



Public Health  
England

**NHS**

## Tallaalka COVID-19

# Hage loogu talagaley dadka qaangaarka ah

Waraaqdani waxaa ay  
sharaxaysaa tallaalka COVID-19,  
yaa xaq u leh iyo yaa u baahan  
in uu qaato tallaalka si ay isaga  
ilaaliyaan Coronavirus.



Tallaalka COVID-19  
Ilaali naftaada

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## Waa maxay COVID-19 ama Coronavirus?

COVID-19 waxaa laga qaadaa Coronavirus cusub, oo loo yaqaano SARS-CoV-2.

Waxaa markii ugu horeysey la aqoonsadey dabayaaqadii sanadkii 2019. Waa caabuq aad loo kala qaado waxaana uu keeni karaa cudur sambabada ah oo aad u darran.

Dad badan oo caabuqa qaba ma laha wax astaamo ah ama waxaa ay qabaan astaamo aad u fudud. Waxaa ay badanaa ku bilaabataa qufac, qandho, madax-xanuun iyo in dhadhanka iyo urta kaa tago.

Dadka qaarkiis ayaa dareemi doona daal aad u darran, murqaha oo xanuuna, shuban iyo mantag, qandho iyo jahawareer. Dad aad u yar ayaa ay ku dhacdaa jirro aad u darran oo u baahan karta in isbitaalka la dhigo ama la geeyo qeybta daryeelka dadka aadka u liita.

**Guud ahaan dad ka yar 100-kii qofba 1 qof oo caabuqa qaadey ayaa u dhimanaya COVID-19, balse dadka da'doodu ka weyn tahay 75 ayaa u kordhaya 10-kii qofba 1 qof.**

Ma jirto daawo loo hayo COVID-19 inkasta oo daawooyin cusub oo la tijaabiyey ay ka caawiyaan in ay yareeyaan halista jirrooyinka darran.

## Ku saabsan noocyada tallaalada kala duwan

UK waxaa jira laba nooc oo tallaalka COVID-19 ah oo la isticmaali doono marka la ansaxiyo. Waxaa ay kulligood u baahanayaan in laba jeer la qaato si ay kuu siiyaan ilaallinta ugu wanaagsan.

## Yey tahay in uu qaato tallaalka COVID-19?

Guddiga Wadajirka ah ee Tallaalka ee loo yaqaano (JCVI), oo ah koox khabaro ah oo madax bannaan, waxaa ay ku taliyeen in NHS-ta ay tallaalka marka ugu horeysa siiso kuwa khatarta ugu sareysa ugu sugan in ay caabuqa qaadaan iyo in ay ku dhacdo jirrooyinka darran haddii uu caabuqa ku dhaco.

Kuwan waxaa ku jira dadka waayeelka ah, shaqaalaha safka hore ee caafimaadka iyo daryeelka bulshada, deganayaasha iyo shaqaalaha guryaha daryeelka, iyo kuwa qaba jirrooyin gaar ah. Marka la hello tallaalka dheeraad ah, tallaalka waxaa la siin doonaa dadka kale ee halista ku jira sida ugu dhakhsaha badan ee suurtagalka ah.

## Miyaan halis dheeraad ah ugu jiraa caabuqa COVID-19?

Coronavirus waxaa uu ku dhici karaa qof walba. Haddii aad tahay qof da'diisu weyn tahay lehna jirro sii daba-dheeraatey, COVID-19 ayaa noqon kara halis aad u sareysa xaaladaha qaarkoodna noqon kara dilaa.

