

**XAASHIDA XAQIIQDA HELAYAASHA IYO DARYEELAYAASHA
OGGOLAANSHAHA ISTICMAALKA XAALADDA GURMADKA AH EE
TALLAALKA COVID-19 EE MODERNA SI LOOGA HORTAGO CUDURKA KORONAFAYRAS EE 2019
(COVID-19) EE SHAKHSIYAADKA DA'DOODU TAHAY 18 IYO KA WAYN**

Waxa lagu soo bandhigay Tallaalka COVID-19 ee Moderna si looga hortago Cudurka Koronafayras ee 2019 (COVID-19) oo uu keeno SARS-CoV-2. Xaashidan xaqiiqda waxa ku qoran macluumaad kaa caawinaya inaad fahamto halisaha iyo faa'idooyinka Tallaalka COVID-19 ee Moderna, kaasi oo laga yaabo inaad qaadato sababtoo ah waxa jira wakhtigan cudurka COVID-19 oo adduunka oo dhan ku faafay.

Tallaalka COVID-19 ee Moderna waa tallaalka waxaanu kaa baajin karaa inaad qaaddo COVID-19. Ma jiro tallaalka Maamulka Cuntada iyo Daawada ee Maraykanku ansixiyey oo lagaga hortago COVID-19.

Akhri Xaashidan Xaqiiqda si aad u hesho macluumaad kusaabsan Tallaalka COVID-19 ee Moderna. Kala hadal bixiyaha tallaalka haddii aad su'aalo qabto. Adiga ayaa ikhtiyaar u leh inaad qaadato Tallaalka COVID-19 ee Moderna.

Tallaalka COVID-19 ee Moderna waxa loo qaataa 2 marqaadasho oo isku xiga, oo 1 bil u dhaxayso, waxaana laga qaataa muruqa.

Tallaalka COVID-19 ee Moderna waxa dhici karta inaanu qof kasta difaac ka helin.

Xaashidan Xaqiiqda waxa dhici karta in wax laga baddalo. Xaashida Xaqiiqda ee ugu dambaysay, fadlan booqo www.modernatx.com/covid19vaccine-eua.

WAXA AY TAHAY INAAD OGAATO KAHOR INTA AADAN QAADAN TALLAALKAN

WAA MAXAY COVID-19?

COVID-19 waa cudur uu keeno fayraska loo yaqaan SARS-CoV-2. Noocan koronafayraska waligii hore looma arag. Waxaad ku qaadi kartaa COVID-19 inaad isa soo gaartaan qof kale oo fayraska sida. Inta ugu badan waa xanuun neefmareenka ku dhaca oo saamayna ku yaalan kara xubno kale. Dadka qaba COVID-19 waxay leeyihiin astaamo fara badan, laga bilaabo astaamo fudud ilaa xanuunsida daran. Astaamuhu waxay soo ifbixi karaan 2 ilaa 14 maalmood kadib marka qofka ay isasoo gaadhaan cid qabta fayraska. Astaamaha waxa kujiri kara: xummad ama qarqaryo; qufac; neefta oo qofka qabata; daal; xanuun muruqyada ama jirka ah; madaxanuun; dhadhanka ama urta oo qofka ka tagta; cune xanuun; cabbur ama duuf; yalaalugo ama matag; shuban.

WAA MAXAY TALLAALKA COVID-19 EE MODERNA?

Tallaalka COVID-19 ee Moderna waa tallaalka aan la ansixin oo baajin kara COVID-19. Ma jiro tallaalka FDA (Food and Drug Administration) ansixisay oo baajinaya COVID-19.

FDA waxay oggolaatay isticmaalka xaaladda gurmada ah ee Tallaalka COVID-19 ee Moderna si looga hortago COVID-19 ee shakhsiyaadka da'doodu tahay 18 jir iyo ka wayn iyadoo la raacayo nidaamka Oggolaanshaha Istickmaalka Xaaladda Gurmada ah (Emergency Use Authorization (EUA)).

Macluumaad dheeraad ah oo kusaabsan EUA, fiiri "**Waa maxay Istickmaalka Xaaladda Gurmada ah?**" qaybta ah oo ku taalla dhammaadka Xaashidan Xaqiiqda.

MAXAY TAHAY INAAD U SHEEGTO BIXIYAHA TALLAALKAAGA KAHOR INTA AADAN QAADAN TALLAALKA COVID-19 EE MODERNA?

