

## Tallaalka COVID-19 [Waxa soo saaray Pfizer-BioNTech]

### COVID-19

[COVID-19](#) waa infekshan fayras oo badanaa ku dhaca sambabaha. Dadka qaar waxay yeelan karaan xanuun yar. Qaar kale ayaa aad u xanuunsan kara, oo ay ku jiraan waayeelka ama dadka qaba xaalad caafimaad oo hore u jirtay. Marar aad u yar, carruurta qaar waxay yeelan karaan xaalad daran oo barar ah. Saamaynta muddada-dheer ee COVID-19 si buuxda looma yaqaan. Dadka qaar waxay halis weyn ugu jiraan inuu ku dhaco COVID-19 sababtoo ah shaqadooda ama noloshooda darteed.

### Sida tallaalkani u shaqeeyo

Tallaalladani waxay u sheegaan unugyada jirkaaga inay sameeyaan "korodh borotiinno ah" Barootiinnada kor u kaca waxay gaar u yihiin fayraska keena COVID-19. Habka difaaca jirkaaga ayaa ka jawaabi doona borotiinnada soo kordhay iyaga oo u sheegi doona jidhkeena in samaynta unugyada difaaca oo ka hortagi doona infekshanka. Unugyada difaaca jirka ee cusub waxay burburin doonaan borotiinka kor u kaca ah wayna ka takhalusi doonaan. Unugyada jirkaaga ee cusub ayaa kaa ilaalin doona qaadiida xanuunka haddii aad qaaddo fayraska COVID-19. Lama oga in tallaalku ka hortagi karo infekshinka. Tallaaladu kuma jiraan fayrasku sidaa darteed nama siin karaan COVID-19.

Tallaalka Pfizer-BioNTech waxaa la mariyay tijaabooyin caafimaad oo waaweyn si loo hubiyo inuu buuxiyay heerarka badqabka, waxaana ruqsad siisay oo oggolaatay Health Canada.

Labada tallaalka waxay badbaado u yihiin waayeelka iyo dadka qaba xaalado caafimaad oo joogto ah sida sonkorowga, cudurka wadnaha, dhiig-kar, iyo cagaarshowga B, C ama HIV oo leh jawaab celin dufaac wanaagsan Haddii aad ku qabto alarjik cunto, dawo, qaniinyada cayayaanka ama deegaanka waxaad weli badbaado u heli kartaa midkood tallaalka. Fikrad ahaan, waa inaad ku dhammaystirtaa qaadashada taxanahaaga laba-tallaal isla nooc tallaalka.

### Faa'iidooyinka Tallaalka

Laba tallaalka waxay u baahanyihiin laba qiyaasood ka hortagga fiican. Fikrad ahaan, qiyaasta labaad waa in la siiyaa 4 ilaa 6 toddobaad kadib qiyaasta koowaad. Haddii aad seegto jadwalkaaga ballanta labaad qabso ballan kale sida ugu dhaqsaha badan. Uma baahnid inaad dib u bilowdo taxanaha tallaalka.

Kadib markaad qaadato qiyaasta labaad, waxay qaadan kartaa ha lama labad toddobaad oo kale si loo gaaro ka-hortagga ugu sarreeya ee ka hortagga COVID-19. Tijaabooyinka, tallaalku wuxuu ahaa mid waxtar leh 95%. Waqtigaan, ma jiro wax macluumaad ah oo ku saabsan muddada kahortaga ee tallaalku ku dhammaan doonto.

Waxaa jirta fursad yar oo aad weli ku qaadi karto COVID-19 kadib markaad is tallaasho. Waxaa muhiim ah in la sii wado tallaabooyinka caafimaadka dadweynaha sida kala fogaanshaha jirka, maaskaro la xirto, iyo joogitaanka guriga haddii aad xanuunsan tahay. Daryeelka caafimaadka iyo shaqaalaha kaleba waa inay weli xirtaan qalabka difaaca jirka (PPE) xitaa kadib marka la tallaalo.

