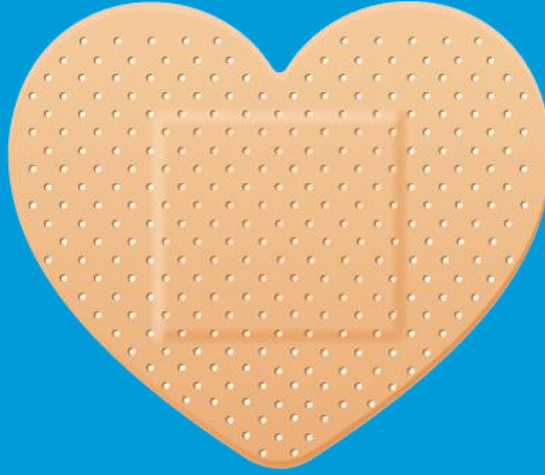


# Muuji inaad daneyneysid.



# Qaado talaalka.

Daryeel naftaada iyo tan ehelkaagaba. Talaal qaadashadu waxay muhiim u tahay dabar jaridda cudurka korona feyraska faafitaankiisa. Talaalka koronuhu wuxuu ilaalinayaa adiga iyo ehelkaagaba, Waad ku mahadsan tahay, inaad daneyneysid.

- Iska soo diiwaangeli talaalka koronaha cinwaankan
- [otanrokotteen.turku.fi/](https://otanrokotteen.turku.fi/) waan qaadanayaa talaalka.Turku .fi
- [jagtarvaccinet.turku.fi](https://jagtarvaccinet.turku.fi/)
- [myvaccine.turku.fi](https://myvaccine.turku.fi/)

adigoo soo wacaya: **02 266 0159** | telefoonka talaalka koronuhu wuxuu kuu adeegayaa isniin-jimce saacadaha 8-14

cinwaanka: [turku.fi/eterveyspalvelut/](https://turku.fi/eterveyspalvelut/) / [turku.fi/adeegyada caafimaadka ee elektarooniga ah](https://turku.fi/adeegyada-caafimaadka-ee-elektarooniga-ah)  
ballan qabsashada adeegyada caafimaadka ee elektarooniga ah

- ballamaha loo fidinayo marba kooxaha da'aadooda, ee mid walba toogada toogada talaalkiisa la joogo.

Warbixinaha deeraadka ah ee talaalka:

[turku.fi/koronarokotus/](https://turku.fi/koronarokotus/) | [turku.fi/sv/coronavaccinationer/](https://turku.fi/sv/coronavaccinationer/) | [turku.fi/en/coronavirusvaccinations](https://turku.fi/en/coronavirusvaccinations)

Videowayada magaaladda Turku akoonka- Youtube ka  
<https://www.youtube.com/user/Turkukaupunki>

somali: [https://youtu.be/ksYQrnOE\\_TE](https://youtu.be/ksYQrnOE_TE)



TURKU

# WEYDIIMAHA MARARKA BADAN LA IS WEYDIIYO EE TALAALKA KORONAHA

## Talaaladda koronuhu ammaan ma yihiin?

Talaalada feyraska Koronaha waxaa lagu qiimeeyey in ay yihiin kuwo ammaan badan lana soo mariyey marxalado cilmi baadhis ah oo aad u sugan. Wakhtigan xaadirka ah ma jiraan wax cadeyn ah, oo dhigaysa in talaalka koronuhu uu wax saameyn ah ku yeelanayo kaga taranka ah.

## