

XOGTA BUKAANNADA EE KU SAABSAN TALAALKA COVID-19

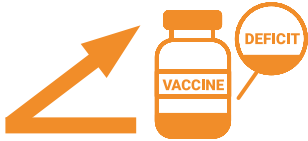
Xogta hoose waxaa bixiyay Xarumaha Xakameynta iyo Ka hortaga Cudurada (CDC, Centers for Disease Control and Prevention) [cdc.gov](https://www.cdc.gov) iyo University of Michigan. HHS waxay u taagan tahay inay kala shaqayso bulshadeena iyo bukaannadeena yaraynta saamaynta COVID-19. Talaalku waa waxa kaliya ee la isku halayn karo ee naga caawinaaya inaan badbaadno.



mRNA

TALAALKA COVID-19 WAA TALAAL KA SAMAYSAN mRNA

Talaalka COVID-19 waa talaalka messenger RNA (mRNA). Noocaan talaalka waxaa daraasad lagu waday 10 sano laakiin talaalka COVID-19 waa noocadii koobaad ee dadka dhan lagu talaalaayo.



WAXAA HADDA LA HAYAA TIRO YAR OO TALAALKA COVID-19 GUDAHA MARAYKANKA, LAAKIIN TIRADA AYAA KORDHI DOONTA BILAHA SOO SOCDA.

Hennepin Healthcare waxay talaali doontaa dadka ayadoo lagu salaynaayo wajiyada MDH. Waxaan filaynaa inaan talaallada siino dadwaynaha dhawrka billood ee soo socda. Booqo hennepinhealthcare.org/covid19vaccine si aad u hesho xogihii ugu danbeeyay.

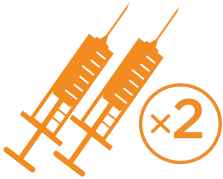


TALAALLADA COVID-19 WAA KUWO BADQAB LEH

Talaallada mRNA ee COVID-19 waxay marayaan isla qiimaynta adag ee badqabka ee ay mareen dhammaan talaalladii ka horeeyay kahor intaysan oggolaan in lagu isticmaalo Maraykanka Maamulka Cuntada iyo Daawada.



WAXAAN HAYNAA TALAALLADA COVID-19 OO HADDA DIYAAR AH WAAYO KHUBARADA SAYNISKA IYO CAAFIMAADKU WAXAY SI DHAKHSO LEH UGA JAWAABEEN MASIIBOYINKA CAAFIMAADKA DADWAYNAHA OO KHATAR AH.



TALAALLADA COVID-19 WAXAY KAA DIFAACI DOONAAN QAADISTA COVID-19. LABO KUURO AYAA LOO BAAHAN YAHAY.

Waxaad u baahan tahay labo kuuro oo talaalka COVID-19 ee hadda la heli karo ah. Cirbada labaad oo lagugu dhufanaayo 3-4 asbuuc kadib kuurada koobaad ayaad u baahan tahay si aad u hesho difaaca ugu habboon ee talaalku ka bixinaayo xanuunkaan daran.

BILAASH



TALAALKA COVID-19 WAXAA LAGU BIXIN DOONAA SI BILAASH AH

Xarumaha caafimaadka ayaa ku waydiin doona xogta caymiska si ay u helaan qarashka adeegooda. Haddii aadan haysan caymis, wali waad helaysaa talaalka.

TALAALLADA COVID-19 WAA MID KAMID AH TALAABOYINKA BADAN EE MUHIIMKA NOO AH SI AAN U JOOJINO FAAFIDA AAFADA

Xog kasoo baxday ilaha CDC: <https://www.cdc.gov/vaccines/covid-19/hcp/mrna-vaccine-basics.html>, <https://healthblog.uofmhealth.org/wellness-prevention/not-sure-about-covid-19-vaccine-get-facts-then-decide>