U sheeg bixiyaha tallaalkaaga dhammaan xaaladahaaga caafimaad, oo ay kujiraan haddii aad:

- leedahay xasaasiyado
- leedahay xummad
- aad leedahay xaalad dhiigbax ama aad qaadato maaddooyinka dhiigga khafifiya
- uu difaacaaga jidhku liito ama aad qaadato daawo saamayn ku yeelata habdhiskaaga difaaca
- aad uur leedahay ama qorshaynayso inaad uur yeelato
- aad naaska nuujinayso
- aad qaadatay tallaalka COVID-19

AYEY TAHAY INAY QAADATO TALLAALKA COVID-19 EE MODERNA?

FDA waa oggolaatay isticmaalka xaaladda gurmada ah ee Tallaalka COVID-19 ee Moderna ee shakhsiyaadka da'doodu tahay 18 iyo ka wayn.

AYEY TAHAY INAYNA QAADAN TALLAALKA COVID-19 EE MODERNA?

Waa inaad qaadan Tallaalka COVID-19 ee Moderna haddii aad:

- yeelatay xasaasiyad daran kadib markii lagu siiyey marqaadashadii hore ee tallaalkan
- aad ka qaaddo xasaasiyad daran maaddooyinka uu ka kooban yahay tallaalku wax kamid ah

WAA MAXAY MAADDOOYINKA UU KA KOOBAN YAHAY TALLAALKA COVID-19 EE MODERNA?

Tallaalka COVID-19 ee Moderna waxa kujira maaddooyinka soo socda: messenger ribonucleic acid (mRNA), lipids (SM-102, polyethylene glycol [PEG] 2000 dimyristoyl glycerol [DMG], cholesterol, and 1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC]), tromethamine, tromethamine hydrochloride, acetic acid, sodium acetate, iyo sucrose.

SIDEE TALLAALKA COVID-19 EE MODERNA LOO BIXIYAA?

Tallaalka COVID-19 ee Moderna waxa lagaa siin doonaa muruqa isagoo irbad ah.

Tallaalka COVID-19 ee Moderna taxanihiisa tallaalku waa laba marqaadasho oo 1 bil u dhaxayso.

Haddii aad qaadato hal marqaadasho Tallaalka COVID-19 ee Moderna, waa inaad qaadato marqaadasho labaad oo isla tallaalka ah 1 bil kadib si loo dhammaystiro taxanaha tallaalka.

MIYAA TALLAALKA COVID-19 EE MODERNA HORE MA LOO ISTICMAALAY?

Tallaalka COVID-19 ee Moderna waa tallaalka aan la ansixin. Tijaabooyinka caafimaad, ugu dhawaan 15,400 oo qof oo da'doodu tahay 18 jir iyo ka wayn ayaa qaatay ugu yaraan 1 marqaadasho oo ah Tallaalka COVID-19 ee Moderna.

WAA MAXAY FAA'IDOOYINKA TALLAALKA COVID-19 EE MODERNA?

Tijaabo caafimaad oo joogto ah kadib, Tallaalka COVID-19 ee Moderna waxa la ogaaday inuu ka hortagayo COVID-19 kadib marka qofku qaato 2 marqaadasho oo 1 bil u dhaxayso. Muddada ay soconayso difaaca ka dhanka ah COVID-19 hadda lama oga.

WAA MAXAY HALISAHA TALLAALKA COVID-19 EE MODERNA??

Saamaynaha xun ee laga soo sheegay Tallaalka COVID-19 ee Moderna waxa kamid ah:

- Xanuun meesha qofka laga mudo: kaar, danqasho iyo barar qanjaha difaaca (lymph nodes) ee gacanta qofka laga mudo, barar (adkaansho), iyo casaan noqosho
- Saamaynaha xun ee guud: daal, madaxanuun, murqo xanuun, kala-goysyo xanuun, qarqaryo, yalaalugo iyo matag, iyo xummad

Fursadda uu Tallaalka COVID-19 ee Moderna ku keeni karo xasaasiyado daran aad ayey u yar tahay. Xasaasiyadaha daran sida badan waxay ku dhacaan dhawr daqiiqood ilaa hal saac gudahood kadib marka qofku qaato Tallaalka COVID-19 ee Moderna. Sababtan darteed, bixiyahaaga tallaalku wuxuu kaa codsan karaa inaad joogto goobta aad tallaalka ka qaadatay si xaaladdaada loola socdo tallaalka kadib. Astamaha xasaasiyadaha daran waxa kamid noqon kara:

- Neefsiga oo qofka ku adkaada
- Barar wejiga iyo cunahaaga
- Garaaca wadnaha oo kordha
- Finan yaryar oo jidkaaga oo dhan ka soo baxa
- Dawakhaad iyo daciifnimo

Kuwani waxa dhici karta inayna noqon dhammaan saamaynaha xun ee iman kara ee Tallaalka COVID-19 ee Moderna. Saamayno xun oo halis ah oo aan la filayn ayaa iman kara. Tallaalka COVID-19 ee Moderna wali tijaabo caafimaad ayaa ku socota.

