

Talaalka COVID-19

Su'aalaha Badanaa La Iswaydiiyo

Waxaa la cusboonaysiiyay: Diseembar 22, 2020

Xogta guud

Goorma ayaan helayaa talaalka COVID-19?

Mass General Brigham waxay raacaysaa tilmaanta kasoo baxa saraakiisha caafimaadka dadwaynaha. Qaybta koobaad ee dadka la talaalaayo waa shaqaalaha safka hore ee daryeelka caafimaadka. Bukanada ku jira xarumaha daryeelka muddada dheer iyo xarumaha kalkaalinta ayaa sidoo kale heli kara talaalka.

Goorma ayuu talaalku u furnaan doonaa dadwaynaha?

Waqti xaadirkaan, saraakiisha [caafimaadka dadwaynaha ee](#) Massachusetts ayaa aaminsan in dadwaynuhu ay awoodi doonaan inay helaan talaalka inta u dhaxay Abriil iyo Juun 2021. Helitaanka waxaa isku dubaridi doonta Massachusetts Department of Public Health (Waxda Caafimaadka Dadwaynaha ee Massachusetts).

Haddii aad khatar wayn ku jirto, aad jirto 65 iyo kasii wayn, ama aad ka shaqayso shaqooyinka qaar sida waxbarashada, gaadiidka ama shaqooyinka dadwaynaha, waxaad awoodi kartaa inaad hesho talaalka xiligaas kahor, inta u dhaxaysa Feebaraayo iyo Abriil. Centers for Disease Control (CDC, Xarunta Xakameynta Xanuunka) ayaa xog badan ku bixinaysa websetkeeda taasoo ku saabsan shaqsiyaadka [khatarta wayn ugu jira cudurka daran](#) iyo xog ku saabsan marka ay talaalka [helayaan dadwaynuhu](#).

Sidee ayaan ku ogaanaynaa in talaalku shaqeeyo?

Talaalka COVID-19 ayaa loo ansixiyay inuu waxtar aad u badan leeyahay. Sida lagu sheegay Wajiga 3 aad ee tijaabooyinka, [talaalka Pfizer](#) ayaa waxtar leh 95% kadib 7 maalmood marka qofka lagu dhufto kuurada. [Talaalka Moderna](#) ayaa waxtar leh 94% kadib 14 maalmood marka qofka lagu dhufto kuurada labaad. Natiijooyinka ayaa ahaa kuwo iskumid ah dhammaan jinsiyada, da'da, isirka iyo qoomiyada.

Muddo intee le'eg ayuu difaaco sii jirayaa kadib marka la i talaalo? Ma u baahan doonaa in la i talaalo sanad kasta?

Arintaan wali ma ogin. Tijaabooyinka caafimaadka ayaa sii wadaaya inay kormeeraan ka qaybgalayaasha si loo fiiriyo muddada difaacu soconaayo. Waxaan bixin doonaa xog cusub markay soo baxdo.

Sabab la xariirta inaanaan wali ogayn muddada difaacu soconaayo, wali waa muhiim inaad [farxalato, gafuurka xirato, aadna dadka kale ka fogaato](#).

Ma joojin karnaa xirashada maaskarada iyo kala fogaanshaha kadib markaan talaalka qaato?

Maya, wali maya. Waan ognahay in talaalku kaa difaacaayo xanuunka, laakiin ma naqaano inuu kaa hor istaagaayo inaad caabuqa ku rido dadka kale. Maadaama aan qof kasta helayn talaalka isla markaba, waa qasab inaan taxadarno si aan dadka kale u difaacno. Xataa haddii aad hesho talaalka, waa inaad wali xirataa maaskarada, kana fogaataa dadka kale, aadna farxalataa. Khubarada xakamaynta caabuqa ayaa

noo sheegaysa marka ay ammaan tahay in wax laga badalo ama la joojinaayo talaabooyinkaan badqabka.

Maxaan uga baahanahay talaalka haddii aan maaskaro xirnaanayno aana dadka ka fogaanayno?

Waxaan u baahan nahay inaan adeegsano dhammaan farsamooyinka aan haysano si aan u joojino aafada cudurka. Si wadajir ah, talaalka COVID-19 iyo talaabooyinka fudud ee maalin kasta sida xirashada maaskarada iyo kala fogaanshaha, ayaa naga difaacaya COVID-19. Iyo inkastoo talaaladu ay waxtar leeyihiin 90% ilaa 95%, wali ma ogid waxtarka uu talaalku kuu yeelan doono. Ku dhawaad 5% illaa 10% dadka la talaalay ayaa wali qaadi doono fayraska. Waa inaad samaysaa waxkasta oo aad awoodo si aad u yarayso khatarta qaadista fayraska iyo ku faafinta dadka kale.

Dadku ma ka qaadi karaan caabuqa COVID-19 talaalka?

Maya, talaalka kuma jiraan fayraska guud ama noolaha ah sidaas awgeedna ma sababi karo COVID-19.

Mar hore ayuu igu dhacay COVID-19. Ma tahay inaan talaalka qaato?

Haa, markuu diyaar kuu noqdo, wali waad qaadan kartaa talaalka haddii aad soo martay COVID-19 aadna kasoo bogsootay. Haddii aad hadda la xanuunsan tahay COVID-19 ama aad leedahay [astaamo u eg kuwa COVID-19](#), waa inaad qaadan talaalka.

