Su'aalahaaga Caabuqa Koofid (COVID):

Baahida tallaalka xoojiyaha macnaheedu ma waxaa weeye in aysan tallaaladii hore shaqeynin

Jan 14. 2022

Jawaab: **MAYA.**

1. Tallaalada ka hortagga Caabuqa Koofid-19 (COVID-19) waa kuwo waxtar leh, xataa haddii aan u baahano tallaalada xoojiyaha.

2. Xanuunada badankood, hal tallaal ka badan ayaa loo baahan yahay si loo helo tallaalka ugu wanaagsan ee suurtagalka ah.

3. Tallaalada carruurta caadiga ah oo badan waxay kaloo u baahan yihiin tallaalada xoojiyaha. Tusaale, carruurta waxaa tallaalo badan loo siiyaa ka hortagga jadeecada, qumanka iyo jadeeco jarmalka (rubella).

4. Xataatallaalkaxoojiyahala'aantiis, tallaaladacaabuqa Koofid-19 (COVID-19) waxaygacankageystaanyareyntanoocyadadaraneexanuunka, haseyeesheesidadhammaantallaaladabadankood, difaacaasuwuxuu la yaraadaamuddada.

Ma ogsooneyd in?

- Dadka intooda badan ee daryeel degdeg ah ugu baahan caabuqa Koofid-19 (COVID-19) waa kuwo aan tallaalneyn.
- Haddii aad si buuxda u tallaalan tahay, waad qaadi kartaa caabuqa Koofid-19 (COVID-19), haseyeeshee waa yar yahay suurtagalka in aad aad u xanuunsatid.
- Dad badan ayaa iska tallaala hargabka jiilaal kasta (winter). Sababtu waxay tahay fayraska hargabka ayaa xoogaa isbeddala sanad walba, marka tallaalada cusub waa in ay ayakuna xoogaa isbeddalaan.(1)

(1) https://www.cdc.gov/flu/prevent/keyfacts.htm

Qoraalka xogohaan waxaa ansixiyey koox khubaro la-taliyaal ah.

Financial contribution from
Avec le financement de

Public Health Agency of Canada
Agence de la santé publique du Canada

Metropolis Institute - Institut

Vaccine Uptake Network · Réseau Adhésion Vaccination

Haddii aad dooneysid xogo dheeraad ah?

Waxaad xogo dheeraad ah ee caabuqa Koofid-19 (COVID-19) ka heli kartaa halkaan:

https://bit.ly/3qQHmOx