## Waa in aad qaadataa tallaalka COVID-19 haddii aad:

- tahay qaangaar ku nool ama ka shaqeeya guri daryeel loogu talagaley dadka da'da weyn
- tahay shaqaalaha safka hore ee caafimaadka
- tahay shaqaalaha safka hore ee daryeelka
- tahay daryeela ka sahaqeeya guri oo daryeelaya qof da' weyn
- da'daadu tahay 65 sano ama ka weyn
- qaangaar yar balse leh jirro sii daba-dheeraatey (eeg boogga ku xiga)

## Tallaalka waxaa kaloo la siinayaa qaangaarka leh xaaladaha caafimaad sida:

- kansar dhiiga ah (sida leukaemia, lymphoma or myeloma)
- kaadi macaan
- Dementia (xusuus guurka)
- dhibaato wadnaha ah
- cabashada xabadka ama dhibaatooyinka neefsashada, oo ay ku jiraan boronkiitada, neef-qabashada ama cudurka neefta ee aadka ah
- cudurka kalyaha
- cudurka beerka
- difaaca jirka oo hoos u dhacday sababo la xiriira cudur ama daaweyn awgeed (sida caabuqa HIV, daaweynta steroid, chemotherapy ama radiotherapy)
- cudurada rheumatoid arthritis (xanuunka kala-goosyada), lupus ama psoriasis
- in xubin jirka ah lagaa bedeley
- kugu dhacay istaroog ama maskaxda oo dhiigga ku yeraada (transient ischemic (TIA)
- cudurada baabi'ya xididdada ama murqaha
- dhibaato aad ah ama saamayn weyn leh oo cillad xagga waxbarashada ah
- dhibaato kaa haysata beeryaradaada, sida cudurka ku dhaca dhiig casaha (sickle cell), ama lagaa saarey beeryarada
- culeyskaagu uu xad dhaaf yahay (BMI oo 40 ah iyo wixii ka sareeya)
- aad qabtid cudur aad u darran oo maskaxda ah

Dhammaan dadka ku jira kooxda Caafimaad ahaan Aadka u Nugul waxaa ay xaq u yeelan doonaan tallaalka COVID-19. In lagu siiyo tallaalka waxay ku xirnaan kartaa darnaanta xaaladaada caafimaad. GP-gaaga ayaa nagala tallin kara in aad xaq u leedahay.

## Yaanan qaadan karin tallaalka?

Tallaaladu kuma ay jiraan noole, sidaa darteed badbaado ayey u tahay dadka qaba ciladaha nidaamka difaaca. Dadkan waxaa dhici karta in aysan si wanaagsan ugu fal-celin tallaalka. Dad aad u yar oo halis ugu sugan COVID-19 ayaanan qaadan karin tallaalka - kuwan waxaa ku jira dadka xassaasiyado aad u daran leh.

Haweenka ku jira da'da dhalmada, kuwa uurka leh ama naas nuujinaya waa in ay ka akhriyaan macluumaadka faahfaahsan ee ku saabsan [www.nhs.uk/covidvaccination](http://www.nhs.uk/covidvaccination).

## Miyuu tallaalka i ilaalin doonaa?

Tallaalka COVID-19 waxaa uu yareynayaa fursadda in aad ku xanuunsato cudurka COVID-19. Waxaa suurtagal ah in ay qaadato todobaad ama laba in uu jirkaaga ilaalin ka dhiso qaadashada hore ee tallaalka.

**Tallaalka waxaa la caddeeyey in uu waxtar leeyahay wax walaac ah oo laga qabo badbaado ahaantiisana laguma arag daraasadaha lagu sameeyey dad ka badan 20,000 oo qof.**

Sida daawooyinka oo dhan oo kale, tallaalka si buuxda waxtar u leh ma uu jiro - dadka qaarkiis ayaa dhici karta in ay weli ku dhacdo COVID-19 iyagoo weliba qaatey tallaalka, balse cudurkaas markaa ku dhaca waxaa uu noqonayaa mid ka fudud.



## Tallaalka miyuu leeyahay waxyeelooyin?

Sida daawooyinka oo dhan oo kale, tallaalada waxaa ay sababi karaan waxyeelooyin. Badanka waxyeelooyinka waa kuwo fudud oo waqti-yarna jira, qof walbana kuma ay dhacaan. Xattaa haddii ay kugu soo baxaan astaamo qaadashada koowaad ka dib, waxaad weli u sii baahaneysaa in aad midda labaad qaadato. Inkasta oo laga yaabo in aad ilaalin ka hesho qaadashada koowaad, qaadashada labaad ayaa ku siineysa ka ilaalinta waqti dheer jireysa ee fayraska.

### Waxyeelooyinka badanaa dadka ku dhaca waxaa ka mid ah:

- in aad gacanta ka dareentid xanuun badan, dareen cuslaansho iyo danqasho halka aad irbadda ka qaadatey. Arintan waxay badanaa daran tahay maalinta 1-2 ka dib marka tallaalka la qaato
- dareemidda daal
- madax xanuun
- xanuun guud ahaan ah, ama astaamo fudud oo ifilida ah

Inkasta oo in ay qandho ku qabato laba ilaa saddex maalmood ay caadi tahay, qandho aad u sareysa caadi ma aha waxaana dhici karta in ay muujineyso inaad qabtid COVID-19 ama caabuq kale. Waad nasan kartaa waxaadna qaadan kartaa qaadashada caadiga ah ee paracetamol (raac talobixinta ku taalla baakadda) si ay kaaga caawiso in aad caafimaadid.

Astaamaha ka danbeeya tallaalka caadi ahaan waxaa ay jiraan wax ka yar hal todobaad. Haddii ay astaamahaaga u muuqdaan in ay ka sii darayaan ama haddii aad ka walaacsan tahay, wac NHS 111.

Haddii aad ka raadsatid talobixin dhakhtar ama kalkaaliso, hubi in aad u sheegtid tallaalkaaga (tus kaarka tallaalka haddii ay suurtagal tahay) si ay si sax ah qiimeyn kuuu sameeyaan.

Waxaad sidoo kale ku sheegi kartaa dhibaatooyinka laga shakiyey ee ka yimaada tallaalka iyo daawooyinkaba Mashruuca Kaarka Jaallaha ah. Eeg boga 11.

Haddii aad waqtigan xaadirka ah ku jirtid kooxda caafimaad ahaan aadka u nugul, fadllan sii wad raacitaanka hagidda dowladda.





## Waan qaatey tallaalkayga ifilada, ma u baahanahay in aan sidoo kale qaato tallaalka COVID-19

Tallaalka ifilada kaama ilaalinayo COVID-19. Maadaama aad labada tallaalka xaq u leedahay waa in aad labadoodaba qaadataa, balse caadi ahaan waa in ay u dhaxeysaa ugu yaraan hal todobaad.

### Tallaalka ma ka qaadi karaa COVID-19?

Kama qaadi kartid COVID-19 tallaalkada balse waxaa suurtagal ah in COVID-19 kugu soo dhacay aadna ka warqabin in aad qabtid calaamadaha ilaa laga gaaro ka dib ballantaada tallaalka.

Astaamaha ugu caansan ee coronavirus (COVID-19) waa in mar dhow kugu bilowdeen:

- qufac joogta ah oo cusub.
- qandho sareysa.
- luminta, ama isbeddelka, dareenka caadiga ah ee dhadhanka ama urta

Haddii aad qabtid astaamaha kor ku yaalla, joog guriga soona qabanqaabso in baaritaan lagaa qaado.

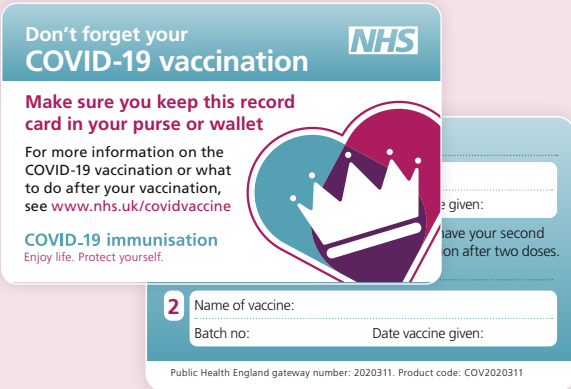
Haddii aad u baahan tahay macluumaad dheeraad ah oo ku saabsan astaamaha booqo [www.nhs.uk/conditions/coronavirus-COVID-19/symptoms](http://www.nhs.uk/conditions/coronavirus-COVID-19/symptoms)

## Maxaa ku xiga oo aan sameeyaa?

Ka dib qaadashada koowaad waxaad u baahanaysaa in aad qorsheysid sidaan u tagi laheyd ballantaada labaad. Waa in aad haysataa kaarka diiwanaka ballantaada ku xigtana waa in ay noqotaa inta u dhaxeysa 3 ilaa 12 todobaad ka dib.

