

# Galka Xogta ee Isgaarsiinta: Ka caawinta dadka Oregon ee leh xaaladaha caafimaad Qaadashada Tallaalada COVID-19

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



## **Farriin ka timid Oregon Health Authority (Maamulka Caafimaadka Oregon)**

Maamulka Caafimaadka Oregon waxay kaaga mahadcelinayaan ka caawinta dadka inay iska tallaalan COVID-19. La shaqayntaadu waxay caawin doontaa badbaadada nafaha. Waxaa naga go'an inaan idin la wadaagno macluumaadka intaan wadno fulinta barnaamijka tallaalka ee Oregon.

Galka xogteena Isgaarsiintu wuxuu ku siinayaa xog aasaasi ah, lingaxyo iyo tusmooyin aad u baahan doonto si aad u samayso wacyigelin oo aad uga jawaabto su'aalaha. Fadlan ku dareen xorriyad inaad u fududayso nuxurkan dadka aad gaarto. Waxaad qayb muhiim ah ka tahay dadaalka gobolka si loo hubiyo in dadka Oregon ay helaan macluumaad sax ah oo ku saabsan halka ay u doonan karaan tallaalka. Haddii aad su'aalo ka qabtid Galkan xoga, fadlan kala xiriir Xarunta Macluumaadka Caafimaadka ee OHA halkan [COVID.19@dhsosha.state.or.us](mailto:COVID.19@dhsosha.state.or.us).

Ka hel Galka Xogta ee Isgaarsiinta halkan  
<https://sharingsystems.dhsosha.state.or.us/DHSForms/Served/li3646.pdf>.

# Qodobbada Wadahadalka/Farriimaha Muhiimka ah



## QOFKEE qaadan kara tallaalka? GOORMA?

Oregon waxay u bixinaysaa tallaalkada wejjiyo. Keliya dadka ku jira kooxaha uqalma ayaa is tallaali kara. Shaqaalaha caafimaadka, dadka ku nool xarumaha daryeelka muddada-dheer, macallimiinta, daryeel-bixiyyaasha carruurta, iyo dadka jira 65 iyo wixii ka weyn ayaa durba is tallaali kara.

**GOORMA:** Laga bilaabo Maarso 29, 2021

**KUWAMA:** Dadka waaweyn ee jira 45–64 ee leh mid ama wax ka badan xaaladaha caafimaad ee ay qeexday CDC ee ku jira khatarta sarreysa ee xanuunka daran ee COVID-19:

- Kansarka
- Cudurka Kalida ee daba dheeraada
- Cudurka sambabka ee daba dheeraada, oo ay ku jiraan COPD (cudurka xidha sambabka ee daba dheeraada), cudurka neefta (dhex-dhexaad ilaa halista sare), cudurka cusleeya sambabka, cystic fibrosis, and dhiig karka sambabka
- Asaasaqa ama xaaladaha kale ee neerfaha
- Macaanka (nooca 1 ama nooca 2)
- Down syndrome
- Xaaladaha wadnaha (sida hawlgabka wadnaha, cudurka xididka wadnaha, cudurka wadnaha balaadhiya, ama dhiig karka)
- Infekshanka HIV
- Xaaladda difaaca hooseeya (habka dhiska difaaca ee daciifka ah)
- Cudurka beerka
- Miisaanka sare iyo buurnaanta (ee lagu qeexay tusaha miisaanka jirka (BMI) ee ka badan 25 kg/m<sup>2</sup>)
- Urka
- Cudurka Sick cell or thalassemia
- Sigaar cabidda, hadda ama hore
- Beeridda xubin adag ama unugga soo saara dhiigga
- Faalijka ama cudurka xididada maskaxda
- Ciladda isticmaalka daroogada

**GOORMA:** Laga bilaabo Abriil 5, 2021

**KUWAMA:** Dadka waaweyn ee jira 16–44 ee leh mid ama wax ka badan xaaladaha caafimaad ee sare ee ay ku qeexday CDC inay leeyihiin khatarta sarreysa ee kor ku xusan.

 **Macluumaadka Isku xigitaanka Tallaalka**

# Su'aalaha Xaaladaha Caafimaad ee Hoos Yimaad

## 1. Dadka qaba mid ama in ka badan xaaladaha caafimaad ee hoos yimaad ee leh khatarta sare miyay tahay inay ku muujiyaan caddaynta xaaladooda qoraal ka socda dhakhtarkooga?

Maya, uma baahnid inaad muujiso caddayn. Looma baahna inaad wacdo dhakhtarkaaga ama aad gasho jaantuskaaga caafimaad si aad u caddeeyso inaad qabto xaalad caafimaad.

## 2. Ma jiri doontaa kala mudnaan siinta da'da u dhaxaysa 16-64 mise dhammaantood way uqalmi doonaan hal mar?

Haa. Daadka waaweyn ee jira 45-64 ee leh mid ama wax ka badan xaaladaha caafimaad ee ay qeexday CDC ee leh khatarta sarreysa waxay uqalmayaan Maarso 29. Dadka waaweyn ee jira 16-44 waxay uqalmi doonaan ugu dambayn Abriil 5, 2021 Dadka jira 16 iyo wixii ka weyn ee uurka leh ayaa sidoo kale u qalmi doona Abriil 5.

