Sida saaxiibadaa iyo qoyskaaga Looga la hadlo

TALLAALADA CAABUQA KOOFID-19

Si aan dhammaanteen uga qeybqaadano ka hortagga fididda caabuqa KOOFID-19 ee bulshadeena.

Waxaa dhici karta in su'aalo tiro badan lagaa weydiinayo tallaalada caabuqa KOOFID-19. Si loo xaqiijiyo in dadka noloshaada ku xiran ay helaan xogo lagu kalsoonaan karo, waa kuwaan talooyinkeena ugu wanaagsan wixii aad ku oran lahayd.

Tallaaladu dadkay badbaadiyaan waxayna ilaaliyaan bulshadeena.

Tallaalada caabuqa KOOFID-19 waxay badbaadinayaan dadka. Tallaaladu waxay leeyihiin waxtar ka badan in ay ilaaliyaan dadka qaadanaya tallaalka, waxay kaloo ilaaliyaan qof kasta oo ka ag dhow.

Marka ay sii bataan dadka bulshada laga tallaalay lagana ilaaliyey caabuqa KOOFID-19, waxaa sii adkaanaya in caabuqa KOOFID-19 uu sii fido.

Tallaalada caabuqa KOOFID-19 waa ammaan

Hay'adaha caafimaadka dadweynaha ee dunida, sida Wasaaradda Caafimaadka Kanada, iyo sidoo kale bahda sayniska iyo daawada caalamku waxay go'aan ku wada qaateen in tallaalada KOOFID-19 ee la ansixiyey ay ammaan ugu yihiin dadka, sida haweenka uurka leh, kuwa qorsheynaya in ay uureystaan ama ilmo nuujinaya.

Haddii aad haysid wax su'aalo ah, oo aad uur leedahay, qorsheynaysid in aad uureysatid ama aad ilmo nuujineysid, la hadal dhakhtarkaaga caafimaadka.

In kasta oo tallaalada lagu soo saaray muddo yar oo aan horay loo arag – mahadi ha ka gaarto abaabulka kheyraadka adduunka iyo cilmi-baaris fayraska koroona oo hore – waxay soo mareen isla heerar la mid ah si loo ansixiyo kuwii tallaaladii ka horreeyey.

Malaayiin dad ah ayaa dunida hareeraheeda mar hore si ammaan ah looga tallaalay. Tallaaladu aad bay uga ammaan badan yihiin caabuqa KOOFID-19 oo kugu dhaca.

Sida la isku tallaalo?

Gobolka Biritish Kolombiya, qof kasta oo da'diisu gaartay 12 sano ama ka weyn waxaa loo hayaa tallaal. Xogaha iyo tilmaamaha ku saabsan sida aad xaq ugu leedahay waxaa laga helaa bartaan: gov.bc.ca/getvaccinated.

Hadda isku diiwaangali tallaalkaaga ama tag rugta tallaalka xaafaddaada

Tallaabada 1: Is-Diiwaangali

Iska diiwaangali bartaan internetka (getvaccinated.gov.bc.ca), Telefoonka (1-833-838-2323) ama qof ahaan tag dhammaan xafiisyada Adeegga Biritish Kolombiya midkood. Xafido lambarkaaga xaqiijinta, dib baad ugu baahnaan doontaa.

Tallaabada 2: Ballan qabso

Waa lagu la soo xiriiri doonaa marka aad xaq u yeelatid in aad ballanta tallaalka qabsatid.

Tallaabada 3: Tallaalka qaado

Waxaad timaaddaa dhawr daqiiqo ka hor wakhtigii ballantaada; soo xiro shaar gacmo-gaab ah iyo af-san daboole (mask). Markaad tagtid rugta tallaalka waxaad buuxin doontaa habka imaanshaha, qaadan doontaa tallaalkaaga, sii joogi doontaa aagga hubsashada ilaa 15 daqiiqo qiyaasta. Waa lagu soo wargalin doonaa marka aad xaq u yeelatid in aad ballansatid tallaalkaaga labaad.

Rugta tallaalka toos ugu tag

Haddii aad rabtid, waxaad kale oo tallaalkaaga kowaad ama kan labaad toos ugu tagi kartaa rugta tallaalka. Xogaha liiska rugaha tallaalka booqo bartaan: gov.bc.ca/vaxforbc

Ka hortagga caabuqa KOOFID-19 ayaa wali mudnaan leh

Waa in aad sii wadid raacidda amarada hay'adaha caafimaadka dadweynaha, talooyinka gobolka oo caadeysatid dhaqamada wanaagsan ee caabuqa KOOFID-19 sida gacmahaaga oo aad dhaqdid, iska baaraya fayraska oo guriga joogaya marka aad xanuunsan tahay. Waa in aad xiratid af-san daboole (mask) goobaha dadweynaha gudahooda ilaa inta aad si buuxda isku tallaaleysid.

La soco xogaha rasmiga ah

Waa in aad ka heshid xogaha rasmiga ah ee ku saabsan Qorshaha Tallaalka KOOFID-19 ee gobolka Biritish Kolombiya iyo ammaanka tallaalka ilo wareedyo lagu kalsoon yahay sida hay'adda Caafimaadka Fareysar, Gobolka Biritish Kolombiya iyo Xarunta Xakameynta Cudurada ee Biritish Kolombiya (BCCDC).

bccdc.ca

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BC Centre for Disease Control
Provincial Health Services Authority

Xuquuqda daabacaadda 2021
Tafaftiriddii: August 20, 2021
Ilo-wareedyada: BCCDC, ImmunizeBC, Health Canada, CDC iyo WHO.

[Somali]