Waa maxay dhibaatooyinka talaalku keeni karo?

Dadka qaar ayaa dhibaato kala kulma kadib marka ay talaalka qaataan. Labada talaalka ee Pfizer iyo Moderna, inta badan dhibaatooyinka fudud ee talaalka ayaa kusoo dhamaada maalin ama ka badan.

- Astaamaha ugu badan ee lagasoo sheegay talaalka Pfizer ayaa ahaa xanuunka meesha la talaalo, daal, madax xanuun, murqo xanuun, xanuunka kala goysyada, iyo qarqaryo.
- Astaamaha ugu badan ee lagasoo sheegay talaalka Moderna ayaa ahaa xanuunka meesha cirbada lagu duray, daal, madax xanuun, murqo xanuun, xanuunka kala goysyada, iyo qarqaryo, qanjiro barar ku dhaca gacanta cirbada lagu duray, lalabo iyo matag, iyo qandho.

Xagee ayaan ka heli karaa xog dheeraad ah?

- Faa'iidooyinka aad ka helayso Talaalka COVID-19 - <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>
- Marka talaalku kooban yahay, yaa helaaya kuurooyinka koobaad? - <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations.html>
- Tallaalka COVID-19 ee Massachusetts - <https://www.mass.gov/covid-19-vaccine-in-massachusetts>
- Dadka khatarta wayn ugu jira xanuunka daran - <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#People-at-Higher-Risk-for-Severe-Illness>
- Maamulka Cuntada iyo Daawada talaalka Pfizer-BioNTech ee COVID-19 - <https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/pfizer-biontech-covid-19-vaccine>
- Maamulka Cuntada iyo Daawada talaalka Moderna ee COVID-19 - <https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/moderna-covid-19-vaccine>
- Websetka Mass General Brigham COVI-19 - <https://www.massgeneralbrigham.org/covid19>

Xasaasiyada

Ma tahay inaan ka walaaco xasaasiyad aan ka qaado Talaalka COVID-19?

Waxaa jiray warar sheegaaya dad xasaasiyad ka qaaday kadib markay qaateen talaalka. Dad tiro yar ayaa xaasiyad daran ka qaaday taasoo loo yaqaano anaphylaxis. Ayadoo arintaan la xeerinaayo, Maamulka Cuntada iyo Daawada Maraykanka iyo CDC ayaa ku tinaysa in dadka horay qabay anaphylaxis ay ku qabaan wax kamid ah maadooyinka talaalka COVID19 **aysan** qaadan talaalka. Dadka qaba xasaasiyada kale ee cuntada iyo daawada ayaa qaadan kara talaalka.

Si guud, inta badan bukaanka xasaasiyada ku qaba mid kamid ah talaalka ayaa qaadan kara talaallada kale si amaan ah. Haddii aad qabto taariikhda xasaasiyad xun oo aad ka qaado talaallada, daawooyinka lagugu duro, ama qayb kamid ah talaalka COVID-19 ee aad qaadanayso, waa inaad la hadashaa dhakhtarkaaga guud ama kan xasaasiyada (haddii aad haysato). Adeeg bixiyahaaga ayaa kaa caawin kara inaad go'aansato haddii ay ammaan tahay inaad talaalka qaadato.

Waa maxay maadooyinka ay ka kooban yihiin Talaallada Pfizer-BioNTech iyo Moderna ee COVID-19?

Talaallada Pfizer-BioNTech iyo Moderna ee COVID-19 lagama heli gelatin, ukun, ama latex. Sidoo kale, cinjirada daawada lagama samayn latex ka cinjirka dabiiciga ah. Bukaannada qaba xasaasiyada latex ka ayaa qaadan kara talaallada Pfizer ama Moderna ee COVID-19.

Labadaba talaallada Pfizer-BioNTech iyo Moderna ee COVID-19 waxaa ku jirta **polyethylene glycol**. Xasaasiyada ka dhasha polyethylene glycol waa kuwo aad dhif u ah. Bukaannada horay xasaasiyada ugu qabay polyethylene glycol waa inay la hadlaan dhakhtarkooda kahor inaysan qaadan talaalka midkood Pfizer ama Moderna.

Maadooyinka ay ka kooban yihiin Talaallada Pfizer-BioNTech iyo Moderna ee COVID-19

	Pfizer-BioNTech	Moderna
Shaqaynaaya	Nucleoside-modified messenger RNA (modRNA) oo leh noolaha fayraska (S) glycoprotein ee SARS-CoV-2	Nucleoside-modified mRNA oo leh noolaha fayraska (S) glycoprotein ee SARS-CoV-2
Aanshaqaynayn - dufanka	(4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate)	SM-102 (oo ku jirta Talaalka Moderna)
	2[(polyethylene glycol [PEG]-2000]-N,N-ditetradecylacetamide	Polyethylene glycol (PEG) 2000 dimyristoyl glycerol (DMG)
	1,2-distearoyl-sn-glycero-3-phosphocholine	1,2-distearoyl-sn-glycero-3-phosphocholine
	Kalastarool	Kalastarool

Aan shaqaynayn - cusbo, sonkor, buffers	Potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dihydrate	Tromethamine, tromethamine hydrochloride, acetic acid, sodium acetate
	Sonkor (sucrose)	Sonkor (sucrose)
	Qasaha, lagu daro marka talaalka la bixinaayo, waa saline (Sodium Chloride)	Looma baahna qase