## 3. Halkee ayay iska tallaali doonaan dadka qaba hal ama in ka badan oo ah xaalado caafimaad ee khatarta sare leh?

Dadka waaweyn ee jira 16-64 ee leh xaaladaha caafimaad ee khatarta sare ayaa lagu tallaalayaa goobaha tallaalka ee sare laga qaato /munaasibadaha tallaalka ee dadka badan, iyada oo loo marayo maamulka caafimaadka bulshada ee deegaanka (LPHA), Xarumaha Caafimaadka ee u Qalma Federaal ahaan, farmasiyada, iyo iyada oo loo marayo iskaashatada bulshada iyo ururada ku salaysan diinta.

## 4. Miyaan istallaali karaa haddii aan qaadanayo daawo?

Haa, waad istallaali kartaa. Ma jirto xog la heli karo waqtigan oo tilmaamaysa in tallaalku la falgeli karo dawooyin kale. Eeg oggolaanshaha isticmaalka degdega ah (EUA) xaashiyaha xaqiiqada ee Pfizer, (<https://www.fda.gov/media/144413/download>), Moderna (<https://www.fda.gov/media/144637/download>) and Johnson & Johnson (<https://www.fda.gov/media/146304/download>).

## 5. Tallaalku ma yahay ammaan haddii aan leeyahay xasaasiyad ama aan ku leeyahay falcelin xasaasiyad tallaalada kale?

Waa inaad kala hadasho dhakhtarkaaga xaaladahaaga gaarka ah U sheeg xasaasiyad kasta oo hore ama falcelinta xasaasiyadeed ee aad ku leedahay tallaalada ama muditaanada. CDC waxay kugula talineysaa INAADAN qaadan qaadashada tallaalka COVID-19 haddaad lahayd:

- Falcelin xasaasiyadeed oo daran (sida anaphylaxis) kadib qaadashadaadi koowaad ee tallaalka COVID-19.
- Falcelin xasaasiyadeed oo degdeg ah nooc kasta ha noqotee oo ah qaadasho hore oo tallaalka COVID-19 ah, ama qayb ka mid ah qaybihiisa (oo ay ku jiraan polyethylene glycol).
- Falcelin xasaasiyadeed oo degdeg ah oo ah nooc kasta oo ah polysorbate.

Haddii aad leedahay taariikh hore oo ah fal-celinta xasaasiyadeed ee degdegga ah ha noqoto nooc kasta oo ah tallaal, cirbad, cunto, daawo ama sunta cayayaanka, ama haddii aad leedahay taariikh anaphylaxis ah, waa in lagu kormeeraa ilaa 30 daqiiqadood kadib qaadashada tallaalkaaga COVID-19.

## Su'aalaha Uurka, Naas-nuujinta, Taranka

### 1. Miyaan is tallaalaa haddii aan leeyahay uur?

Is-tallaalidu waa ikhtiyaar shaqsiyeed. Mid kasta oo ka mid ah tallaalada COVID-19 ee laga heli karo Maraykanka ayaa la siin karaa dadka uurka leh ama naas nuujinaya. Haddii aad qabtid su'aalo ku saabsan is-tallaalidda, la hadalka dhakhtarkaaga ayaa kaa caawin karta, laakiin looma baahna.

In kasta oo halista guud ee xanuunka daran ay yartahay, dadka uurka leh ayaa halis sare ugu jira xanuunka daran ee ka yimaadda COVID-19 marka lala barbardhigo dadka aan uurka lahayn. Xanuun daran waxaa looga jeedaa xanuun keena isbitaal dhigid ama geeri. Sidoo kale, dadka uurka leh ee qaba COVID-19 waxaa laga yaabaa inay halis sare ugu jiraan natiijooyinka uurka ee xun, sida u dhalida hore, marka la barbar dhigo dadka uurka leh ee aan qabin COVID-19.

### 2. Ma ammaan ba in la is-tallaalo haddii aan leeyahay uur? Tallaalku waxyeelo ma u geysan karaa ilmahayga?

Xog xaddidan ayaa laga heli karaa ammaanka tallaalada COVID-19 ee dadka uurka leh. Iyadoo lagu saleynayo sida tallaaladani uga shaqeeyaan jirka, khubaradu waxay aaminsan yihiin inaysan u badneyn inay khatar gaar ah ku yeeshaan dadka uurka leh.

CDC iyo Maamulka Cuntada iyo Dawooyinka ee Maraykanka (FDA) waxay leeyihiin [nidaamyada kormeerka badbaadada](#) si ay u ururiyaan macluumaadka ku saabsan tallaalka inta lagu jiro uurka. si dhow ula soco macluumaadkaas. Inta badan uurarka ku jira nidaamyadan ayaa socda, markaa wali ma hayno macluumaad ku saabsan natiijooyinka uurarkan. Waxaannu u baahanahay inaan sii wadno raacida uurka muddada dheer si aan u fahanno saamaynta ay ku leedahay uurka iyo dhallaanka.