MAXAY TAHAY INAAN KA QABTO SAAMAYNAHA XUN?

Haddii aad la kulanto xasaasiyado daran, wac 9-1-1, ama tag isbitaalka kuugu dhaw.

Wac bixiyaha tallaalka ama bixiyahaaga daryeelka caafimaadka haddii aad yeelato saamayno xun oo ku dhibaya ama kaa tagi waaya.

U sheeg saamaynaha xun ee tallaalka **FDA/CDC Nidaamka Warbixinta Dhacdada Saamaynta Xun ee Talaalka (Vaccine Adverse Event Reporting System) (VAERS)**. Lambarka wicitaanka bilaashka ah ee VAERS 1-800-822-7967 ama onlayn ahaan ka soo sheeg <https://vaers.hhs.gov/reportevent.html>. Fadlan ku dar "Moderna COVID-19 Vaccine EUA" _sadarka koowaad ee #18 ee foomka warbixinta.

Sidoo kale, waxaad u gudbin kartaa saamaynaha xun ModernaTX, Inc. 1-866-MODERNA (1-866-663-3762).

Sidoo kale waxa lagu siin karaa ikhtyaarka inaad iska diiwaangaliso **v-safe**. **V-safe** waa barnaamij taleefanka casriga ah ku shaqeeya oo cusub oo bilaa lacag ah kaasi oo isticmaala farriimaha qoraalka ah iyo xogururinaha webka si xog looga doono dadka tallaalka qaatay si loo aqoonsado saamaynaha xun ee ku iman kara kadib tallaalka COVID-19. **V-safe** wuxuu qofka waydiiyaa su'aalo ka caawinaya CDC inay la socoto badbaadada tallaalka COVID-19. **V-safe** sidoo kale waxay bixisaa xasuusiyayaasha marqaadashada labaad haddii loo baahdo iyo la-socod taleefan oo toos ah oo CDC samaynayso haddii kaqaybqaatayaashu soo sheegaan saamayn caafimaad oo wayn kadib qaadashada tallaalka COVID-19 Macluumaad dheeraad ah oo kusaabsan sida la isku diiwaangaliyo, booqo: www.cdc.gov/vsafe .

KA WARAN HADDII AAN GO'AAN KU GAARO INAANAN QAADAN TALLAALKA COVID-19 EE MODERNA?

Adiga ayaa ikhtiyaar u leh inaad qaadato inaad qaadan Tallaalka COVID-19 ee Moderna Haddii aad go'aansato inaad qaadan, wax isbaddal ah ku imaan maayo daryeelkaaga caafimaad ee caadiga ah.

MA JIRAAN IKHTIYAARO KALE OO DIYAAR AH OO LAGAGA HORTAGAYO COVID-19 KA SOKOW TALLAALKA COVID-19 EE MODERNA?

Wakhtigan, ma jiro tallaalka kale oo FDA ansixisay oo diyaar ah kaasi oo lagaga hortagi karo COVID-19. Tallaaladeena lagaga hortagayo COVID-19 waxa lagu heli karaa xaaladda Oggolaanshaha Isticmaalka Xaaladda Gurmada ah.

MA LA QAADAN KARAA TALLAALKA COVID-19 EE MODERNA TALLAALO KALE?

Ma jirto macluumaad ku aaddan la isticmaalka Tallaalka COVID-19 ee Moderna tallaalo kale.

KA WARAN HADDII AAN UUR LEEYAHAY AMA NAASNUUJINAYO?

Haddii aad uur leedahay ama naasnuujinayso, kala hadal waxyaalaha kuu bannaan bixiyahaaga daryeelka caafimaadka.

MIYAAN TALLAALKA COVID-19 EE MODERNA KA QAADI DOONAA COVID-19?

Maya. Tallaalka COVID-19 ee Moderna kuma jiro SARS-CoV-2 kamana qaadi kartid COVID-19.


