

Tallaalada COVID-19 [Waxa soo saaray Pfizer-BioNTech & Moderna]

COVID-19

[COVID-19](#) waa infekshan fayras oo ugu horreyn ku dhaca sambabaha. Dadka qaar waxay yeelan karaan xanuun yar. Qaar kale ayaa aad u xanuunsan kara, oo ay ku jiraan waayeelka ama dadka qaba xaalad caafimaad oo hore u jirtay. Marar aad u yar, carruurta qaar waxay yeelan karaan xaalad daran oo barar ah. Saamaynta muddada-dheer ee COVID-19 si buuxda looma yaqaan. Dadka qaar waxay halis weyn ugu jiraan inuu ku dhaco COVID-19 sababtoo ah shaqadooda ama noloshooda darteed.

Siday tallaaladani u shaqeeyaan

Tallaalka ayaa u sheega unugyada ku jira jirkeenna inay sameeyaan borotiin si gaar ah looga helo fayraska keena COVID-19. "Borotiinnadan kacsan," inkastoo aysan khatar ku ahayn nafaheena, ayaa ku carin doona jirkeena inuu sameeyo unugyo difaac. Unugyada difaaca jirkeena ee cusub ayaa inaga ilaalin doona xanuunka haddii aan qaadno fayraska. Tallaalka kuma jiro fayrasku sidaa darteed inama siin karo COVID-19.

Labada tallaalba waxaa la mariyay tijaabooyin caafimaad oo waaweyn si loo hubiyo inay buuxiyeen heerarka badqabka, waxaana labadaba ruqsad siisay oo oggolaatay Health Canada.

Habka Tallaalidda

Labada tallaalba waxay u baahan yihiin laba qiyaasood. Qiyaasaha Pfizer waxaa loo dhaxaysiinayaa ugu yaraan 21 maalmood dadka jira 16 sanno iyo ka weyn, oo ay ku jiraan dadka waaweyn. Qiyaasaha Moderna waxaa loo dhaxaysiinayaa 28 maalmood dadka jira 18 sanno iyo ka weyn, oo ay ku jiraan dadka waaweyn.

Faa'iidooyinka Tallaalka

Laba qiyaasood oo tallaalka ah ayaa loogu baahan yahay ka hortagga fiican. Kadib markaad dhammaystirto labada tallaalka, waxay qaadan kartaa hal ama laba toddobaad oo kale si loo gaaro ka-hortagga ugu sarreeya ee ka hortagga COVID-19. Waqtigaan, ma jiro wax macluumaad ah oo ku saabsan ka hortagga muddada dheer ee tallaalka. Tijaabooyinka, tallaalku wuxuu ahaa mid waxtar leh 95%.

Waxaa jirta fursad yar oo aad weli ku qaadi karto COVID-19 kadib markaad is tallaasho. Waxaa muhiim ah in la sii wado tallaabooyinka caafimaadka dadweynaha sida kala fogaanshaha jirka, maaskaro la xirto, iyo joogitaanka guriga haddii aad xanuunsan tahay. Daryeelka caafimaadka iyo shaqaalaha kaleba waa inay weli xirtaan qalabka difaaca jirka (PPE) xitaa kadib marka la tallaalo.

Waxyeellooyinka iyo Khataraha

Dadka qaarkood waxaa laga yaabaa inay kala kulmaan waxyeellooyin tallaalka, laakiin waxay u badan tahay inay dhexdhexaad noqon doonaan oo ay baab'i doonaan dhawr maalmood kadib. Calaamadaha qaarkood waa qayb ka mid ah jawaabta jirka ee horumarinta difaaca jirka.

Waxyeellooyinka guud ee laga soo sheegay tijaabooyinka tallaalkan waxa ka mid ah:

aad u badan $\geq 10\%$ (in ka badan 1 ka mid ah 10 qiyaasood)	caadi ah 1% -10% (1 in 100 to 1 in 10 doses)	aan badnayn 1% (100kiiba 100)	aad u dhif ah
<ul style="list-style-type: none"> ○ xanuun meesha la duray ○ madax xanuun ○ dareemid daal ○ murqo ama kalagoysyo xanuun ○ qandho ama qarqaryo ○ Barar ama damqasho kilaankilada hoosteeda (keliya tallaalka Moderna) 	<ul style="list-style-type: none"> ○ Casaan & barar meesha la duray ○ Yalaalugo & Matag (keliya tallaalka Moderna) 	qanjidhada oo barara	xasaasiyad daran sida anaphylaxis

Kiisas dhif ah, dareen-celin xasaasiyadeed oo halis ah (anaphalaxis) ayaa dhici kara. Dareen-celinta xasaasiyadda waa la daaweyn karaa oo badanaa waa ku-meel-gaar. Raadso daryeel caafimaad haddii aad dhib ku dareentid neefsashada, ku yeelato finan ama barar wejiga iyo cunaha. Waxyeellooyinka tallaalka waa la sii daba socon doonaa maadaama dadku qaadanayaan tallaalka. Haddii tallaala aad ka yeelato dareen-celin, la xiriir daryeel bixiyahaaga caafimaad kaas oo si toos ah ugu wargalin doona waxyeellooyinka dhinaca caafimaadka dadweynaha. Caafimaadka dadweynaha ayaa la socon doona waxyeellooyinka la soo sheegay si loo hubiyo in tallaalku uu sii ahaanayo mid ammaan ah.

Taxaddarrada

- Dibu dhig tallaalka haddii aad qandho qabtid, aad la xanuunsan tahay calaamadaha COVID-19, ama aad qaadatay tallaalka 14-kii maalmood ee la soo dhaafay.
- Iska ilaali inaad isku daydo inaad uur yeelato ugu yaraan bil kadib markaad qaadatid labada qiyaasood ee tallaalka.
- Haddii aad qaadato daawada dhiigga khafiifisa, waxay isticmaali doonaan irbado yar oo adna waxaad u baahan doontaa inaad cadaadiso muddo kadib markaad qaadato tallaalka si aad u yareyso nabarrada.

Ha qaadan tallaalkan, haddii aad:

- xasaasiyad ku leedahay wax kasta oo ku jira tallaalka, oo ay ka mid yihiin polyetylen glycol; ama
- aad ku yeelatay dareen-celin daran qiyaas hore oo tallaalkan ah.

La hadal ugu horreyn daryeel bixiyahaaga caafimaad, haddii aad:

- Ka yar tahay 16 sanno jir (12 illaa 15 sanno jir tallaalka Pfizer ayaa la siin karaa);
- uur leedahay ama naas nuujinayso; ama
- leedahay habka difaaca jirka ee daciifsan oo ay ugu wacan tahay xanuun ama daaweyn, ama cilad dhiig.

Wixii macluumaad dheeraad ah, kala hadal daryeel bixiyahaaga caafimaad, ama booqo toronto.ca/COVID19.

Kheyraadka

Guddiga La-talinta Qaranka ee Tallaalka. Talooyinka ku aadan isticmaalka tallaalka COVID-19, Dis 2020. Waxaa laga heli karaa halkan <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines.html>