabin xasaasiyad, waxaa lala socdaa ugu yaraan 15 daqiiqo kaddib marka uu qaato talaalka COVID-19.

**Maxay yahiin waxyaabaha uu ka samaysan yahay talaalka?**

Maadooyinka tallaalku ka kooban yahay waxaa looga fekeraa badbaado dadka oo dhan badankooda. Ugu dhawaan dhammaan waxay ka kooban yihiin tallaalka COVID-19 waa maadooyinka laga helo cuntooyin badan—duxda, sonkorta, iyo cusbada. Waxyaabaha dhabta ah ee tallaalku ka kooban yahay way kala duwan tahay warshadeeye ahaan. Tallaalka Pfizer iyo Moderna ee COVID-19 sidoo kale waxay ka kooban yihiin RNA (mRNA) Tallaalka COVID-19 Novavax sidoo kale waxay ka kooban yihiin qaybo aan waxyeelo lahayn (barootiinka) ee fayraska sababa COVID-19, iyo tallaalka COVID-19 ee Johnson & Johnson/Janssen wax auu ka kooban yahay nooc aan waxyeelo lahayn oo Fayraska ah aan la xidhiidhin fayraska sababa COVID-19. Tani waxay dhammaan siisaa tilmaamo unugyada jidhkaagu inay sameeyaan jawaabta difaaca. Jawaabtu waxay caawisaa adiga inaanan la jirananaan COVID-19 mustaqbaka. Ka dib marka jidhku soo saaro jawaabta difaaca, waxay daadisaa dhammaan waxa uu ka kooban yahay tallaalka sida ay u daadin lahayn macluumaad kasta oo aanay unugyadu in dheeraad ah u baahnayn. Nidaamku waxa uu qayb ka yahay shaqada jidhkaTallaalka COVID-19 KAMA koobna waxyaalaha sida leh ilaalinta, nudaha (sida nudaha uurjiifka laga soo qaaday), antibiyootoga, barootiinka cuntada, dawooyinka, rabadhka, ama birta.

## Waxaan jeclahay in aan mar un dhallo cunug. Ammaan miyay ii tahay in aan qaato talaalka COVID-19?

**Haa.** Waxay ku talinaysaa tallaalka COVID-19 dadka isku deyaya inay uuraystaan hadda, ama kuwa uuraysanaya msustaqblaka. Ma jirto caddayn in antibodhiyada la sameeyay ka dib tallaalka COVID-19 ama waxa uu ka kooban yahay tallaalka waxa uu sababi doonaa dhibaatooyin kasta oo lagu uuraysato hadda ama mustaqbalka. Dhab ahaan, ma jirto caddayn in tallaal kasta, ay ku jiraan tallaalada COVID-19, ay sababaan dhibaatooyinka taranka ee haweenka ama raga, Ka baro wax badan oo ku saabsan Tallaalka COVID-19 ee Dadka Jeclaan Lahaa inay ilmo dhalaan [| CDC](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/planning-for-pregnancy.html) CDS.

**Ma la siin karaa talaalka COVID-19 dumarka xaamilada ah ama naas nuujisa?**

Haa. CDC iyo [Kulliyadda Umulisada iyo Gynokolojia Mareykanka (American College of Obstetricians and Gynecologists)](https://www.acog.org/womens-health/infographics/im-pregnant-and-have-covid-19-now-what) Waxay kula talinayaan in talaalka COVID-19 la siiyo dadka xaamilada iyo dumarka naas nuujiya. Waqtiga xaamilada, Cudurka COVID-19 wuxuu kordhin karaa halista cudurka darran iyo wuxuu dhallin karaa halista badan in xaamilada dhiciso. Iminka,

Caddaynta ku saabsan badbaadada iyo waxtarka tallaalka COVID-19 way kordhaysay. Xogtu waxay soo jeedinaysaa faa’iidooyinka qaadashada tallaalka COVID-19 inay ka miisaan badato wax khataro la og yahay ama suuragal ah oo tallaalka ah muddada uurka.

Talaalka dumarka xaamilada ama naas nuujisa waa wax ay iyada doorato. Kala hadal tallaalka bixiyehaaga daryeelka caafimaadka.

**Talaalka COVID-19 ammaan ma u yahay caruurta**?

Haa.CDC waxay kula talinaysaa qof kasta oo jira 6 bilood tallaalka COVID-19 . Saynis yahanada waxay qabteen tijaabooyin caafimaadka oo ah kuman yaal carruurt ah oo waxay go’aamiyeen in ay badbaado u tahay iyo waxtarba. Waqtigaan, talaalka Pfizer waxaa loo ogoladaay ilmaha jira 12 sanno iyo kuwa ka weyn, (oo la siiyay oggolaasnhe buuxa dadka da’aha 16 ka wayn), talaalada Moderna iyo Janssen (Johnson & Johnson) loo ogolaaday dadka jira 18 sanno iyo kuwa ka weyn. Caruurta yaryar iyo dhallinta waa in aysan qaadanin talaalka COVID-19 waqtigaan. Wax dheeri ah baro:

