

Isticmaalka Daroogada iyo Tallaalka COVID-19

Markii ugu dambeysay ee la cusbooneysiisay -7 Sebtember 2021

Somali | Soomaali

Waa maxay sababta loo qaato tallaalka COVID-19?

Tallaalku waa habka ugu wanaagsan ee naftaada iyo bulshadaada looga ilaalin karo qaadista iyo gudbinta COVID-19. Waa ammaan isla markaasna waxtar leh oo kaa caawin doona ka -hortagga dillaaca cudurka ee mustaqbalka.

Isticmaalka daroogada iyo tallaalka

Haddii aad isticmaasho ama aad waligaa isticmaashay daroogo/daawooyin, tallaalka ka-hortagga COVID-19 waa mid kuu fiican. Haddii aad qabtid xaalado caafimaad darro oo ay ka mid yihiin cudurka sambabka oo muddo badan ku hayay, cudur beerka ah oo wax badan kusoo hayay, ama xaalado wadnaha oo daran, waxay u badan tahay inaad la xanuunsan doontid COVID-19. Tallaalka aad baa laguugula talinayaa si looga baaqsado inaad aad u xanuunsato.

Waxyeellooyinka tallaalka

Ma aha in qof walba uu la kulmayo waxyeellooyin ka yimaada tallaalka COVID-19. Haddii aad dareentid waxyeellooyin, badanaa waa kuwo iska sahlan waxayna soconayaan 1-2 maalmood. Waxaa ka mid noqon kara:

- qandho fudud
- qarqaryo
- madax xanuun
- lalabo
- daal

Waxyeellooyinka tallaalka COVID-19 waxay noqon karaan astaamaha joojinta daroogada ama aalkolada, oo ay ku jiraan qandho, qarqaryo, lafo/jir xanuun, lalabo, iyo daal. Dad badan ayaa sidoo kale soo sheega madax -xanuun tallaalka ka dib.

Haddii aad isticmaasho maandooriye, isku day inaad si dhow ula socotid isticmaalkaaga maalmaha ka dambeeya tallaalka markaad qaadatid. Haddii astaamaha joojinta ay kuula muuqdaan kuwo aan macquul ahayn, waxay noqon kartaa tallaalka. Tallaaladu waxay koowda hore cadaadis dheeraad ah saari karaan nidaamka difaacaaga, sidaa darteed jirkaagu wuxuu u shaqayn karaa si ka duwan sidii caadiga ahayd muddo gaaban.

Xusuusnow dhammaan sida ugu fiican ee aad uga hor tagi kartid isticmaalka daroogooyinka xad -dhaafka ah iyo xeeladaha dib -uga-laabashada!

Waa dhif in la dareemo caafimaad darro in ka badan hal maalin. Xusuusi naftaada in calaamadaha xanuunku iska dhamaan doonaan oo aysan u badneyn inay la xiriiraan joojinta opioid.

Sida loo ballansado tallaalkaaga COVID-19

Ka difaac naftaada COVID-19 adiga oo is tallaalaya. Waxaad ka heli kartaa tallaalka xarumo caafimaad oo kuu dhow.

Kawac StarHealth 8644 3311 si aad ballan uga qabsatid mid ka mid ah xarumaheena, nagu soo booqo www.starhealth.org.au ama ballan ka qabso <https://covid-vaccine.healthdirect.gov.au/eligibility> ama iyada oo loo marayo Khadka Coronavirus ee 1800 675 398.



Australian Government
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