

# Tallaalka COVID-19 Su'aalaha Badanaa La Isweydiyo

Markii ugu dambaysay ee la cusbooneysiisay – 3-da Maajo 2021

Somali | Soomaali

## 1. Yaa heli doona tallaalka COVID-19?

Qof kasta oo Australia jooga ayaa la siin doona tallaalka.

Dadka halista ugu weyn ugu jira cudur daran ayaa mudnaanta la siinayaa inay helaan tallaalka.

## 2. Sidee loo ballansadaa tallaalkayga COVID-19?

Dadka waa weyn ee jira 50 sano iyo wixii ka weyn, ayaa hadda ballansan kara:

- Si toos StarHealth ayagoo booqanaya <https://www.starhealth.org.au/covid19/> Haddii aad u baahan tahay in lagaa caawiyo ka samaysato ballanta khadka tooska ah ee internet ka ka wac StarHealth 9525 1300
- Iyada oo loo marayo hubiyaha u qalmida ee dowladda ee ah <https://covid-vaccine.healthdirect.gov.au/eligibility>

Sidoo kale dadka uqalma tallaalka waqtigan, waxaa ka mid ah:

- Dadka qaangaarka ah ee jira 18 iyo wixii ka weyn ee Aborijiniska iyo Torres Strait Islanderka ah.
- dadka qaba xaalado caafimaad xumo iyo naafonimo.
- shaqaalaha goobaha halista ah (sida adeegyada gurmada, booliska, adeegyada dab damiska, shaqaalaha kale ee daryeelka caafimaadka).

Hadafku waa in dadka Australiyaanka ah oo dhan ay helaan tallaalka sanadka 2021. Tani way isbadali kartaa iyadoo kuxiran soosaarka tallaalka iyo helitaanka. La soco StarHealth si aad ula socoto wixii ku soo kordha.



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### 3. Halkee ayaan ka helayaa tallaalkayga COVID-19?

Hoolka Magaalada Prahran waxaa loo sameeyay inuu noqdo goob tallaal, taas oo u sahli doonta macaamiil badan oo StarHealth ah. Ballamaha waxaa laga sameyn karaa <https://www.starhealth.org.au/covid19/>

Goobaha tallaalka ayaa laga dhisi doonaa Melbourne oo dhan faahfaahinta iyaga ku saabsanna waa la heli doonaa markay bilaabaan inay furmaan.

La xiriir StarHealth wixii macluumaad ah ama ka hubi hubiyaha u-qalmitaanka <https://covid-vaccine.healthdirect.gov.au/eligibility>

La xiriir maamulaha kiiskaaga StarHealth ama (dhaqtarkaaga) GP-gaaga si aad uga hesho goobta tallaalka kuugu dhow.

Xarumo caafimaad oo badan oo GP-ga ah ayaa sidoo kale bixin doona talaalada. Ka hubi xarunta (dhaqtarkaaga) GP-gaaga si aad wax dheeraad ah uga hesho.

### 4. Ma u baahanahay baaritaanka COVID ka hor intaan is tallaalin?

**Maya.** Uma baahnid in lagu baaro ka hor intaan helin tallaalkaaga laakiin, haddii aad xanuunsantahay maalinta ballanta tallaalka waa inaad jadwal kale u dhigtaa ballantaada.

Waa inaad isisoo baartaa haddii aad leedahay astaamo sida kuwan oo kale:



Qandho, qarqaryo ama dhidid



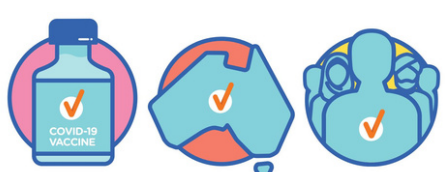
Qufac



Cune xanuun



Neefta oo kugu yaraata/neef qabasho



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## 5. Maxaan sameeyaa ka hor tallaalkayga COVID-19?

Sii wad ku dhaqanka talabixinta COVIDSafe sida gacmo-dhaqashada, kala fogaanshaha bulshada hadii ay suurogal tahay iyo xirashada maaskaro/af-saab.



Hubi in faahfaahintaada Medicare ay tahay mid sax ah, ama iska diiwaangeli Medicare.



Haddii aadan xaq u lahayn Medicare waxaad dalban kartaa Aqoonsi Caafimaad oo Shakhsiyeed (IHI).

Booqo **myGov** at **my.gov.au** ama wac Medicare **13 20 11** si aad u hesho faahfaahin dheeraad ah ama caawimaad tan ku saabsan

## 6. Maxay tahay sababta aan u qaadanayo tallaalka COVID-19?

Tallaalku waa habka ugu wax ku oolka badan ee looga hortago cudurka daran ee COVID-19.

Tallaalku wuxuu xoojiyaa nidaamkaaga difaaca isagoo u tababaraya inuu aqoonsado lana dagaallamo fayrasyada gaarka ah.

Markaad is tallaasho waxaad difaaceysa naftaada oo waxaad ka caawineysaa inaad ka ilaaliso qoyskaaga, asxaabtaada iyo dhammaan bulshada fiditaanka fayraska COVID-19.



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## 7. Tallaalku ammaan ma yahay?

Australiyaanku waxay ku kalsoonaan karaan in hanaanka dib-u-eegista tallaalka ee Daaweynta (TGA) ee tallaalkan uu ahaa mid adag oo heerka ugu sarreeya ah. TGA waxay leedahay mid ka mid ah hababka oggolaanshaha ugu adag adduunka.