Tallaalada Moderna iyo Pfizer-BioNTech waa [tallaalo ah mRNA](#) oo uusan ku jirin fayras nool oo keenaya COVID-19 sidaa darteed, qofna ma siin karo COVID-19. Intaa waxaa sii dheer, tallaalada mRNA lama falgalaan DNA-da qofka ama ma keenaan isbeddelo hidde ah waayo mRNA ma gasho bu'da unugga, halkaas oo ah halka lagu keydiyo DNA. Wax badan ka ogow [siday u shaqeeyaan tallaalada mRNA ee COVID-19](#).

Tallaalka Johnson & Johnson ee COVID-19 waa tallaal ah qaade fayras, taasoo la micno ah inuu adeegsanayo nooc la beddelay oo ah fayras kale (qaadaha) si uu tilmaamo muhiim ah ugu gudbiyo unugyadayada. Tiknoolajiyadda qaadaha fayraska ayaa u isticmaashay barnaamijyada kale ee horumarinta tallaalka. Tallaalada isticmaala isla qaadaha fayraska ayaa la siiyay dhammaan dadka uurka leh ee ku jira teeramka saddexaad ee uurka, oo ay ku jirto tijaabada ballaaran ee tallaalka Ebola. Ma jiraan natiijooyin xun oo la xiriira uurka, oo ay ku jiraan natiijooyinka xun ee saameeya ilmaha, oo lala xiriiriyay tallaalka ku jira tijaabooyinkan. Wax badan ka ogow [siday u shaqeeyaan tallaalada qaadaha fayraska](#).

### 3. Waa maxay dhibaatooyinka ak dhalan kara tallaalka ee dadka uurka leh?

Waxyeellooyin ayaa iman kara kadib qaadashada mid kasta oo ka mid ah tallaalka COVID-19 ee la heli karo, gaar ahaan qaadashada labaad ee kuwa u baahan laba qaadasho. Dadka uurka leh maysan soo sheegin waxyeellooyin ka duwan kuwa aan uurka lahayn kadib qaadashada tallaalka mRNA (tallaalka Moderna iyo Pfizer-BioNTech) Waxyeellooyinka waxaa ku jiri kara gacmo xanuun, xubno xanuun, daal, madax xanuun, qarqaryo, iyo qandho. Haddii aad yeelato qandho tallaalka kadib, waa inaad qaadata acetaminophen (Tylenol), sababtoo ah qandhada waxaa lala xiriiriyay natiijooyinka xun ee uurka.

### 4. Tallaaladu ma ammaan ba haddii aan naas-nuujinayo?

Tijaabooyinka caafimaad ee loogu talagalay tallaalka COVID-19 ee hadda laga ogolaaday Maraykanka laguma darin dadka naas nuujinaya. Sababtoo ah tallaalka laguma baarin dadka naas-nuujinaya, ma jirto xog laga heli karo:

- Badbaadada tallaalka COVID-19 ee dadka naas-nuujinaya
- Saamaynta tallaalka ee ilmaha lagu quudiyo naaska
- Saamaynta soo saarista ama soo daynta caanaha

Tallaalka COVID-19 ee hadda la ogolaaday waa kuwo aan istarminayn, oo macnaheedu yahay waxay awoodaan inay sameeyaan carinta difaaca jirka, laakiin iskuma tarminayaan unugyada qofka. Maaddaama tallaalka aan istarmin aysan wax khatar ah u lahayn dadka naas-nuujinaya ama dhallaankooda, tallaalka COVID-19 waxaa sidoo kale loo maleynayaa inaysan khatar ku lahayn dhallaanka la naas-nuujinayo. Sidaa darteed, dadka naas-nuujinaya way dooran karaan inay istallaalan.

### 5. Tallaaladu ma saamayn karaan tarankayga?

Haddii aad hadda isku dayayso inaad uur yeelatid ama haddii aad rabto inaad uur yeelato mustaqbalka, waxaad qaadan kartaa tallaalka COVID-19 markaad mid heli karto.

Ma jirto wax caddayn ah oo sheegaya in wax tallaalka ah, oo ay ku jiraan tallaalka COVID-19, ay sababaan dhibaatooyin taran. Haddii aad isku dayeyso inaad uur yeelato, uma baahnid inaad iska ilaaliso uurka kadib markaad qaadata tallaalka COVID-19. Sida tallaalka oo dhan, saynisyahannadu waxay si taxaddar leh u daraaseynayaan waxyeellooyinka tallaalka COVID-19 ee hadda.

Wixii macluumaad dheeraad ah ee ku saabsan tallaalka COVID-19, eeg [Su'aalahayaga Inta badan La isweydiyo](#).



**Kheyraadka baahiyahaaga isgaarsiineed:**

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