



## Tallaalka COVID-19 iyo adiga

*Cusboonaysiinta garoojooyinka dheeraadka ah, garoojooyinka xoojinta iyo daawooyinka si looga hortago COVID-19*

*La soo saaray 1/13/2022, Dib loo eegay 3/7/2022*

### Garoojooyinka dheeraadka ah ee tallaalka COVID-19

Qaybta OHA ee HIV/STD/TB-da waxay ku talinaysaa in dadka da'doodu tahay shan sano iyo wixii ka weyn ee la nool HIV ee la siiyay laba garoojood oo ah tallaallada Pfizer/BioNTech ama Moderna ee COVID-19 ay qataan garoojo dheeraad ah ugu yaraan 28 maalmood ka dib markii ay qaateen garoojadoodii labaad. Intaas waxaa dheer, waxaanu ku talineynaa garoojo dheeraad ah oo ah mid ka mid ah tallaalka Pfizer/BioNTech ama Moderna COVID-19 ugu yaraan 28 maalmood kadib garoojada koowaad ee tallaalka J&J/Janssen.

Waxaan ku talinay in dhammaan dadka la nool HIV ay qaadan karan garooja dheeraad ah oo ah tallaalka COVID-19 iyo in dadka leh sifooyinka hoos ku taxan waa inay qaataan garoojo dheeraad oo ah tallaalka COVID-19 taasoo qayb ka ah taxanahooda tallaalka ugu horreeya. Cilmi-baaristu waxay muujinaysaa in dadka leh sifooyinkan soo socda wakhtiga tallaalka ay u baahan yihiin garoojooyin dheeraad ah si ay ugu abuuraan jawaab celin difaaca oo ka dhan ah COVID-19.

- Aan qaadaneynin daawada HIV
- Qaba astaamaha caabuqa HIV
- Leh tirada CD4 oo ka yar 350 unug/mL
- Qaba buro la xiriirta HIV (sida lymphoma, Kaposi sarcoma, ama kansarka afka ilmo-galeenka ama kansarka dabada) oo aysan tiradooda CD4 kor u kicin kadib bilowga daawada HIV
- Ay horey ugu dhaceen infekshinada ka faa'iideysto daciifnimada jirka (sida oofwareenta pneumocystis [PJP ama PCP], qoorgooyaha maskaxda iyo laf-dhabarta, Qaaxada (TB), ama toxoplasmosis) oo aysan tiradooda CD4 kor u kicin kadib bilowga daawada HIV
- Laga daaweynayo kansar
- Lagu beeray dhuuca lafta ama xubin jireed

- Qaato daawooyinka daciifiyo nidaamka difaaca ee jirka (sida qiyaasyada sare ee prednisone, methotrexate, Humira, ama Remicade)
- Qaba cudur ku dhaca kalyaha oo u baahan sifeynya kelyaha
- Ka weyn da'da 65 sano jir

## Qiyaasaha Xoojinta ee COVID-19

Si ka duwan garoojooyinka dheeraadka ah ee caawiya soo saarida jawaab celinta difaaca, garoojooyinka xoojinta ah waxay kadhigaysa difaaca aan ka heleyno tallaalka mid sarreeya oo xooggan. Waxaan ku talineynaa in dhammaan dadka da'doodu tahay 12 sano iyo ka weyn ee qaatay garoojada xoojinta ee tallaalka COVID-19 ugu yaraan 3 bilood ka dib garoojada ugu dambeysa ee taxanihii tallaalka mRNA ee ugu horreeyay (Pfizer/BioNTech ama Moderna). Shakhsiyaadka qaatay tallaalka J&J/Janssen waxa lagula talinayaa in ay qaatan garoojo xoojin ah oo tallaalka ay doorteen ugu yaraan laba bilood ka dib markii ay qaateen garoojadoodii ugu dambeysay (garoojada xoojinta ee mRNA ayaa la door bidayaa.) Taxanaha tallaalka ugu horreeya waxa ku jira garooja kasta oo dheeri ah oo ah tallaalka COVID-19 sida kuwa ku xusan cutubka koowaad ee sare.

Garoojooyinka xoojinta waa muhiim sababtoo ah waxay kanaan difaac ka dhan ah cudurka daran oo ah nooca Omicron ee COVID-19 oo waxayna yareeyaan halista [faafida caabuqyada COVID-19](#) taasoo laga yaabo inay ku badan tahay dadka la nool HIV.

Waxaad isticmaali kartaa hagaha soo socda si uu kaga caawiyo inaad go'aansato tallaalada aad qaadan laheyd iyo goorta aad qaadanayso taaso ku salaysan tallaalka aad qaadatay markii hore. Haddii aad qabto su'aalo ku saabsan tallaalka aad qaadan laheyd iyo goorta, haka labalabaynin inaad kala hadasho kooxdaada daryeelka caafimaadka.

