



Su'aalaha Inta Badan La Iska Weydiyo (FAQs) Garoojada Xoojinta ee COVID-19

(La cusboonaysiiyey 01-11-2022)

S: Miyaa garoojooyinka xoojinta ee tallaalka COVID-19 lagu talinayaa?

Haa. Xarumaha loogu talagalay Xakamaynta iyo Kahortagga Cudurrada (CDC) waxay ku talinaysaa in qof kasta oo da'diisu tahay 12 ama ka weyn uu qaato garoojada xoojinta ah mar haddii ay u-qalmaan: lix bilood kadib garoojada labaad ee Pfizer ama Moderna, ama laba bilood kadib garoojada Johnson & Johnson. Dadka ay da'dooda u dhaxeeyso 12-17 sano waxay u qalmaan oo kaliya inay helaan tallaalka Pfizer.

S: Ma jirtaa muddo sugitaan ah ka dib markii la qaato garoojada xoojinta?

Haa. Dadku waa in laga kormeeraa waxdhimaalada degdega ah ilaa 15–30 daqiiqo kadib tallaalista.

S: Halkee ayay dadku ka heli karaan garoojada xoojinta?

Garoojooyinka xoojinta ayaa si ballaaran looga heli karaa farmashiyada, xafiisyada dhakhaatiirta iyo rugaha caafimaadka, maadaama tallaalka COVID-19 loo baahan yahay maanta. Adeegso [khariidadda tilmaamta goobta](#) si aad u hesho bixiye tallaalka oo kuu dhow ama wac 211 ama 866-698-6155 si aad ugu hesho macluumaad iyo caawimaad luuqad kasta. Cadaynta u-qalmitaanka looma baahna, maadaama bixiyeaashu laga yaabo inay ku weydiyaan xaqiijinta garoojadaada ugu dambeysay.

S: Sidee ayay garoojooyinka xoojinta u shaqeeyaan?

Isxigxiga ugu horreeyay ee tallaalka wuxuu dhisay difaaca jirka si uu u sameeyo jeermis la derisyada loo baahan yahay si looga hortago cudurka. Muddo kadib, falcelinta difaaca jirka way daciiftaa. Garoojada xoojinta waxay sii xoojisaa falcelinta bilowga ah waxayna u egtahay inay keento heerar sare oo jeermis la deris ah oo ka caawiya dadka inuu sii jiro difaacooda jireed muddo-dheer.

S: Garoojada xoojinta miyey ka duwan tahay garoojooyinka kale ee tallaalka COVID-19?

Garoojada xoojinta Moderna waa kala-barka garoojada; tani waxay ka dhigan tahay waa kala-barka xaddiga garoojada koowaad ama labaad ee Moderna. Kani waa farqiga u dhexeeya oo kaliya.

Ma jiro farqi u dhexeeya garoojada koowaad, labaad ama xoojinta ee tallaalka Pfizer ama Johnson & Johnson.

S: Miyay qasab tahay in qof u qalma garoojo saddexaad iyo garoojo xoojin ah uu helo labadaba?

Haa. [CDC waxay kula talinaysaa](#) dadka difaacoodu hoos u dhacay ee qaatay garoojada saddexaad inay sidoo kale qaataan qiyaasta xoojinta ah. Garoojada saddexaad oo ah Pfizer ama Moderna ayaa lagula talinayaa dadka difaaca jirkoodu hooseeyo oo aan lahayn falcelin xooggan oo difaaca jirka ah taasoo ku aadan tallaalkooda taxanaha ee aasaasiga ah. Garoojooyinka saddexaad waa in la bixiyo 28 maalmood ama ka badan kadib garoojada labaad. Kadibna, shan bilood ka bacdi, haddii uu qaatay Pfizer ama Moderna, sababtoo ah difaaca jireed ayaa laga yaabaa inuu yaraaday, dadkaan waxay xaq u leeyihiin garoojada xoojinta ah—taasoo noqon doonta garoojadoodii afaraad.

Dadka difaacoodu uu hoos u dhacay oo u qaatay garoojada Johnson & Johnson tallaalkooda isxigxiga ahaan ee aasaasiga ah waa inay helaan garoojo xoojin ah; balse waa inay heelaan mid ka mid ah saddexda tallaalka kadib labo bilood si kor loogu qaado difaacooda jireed iyo kahortagga cudurrada.

