

Ka ilaalinta naftaada COVID-19

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

Somali | Soomaali



Ku saabsan coronavirus COVID-19 iyo tallaalka

Waa maxay coronavirus (COVID-19)

Coronaviruses waa qoys ballaaran oo fayras ah oo sababa caabuqa xabadka. Kuwaani waxay u dhexeeyaan hargabka caadiga ah illaa cudur daran, sida koolbo aaryada. COVID-19 waa cudur uu sababo nooc cusub oo coronavirus ah.

Sidee tallaalada COVID-19 u shaqeeyaan

- Tallaalku waa daawooyin xoojiya habka difaaca jirka si aad ula dagaallanto cudurrada.
- Tallaalka COVID-19, sida tallaallada kale (sida tallaalka hargabka), ayaa lagu siin doonaa cirbad. Tani waxay kicineysaa jawaab-celinta difaaca jirkaaga, taas oo ah habka dabiiciga ah ee jirka uu isaga difaaco cudurka.
- Tallaalku wuxuu xoojinayaa nidaamkaaga difaaca isagoo u tababaraya inuu aqoonsado lana dagaallamo fayraska keena COVID-19.
- Tallaallada waxay ka koobnaan karaan noocyada la dilo ama daciifa ee fayraska ama qayb yar oo fayraska laftiisa ah. **Ma jirto** khatar aad fayraska dhabta ka qaadi kartid tallaalka.



COVID-19
VACCINATION
Safe. Effective. Free.

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

Markaad is tallaasho waxaad difaaceysa naftaada oo waxaad ka caawinaysaa bulshada oo dhan inay ammaan ahaadaan.



Australian Government
Department of Health



Sidee ayuu u shaqeeyaa tallaalka COVID-19

- Marka nidaamkaaga difaaca u aqoonsado fayras, ama qaybo ka mid ah tallaalka inuu yahay ajnabi, wuxuu ku jawaabaa isagoo abuuraya unugyada xusuusta iyo unugyada difaaca jirka. Kuwani waxay kaa difaaci doonaan inaad la kulanto astaamaha daran ee COVID-19.
- Tallaallada COVID-19 ee ay ansixisay Dowladda Australia waxaa la marsiiyay tijaabooyin taxadar leh oo ay sameeyeen khubaro caafimaad oo ka socota Australia (The Therapeutic Goods Administration) iyo adduunka oo dhan si loo caddeeyo inay yihiin kuwo ammaan ah oo waxtar leh.



Isku tallaallidda tallaalka COVID-19

- Talaal badbaado leh oo wax ku ool ah oo COVID-19 ah ayaa loo heli doonaa qof walba oo Australia jooga.
- Kooxaha mudnaanta sare leh ayaa ah kuwa halista daran ugu jira xanuunada waana kuwa marka hore la tallaali doono. Dawlada Australia waxay sameysay qaab wajiyeed kala horeeya. Waxaad ku ogaan kartaa goorta aad is tallaali karto adiga oo isticmaalaya hubiyaha online ah ee u-qalmitaanka ee internetka <https://covid-vaccine.healthdirect.gov.au/eligibility>
- Tallaalka COVID-19 waa mid ikhtiyaari ah waana u **lacag la'aan** dhammaan dadka ku nool Australia.



COVID-19
VACCINATION
Safe. Effective. Free.



Australian Government
Department of Health



Isku tallaalidda tallaalka COVID-19 ayaa sii socota

- Qof kastaa wuxuu u baahan doonaa laba qiyaasood oo ah tallaalka COVID-19. Kuwani waa la kala dhejin doonaa qiyaastii 12 toddobaad.
- Haddii aad dooratid inaad qaadnin tallaalka COVID-19, tani ma saameyn doonto lacagaha dawladda ee laga yaabo inaad hesho.



Sida loo ballansado tallaalka COVID

Waxaad ka heli kartaa tallaalkaaga COVID-19 goobta StarHealth ee ku taal Prahran Town Hall.

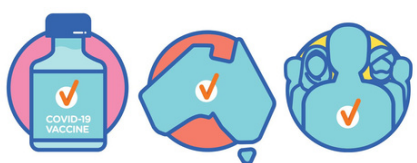
- 1) khadka tooska ah ee internetka <https://www.starhealth.org.au/covid19/>
- 2) adoo ka wacaya StarHealth 9525 1300

Waxa kale oo aad ka heli kartaa tallaalkaaga COVID-19 goobaha ku yaal Melbourne oo dhan.

- Ballan ka sameys <https://covid-vaccine.healthdirect.gov.au/eligibility>

Ammaan ahow ilaa aad ka helaysid tallaalkaaga COVID-19

- Si joogto ah u dhaq gacmahaaga.
- Ka fogoow ugu yaraan 1.5 mitir dadka kale.
- Xidho maaskaro/af-saab marka loo baahdo, inaad haysato sabab sharci ah oo aadan u qaadan karin maahane.
- Haddii aad dareento inaad fiicnayn ama aad calaamado xanuuno leedahay, isisoo baar oo guriga joog ilaa aad ka helaysid natiijo (negative) xaqiijinaysa inaad qabin COVID-19



COVID-19
VACCINATION

Safe. Effective. Free.



Australian Government
Department of Health



Sida uu u faafo coronavirus COVID-19

Feyrasku wuxuu ku faafi karaa dhibco qoyaan ah marka qof qaba cudurka qufaco, hindhiso ama markay dadku hadlaan oo heesaan. Dhibcaha qoyaanka ah waxay jidhka ka geli karaan afka, sanko, ama indhaha. Qofkasta wuu qaadi karaa. Inta badan dadka qaada COVID-19 waxay qabaan xanuuno sahlan, si kastaba ha noqotee; dadka qaarkood waxay la kulmi karaan jirro daran.

Calaamadaha coronavirus COVID-19

Calaamadu waxay u dhexeeyaan kuwo fudud ilaa jirro halis ah sida koolbo aaryo, waxaana ka mid noqon kara:

- Qandho
- Lalabbo
- Calaamadaha neefsashada sida
 - Qufaca
 - Cune xanuun
 - Neefta oo kugu yaraata/neef qabasho
 - Xaaladaha daran waxay u horseedi kartaa dhimasho



Qandho, qarqaryo
ama dhidid



Qufac



Cune xanuun



Neefta oo kugu
yaraata/neef qabasho



**COVID-19
VACCINATION**
Safe. Effective. Free.

Weydii (dhaqtarkaaga) GP gaaga ama xirfadlahaaga daryeelka caafimaadka haddii aad qabtid su'aalo kale oo ku saabsan tallaalka COVID -19



Australian Government
Department of Health

