

Galka Xogta ee Isgaarsiinta: Ka caawinta Dadka Oregon Qaadashada Tallaallada COVID-19:

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Kheyraadka baahiyahaaga isgaarsiineed:

Tusmada iimayl-ka, Nuxurka wargayska, nuxurka warbaahinta baraha bulshada



Xaashida La-daabici karo ee Xaqiiqda Degdega ee COVID



Kaarka Isgaarsiinta Tallaalka COVID-19



Bayaanka Oggolaanshaha ee Carruurta Yaryar



QOFKEE qaadan kara tallaalka? GOORMA?

Qof kasta 12 iyo kaweyn ayaa uqalma inay qaataan tallaalka COVID-19.



Macluumaadka Isku-xigitaanka Tallaalka



HALKEEN ka qaadan karaa tallaalka?

Dadka ku nool Oregon waxay ka qaadan karaan tallaalkada dhowr meelood.



Macluumaadka Goobta Tallaalka



SIDEEN u heli karaa ballan tallaalka?

Dadka Oregon ee uqalma waxay tegi karaan covidvaccine.oregon.gov si ay u hubiyaan macluumaadka tallaalka ee bulshooyinkooga, oo ay isaga diiwaangaliyaan [Qalabka Istallaal ee Oregon](#), oo ka hubi macluumaadka gaarka ah ee degmada. Qabashada ballamaha hadda lagama heli karo covidvaccine.oregon.gov laakiin waxaa jira lingaxyo ah maamulada caafimaadka dadweynaha iyo goobaha tallaalka dadka badan wixii ballamo ah.

Dadka Oregon waxa kale oo ay caawimaan ka heli karaan iyagoo u diraya farriin qoraal ORCOVID lambarka 898211 (Kaliya Ingiriisi iyo Isbaanish) ama iimayl u dir ORCOVID@211info.org (caawinaada luqadda ayaa la heli karaa). Haddii aadan ku heli karin jawaabaha su'aalaha tallaalka COVID-19 websaydka, qoraal ahaan, ama iimayl, waad wici kartaa 211 ama 1-866-698-6155, oo ah lambar bilaash ah oo furan laga bilaabo 6 a.m. ilaa 7 p.m. maalin kasta, xitaa fasaxyada. Waqtiyada sugitaanku way dheeraan karaan sabab la xariirta wicitaannada oo badan.

Farmasiyada, dadka Oregon ee uqalma waxay si toos ah uga samaysan karaan ballamaha tallaalka websayd-yada. Farmasiyada ayaa baari doona uqalmitaanka. Farmasiyada hadda: <https://govstatus.egov.com/find-covid-19-vaccine>.

Bi-Mart: <https://www.bimart.com/pharmacy/covid-19-vaccine>

Costco: [costco.com/covid-vaccine.html](https://www.costco.com/covid-vaccine.html)

Health Mart: [healthmartcovidvaccine.com](https://www.healthmartcovidvaccine.com)

Rite-Aid: [riteaid.com/oregon](https://www.riteaid.com/oregon)

Safeway/Albertsons: [safeway.com/pharmacy/covid-19.html](https://www.safeway.com/pharmacy/covid-19.html)

Walgreens: <https://www.walgreens.com/findcare/vaccination/covid-19>

Walmart: <https://www.walmart.com/cp/flu-shots-immunizations/1228302>



MAXAAN u qaadanayaa tallaalka?

Faa'iidooyinka qaadashada tallaalka COVID-19

Dhammaanteen waxaan rabnaa inaan dib ugu laabano nolosheeni. Tallaaladu waxay inaga caawin karaan waxyaabo badan oo aan u xiisnay in badan. Marka dad ku filan la tallaalo, waxaynu awoodi doonnaa inaan aragno kuwaan jecelnahay, u dabaaldegnno ciidaha, oo aan ku laabano nolosheeni caadiga ahayd.

 [Macluumaadka Dheefaha Tallaalka](#)



Maxaan u baahanahay inaan ogaado kahor intaan tagin?

