

Xaashida Xaqiiqda COVID-19 Badbaadada iyo waxtarka tallaalada COVID-19

COVID-19 waxay yeelan kartaa [xaalad aad u daran, noloshu khatar ku ah](#), oo ma jirto si loo ogaanayo sida COVID-19 uu saamaynayo qof kasta. Dhamaan sadexda [talaal ee COVID-19](#) ee laga heli karo Maraykanka waxaa la xaqiijiyay amaankooda iyo waxtarkooda **kahortaga xanuunka daran, dhigitaanka isbitaalka, iyo dhimashada uu sababo xanuunka COVID-19**.

Talaabada kowaad ee gaadhista go'aan macluumaadkiisa la hayo oo ku saabsan haddiiba qofku is talaalayo waa helitaanka [macluumaad sax ah oo lagu kalsoon yahay](#). Macluumaadka hoose waxa uu ka yimid khabiirada [Xarumaha Kahortaga iyo Xakamaynta Xanuunka \(Centers for Disease Control and Prevention, CDC\)](#), Maamulka Cuntada iyo Dawooyinka ([Food and Drug Administration, FDA](#)), Macaahidda Qaran ee Sayniska, Farsamada iyo Dawooyinka ([National Academies of Sciences, Engineering and Medicine, NASEM](#)), Hay'ada Caafimaadka Adduunta ([World Health Organization, WHO](#)), iyo Waaxda Adeegyada Caafimaadka & Binu Aadanka Maraykanka ([U.S. Department of Health & Human Services, HHS](#)).

Sidee ayay wax u taraan talaalada COVID-19?

Talaalada COVID-19 ee [Pfizer-BioNTech](#), [Moderna](#) iyo [Johnson & Johnson \(Janssen\)](#) ayaa FDA u ansixisay isticmaalka xaalada degdega ah, ayna isticmaalkiisa ay ku talisay CDC. Intii lagu jiray daraasadaha, talaalada waxaa la xaqiijiyay in **ay kahortagaan xanuunka daran ee COVID-18** oo waxtarkoodu uu sareeyo. Khabiirada qaran ee sare waxay sheegeen inay jiraan caqabado isbarbar dhiga heerka waxtarka ee daraasadaha caafimaadka ah ee sadexda talaalka maadaama oo aan iyaga dhaxdooda la is barbar dhigin, ama iyada oo isku xaalad ama wakhti ahayn. CDC waxay ku talisay qaadashada talaalka ugu horeeya ee diyaarka si uu qofka uga ilaaliyo COVID-19.

Miyaan ka qaadi karaa COVID-19 talaalka?

Talaalada COVID-19 midna ma keeno COVID-19. Talaaladu waxay ka shaqeeyaan sidii ay ugu diyaarin lahaayeen jidhka iska difaacida dabiiciga ah ee fayrasyada. [Talaalada COVID-19 waxay isticmaalaan qaabab kala duwan](#) oo lagu gaadhayo natiijada ugu danbaysa oo isku mid ah, taasi oo ah isticmaalka **qayb** aan waxyeelo lahayn oo fayraska keena COVID-19 ah— borootiinta dusha ama "spike" taasi oo ku dhagta unugyada — si loo baro jidhka sida uu u ogaanayo borootiintaas, oo uu iskaga ilaalinayo mustaqbalka hadii uu qofku u baylaho fayraska.

[Talaalada Messenger RNA \(mRNA\)](#), waxaa kamid ah Pfizer iyo Moderna, oo ma isticmaalaan fayras nool. Waxay baraan unugyada sida loo sameeyo borootiinta keenaysa jawaabta difaaca jidhka ee jidhka gudhiisa. [Talaalada viral vector](#), oo uu kamid yahay talaalka Janssen, waxa uu isticmaalaan nuqul wax laga badalay oo adenovirus aan lahayn waxyeelo ah (sida hargabka caadiga ah) si loo siiyo tilmaamo unugyada. Talaalku ma keeni karo caabuqa COVID-19 ama fayras aan firfircoonayn ee loo isticmaalo aalada lagu qaadayo.

Sidee ayay aaman u yihiin talaalada COVID-19?

Amaanka ayaa leh mudnaanta kowaad intii [la samaynayay iyo nidaamka ansixinta ee talaalka](#). Waxay weli tahay mudnaanta kowaad, inta la wado bixinta talaalka, iyada oo la adeegsanayo talaabooyin lagula sii soconayo amaankiisa.

