

# QAADASHADA TALLAALKA COVID-19



COVID-19 waa lagu xanuunsan karaa oo dadka qaar ayaa u dhiman kara.



Tallaalka COVID-19 wuxuu kaa difaacayaa xanuunka.



Booqo [vaccines.gov](https://www.vaccines.gov) ama soo garaac 844-684-1064 si aad uga hesho goobaha kuu dhow ee tallaalka COVID-19.



Waxay u badan tahay inaad aadi doonto kilinig ama farmashiye si aad u soo qaadato tallaalka.



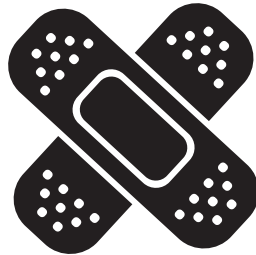
Waa in aad gacanta kore diyaarsato. Kalkaalisadu jeermis-dile ayey ku nadiifineysaa gacanta. Aalkolada ayaa kuu urin karta.



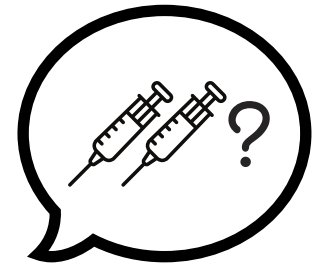
Waa in aad gacanta kore diyaarsato. Kalkaalisadu jeermis-dile ayey ku nadiifineysaa gacanta.



Waa in aadan jirkaaga dhaqaajin. Kalkaalisoo ayaa garabka kaaga dureysa tallaalka. Waa sida qandhufo yar oo kale.



Kalkaalisada ayaa kugu dhejineysa sharooto ah Band-Aid.

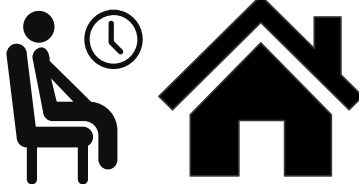


Waxaad weydiisaa, "Ma waxaa la iga rabaa inaan u soo noqdo tallaalka labaad ee COVID-19?"

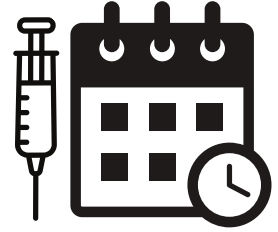
# QAADASHADA TALLAALKA COVID-19



Haddii laga rabo in aad qaadato tallaalka labaad ee COVID-19, ballan sii qabso oo meel ku qoro.



Waxaad u baahan tahay 15 daqiiqo in aad joogto si loo hubiyo in aadan wax dhib ah isku arkin. Dabadeedna waad iska tegi kartaa.



Haddii aad qaadaneyso tallaalka labaad ee COVID-19, waa in aad soo noqoto 3 ilaa 4 toddobaad.



Markaad soo noqoto, sidii tallaalkii koowaad oo kale ayaad u qaadaneysaa kan labaad.



Tallaalka ka dib, gacantii la duray ayaa ku xanuuni karta. Waxaa dhici kara madax-xanuun ama in daal la dareemo.



Taas macnaheedu waa in tallaalku kuu shaqeynayo. Laba maalmood ka dib ayaad CAADI dareemi doontaa.



Laba toddobaad ka dib markaad qaadato tallaalka kuugu dambeeya, waxaad dib ugu noqon kartaa wixii aad caadi ahaan sameyn jirtay.



Laakiin weli waa in aad gafuurxir u isticmaasho meelaha uu aadka ugu faafayo COVID-19. Gafuurxirka waxa kale oo laga rabaa iskuullada, goobaha caafimaadka, iyo gaadiidka dadweynaha.



Waxaad qaadatay tallaalkii COVID-19. Waxaad sameysay waa dedaal aad badqabid ku heli kartaan adiga iyo dadka kale!