* Babdaadada Tallaalka COVID-19 ee Carruurta iyo Kurayda | CDC

• [Tallaalka COVID-19 ee dadka da'doodu tahay 12-17](https://www.mass.gov/info-details/covid-19-vaccinations-for-people-ages-12-17)

• [Tallaalka COVID-19 ee carruurta da'doodu tahay 5-11](https://www.mass.gov/info-details/covid-19-vaccinations-for-children-ages-5-11)

* Tallaalka COVID-19 ee Carruurta da’ha 6 bilood ilaa 4 sano jir

## Talaalka COVID-19 ma baddali doonaa DNA\_da aan leeyahay?

**Maya.** Talaalada COVID-19 isma baddalaan mana la xariiraan DNA\_daada.

Talaalka wuxuu baraa siistemkena difaaca sida loola diriro firus khaas ah. Waxay la shaqeyaan difaaca dabiiciga jirka in uu bixiyo badbaadin. Si uu u sameeyo shaqadiisa, talaalka COVID-19 uma baahna in uu galo gudaha nukleaska unugga, oo ah meesha DNA\_dena ku jirto. Tan macnaheeda waxay tahay in talaalka uusan marna la xariirin DNA mana jirto si uu isu baddalo.

Dhamaadka hawsha, jirkena wuxuu bartay sida uu cudurka isaga difaaco mustaqbalka. Jawaabtaas difaaca iyo soo saarka brotiinka difaaca jirka (antibodies) waa waxa naga badbaadiya cudurka haddii firuska dhabta ah uu soo galo jirkena. (ilaha: [Xaqiiqada ku saabsan Talaalka COVID-19 (cdc.gov)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html)

**Yaa lagu tijaabiyay talaalka?**

Ammaanka [talaalka Pfizer COVID-19](https://www.fda.gov/media/144413/download) waxaa lagu qiimeeyay dadka jira 16 sanno ama ka weyn oo oo ka yimid Mareykanka, Yurub, Turkey, Koofurta Afrika, iyo Koofurta Mareykanka. Guud ahaan, 50.6% ka-qeybgaleyaasha waxay ahayeen lab iyo 49.4% waxay ahayeen dhedig, 83.1% waxay ahayeen Caddaan, 9.1% waxay ahayeen Madow ama Mareykanka Afrikaanka, 28.0% waxay ahayeen Hisbanik ama Latino, 4.3% waxay ahayeen Aasiyaan, iyo 0.5% waxay ahayeen Hindida Mareykanka ama Dhalladka Alaska. Daraasad dheeraad ah ayaa lagu sameeyay 2,260 dhallin oo jira 12-15 sanno oo jooga Mareykanka iyo 3,000 caruur ah da’aha 5-11. .

Ammaanka [talaalka Moderna COVID-19](https://www.fda.gov/media/144637/download) waxaa lagu qiimeeyay dadka jira 18 sanno ama ka weyn ee ku sugan Mareykanka. Guud ahaan, 52.7% ka qeybgale yaasha waxay ahayeen lab, 47.3% waxay ahayeen dhedig, 79.2% waxay ahayeen Caddaan, 10.2% waxay ahayeen Madow ama Mareykanka Afrikaanka, 20.5% waxay ahayeen Hisbanik ama Latino, 4.6% waxay ahayeen Aasiyaan, 0.8% waxay ahayeen Hindida Mareykanka ama Dhalladka Alaska, 0.2% waxay ahayeen Dhalladka Hawaii ama Jasiiradda Basifigga, 2.1% waxay ahayeen wax kale, iyo 2.1% waxay ahayeen Isiro badan.

Ammaanka [talaalka Janssen (Johnson & Johnson)](https://www.fda.gov/media/146304/download) waxaa lagu qiimeeyay dadka jira 18 sanno ama ka weyn ee ku sugan Mareykanka, Brasiil, Koofurta Afrika, Columbia, Argentina, Peru, Chile, iyo Meksiko. Guud ahaan, 45% ka qeybgaleyaasha waxay ahayeen dumar, 55% waxay ahayeen lab. 58.7% waxay ahayeen Caddaan, 19.4% waxay ahayeen Madow ama Afrikaanka Mareykanka, 45.3% waxay Hisbanik ama Latino, 3.3% waxay ahayeen Aasiyaan, 9.5% waxay ahayeen Hindida Mareykanka/Dhalladka Alaska, 0.2% waxay ahayen Dhalladka Hawaii ama Jasiiradda Basifigga Kale, 5.6% waxay ka socdaan kooxaha isirada badan iyo 1.4% waxay ka soo jeedaan isiro aan la aqoonin.

# Macluumaad badan

In badan booqo bogagga la casriyeyay Xarumha Kantaroolka iyo Ka Hortagga Cudurka (Centers for Disease Control ana Prevention) (CDC) ee ku saabsan talaalka COVID-19.

* [Fa'iidada ku Jirto Qaadashada Talaalka COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html)
* [Sida Talaalka COVID-19 u Shaqeeyo](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html)
* [Sheekooyinka iyo Xaqiiqada ku saabsan Talaalka COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits/facts.html)
* [Su'aalaha Badanaa Leys Weydiiyo ee ku saabsan Talaalka COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html)