- **Tijaabo adag:** Hannaanka [soosaaridda talaalka COVID-19 waxa](#) uu ku taxaluqaa talaabooyin u dhigma kuwa loo isticmaalay soosaaridda talaalada kale, sida talaalka hargabka ama jadeecada. [Tijaabada caafimaadka waxa lagu daraaseeyey amaanka iyo wax ku oolnimada talaalka kumanaan kaqaybgale](#). Ma jirto walaac amaano oo aad u daran oo dhacay intii lagu jiray tijaabada caafimaadka.
- **Qiimayn dhammays ah:** FDA waxay isticmaashaa heerar adag iyo aragtida xirfadlayaasha caafimaadka ee madaxa banaan si ay u qiimayso macluumaadka tijaabada oo loo xaqiijiyay in talaalka uu yahay amaano [oo uu waxtar leeyahay oo uu faa'idadiisu ay ka badan tahay khatar tiisa](#). Kadib markii ay FDA go'aamisay, CDC waxay sidoo kale qiimaysay macluumaadka la hayo kahor inta ayna taladii ugu danbaysay ee isticmaalka talaalka soo saarin.
- **La socodka amaanka ee joogtada ah:** CDC iyo cidda kale ee iskaashiga ay la leeyahay ee heer fadaraal waxay sii wadaan inay kala socdaan talaalka cusub wixii saamayn caafimaad daro kale ee daran ah, iyaga oo isticmaalaya nidaamyada la socodka amaanka talaalka oo badan. Lasii socodkan waxay sheegi kartaa saamaynta caafimaad daro ee aan lagu arag markii hore ee la samaynayay tijaabada caafimaadka.

Waxaa jiray wax ka badan 116,000 oo ruux oo ka qayb galay sadexda daraasadood ee caafimaad. Dr. Jerome Adams, intii uu ka ahaa dhakhtarka qaliinka guud Maraykanka, waxa uu sheegay daraadaha caadiga ah inay ka qayb galaan ilaa 5,000 oo ruux kahor inta aan talaalka la ansixin, waxaanu sheegay, "Talaaladan, marka aan la bilaabin siintooda shacabka Maraykanka, waxa aanu haynay macluumaad ka badan inta aanu ka haynay talaalada hore loosoo saaray."

Sidee dhakhsaha loogu soo saaray talaalka COVID-19?

Hore, talaaladu waxay qaadan jireen sanado badan in lasoo saaraa. Nidaamka talaalada COVID-19 dhakhsa ayuu ahaa sababo badan dartood. Wax talaabo ah oo laga booday mar jirto, laakiin cilmi baadhayaasha ayaa heerarka qaar ee talaalka is barbar waday. Waxaa taas kamid ah wajiyada tijaabada oo wada socday taas oo keentey in mudada dheer ee la sugi lahaa meesha laga saaro. Maadaama oo COVID-19 uu ka yimid qoyska fayrasyada, oo ay ku jiraan SARS coronavirus ee 2002 iyo MERS coronavirus ee 2012, saynisyahanadu waxay hore u baadhayeen coronavirus sida uu u dhaqmo oo waxay bilaabeen inay sameeyaan talaalo lamid ah. Tani waxay jidka u xadhay in dhakhsa loogu sameeyo talaalada COVID-19.

Miyay talaalada COVID-19 amaan u yihiin dhamaan kooxaha da'da dadka?

Tijaabada caafimaadka ee waxtarka iyo amaanka talaalka lagu eegayey waxaa kamid ah ku tijaabinta dad kala deegaano ah, oo waxaa kamid ah bulshooyinka aan hore badanaa lagu tijaabin jirin daraasada caafimaadka. Bulshooyinkaas oo sidoo kale uu saamayn gaar ah ku yaashey COVID-19. Celcelis ahaan [42% oo ka qayb galay tijaabada caafimaadka caalamka oo dhan ee Pfizer BioNTech](#), [37% oo ka qayb galay Moderna](#), [oo 35% oo ka qayb galay Johnson & Johnson \(Janssen\)](#) ayaa ahaa bulshooyinka aan caddaanka ahayn, taas oo lamid ah kala duwanaanshaha Maraykanka oo dhan.

Sidoo kale, daraasadaha caafimaadka ayay ka qayb galeen dad khatartoodu sareyso (21% ayaa ka qayb galay Pfizer-BioNTech, 23% ayaa ka qayb galay Moderna, 34% ayaa ka qayb galay Johnson & Johnson (Janssen)); iyo dadka khatarta badan ku jira ee qaba xanuunada mudada dheer oo markaa khatar badan ugu jiray inay aad ugu xanuusadaan COVID-19 (46% ayaa ka qayb galay Pfizer-BioNTech, 42% ayaa ka qayb galay Moderna, 40% ayaa ka qayb galay Johnson & Johnson (Janssen)).

Caruurta iyo dumarka uurka leh ama naaska nuujinaya [kumaay](#) jirin daraasada tijaabada caafimaadka, markaa macluumaad lagama helin wakhtigan amaanka talaalada ee dadkan. Tijaabada kooxahahan weli way socotaa ama waxay bilaambi doonta dhawaan.

