

## Quraafaadka iyo Xaqiiqooyinka Talaalka COVID-19

*Quraafaad: talaallada COVID-19 maaha kuwo amaan ah.*

### **XAQIIQADA: Talaallada COVID-19 waa kuwo amaan ah oo waxtar leh.**

Badqabku waa muhiimada koobaad ee [Hanaanka hormarinta badqabka talaalka iyo ansixintiisa ee Maraykanka](#). Hanaanka hormarinta talaalada COVID-19 waxay soo mareen talaabooyin kaladuwan la barbardhigi karo kuwa loo adeegsado abuurista talaalada kale sida talaalka hargabka ama jadeecada, kuwaas oo si guul leh u difaacay malaayiin dadka reer Ohio ah tobanaan sano. The U.S. Food and Drug Administration (FDA, Waaxda Maamulka Cuntada iyo Daawada ee Maraykanka), iyo sidoo kale khubaro caafimaad oo madax banaan, ayaa xaqiijiyay xog kasta oo la xariirta talaalka COVID-19 in si adag oo qoto dheer loo qiimeeyey. Cadaynta ayaa muujinaysa in talaalada COVID-19 ay yihiin kuwo badqab leh ayna ka shaqaynayaan kahortaga COVID-19. Labada talaal ee ugu horeeyay ee codsada ogolaanshaha isticmaalka degdega ah ee FDA, talaalka [Pfizer-BioNTech ayaa ahaa mid waxtaraaya 95%](#), halka talaalka [Moderna uu waxtar leeyahay 94%](#) qaybtii 3 aad ee tijaabooyin lagu sameeyay 70,000 oo ka qaybgale mudadii u dhaxaysay labada daraasadood. Inkastoo talaalada COVID-19 qudhooda dhawaan la abuuray, tignoolojiyada loo adeegsado talaalada mRNA, sida kuwa ay sameeyaan shirkadaha Pfizer-BioNTech iyo Moderna, ayaa daraasad lagu waday muddo tobanaan sano ah.

*Quraafaad: Talaallada COVID-19 waa la boobsiiyay si degdeg ku jiro ayaana lagu sameeyay.*

### **XAQIIQADA: Abuurista iyo tijaabooyinka caafimaadka ee talaalka COVID-19 waxay ahayeen kuwo dhammaystiran, waxaana ammaan mudan dadaalka xeeladaysan ee sayniska oo lagu fududeeyey hannaanka, oo lagu abuuri kari lahaa si ka sii hawl yar.**

Ma jiraan waxyaabo la qardojeexay intii la waday shaqada abuurista talaalka. Shaqada ayaa la boobsiiyay sabab la xariira [dadaalo farsamo](#) oo lagu boobsiinaayay in wajiyada tijaabada lagu sameeyo si garbo siman ah, iyo sidoo kale dadaal la gashay soo koobida waqtiga iyo yaraynta ama baabi'ita muddooyinka sugitaanka bilaha ah ee dukumiintiyada lagu diyaarsho ama lagu sugayo dib u eegid. Waxaa intaas dheer, intii lagu jiray shaqada abuurista talaalka, CEO-yada AstraZeneca, BioNTech, GlaxoSmithKline, Johnson & Johnson, Merck, Moderna, Novavax, Pfizer, iyo Sanofi ayaa [balanqaad taariikhi ah](#) u sameeyay aduunyada, ayagoo shaaciyay inay dadaal wadajir ah gelin doonaan dhawrista hufnaanta hanaanka sayniska intay ka shaqaynayaan buuxinta sharciyada qabanaaya iyo ansixinta talaalada koobaad ee COVID-19. Messenger RNA (mRNA), oo ay adeegsadeen labada talaal ee ugu horeeyay ee codsada ogolaanshaha isticmaalka degdega ah ee FDA (Pfizer-BioNTech iyo Moderna), inkastoo uu cusub yahay, maaha mid aan la aqoon. Cilmi baarayaasha ayaa daraasaynaayay maadada mRNA muddo tobanaan sano ah, tijaabooyin caafimaad oo heerka koobaad ah oo adeegsanaayay talaalada mRNA ayaa lagu sameeyay hargabka, Zika, raabiyada, iyo cytomegalovirus (CMV). Hormarada tignoolojiyada ee dhawaan laga sameeyay bayoolojiga iyo kimistariga RNA, iyo nidaamyada samaynta, ayaa sahlay in talaaladaan COVID-19 oo isticmaalaaya mRNA in la abuurto ayagoo ah talaalo badqab iyo waxtar leh.

