

## Macluumaadka talaalka COVID-19 October 2021

### 12 sano +

Qof kastoo **12 sano jira ama kawayn** waa uu qaadankaraa talaalka COVID-19 haddii uu rabo.

Talaalka waa lacag la'aan.

Waa labo talaal – midka labaad waxaa qaadan kartaa 3 asbuuc kadib kan koowaad.

#### MAXAAN TALAALKA COVID-19 U QAADANAYAA?

- Wuxuu ka hortagayaa in aad ku xanuunsatid COVID-19.
- Waxa kale uu ka hortagayaa in qoyskaada, asxaabtaada iyo bulshadaada ay u xanuunsadaan COVID-19.
- Dadka markey talaalka qaatan waxa ay ka hortagaan faafitaanka cudurka COVID-19.

#### INTEEN KA HELI KARAA MACLUUMAAD DHEERAD AH SI AAN GO'AAN UGA GAARO?

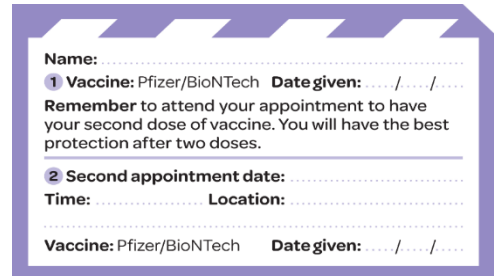
- Haddi aadan hubin ama aad ka cabsi qabtid talaalka COVID-19 qof ayaad ka wareeysan kartaa.
- Dadka aad lahadli kartid ama weeydiin kartid waxaa kamid ah qoyskaada, shaqaalaha u xilsaaran kiiskaada, dhaqtarkaada/GP, farmashiyaha
- Waa muhiim in aad dhaqtarkaada (GP) kala hadashid hadii aad ka walwalsantahay in aad qaadatid talaalka xaalada caafimaadkaada ama dhaawooyin adiga horay kugu socday owgeed.

Wax kaa caawin kara sidii aad go'aan uga gaari lahayd:

<https://www.health.govt.nz/system/files/documents/pages/covid-19-vaccine-decision-making-tool-easy-read-24may2021.pdf>

#### MAXAA XIGA (AMA DHACAAYA) MARKA AAN TALAALKA AAN QAATO?

- Shaqaalaha waxa ay hubinayaan aqoonsigaada (magacaada, da'da, ciwaankaada) iyo ina aad raali ku tahay in lagu talaalo.
- Talaalka waa cirbad muruqa garabka lagaa siinaayo. Markaa kadib 15 daqiiqo ayaad sugeeysaa.
- Waxaa lagu siinaya kaarka diiwaanka talaalka, kadibna waxa aad sameeysaneysaa balanta talaalka labaad waadna baxaysaa.



Name: .....

1 Vaccine: Pfizer/BioNTech Date given: ...../...../.....

Remember to attend your appointment to have your second dose of vaccine. You will have the best protection after two doses.

2 Second appointment date: .....

Time: ..... Location: .....

Vaccine: Pfizer/BioNTech Date given: ...../...../.....

#### INTEE ISKA SOO TALAALI KARAA?

- Xarumaha talaalka meel kasta ayeey ka furanyihiin sida ay u badanyihiina balan inaa sii dhigatid uma baahnid – waad galeeysaa kaliya. Waxaa loo yaqaanaa Iska-so-gal ('walk-in' or 'drive-through')
- Liiska xarumaha talaalka ee wadankoo (NZ) dhan waa kan: <https://www.healthpoint.co.nz/covid-19-vaccination/>
- Haddii aad u baahatid in aad ogaato meesha kuugu dhaw, weeydii dhaqtarkaada (GP), xarun caafimaad, farmashiye ama shaqaalaha u xilsaaran kiiskaada.
- Macluumaadkan waxaa laga soo xigtay mareegaha dawladda New Zealand. <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-vaccines>