

Waxa Xiga:

Ka dib marka aad qaadato tallaalka COVID-19

(Next Steps: After you receive a COVID-19 vaccine)



Qorsheyso in aad soo qaadato tallaalka xiga oo la soco in aadan ka dibdhicin qiyaasta COVID-19.

- Goobta tallaalka weydiiso goorta aad ka qaadan karto tallaalka kale ee COVID-19.
- Tallaalada COVID-19 ee Pfizer, Moderna, iyo Novavax waxay u baahan yihiin laba ama saddex qiyaasood oo taxane ah oo waxay ku xiran tahay da'da.
- Dadka uu difaacooda jirka yahay dhexdhexaad ilaa mid aad u daran waxaa laga yaabaa in ay u baahdaan tallaal dheeraad ah si ay u dhistaan difaacooda. Faahfaahin ka eego www.dhs.wisconsin.gov/covid-19/vaccine-immuno.htm
- Waxa aad **wada qaadatay** tallaalada COVID-19 markaad dhammeysato inta tallaal ee lagaa rabo oo dhan iyo xoojiyihii ugu dambeeyey haddii lagugula taliyey.
- Talooyinku waa ay kala duwanaa doonaan oo waxay ku xiran tahay tallaalada la qaatay, da'da, iyo heerka caafimaad ee qofka. Faahfaahinta tallaalada oo badan ka eego: www.dhs.wisconsin.gov/covid-19/vaccine-after.htm



Ogsoonow waxyeellada badanaa lagala kulmo tallaalka.

Calaamadaha la isku arko waa wax caadi ah, iyo muddo yar oo waxaa lagu gartaa in uu tallaalku shaqeynayo.

- Xanfah ama barar garabka meesha lagaa muday
- Qandho
- Daal
- Qarqaryo
- Madax-xanuun



Ogow marka aad dhakhtarka la xiriireyso.

Xanuun yar ama qandho in la isku arko waa wax caadi ah, laakiin waa in dhakhtar lala xiriiro:

- Haddii ay guduudato meeshii lagaa duray ama ay aad ui xanuunto 24 saac ka dib.
- Haddii ay waxyeelladu keento welwel ama ay qaadato maalmo badan.

Haddii aad isku aragto xaalad caafimaad oo ah degdeg, garaac 911.



Iska diiwaangeli barnaamijka v-safeSM.

La soo deg barnaamijka taleefanka casriga ah si aad ula socoto xaalka caafimaadka, si aad waxyeellada u soo gudbiso, iyo si lagu soo xusuusiyo tallaalka kuugu xiga. Booqo v-safe.cdc.gov oo iska diiwaangeli.



Waa inaad mar kasta ilaaliso naftaada iyo dadka kale



Guriga joog marka aad xanuunsan tahay.



Iska soo baar xanuunka haddii aad isku aragto calaamadaha COVID-19 ama haddii uu qof ku qaadsiiyo COVID-19.



Isticmaal gafuurxir haddii lagu qaadsiiyo ama lagaa helo COVID-19 ama aad ku sugan tahay degmo uu sarreeyo Heerkeeda Dadweynaha ee COVID-19. <https://www.dhs.wisconsin.gov/covid-19/data.htm#map>