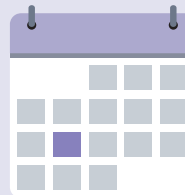


## 10 XAQIQOOD UGU SAREYA ee ku saabsan tallaalka Pfizer

- 1 Tallaalada COVID-19 ayaa durba si wanaagsan loo daraasadeeyay ee abid la sameeyay.
- 2 Tallaalka Pfizer ayaa leh diiwaana badqab oo aad u wanaagsan oo la cadeeyay inay waxtar leedahay kadib malaayiin kuure oo la siiyay caalamka oo dhan.
- 3 Inta ugu badan ee saameynada caafimaadka ayaa ah kuwa dhexaad ama muddo gaaban jiro. Waxyeelada uu sababo COVID-19 ayaa aad uga fogaan karo halista iyo raagida.\*
- 4 Waxaa jiro saameynada qaar ee caafimaadka oo aad halis u ah laakin aad dhif u ah, sida falcelinta alarjiga daran ama bararka wadnaha. Haddii aad isku aragtid neefsashada adkaato, wadna garaaca, xabad xanuunka ama dareenka suuxida islamarkiiba ama maalmaha tallaalka kadib, waa inaad raadisaa daryeelka caafimaadka.
- 5 Tallaalka ma saameyn karo DNA-gaaga.
- 6 Xogta ka imaaneyso England ayaa muujineyso in labada kuure ee tallaalka Pfizer ay aad waxtar ugu leedahay ka hortaga nooca Delta.
- 7 Xogta ka timid daafaha caalamka ayaa muujineyso in aysan jirin walaacyada badqabka ee ku saabsan siinta tallaalka COVID-19 dumarka uurka ah.
- 8 Dumarka naasnuujinayo ayaa si badqab ah u qaadan karo tallaalka COVID-19. Waxay u dhowyihiin inay la wadaagaan difaacyadooda jirka ilmaha.
- 9 Waxaad si badqab u qaadan kartaa tallaalka markii aad isku dayeysid ilmaha.
- 10 Tallaalka wuxuu u baahanyahay labo kuuree la siinayo illaalinta ugu badan.

HP7755 | 24 Sept 2021 - Somali

## Sidee ayaan ku heli karaa tallaalka COVID-19?



Si aad u diyaarsatid ballamahaaga oo labada kuure ah ee tallaalka, qaabka ugu sahlan ee midaan lagu sameeyo ayaa ah onleenka:

Si aad ballan u qabsato booqo:  
[BookMyVaccine.nz](https://www.BookMyVaccine.nz)

Haddii kale, ka soo wac **Qadka caafimaadka Tallaalka COVID** lambarka **0800 28 29 26** (8am illaa 8pm, 7 maalmood isbuuciiba) iyo waan kuu sameyneynaa qabashada ballanta kana jawaabeynaa su'aalo walba.

\* Si aad wax uga baratid saameynada caafimaadka suurtoogalka ah ee tallaalka Pfizer booqo:  
[covid19.govt.nz/vaccine-side-effects](https://covid19.govt.nz/vaccine-side-effects)



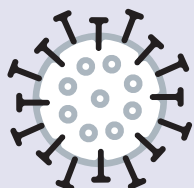
## Tallaalka COVID-19

### Hel xaqiiqaha

Halkaan warbixin aad uga baahantahay wax ku saabsan sida tallaalka Pfizer COVID-19 u shaqeeyo si uu kaaga illaaliyo adiga iyo qoyskaaga ballaaran.

## Sidee ayuu tallaalka u shaqeeyaa?

Tallaalka aad qaadaneysid waxaa laga sameeyay Pfizer/BioNtech. Ma wato wax walboo fayraska. Ma qaadi kartid COVID-19 ka bilow tallaalka. Halkan waa sida ay u shaqeyso si ay kuu illaaliso.



### Dirista

Tallaalka **wuxuu u soo diraa** joog tilmaamo ah oo barayo jirkaaga sida loola dagaalamo fayraska COVID-19.

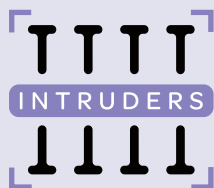
### Baro

Iyo tilmaamahaan jirkaaga wuxuu bartaa inuu aqoonsado fayraska COVID-19 iyo isticmaalo **difaacyada jirka** ee iyada ka soo horjeedo. Difaacyada jirka ayaa ka joojiyo fayraska inuu qaadsiiyo unugyadaada oo ka caawiyo inuu dilo.



### Illaali

Taasi oo la micno ah haddii uu kugu dhaco fayraska COVID-19 mustaqbalka, **jirkaaga wuxuu yeelanayaa aaladaha saxda ah ee lagu illaalinayo nafsadeeda** marka uma badnaaneyso inaad qaadid cudurka.



## Sidee ayaa tallaalka sidaas degdega ah loogu sameeyay?

### Iskaashiga caalamiga ah

Tani waa markii ugu horeysay ee saynisyahanada iyo dowladdaha ka kala socdo daafaha caalamka ay u midoobeen inay sameeyaan tallaalka. Iskaashigaan caalamiga ah wuxuu ahaa in tallaalka loo sameeyo si dedeg ah laakin iyada oo aan la qaadin wax wado gaaban ah ee nidaamyada muhiimka ah ama halis gelinayo badqabka.

### Cilmi baarayaasha ayaa haystay bilow

Tallaalka marnaba (mRNA) ma ahan cilmiga farsamada cusub oo waxaa la daraasadeeyay in ka badan toban sanno, oo ay ku jiraan hormarinta tallaalkada kale sida tallaalka samboorka.

### Illaha aan xadidneyn

Cadad badan oo lacag ah iyo waqti ayaa lagu bixiyay soo saarida tallaalkaan.

### Ma jiraan wadooyin gaaban

Heerarka kala duwan ee hormarinta cilmi baarista waxay dhacday isku markaas.

Tallaalka COVID-19 wuxuu maray dhammaan tallaabooyinka cilmi baarista sida tallaalkada kale.



## Sidee ayaan ku ogaadaa in tallaalka iga illaalinayo COVID-19?

### Tijaabooyinka caafimaadka

Waan ognahay in tallaalka Pfizer shaqeynayo sababtoo ah wuxuu maray bilooyin tijaabin caafimaad ah oo ay la jiraan wax ka badan 40,000 dad ka hor intaan loo ansixin isticmaal. Tijaabooyinka caafimaadka waxaa la barbardhigay natiijooyinka kooxda la tallaalay iyo koox kale ee qaatay tijaabada (biyaha cusbada).

Tijaabooyinka caafimaadka waxaa la ogaaday in **tallaalka Pfizer uu siinayo illaalo boqolkiiba 95% ee ku aadan astaamaha COVID-19.**

### Xogta caalamka dhabta ah

Cadeynta waxay muujineysaa in tallaalka uu aad wax ku ool uga yahay nooca Delta.

**Labo kuure oo tallaalka ah ayaa aad wax ku ool ugu leh illaalinta ku aadan astaamaha Delta, iyo gaar ahaan ka soo horjeedo jirada daran ee u baahan isbitaal jiifin.**

Cadeynta ayaa sidoo kale muujineyso in dhowr qof oo la tallaalay uuku dhacay nooca Delta, ayaa u janjeero inay yeeshaan jirooyinka dhexaadka ah ee leh astaamaha yar.