Tallaallada COVID-19 waxay ahayd inay ka gudbaan heerarka nabadgelyada ee TGA oo la mid ah tallaallada kale ee lagu bixiyo Australia. Taas waxaa sii dheer, dufcada TGA-waxay tijaabisaa dhammaan tallaallada la keenay ee COVID-19 waxayna sii wadi doonaan inay si firfircoon ula socdaan tallaalka Australia iyo dibaddaba.



Cilmi baaris



Dib u eegis



Ansixin



La socosho



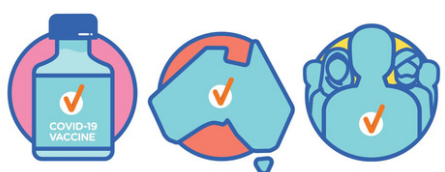
## 8. Tallaalku ma khasabbaa?

Tallaalku waa ikhtiyaari, qasab ma aha. Waa la bixin doonaa waana la heli karaa haddii aad rabto inaad hesho.

Iyadoo la raacayo talooyinka dawladda Barwaaqosooranka 'StarHealth' waxay ku talineysaa in laga tallaalo cudurrada la isu gudbin karo, oo ay ku jiraan COVID-19, maxaa yeelay tallaallada loo oggolaaday in laga isticmaalo Australia waa kuwo ammaan ah oo wax ku ool u leh ilaalinta bulshadayada.

## 9. Ma awoodaa inaan doorto nuuca tallaalka COVID-19 ee aan qaadanayo?

**Maya.** Waxaad heli doontaa tallaalka la heli karo waqtigaas.



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## 10. Ma jiraan waxyeellooyin ka imaan kara tallaalka COVID-19?

Tallaalka ka dib waxaad la kulmi kartaa amaba aadan la kulmi doonin waxyeelo yar.

waxyeellooyinka ka dhasha tallaalka waxay tusaale wanaagsan u noqon karaan awooda nidaamkaaga difaaca.

Fal-celinta guud ee ka dhasha tallaallada waxaa ka mid ah:

- Xanuun, Meesha cirbada lagu duray oo gaduudata iyo / ama barar goobta duritaanka ah (badanaa gacantaada kore).
- Qandho fudud, daal iyo kor hur iyo xanuun maalin ama laba maalmood ah.

Waxaa jira warbixino sheegaya tiro yar oo dad ah oo dhiigga xinjiro noqday taas oo aan caadiyan dhicin kadib markay qaateen tallaalka AstraZenca ee COVID-19. Kuwani waa dhif iyo naadir waxaana baaraya Maamulka Agabka Daaweynta (TGA). Talada hadda jirta ayaa ah in faaiidooyinka tallaalka eey ka badan yihiin qatarta uga imaan karta dadka da' doodu tahay 50 iyo ka badan. Taas waxaa u sabab ah jirrooyinka ka dhasha COVID-ee dadka jira 50 iyo ka weyn ayaa noqon karta mid aad u daran.

Haddii aad ka walwalsan tahay waxyeellooyin kasta oo suurtagal ah, fadlan la tasho GP-ga (dhaqtarkaaga) ka hor tallaalka.

## 11. Intee in le'eg ayuu soconayaa tallaalka COVID-19?

Waxaad filan kartaa inaad ubaahantahay ugu yaraan tallaalka sanadle ah oo ah COVID-19 si aad uga hortagto. Waxbadan ayaan ka ogaan doonnaa tan sanadka gudihiisa.

## 12. Ma inaan lacag ku bixiyaa tallaalka COVID-19?

**Maya.** Tallaalka COVID-19 wuxuu noqon doonaa mid ikhtiyaari ah oo bilaash u ah qof kasta oo jooga Australia.



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### 13. Haddii aan diido tallaalka, ma waayi doonaa lacagta aan ka helo Dawlada?

**Maya.** Haddii aad diiddo tallaalka COVID-19, tani wax saameyn ah kuma yeelan doonto lacag-bixinnada dawladda ee laga yaabo inaad hadda hesho.

### 14. Immisa qiyaasood oo ah tallaalka COVID-19 ayaan u baahanahay?

Waxaad u baahan doontaa laba qiyaasood, oo ay u kala dhexeeyso 12 toddobaad.

Takhtarkaaga Guud, takhtarkaaga StarHealth ama xirfadle daryeel caafimaad kale ee aad ka qaadatid qiyaasta koowaad ayaa kuu sheegi doona goorta loo baahan yahay qaadashadaada labaad.



### 15. Ma u baahanahay tallaalka hargabka?

Haa, tallaalka hargabku wuxuu kaa difaacayaa hargabka, oo weli ah cudur daran.

Waa inaad la tashataa GP(dhaqtar) si aad u xaqiijiso inaad heshid tallaalkaaga hargabka waqti ammaan ah oo laga kala fogeeyay tallaalka COVID-19, ugu yaraan laba toddobaad ka hor ama ka dib.

### 16. Maxaan sameyn karaa si aan u nabad qabo inta aan iska tallaalayo?

Sii wad inaad raacdo talooyinka COVIDSafe.



Haddii aad xanuunsan tahay, isbaar oo guriga joog ilaa aad ka helaysid natiijo (negative) xaqiijinaysa inaad qabin COVID-19.



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La xiriir dhakhtarkaaga ama xirfadlahaaga daryeelka caafimaadka haddii aad qabto su'aalo dheeraad ah Booqo [www.starhealth.org.au](http://www.starhealth.org.au) wixii macluumaad dheeraad ah iyo tixraacyada rugaha caafimaadka ee StarHealth  
Taleefanka: StarHealth 03 9525 1300  
Taleefanka: Dawlada Australiya COVID-19 Khadka caawimaada 1800 020 080



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