## Waxyeellooyinka iyo Khataraha

Dadka qaarkood waxaa laga yaabaa inay yeeshaan waxyeellooyin tallaalka, laakiin waxay u badan tahay inay dhexdhexaad noqon doonaan oo ay baab'i doonaan dhawr maalmood kadib. Calaamadaha qaarkood waa qayb ka mid ah jawaabta jirka ee horumarinta difaaca jirka.

Waxyeellooyinka guud ee laga soo sheegay tijaabooyinka tallaalkan waxa ka mid ah:

<b>aad u badan</b> $\geq 10\%$ (in ka badan 1 ka mid ah 10 qiyaasood)	<b>caadi ah</b> 1% -10% (1 in 100 to 1 in 10 doses)	<b>aan badnayn</b> 1% (100kiiba 100)	<b>aad u dhif ah</b>
<ul style="list-style-type: none"> <li>○ xanuun meesha la duray</li> <li>○ madax xanuun</li> <li>○ dareemid daal</li> <li>○ murqo ama kalagoysyo xanuun</li> <li>○ qandho ama qarqaryo</li> </ul>	Casaan & barar meesha la duray	qanjidhada oo barara	xasaasiyad daran sida anaphylaxis

Kiisas dhif ah, dareen-celin xasaasiyadeed oo halis ah (anaphalaxis) ayaa dhici kara. Dareen-celinta xasaasiyadda waa la daaweyn karaa oo badanaa waa ku-meel-gaar. Raadso daryeel caafimaad haddii aad dhib ku dareentid neefsashada, ku yeelato finan ama barar wejiga iyo cunaha. Waxyeellooyinka tallaalka waa la sii daba socon doonaa maadaama dadku qaadanayaan tallaalka. Haddii tallaala aad ka yeelato dareen-celin, la xiriir daryeel bixiyahaaga caafimaad kaas oo si toos ah ugu wargalin doona waxyeellooyinka dhinaca caafimaadka dadweynaha. Caafimaadka dadweynaha ayaa la socon doona waxyeellooyinka la soo sheegay si loo hubiyo in tallaalku uu sii ahaanayo mid ammaan ah.

## Taxaddarrada

- Dib u dhig tallaalka haddii aad qandho qabtid, aad la xanuunsan tahay calaamadaha COVID-19, ama aad qaadatay tallaalka 14-kii maalmood ee la soo dhaafay.
- Iska ilaali inaad isku daydo inaad uur yeelato ugu yaraan laba bilood kadib markaad qaadatid labada qiyaasood ee tallaalka.
- La tasho daryeel bixiyahaaga aafimaad haddii aad qabto cillad dhiig-bax ama aad qaadato daawada dhiigga khafiifisa.

## Ha qaadan tallaalkan, haddii aad:

- xasaasiyad ku leedahay wax kasta oo ku jira tallaalka, oo ay ka mid yihiin polyetylen glycol; ama

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- aad ku yeelatay dareen-celin daran qiyaas hore oo tallaalkan ah.

**Ha qaadan tallaalkan adiga oo aan la tashan bixiyaha daryeel bixiyahaaga caafimaad, haddii aad:**

- Ka yar tahay 16 sanno jir (waxaa suurtagal ah in lagu tallaalo haddii aad tahay 12 illaa 15 sanno jir);
- uur leedahay ama naas nuujinayso; ama
- yeelato cillad isbur-burinta habka difaaca ah ama habka difaaca jirka ee daciifsan oo ay ugu wacan tahay xanuun ama daaweyn.

**Wixii macluumaad dheeraad ah**, kala hadal daryeel bixiyahaaga caafimaad, ama booqo [toronto.ca/COVID19](https://toronto.ca/COVID19).

**Kheyraadka**

Dowladda Kanada. Tallaalka Pfizer-BioNTech COVID-19: Maxaad u baahan tahay inaad ogaato. Ottawa, ON: Diseembar 9, 2020. Waxaa laga heli karaa: <https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines/pfizer-biontech.html>

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