Waa maxay faa'idooyinka qaadashada talaalka COVID-19?

Talaalada COVID-19 waxay abuuraan difaac iyaga oo aan lahayn khatar xanuun. Dadka laga heley COVID-19 waxay yeelan karaan difaaca jidhka ee antibodhiga oo mudo yar oo gaaban ah, laakiin lama garanayo mudada difaacani uu jiri doono. Astaamaha COVID-19 waxay kala duwan yihiin waxaanay yihiin kuwa yar ilaa kuwo culus, oo waxay jiri karaan mudo dheer oo khatar ayay ku noqon kartaa nololsha. Talaalka waxa uu ku ilaalin doonaa isaga oo kuu samayna jawaab celin nidaamka difaaca ah adiga oo aan xanuunsan.

Talaalada COVID-19 waxa ay kaa caawin karaan inay kaa ilaaliyaan inaad qaaddo xanuun aad u daran hadii aad qaaddo fayraska. Helitaanka difaaca COVID-19 ayaa muhiim ah maadaama oo dadka qaar, ay ku keeni karto xanuun daran ama dhimasho.

Waa maxay saamaynta caafimaad darada kale ee talaalada COVID-19?

Saamaynta caafimaad darada kale ee [ugu caansan talaalada COVID-19 ee lagu arkay](#) waxa uu la mid yahay saamaynta caafimaad darada kale ee lagu arko talaalada kale. Marka aad qaadato talaalka COVID-19, waxa aad filan kartaa saamayn caafimaad daro kale oo yar oo ay kamid tahay: nabar, casaan, ama barar meesha lagaa muday ah; xumad iyo/ama qadhdhadyo; madax xanuun; daal; iyo murqo ama laalaabatooyin xanuun. Saamayntan caafimaad daradu waa caadi oo waxa ay astaamo u yihiin jidhka abuuraya jawaab celinta uu kaaga difaacayo COVID-19. Saamaynta caafimaad daradu waxay socotaa dhawr maalmood, oo waxay kordhi karaan marka la qaato talaalka labaad.

Miyay jiraan wax walaacyo amaan oo talaalada COVID-19 ah?

[Jawaab celin xasaasiyadeed oo aad u daran](#), sida anaphylaxis, taas oo dadku u baahdaan in lagu daweeyo epinephrine ama loo dhigo isbitaal way yar tahay. [Fursada ay ku iman karto jawaab celinta xun way ku badan tahay dadka qaba xanuunada qaar](#), sida nidaamka difaaca jidhka oo difiic ah, ama hadii aad yeelatay jawaab celin xasaasiyadeed oo talaalka ah oo hore. CDC waxay ogaatay in tiro yar oo dad ah ay yeeshaan [saamayndaran](#) kadib marka ay qaataan talaalka COVID-19 ee mRNA.

Ma jiraa qof ay ku waajib tahay in AANU qaadan talaalka COVID-19?

Haa, talaalka COVID-19 laguma taliyo inay qaataan dhawr qof.

- **Dadka ka qaada xasaasiyad aad u daran talaalada:** Dadka la ogyahay inay ku yeeshaan jawaab [xasaasiyadeed oo aad u xun](#) waxyaabaha kamid ah waxa uu ka samaysan yahay talaalka ama jawaab celin daran ku yeeshay markii ay qaateen talaalka kowaad ee COVID-19 waa **INAYNA** qaadan talaalka.
- **Dad ka qaada xasaasiyada PEG ama polysorbate:** Polysorbate ma aha wax kamid ah waxyaabaha uu ka samaysan yahay talaalka mRNA ee COVID-19 laakiin waxa uu si dhaw ula xidhiidhaa PEG, kaas oo ku jira labada talaal ee mRNA. Dadka ka qaada [xasaasiyada PEG ama polysorbate](#) waa inayna qaadan talaalka mRNA.
- **Dadka iminka qaba COVID-19 ama ku jira karantiinka:** Hadii aad iminka qabto coronavirus, waxa aad sugtaa ilaa inta aad ka ladnaanayso ee aad buuxinayso shuruudaha CDC [ee goorta aad joojin karto isku go'doominta quriga](#). Hadii aad u dhawaatay cid qabta COVID-19 oo aad ku jirto karantiin, waxa aad sugtaa ilaa inta mudada karantiinku kaa dhamaanayso si looga hortago inaad dadka kale qaadsiiin karto.

Waxaa lasoo geliyay Maarso 4, 2021.

Macluumaad dheeraad ah, booqo coronavirus.ohio.gov ama la hadal 1-833-4-ASK-ODH (1-833-427-5634).