## Hagaha tallaalka COVID-19 ee dadka la nool HIV

Haddii aad qaadatay 2 garoojo oo ah tallaalka Pfizer/BioNTech markii hore oo ay yihiin:	Waxaanu kugula talineynaa garooja dheeraad ah ugu yaraan 28 maalmood kadib garoojadaada labaad:	Iyo garoojada xoojinta ah ugu yaraan 3 bilood ka dib garoojadaadii ugu dambeysay:
5-11 Sanno Jir	Pfizer/BioNTech	Garoojooyinka xoojinta weli lama ansixinin
12-17 Sanno Jir	Pfizer/BioNTech	Pfizer/BioNTech
18 sano jir iyo ka weyn	Moderna ama Pfizer/BioNTech	Moderna ama Pfizer/BioNTech
<b>Taxanaha tallaalka koowaad</b>		<b>Xoojiso</b>

Haddii aad qaadatay 2 qiyaas oo ah tallaalka Moderna markii hore oo ay:	Waxaanu kugula talineynaa garooja dheeraad ah ugu yaraan 28 maalmood kadib garoojadaada labaad:	Iyo garoojada xoojinta ah ugu yaraan 3 bilood ka dib garoojadaadii ugu dambeysay:
18 sano jir iyo ka weyn	Moderna ama Pfizer/BioNTech	Moderna ama Pfizer/BioNTech
<b>Taxanaha tallaalka koowaad</b>		<b>Xoojiso</b>

Haddii aad qaadatay 1 qiyaas oo ah tallaalka J&J/Janssen markii hore oo ay:	Waxaanu kugula talineynaa garooja dheeraad ah ugu yaraan 28 maalmood kadib garoojadaada koowaad	Iyo garoojada xoojinta ah ugu yaraan 2 bilood ka dib garoojadaadii ugu dambeysay:
18 sano jir iyo ka weyn	Moderna ama Pfizer/BioNTech	Moderna ama Pfizer/BioNTech ama J&J/Janssen Moderna ama Pfizer/BioNTech ayaa la door bidayaa.
<b>Taxanaha tallaalka koowaad</b>		<b>Xoojiso</b>

## Daawooyinka ka hortagga COVID-19

Disembar 8, 2021, FDA waxay soo saartay oggolaanshaha isticmaalka degdega ah ee daawooyinka muddada-dheer, [Evusheld](#), si ay uga hortagto caabuqa COVID-19 ee dadka 12 sano jira ama ka weyn oo aan lahayn COVID-19 hadda ama aan xirrir dhow la yeelan kiis COVID-19 ah (sida horay-u baylahida ka hortagga HIV). Daawadu waxa loogu talagalay dadka qaba difaac la'aanta jirka (sida lagu qeexay sifooyinka lagu taxay qaybta "Garoojooyinka tallaalka COVID-19 ee dheeriga ah" ee sare) kuwaas oo jidhkoodu aanu samayn karin falcelinta nidaamka difaaca ka dib tallaalka ama dadka taariikhda u leh falcelinta daran ee kasoo hor jeedo tallaalka COVID-19.

Evusheld waa isku darka laba daawo oo la yiraahdo monoclonal antibodies (unugyada difaaca jirka ee monoclonal). Unugyada difaaca jirka ee monoclonal waa hal nooc oo borotiino ah oo lagu sameeyay shaybaar kaas oo naga ilaalin kara caabuqyada. Evusheld wuxuu ka kooban yahay laba borotiino oo kala duwan oo kaa ilaaliya COVID-19. Daawadu waxa loo fuliyaa sidii laba irbadood oo kala duwan oo muruqa lagu duro midba kan kale kadib oo waxay keeni karaan ilaalin ka dan ah COVID-19 ilaa 6 bilood.

Kahortagga u bayla noqoshada hore ee Evusheld maaha beddelka tallaalka COVID-19 ee dadka u qalma inay helaan tallaalka. OHA waxay hadda kala shaqaynaysaa bixiyayaasha HIV ee gobolka oo dhan si ay u hubiso in dadka la nool HIV ay ku heli karaan dawadan lacag la'aan.

## Macluumaad dheeraad ah

Wixii macluumaad dheeraad ah ee ku saabsan COVID-19 iyo tallaallada COVID-19, oo ay ku jiraan halka aad tallaalka heli karto, fadlan ka eeg Sua'alaha Inta Badan La Isweydiyo (FAQ) ee hore ee mareegta OHA [ee COVID-19 iyo HIV](#) iyo bogga [OHA](#) ee ku saabsan tallaalka COVID-19. Macluumaadka ku jira dukumeentigani wuxuu ku darayaa laakiin ma beddelayo inaad kala hadasho kooxdaada daryeelka caafimaadka sida ugu wanaagsan ee aad naftaada uga ilaalin karto COVID-19, oo ay ku jirto qaadashada tallaalka COVID-19.

**Helitaanka dukumiintiga:** Shakhsiyaadka naafada ah ama shakhsiyaadka ku hadla luuqad aan ka aheyn Ingiriis, OHA waxay ku bixin kartaa xogta qaabab kale oo dadban sida fasiraadaha, daabicida farta waaweyn, ama farta indhoolayaasha. Kala xidhiidh qaybta isgaadhsiinta ee COVID-19 1-971-673-2411, 711 TTY ama [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us)