

Aasaaska Tallaalka COVID-19

Tallaalada COVID-19 waa kuwo ammaan ah oo shaqeeya

Tallaalka waxaa loogu talagalay in looga hortago cudurada. Tallaalada COVID-19 waxay jidhkaaga baraan sida loo garto loolana dagaallamo fayraska keena COVID-19. Tallaalada COVID-19 kuguma keenayaan COVID-19. Tallaalada COVID-19 waxay kaa caawiyaan inay kaa difaacaan cudurka COVID-19. Haddii aad qaadato tallaalka COVID-19 kadibna aad ku xanuunsato, uma badna inaad bukoon doonto ama isbitaal aadi doonto. **Qof kasta oo 6 bilood jir ah iyo wixii ka weyn waa inuu qaataa tallaalka, gaar ahaan haddii aad ka yar tahay 2 sano, khatar ugu jirto cudur daran, difaacaaga uu liito, aad uur leedahay, ama aad tahay 65 sano jir iyo wixii ka weyn.**

Tallaalada COVID-19 si taxaddar leh ayaa loogu tijaabiyey kooxo kala duwan ka hor inta aan la oggolaan ama shati la siin. Tobanaan kun oo ka mid ah dadka Madaw, Latinx, Hindida Mareykanka, iyo Aasiyaanka ayaa ka qeyb galay daraasadaha tallaalada Pfizer, Moderna, iyo Novavax. Waxaan ognahay in bulshooyinkan, iyo sidoo kale bulshada naafada iyo LGBTQ+, inta badan laga reebo faa'iidooyinka daawada isla markaana la kulmaan takoorka taariikhiga ah iyo midab kala sooc, dhaawacyo caafimaad iyo tacaddiyo. Arrimahan waxay sii xumeeyaan saamaynta COVID-19 ee bulshooyinkan, waxayna xoogga saarayaan muhiimada ah in tallaalku shaqeeyo oo uu ammaan u yahay dhammaan dadka.

Talaabo kasta oo badbaado ah waa la raacay markii la sameynayay tallaalada COVID-19. Waaxda Maamulka Cuntada iyo Daawada (FDA) waxay bixinta shatiga iyo oggolaanshaha ku xirtay badqabka xogta tallaalada. Intaa waxaa dheer, cilmi-baarayaasha caafimaadka ayaa weli si joogto ah ula socda badbaadada tallaalada.

Tallaalada La Heli Karo

Wagtigan, waxaa jira afar tallaalka oo COVID-19 ah oo la heli karo sanadaha 2025–2026: Comirnaty (Pfizer), Spikevax iyo mNEXSPIKE (Moderna), iyo Nuvaxovid (Novavax). Tallaalka kasta wuxuu ka caawiyaa dadka inay iska ilaaliyaan xanuunka daran ee COVID-19. Ma aha goob kasta oo tallaalka ah in dhammaan noocyadan tallaalada laga heli doono. Waxa ugu muhiimsan waa inaad seegin fursadda aad ku qaadatay karto tallaalka. Macluumaad dheeraad ah oo ku saabsan tallaalada, booqo [Children's Hospital of Philadelphia: COVID-19: The Disease & Vaccines \(www.chop.edu/vaccine-education-center/vaccine-details/covid-19-vaccine\)](https://www.chop.edu/vaccine-education-center/vaccine-details/covid-19-vaccine).

Maxaa la filan karaa marka aad qaadato tallaalka

- Dadka tababaran ee tallaalka bixiya ayaa kuu sharxi doona habraaca, kaala hadli doona khataraha suurtagalka ah ama saameynta, waxayna ka jawaabi doonaan su'aalahaaga.
- Tallaalka iyo tirada qiyaasta aad qaadatay waxay ku xiran tahay da'daada, nooca tallaalka, tallaalada COVID-19 ee aad hore u qaadatay, iyo haddii difaaca jirkaaga uu liito.
- Waxaa lagu kormeeri karaa ka dib marka aad qaadato tallaalka haddii ay dhacaan saameyn culus.

Waxyeelooyinka

Dadka qaarkood waxay yeeshaan saameyn ka dib marka ay qaataan tallaalka. Saameyntu badanaa waxay socotaa hal ama laba maalmood, mana hor istaagto hawlahaaga maalinlaha ah. Waxaad dareemi kartaa:

- Gacanta oo xanuunta
- Murqo xanuun
- Daal
- Madax xanuun
- Qandho/dhaxan

Haddii aad la kulanto saameyn culus, aad isbitaal, ama wac 911.

Tallaalka kuma jiraan

- Waxyaabo ilaalinaya
- Hilib doofaar ama gelatin
- Ukun
- Fayraska COVID-19 ee nool

Maxay muhiim u tahay in la qaato tallaalka COVID-19?

- Iska ilaali COVID-19 aad i daran iyo saameynta muddada dheer ee COVID-19.
- Taageer bulshaddaada. Ka ilaali kuwa aan la tallaali karin (carruurta aadka u yar) ama kuwa aan si wanaagsan uga jawaabin tallaalka (kuwa difaaca jirka liita).

Sida la isku tallaalo

- La xiriir bixiyahaaga caafimaadka si aad u ogaato ballamaha.
- Kala xiriir bixiyayaasha ama farmashiyeyaasha kuugu dhow, oo ay ku jiraan rugaha caafimaadka carruurta iyo qoyska, dhakhaatiirta daryeelka guud, xarumaha caafimaadka federaalka ee la aqoonsan yahay, hay'adaha caafimaadka dadweynaha ee maxalliga ah, hay'adaha caafimaadka qabiilka, goobaha bulshada iyo rugaha caafimaadka, iyo goobaha Adeegga Caafimaadka Hindida.

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