S: Maxay bixiyeyaasha ugu baahan yihiin inay ka ogaadaan wax ku saabsan badqabka iyo ka warbixinta kadib markay qoraan garoojada xoojinta ah?

Bixiyeyaasha waa inay la socdaan dhacdooyinka xunxun, oo ay ku jiraan falcelinada maxaliga ah iyo kuwa nidaamsan. Bixiyeyaasha waxaa lagu dhiirigelinayaa inay soo sheegaan falcelino kasta oo xun oo ku aadan Keyd Xogeedka Ka Warbixinta Dhacdooyinka Falcelinta Xun ee Tallaalka (VAERS). <https://vaers.hhs.gov>

S: Miyey jiri doonaan tallaalo ku filan oo laga heli karo gudaha Oregon si loogu daboolo baahida jirta?

Haa. Waxaad awoodi doontaa inaad ka hesho xoojiye goob habboon (farmashiyaha, xafiiska dhakhtarka, xaruntaada daryeelka muddada-dheer, ama rugta tallaalka ee dadka badan lagu tallaalo oo ku taala goobaha qaarkood). Fadlan dulqaado. Waxaa laga yaabaa inaad u baahato inaad ballan qabsato. Laakiin ha welwelin – tallaalka aad hadda qaadatay ayaa weli bixiya difaac adag oo ka dhan ah cudurka halista ah ee COVID-19.

S: Waxaan qaatay hal garoojo oo Moderna ah iyo hal garoojo oo Pfizer ah. Garoojo xoojin tee ayaan qaataa?

Dadka qaatay garoojooyin isku darka ee isxigxiga waxay qaadan karaan midkood garoojada xoojinta ah ee Pfizer ama Moderna. Waxaa sidoo kale dooran kartaa inaad qaadato tallaalka Johnson & Johnson beddelkeeda. La hadal bixiyaha daryeelka caafimaadkaaga haddii aad qabto walaacyo dheeraad ah.

S. Waxaan qaatay Johnson & Johnson. Haddii aan helo tallaalka xoojinta ee Pfizer ama Moderna, miyaan u baahanahay labo garoojo?

Maya. Garoojada xoojinta waa hal garoojo oo loogu talagalay dhammaan saddexda tallaalka, marka uma baahnid hal garoojo oo dheeraad ah kadib qaadashadaada Tallaalka koowaad ee Johnson & Johnson: garoojada buuxda ee Pfizer ama Johnson & Johnson, ama nus-garoojada Moderna.

S: Waalidka ama mas'uulka miyuu u baahan yahay inuu weheliyo 15 - 17-sano jirka si uu u helo garoojadooda xoojinta ah?

No. Sida uu qabo sharciga Oregon, carruurta aan qaangaarin ee jira 15 iyo ka weyn ayaa laga yaabaa inay bixiyaan oggolaanshaha ay ku helayaan daaweynta caafimaadka, oo ay ku jiraan tallaalada, marka uu bixinayo dhakhtarka, kaaliyaha dhakhtarka, dhakhtarka mindaawaadka, kalkaaliyaha caafimaad, dhakhtarka ilkaha ama dhakhtarka indhaha, ama xirfadlayaasha kale ee ku shaqeeya shatiga bixiyeyaashaan.

S: Dadku ma u baahan yihiin inay bixiyaan caddeynta tallaalka si ay u helaan garoojada xoojinta ah?

Si kastaba ha ahaatee, bixiyahaaga ayaa laga yaabaa inuu ku weydiiyo goorta aad qaadatay tallaalkaadii ugu dambeeyay, si lagu siiyo tallaalka muddada la oggolaaday gudaheeda. Dhammaan tallaaleyaasha waa fiiriyaan nidaamka ALERT(FOOJIGNAANTA) si loo go'aamiyo in waqtigu ku habboon yahay.

Helitaanka dukumiintiga: Shakhsiyaadka naafada ah ama shakhsiyaadka ku hadla luuqad aan ka aheyn Ingiriis, OHA waxay ku bixin kartaa warbixinta qaabab kale oo dadban sida fasiraadaha, daabicida farta waaweyn, ama farta indhoolayaasha. Kala xiriir COVID-19 Communications Unit 1-971-673-2411, 711 TTY ama COVID19.LanguageAccess@dhsosha.state.or.us.