*Quraafaad: Talaalada COVID-19 qasab ayay ku ahaan doonaan qof kasta oo Ohio ku dhaqan.*

### **XAQIIQADA: Ohio qasab kama dhigi doonto talaalka COVID-19.**

Gobalka Ohio qasab ugama dhigi doono qof kasta inuu qaato talaalka COVID-19. Talaalku wuxuu u furmaan doonaa dhammaan dadka reer Ohio ee doorta inay qaataan, marka tirada kuurooyinka talaalka la heli karo kordhaan.

*Quraafaad: Waxaad caabuqa COVID-19 ka qaadi kartaa talaalada COVID-19.*

### **XAQIIQADA: Talaalada COVID-19 kama qaadi kartid caabuqa COVID-19.**

Ma jiraan wax kamid ah talaalada COVID-19 ee hadda lagu abuurto Maraykanka oo adeegsada fayras nool oo keena COVID-19. Talaalada Pfizer-BioNTech iyo Moderna waxaa laga sameeyaa messenger ribonucleic acid, ama mRNA. (Hoos ka fiiri sharaxaad dheeraad ah.) Yoolka talaalada COVID-19 waa in la baro nidaamka difaaca jirka sida loo aqoonsado loolana dagaalamo fayraska keena COVID-19. Mararka qaar hanaankaan ayaa sababi kara dhibaatooyin ka dhasha daawada, sida daal, madax xanuun, xanuun

ama gaduudasha goobta durriinka, iyo murqo xanuun ama xanuunka kalagoosyada. Astaamahaan ayaa ah kuwo caadi ah waana calaamad muujinaysa in jirku dhisaayo difaac. Waxay caadiyan ku qaadanaysaa jirka dhawr asbuuc inuu dhiso difaac kadib marka la talaalo, talaalada qaarkoodna waxay u baahan yihiin labo kuuro. Taasi waxay ka dhigan tahay inay suuragal tahay in qofku uu ku dhici karo fayraska keena COVID-19 waxyar kahor, ama waxyar kadib, markuu talaalka qaato uuna jirado, maadaama talaalku qaadanaayo muddo kahor intuu difaac ku siin. Xog badan ka ogow [sida talaalada COVID-19 u shaqeeyaan](#).

*Quraafaad: Talaalada adeegsada mRNA ayaa badalaaya abuurka DNA ama hide-sidaha.*

### **XAQIIQADA: Qaadashada talaalka mRNA ma badalaayo DNA gaaga.**

Messenger ribonucleic acid, ama mRNA, ma awoodo inay badasho abuurka hide-sidaha qofka (DNA). mRNA ga ku jira talaalka COVID-19 ma galaayo marna bu'da unuga, taasoo ah meesha DNA gu ku jiraan, sidaas awgeedna wax saamayn ah kuma lahan ama ma faragashado DNA gaaga qaab kasta oooy noqotaba. Talaalada mRNA ee ku jira talaalada COVID-19 waxaa sida ugu fudud loogu qeexi karaa xirmo tilmaamo ah oo jirkaaga baraaya sida loo sameeyo cad bilaa cilad ah "oo barootiinka difaaca ah" si loogu sahlo nidaamkeena difaaca jirka inuu aqoonsado inaan barootiinkaan kamid ahayn unugyada meesha ku jiray uuna bilaabo dhisida falcelinta difaaca jirka iyo abuurista antibodhiyada. Aasaasiyan, talaalada COVID-19 ee adeegsada mRNA waxay kala shaqeeyaan difaacyada dabiiciga ah ee jirka si uu u abuurto difaaca ka dhanka ah fayraska, ayagoo siinaaya unugyadaada raad-raac ku aadan sida loo abuurto antibodhiyada. Xog badan ka ogow [sida talaalada COVID-19 u shaqeeyaan](#).