Waa muhiim in aad labada qaadashaba qaadatid si aad u hesho ilaalinta ugu wanaagsan.

Badbaado ku xifdi kaarkaaga hubina in aad xaadirto ballantaada labaad si aad qaadashadaada labaad u qaadato.



**Don't forget your COVID-19 vaccination** **NHS**

**Make sure you keep this record card in your purse or wallet**

For more information on the COVID-19 vaccination or what to do after your vaccination, see [www.nhs.uk/covidvaccine](http://www.nhs.uk/covidvaccine)

**COVID-19 immunisation**  
Enjoy life. Protect yourself.

2 Name of vaccine: \_\_\_\_\_  
Batch no: \_\_\_\_\_ Date vaccine given: \_\_\_\_\_

Public Health England gateway number: 2020311. Product code: COV2020311

## Maxaan sameeyaa haddii aan jirranahay marka la gaaro ballanteyda xigta?

Haddii aad xanuunsan tahay, waxaa wanaagsan in aad sugtid ilaa aad ka ladnaaneyso si aad tallaalkaaga u qaadatid, balse waa in aad isku daydaa in aad sida ugu dhakhsaha badan ee suurtagalka ah u qaadatid. Waa in aadan tagin ballan tallaalka haddii aad is-go'doomineysid, aad sugeysid natiijada baaritaanka COVID-19 ama aadan hubin in aad ladan tahay oo aad caafimaad qabtid.

## COVID-19 miyaan ku ridi karaa qof walba, ka dib marka aan qaato tallaalka?

Tallaalka kuguma ridi karo caabuqa COVID-19, laba qaadashana waxaa ay hoos u dhigeysaa fursadda aad si darran ugu jirran laheyd. Weli ma aan ogin in ay kaa joojineyso in ay kugu dhacdo ama ay kaa joojiso in aad faafisid fayraska. Sidaa darteed, waa muhiim in aad raacdid hagaha deegaankaaga si aad u ilaaliso kuwa kugu hareereysan.

Si aad u ilaaliso naftaada iyo qoyskaaga, asxaabta iyo dadka kula shaqeeya waxaad weli u sii baahaneysaa in aad:

- ku dhaqantid kala fogaanshaha bulshada
- xiratid weji-dabool
- gacmahaaga u dhaqdid si taxadar leh joogtana ah
- ka raac hagaha hadda jira

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

Fadllan akhri macluumaadka badeecadda waraaqaha ku qoran wixii macluumaad dheeraad ah oo ku saabsan tallaalka, oo ay ku jiraan dhibaatooyinka ka iman kara, adigoo ka baaraya Mashruuca Kaarka Jaallaha ah.

Waxaad sidoo kale ku sheegi kartaa dhibaatooyinka laga shakiyey ee ka yimaada tallaalka isla bogga internet-ka ama adigoo soo dejisanaya Mashruuca Kaarka Jaallaha ah.



[coronavirus-yellowcard.mhra.gov.uk](http://coronavirus-yellowcard.mhra.gov.uk)

## Xusuusnow

COVID-19 waxaa faafiya dhibcaha laga soo neefsadey sanko iyo afka, gaar ahaan marka la hadlayo ama la qufacayo. Waxaa sidoo kale laga soo qaadi karaa in aad taabato indhahaaga, sankoaga iyo afkaaga ka dib markaad taabatey meelo ama sagxado fayraska ku wasaqeysan.



Tallaalka, wuxuu caawinayaa ilaalinta kuwa ugu nugul.

Haddii aad u baahan tahay macluumaad dheeraad ah oo ku saabsan tallaalka COVID-19 booqo [www.nhs.uk/covidvaccination](http://www.nhs.uk/covidvaccination)

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Waxaad ka dalban kartaa waraaqahan lacag la'aanta ah oo dheeraadka ah [www.healthpublications.gov.uk](http://www.healthpublications.gov.uk)