

Tallaalka COVID-19 ee Dhalinyarada qaba Baahiyaha Gaarka ah ama Naafanimo: Macluumaad loogu talagalay Daryeel-bixiyayaasha

Ururka American Academy of Pediatrics (AAP) wuxuu ku taliyaa in qof kasta oo 6 bilood jir ah iyo wixii ka weyn uu u dhameystiran yahay tallaalka COVID-19. Tallaalka COVID-19 wuxuu si gaar ah muhiim ugu yahay carruurta ka yar laba sano, kuwa qaba cudurro raaga, kuwa leh difaac jirka oo liita, kuwa ku nool xarumaha daryeelka muddada dheer ama goobaha dadka ku badan yihiin, ama kuwa weligood aan laga tallaalin COVID-19.

Sababtoo ah carruurta iyo dhalinyarada leh baahiyo caafimaad oo gaar ah ama naafanimo waxay halis ugu jiraan inay si daran ula xanuunsadaan COVID-19, waxaa qoysaska iyo daryeel-bixiyayaasha lagula talinayaa inay tixgelin siiyaan in la tallaalo carruur kasta oo leh xaalad caafimaad oo hoose ama naafanimo. Carruurta qaba xaaladaha caafimaad ee joogtada ah waa ay qaadan karaan tallaalka COVID-19. Qofka looma oggola in la tallaalo haddii uu horey ugu dhacay falcelin khatar gelisa nolosha (falcelin u baahan qalabka *epi-pen*) oo ka dhalatay wax ka mid ah qaybaha ku jira tallaalka COVID-19.

Macluumaad dheeraad ah oo ku saabsan talooyinka tallaalka COVID-19, booqo [AAP: COVID-19 Vaccine Frequently Asked Questions \(www.aap.org/en/patient-care/covid-19/covid-19-vaccine-frequently-asked-questions/\)](https://www.aap.org/en/patient-care/covid-19/covid-19-vaccine-frequently-asked-questions/).

Maxaa ku jira tallaalka?

Bixiyaha daryeelka caafimaadka ee tallaalka ku siinaya ayaa ku siin kara macluumaad ku saabsan waxa ku jira tallaalka adiga ama ilmahaaga la siin doono, wuxuuna ka jawaabi karaa wixii su'aalo ah ee la xiriiira xasaasiyadda. Midna ka mid ah tallaalka loogu talagalay kooxaha da'da kala duwan kuma jiraan ukun, waxyaabo ilaalinaya (preservatives), ama latex.

Saameynta caadiga ah ee tallaalka

Sida tallaalka kale ee joogtada ah, dadka qaarkood waxay yeeshaan saameyn ka dib marka la siiyo tallaalka COVID-19. Saameyntu badanaa waxay socotaa hal ama laba maalmood, mana hor istaagto qofka inuu ka qeyb qaato hawl maalmeedkiisa. Ka dib marka la qaato tallaalka COVID-19 qofku wuxuu dareemi karaa:

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

Dhalinyaradu waxay la kulmi karaan saameynahan ka dib tallaalka taas oo ku keenaysa raaxo la'aan, balse waxaa jira tallaabooyin aad ku caawin karto sida in la siiyo dawooyinka xanuunka baabi'iya ee aan ahayn *aspirin* (Tylenol ama Ibuprofen), ama in lagu nasto hawlo deggan. Haddii aad la kulanto saameyn culus, tag isbitaal, ama wac 911.

Arrimaha laga walwalo

- **Taariikh xasaasiyadeed:** Carruurta qaba xasaasiyado daran oo aan kor ku xusin badanaa dhib kuma qabaan tallaalka COVID-19. Waxaa laga codsan doonaa inay sugaan qiyaastii 30 daqiiqo ka dib tallaalka si loo kormeero calaamadaha.
- **Myocarditis iyo pericarditis (caabuqa wadnaha):** CDC waxay heshay warbixinno ku saabsan myocarditis iyo pericarditis dhalinyarada iyo dadka da'da yar ka dib tallaalka Pfizer, Moderna, iyo Novavax. Arrintan waxaa

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badanaa lagu arkaa wiilasha. Xaaladdan dhifka ah looma arko mid lala xiriirin karo xaalad caafimaad oo hore jirta. Inta badan kiisaska waa kuwo fudud oo la daaweyn karo. Faa'iidooyinka la yaqaan ee tallaalka COVID-19 ayaa ka badan halista [Children's Hospital of Philadelphia: Myocarditis and COVID-19: Get the Facts \(www.chop.edu/news/health-tip/myocarditis-and-covid-19-get-the-facts\)](https://www.chop.edu/news/health-tip/myocarditis-and-covid-19-get-the-facts).

Codsiga fududeynta

Marka aad ballan samaynayso ama aad timaado goobta tallaalka, hubi inaad shaqaalaha u sheegto in ilmaha aad daryeesho laga yaabo inuu u baahdo caawimo dheeraad ah. Tusaale ahaan, waxaa laga yaabaa in nalalka dhalaalaya iyo buuqa qolka ay dhibaano oo uusan awoodin inuu fariisto ka dib tallaalka. Waxaad codsan kartaa fududeynta sidan oo kale ah:

- In uu socdo ka dib tallaalka halkii uu fariisan lahaa.
- In dhalinyarada lagu tallaalo gaarigaaga gudaheeda.
- In qofka ay jecel yihiin uu la socdo oo ka caawiyo ballanta inta lagu jiro.
- In lagu tallaalo qol deggan oo ka fog dadka badan.

Su'aalo?

Bixiyayaasha caafimaadka ayaa diyaar u ah inay ka jawaabaan su'aalahaaga ballanta tallaalka COVID-19. Si kastaba ha ahaatee, haddii aad qabto su'aalo ka hor intaas, weydii bixiye caafimaad oo lagu kalsoon yahay.

Minnesota Department of Health
PO Box 64975
St. Paul, MN 55164-0975
651-201-5414
www.health.state.us/immunize

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To obtain this information in a different format call 651-201-5414.