HAYSO KAARKAAGA TALLAALKA

Markii aad qaadato marqaadashadaada koowaad, waxaad heli doontaa kaarka tallaalka si uu kuugu muujiyo marka aad ku laabanayso marqaadashada labaad ee Tallaalka COVID-19 ee Moderna. Xasuusnow inaad kaarkaaga soo qaadato markii aad soo laabanayso.

MACLUUMAAD DHEERAAD AH

Haddii aad su'aalo qabto, booqo websaytka ama wac lambarka taleefanka ee hoos ku qoran.

Si aad u hesho Xaashida Xaqiiqda ee ugu dambaysay, fadlan sawir QR code-ka hoos ku yaala.

Websaytka Tallaalka COVID-19 ee Modarena	Lambarka taleefanka
<p>www.modernatx.com/covid19vaccine-eua</p> 	<p>1-866-MODERNA (1-866-663-3762)</p>

SIDEEN WAX BADAN KU OGAAN KARAA?

- Waydii bixiyaha tallaalka
- Booqo CDC <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Booqo FDA <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/emergency-use-authorization>
- La xiriir waaxda caafimaadka dadwaynaha ee gobolkaaga ama deegaankaaga

HALKEE MACLUUMAADKAYGA TALLAALKA LAGU KAYDIN DOONAA?

Bixiyaha tallaalku waxa dhici karta inuu galiyo macluumaadkaaga tallaalka Nidaamka Macluumaadka Tallaalka (Immunization Information System (IIS)) ee gobolka/deegaankaaga ama nidaam kale oo loogu talagalay. Tani waxay hubin inaad hesho isla tallaalkii hore markii aad marqaadashada labaad u soo laabato. Macluumaad dheeraad ah oo kusaabsan IIS, booqo: <https://www.cdc.gov/vaccines/programs/iis/about.html>.

WAA MAXAY COUNTERMEASURES INJURY COMPENSATION PROGRAM?

Countermeasures Injury Compensation Program (CICP) waa barnaamij fadaraal kaasi oo caawin kara bixinta kharashka daryeelka caafimaad iyo kharashyada kale ee dadka qaar kuwaasi oo si halis ah ugu dhaawacmay daawooyinka ama tallaalada qaar, oo tallaalkanna kujiro. Guud ahaan, waa in dacwad loo gudbiyo CICP hal (1) sano gudihii laga bilaabo taariikhda qaadashada tallaalka. Si aad wax badan uga ogaato barnaamijka, booqo www.hrsa.gov/cicp/ ama wac 1-855-266-2427.

WAA MAXAY ISTICMAALKA XAALADDA GURMADKA AH (EUA)?

FDA-da Maraykanka waxay ugu talogashay Tallaalka COVID-19 ee Moderna in lagu adeegsado qorshaha helitaanka xaaladda gurmada ah ee loo yaqaan EUA. EUA waxa taageero u fidiyay baaqa Xoghayaha Adeegyada Caafimaadka iyo Aadanaha (Secretary of Health and Human Services (HHS)) ee sheegaya in duruufaha jiraa ay cudurdaar u samaynayaan isticmaalka xaaladda gurmada ah ee daawada iyo waxsoosaarka bayolojiyeed inta lagu jiro aafada cudurka COVID-19.

Tallaalka COVID-19 ee Moderna ma marin dib-u-eegid la mid ah ta ay marto dawooyinka FDA ansixisay ama baadhay. FDA waxay fasixi kartaa EUA markii shuruudaha qaar la buuxiyo, oo ay kujirto inayna jirin badiilo ku filan, la ansixiyey, oo diyaar ah. Sidoo kale, go'aanka FDA wuxuu kusalaysan yahay israaca caddaynta sayniseed ee jirta taasi oo muujinaysa in dawada laga yaabo inuu wax ka taro COVID-19 inta lagu jiro aafada COVID-19 iyo in faa'idooyinka la ogyahay iyo kuwa iman kara ee dawadu ay ka badan yihiin halisaha la ogyahay iyo kuwa iman kara ee dawada. Dhammaan shuruudahan waa in la buuxiyo si loo oggolaado dawada in la isticmaalo inta lagu jiro aafada COVID-19.

EUA-da Tallaalka COVID-19 ee Moderna wuxuu shaqaynayaa inta lagu jiro baaqa EUA ee muddada COVID-19 jiro ee cudurdaarka u samayanaya isticmaalka xaaladda gurmada ah ee dawadan, haddii aan la joojin ama laga laaban moojee (kaasi oo dabadii dawada aan la isticmaali karin).

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