

Jawaabaha Lagu Kalsoon yahay ee Su'aalahaaga Tallaalka COVID-19

Maajo 25, 2021

Afar tallaalka ee COVID-19 ayaa loo oggolaaday in laga isticmaalo Canada malaayiin dad ahna ee addunka oo dhan waxay qaateen tallaalladan. Warbixintani waxay ka hadlaysaa welwelka guud iyo su'aalaha ku saabsan tallaalka si aad u hesho macluumaad wax ku ool ah oo ku saabsan waxa jirkaaga gelaya markii aad qaadato tallaalka COVID-19. Macluumaadka ku jira warbixintan waxaa xaqiijiyey dhakhaatiirta iyo cilmi-baarayaasha.



Ma qaadan karaa tallaalka haddii aan xasaasiyad qabo?

Haa, ammaan ayey kuu tahay adiga inaad qaadato tallaalka COVID-19 xitaa haddii aad taariikh ahaan u leedahay xasaasiyadda daran ee cuntooyinka, daawooyinka, ama walxaha kale. Haddii aad taariikh ahaan u leedahay dareen xasaasiyadeed oo daran, ku sugnow xarunta tallaalka 30 daqiiqo tallaalka ka dib si aad u hubiso inaad fiicantahay. Shaqaalaha caafimaadka ayaa had iyo jeer laga heli karaa goobta si ay kaaga taageeraan duruufaha mararka dhifta ah dhaca ee aad u leedahay dareen-celinta. Haddii aad xasaasiyad daran u leedahay mid ka mid ah waxyaabaha gaarka ah ee ku jira tallaalka COVID-19 (sida polyetylen glycol [PEG] ama polysorbate) ama qaadashada kan ugu horeeya ee tallaalka COVID-19, waa inaad kala hadashaa fidiyaha daryeelka caafimaadkaaga si aad u qaadato tallaalka si badbaado leh. Fadlan la soco in xasaasiyadahan gaarka ahi ay DHIF Yihiin.



Miyaan qaadan karaa tallaalka haddii aan xaalad caafimaaddaro ah qabo?

Waxaad si badbaado leh u qaadan kartaa tallaalka haddii aad leedahay xaalado caafimaaddaro sida sonkorow, dhiig kar, wadne xanuun, neef, ama dhiig yaraan.

Haddii aad qabto xaalad caafimaaddaro oo gaar ah ama aad qaadatid daawo hoos u dhigeysa **hab-difaaca jirka** (cudurada hoos u dhigaya hab-difaaca jirka ama daawada hoos u dhigaysa hab-difaaca jirka, sida kiimoteraabiga ama caddad xooggan ee kaniiniyada isteerooydka ah, iwm.) ama cudur khaas ah ee hab-difaaca jirka, waa inaad la hadashaa fidiyaha daryeelka caafimaadkaaga si uu u guddomiyo goorta ugu fiican ee aad qaadan karto tallaalka.



Miyaan sugaa inta dadka badankood ay qaadanayaan tallaalka?

Maya. Tallaalka qaado sida ugu dhakhsaha badan ee ay tahay marka la gaaro kaltankaaga. Waxay kaa difaaci doontaa inaad ku xanuunsato ama aad u dhimato COVID-19. Laga bilaabo 25 da Maajo, in ka badan 1 bilyan oo ah tallaalka COVID-19 ayaa la siiyey dad badan ee adduunka ah. Si loo joojiyo aafadan, dadka badankoodu waxay u baahan yihiin inay qaataan tallaalka; sida ugu dhakhsaha badan ee qof kasta loo tallaalo, taas oo badbaadineysa bulshooyinkeenna.



Muddo intee le'eg ayuu tallaalku i difaacayaa?

Baarayaasha ayaa wali isku dayaya inay ogaadaan muddada ay talaaladu ku siinayaan difaaca. Waxaa laga yaabaa in lagaa rabo in marlabbad lagu siiyo tallaalada xoojinta mustaqbalka si aad u sii lahaato awoodda kahortaga fayraska COVID-19

Tallaallada COVID-19 waxaa lagu qaataa hal ama laba jeer, taas oo ku xiran nooca tallaalka. Haddii tallaalka aad qaadaneysa lagu qaato laba jeer, waxaa lagu sheegii doonaa inaad u soo laabato qaadashada tallaalka labaad taariikh dambe. Waa inaad qaadataa qaadashada koowaad iyo labaad ee tallaalka si aad si buuxda uga badbaado cudurka daran ee COVID-19 ama geeri kugu timaaddo.

Xusuusnow: Waa inaad sii wadaa inaad raacdo dhammaan tallaabooyinka badbaadada ee COVID-19, sida xirashada maaskaro, ka fogaanshaha dadka kale, iyo dhaqidda gacmahaaga, xitaa ka dib marka aad istallaasho.

Talaalku wuxuu ka ilaaliyaa adiga iyo dadka aad jeceshahay inuusan ku dhicin xanuunka COVID-19. Marka ay dad badan qaataan tallaalka, ayaa dad badan badbaado qabayaan!



Waxaan rajeyneynaa warbixintan inay kuu noqoto mid faa'iido leh! Waxaan kugu martiqaadeynaa inaad si ballaaran ula wadaagto dadka kale, u isticmaal sida qoraal ahaan si aad u duubto codka maqalka ama muuqaalka fidiyoowga, ama aad ugu turjunto luqado badan si aad ula wadaagto dadka kale. Fadlan hubi inaad mudnaanta siiso diyaariyaha warbixintan: Isbitaalka Haweenka ee College, OCASI, Xarunta TAIBU ee Caafimaadka Bulshada iyo Qaxootiga 613.

Sax ah laga bilaabo Maajo 25, 2021

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