Tallaallada COVID-19 waa badbaado, wayna shaqeeyaan

Maamulka Cuntada & Daawada (FDA) waxay u baahan yihiin tijaabo adag oo badbaado ah kahor intaanay ansixin wax tallaah ah. Tallaallada COVID-19 ee ka kala ah Pfizer, Moderna iyo Johnson & Johnson waxaa lagu tijaabiyay tobanaan kun oo ka qaybgalayaal daraasadeed ah waxayna soo saareen xog ku filan oo lagu qanciyo FDA in tallaalladu ay yihiin kuwo ammaan ah oo waxtar leh.

▶ Badbaadada iyo Waxtarka Tallaalka

Istallaal isla marka ay tahay markaagii

Inkastoo hadda ay xaddidan tahay sahayda tallaalladu, saraakiisha caafimaadka dadweynaha ayaa ka shaqaynaya gaarsiinta tallaallada qof walba Si aad u ilaaliso naftaada oo aad uga hortagto faafitaanka COVID, waxaa muhiim ah inaad istallaasho isla marka ay noqoto markaagi.

Tallaalkee ayay tahay inaad qaadata? Midka lagu siiyo.

Dhammaan tallaallada COVID-19 ee hadda laga heli karo Maraykanka waxaa oggolaaday Maamulka Cuntada iyo Daawada (FDA) ee Maraykanka iyadoo la waafajinayo oggolaanshaha adeegsiga degdegga ah. Tani waxay ka dhigan tahay in si balaadhan loo baaray oo la caddeeyay inay badbaado iyo waxtar u leeyihiin yaraynta xanuunka daran, isbitaal dhigidda iyo geerida.

Tallaal siinta dadka badan waxay caawin doontaa hoos u dhigidda faafitaanka COVID-19

Tallaallada badbaadada iyo waxtarka leh waa furaha lagu gaarayo difaaca bulshada ee COVID-19 iyo ku laabashada noloshii caadiga ahayd markay suurto gal noqoto.

Tallaalka COVID-19 waa bilaash.

Tallaallada waxaa lagugu siin doonaa kharash la'aan. Uma baahnid caymis caafimaad. Haddii aad haysato caymis caafimaad, adeeg bixiyaasha tallaalka ayaa ka qaadi kara shirkada tallaalka lacagta bixinta tallaalka ay ku siiyeen. Tani waxay ka dhigan tahay in lagu weydiin karo macluumaadka caymiskaaga markaad qaadata tallaalkaaga.

Tallaalada kala duwan waxay u baahan yihiin qaadashooyin kala duwan.

Haddii aad qaadata midkood tallaalka Pfizer ama Moderna, waa inaad qaadata kaarka tallaalka ee ku sheegaya goortaa qaadanayso qaadashadaada labaad. Haddii aad qaadata tallaalka Johnson & Johnson, kaliya waxaad u baahan doontaa hal qaadasho.



Maxaan filaa kadib markaan qaato tallaalka?

Waxaad yeelan kartaa waxyeellooyin yaryar

Kadib qaadashada tallaalka COVID-19, waxaad yeelan kartaa waxyeellooyin yaryar. Tani waxay ka dhigan tahay in tallaalku shaqaynayo.

▶ Waxyeellooyinka Tallaalka COVID-19

Marka si buuxda lagu tallaalo, waa inaad sii wado inaad qaado tallaabooyinka badbaadada si aad u ilaaliso naftaada iyo kuwa kale sababtoo ah COVID-19 waa fayras cusub oo khabaraduna waxay sii wadaan inay wax badan ka bartaan cudurkan.

▶ Waxaynu u baahanahay inaan u qabano si wadajir ah

▶ **Kheyraadka baahiyahaaga isgaarsiineed:**
Tasmada iimayl-ka, Nuxurka wargayska, nuxurka warbaahinta baraha bulshada

▶ **Xaashida La-daabici karo ee Xaqiiqda Degdega ee COVID**

▶ **Kaarka Isgaarsiinta ee Tallaalka COVID-19**

▶ **Bayaanka Oggolaanshaha ee Carruurta yaryar**