*Quraafaad: haddii aan kasoo kabtay caabuqa COVID-19, uma baahni inaan qaato talaalka COVID-19.*

### **XAQIIQADA: Dadka kasoo kabtay COVID-19 ayaa wali ka faa'iidayaan kara qaadashada talaalka.**

Waqti xaadirkaan, khabaradu ma garanayaan mudada uu qofku helaayo difaaca ka dhan ah inuu mar kale cudurku ku dhaco kadib markuu kasoo bogsoodo COVID-19. Sabab la xariirta ciladaha waawayn ee caafimaadka oo ka dhasha COVID-19, iyo sabab la xariirta in caabuqa COVID-19 markale ku dhici karo qofka, dadka ayaa lagu boorin karaa inay qaataan talaalka COVID-19 xataa haddii uu horay ugu soo dhacay caabuqa COVID-19. Difaaca jirka ee qof ka helo qaadista caabuqa, oo loo yaqaano difaaca dabiiciga ah, ayaa kaladuwan dadka kaladuwan. Labaduba difaaca dabiiciga ah iyo iyo difaaca talaalku keeno ayaa muhiim u ah COVID-19 oo ay khabaradu iskudayayaan inay wax ka ogaadaan, iyo Centers for Disease Control and Prevention (CDC, Xarumaa Kahortaga iyo Xakamaynta Cudurka) ee federaalka ayaana sii wadaya inay bulshada uga waramaan marka cadayn cusub la helo.

*Quraafaad: COVID-19 maaha xanuun daran, marka uma baahni talaal.*

### **XAQIIQADA: Darnaanta astaamaha COVID-19 ayaa aad u kaladuwan, inaad talaal heshana waxay kaa difaaci kartaa qaadista caabuqa COVID-19.**

Inkastoo dad badan oo qaba COVID-19 ay kaliya dareemaan xanuun yar, dad kale ayaa [aad ugu jirran kara](#) ama u dhiman kara. Ma jirto qaab aad ku ogaan karto sida COVID-19 kuu saamayn doono, xataa haddii aadan ku jirin dadka [khatarta dheeraadka ah ugu jira inay xanuun xun ka qaadaan](#). Sidoo kale, haddii aad qabto COVID-19, waxaad xanuunka ku faafin kartaa saaxiibadaa, qoyskaaga, iyo dadka kale ee kuu dhaw intaad xanuunsan tahay. Talaalka COVID-19 wuu ku difaacayaa asagoo jirkaaga u fududaynaaya inuu abuurto falcelinta antibodhiyada adoon qaadin xanuunka. Xog badan ka ogow [sida talaalada COVID-19 u shaqeeyaan](#).

*Quraafaad: Waxaa lagaa helayaa inaad qabto fayraska COVID-19 haddii aad qaadato talaalka COVID-19.*

### **XAQIIQADA: Talaalada COVID-19 kuguma keenayaan in lagaa helo fayraska COVID-19.**

Talaalada hadda ku jira tijaabooyinka caafimaadka ee gudaha Maraykanku ma keenayaan in lagaa helo [fayraska](#), oo loo adeegsado in lagu tijaabiyo inaad hadda qabto caabuqa. Haddii jirkaagu yeesho falcelinta difaaca jirka, oo ah yoolka talaalka, waxaa suuragal ah in lagaa helo qaar kamid ah [antibodhiyada](#). Baaritaannada antibodhiyadu waxay muujinayaan inaad horay usoo martay caabuqa lagana yaabo inaad leedahay heer difaaca ka dhanka ah fayraska. Khabaradu waxay hadda raadinayaan sida talaalka COVID-19 u saamayn karo natiijooyinka baaritaanka antibodhiyadu.

*Quraafaad: talaalada kale, sida cirbada hargabka, ayaa kaa difaacaaya COVID-19.*

### **XAQIIQADA: Kaliya talaalada loo sameeyay si gaar ah inay ka hortagaan COVID-19 ayaa kaa difaacaaya caabuqa COVID-19.**

Talaalada kale, sida kuwa hargabka, jadeecada, ama xanuunada kale, kaama difaacayaan COVID-19. Kaliya talaalada loo sameeyay si gaar ah inay kaa difaacaan COVID-19, marka ay FDA fasaxday in la isticmaalo, ayaa kahortagi kara caabuqa. Inkastoo aan talaalka hargabku kaa difaacayn qaadista COVID-19, wuxuu kaa difaaci karaa qaadista hargabka (ifilada) isla waqtiga talaalka COVID-19.

*Quraafaad: Ma jiraan talaalo ku filan qof kasta.*

**XAQIIQADA: Ayadoo la sii wado soo saarista talaal badan, qof kasta oo Ohio ku dhaqan oo doorta in la talaalo ayaa heli doona talaalka si uu iskaga difaaco COVID-19.**

Bilowgga hore, marka FDA fasaxdo in la isticmaalo talaalada gaarka ah ee COVID-19 gudaha Maraykanka, waxaa jiri doona tiro kooban oo kuurooyinka ah oo la heli karo. Ohio ayaa ku dadaalaysa in talaalka cid kasta hesho, dadka doonaaya inay helaan, sida ugu dhakhsaha badan ee macquulka ah marka daawooyinka la keeno Ohio. Mudadaas, marka soo saarista talaalka uu kordho oo cadad badan la heli karaa, qof kasta oo reer Ohio ah oo doorta inuu sidaas sameeyo ayaa heli doona talaalka.

*Quraafaad: Talaalada COVID-19 ayaa dadka ku xiri doona qalab lagula socdo.*

**XAQIIQADA: Cirbadaha talaalka kuma jiraan aaladaha dadka dabagalka ku sameeya.**

Ma jiri doonaan talaalada caabuqa ama buufinta sanko - ayna ku jiraan cirbadaha talaalka COVID-19 - oo ka kooban aaladaha wax basaasa, aaladaha dabagalka, ama agabka dabagalka ku samaynaaya, ama xakamaynaaya jirkaaga qaab ay noqotaba. Si lamid ah sida loola socdo dabeecada la raro ama agabka la qaado loola socdo, rarista kuurooyinka talaalka ayaa lala socon doona inta loo raraayo laguna bixinaayo wadanka oo dhan. Hase yeeshee, fikirka ah in cirbadahaan ay ku jiraan agabka wax basaasa oo lagu duraayo dadka Ohio waa been abuur.

*Quraafaad: talaalada COVID-19 waxay sababaya ma dhalaysnimo ama cilado kale oo caafimaad oo daran.*

**XAQIIQADA: Ma jiraan walaacyo daran oo badqabka la xariira oo laga helay talaalada COVID-19 ee dalbaday ogolaanshaha isticmaalka degdega ah.**

Intii la waday tijaabada [Pfizer-BioNTech ee wajiga 3 oo lagu sameeyay](#) wax ka badan 43,000 qofood, iyo [wajiga 3 ee tijaabada caafimaad ee Moderna](#) oo lagu sameeyay 30,000 oo qofood, ma jiraan cilado badqab oo daran oo la helay. Cilada ugu wayn ee ka dhalata ayaa ah daal, madax xanuun, xanuun ama gaduudashada meesha cirbada lagu duro, iyo xanuun murqaha ama kalagoyska. Ciladaha noocan ah, inkastoo ay ku dhibayaan, waa calaamad muujinaysa in jirkaagu si sax ah uga falcelinaayo uuna abuuraayo difaaca jirka oo ka dhan ah fayraska keena COVID-19.

*Quraafaad: Talaaladu waxay keenayaan otisam.*

**XAQIIQADA: Talaaladu ma keenayaan otisam.**

Mudaba mudada ka danbaysa, daraasaadka laga sameeyay daafaha caalamka ayaa muujinaaya inaysan jirin [xariir ka dhaxeeya otisamka iyo talaalada](#).

**Sidee ayaan ku ogaanayaa ilaha xogta la xariirta talaalka COVID-19 oo saxda ah?**

Way adkaan kartaa inaad ogaato ilaha xogta ee aad isku halayn karto. Internetka, ayaa nasiib daro, ay ka buuxaan xogo been abuur ah oo badan oo ku saabsan talaalada COVID-19. Waxa ugu wanaagsan ee aad samayn karto waa inaad naftaada barto xogaha talaalka ee aad aamini karto. Wax badan ka ogow [helitaanka xogta talaalka ee la isku halayn karo](#) oo ku jira maqaalkaan kasoo baxay CDC oo ku jira <https://www.cdc.gov/vaccines/vac-gen/evalwebs.htm>.

Xigasho: [Centers for Disease Control and Prevention \(CDC\)](#), [University of Maryland Medical System](#).

*Waxaa la abuuray Diseembar 9, 2020*

Wixii xog dheeraad ah, booqo [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

Si aad u hesho jawaabaha su'aalahaaga la xariira COVID-19, wac 1-833-4-ASK-ODH (1-833-427-5634).

**Caafimaadkaaga dhimirka ayaa muhiim u ah isla sida uu muhiimka u yahay caafimaadka jirkaagu. Haddii adiga ama ehelkaagu waajaho walaac ka dhashay aafada korona fayras, caawimaad ayaa la heli karaa 24 ka saac maalintii, todobo maalmood asbuucii. Wac laynka COVID-19 CareLine oo ah 1-800-720-9616.**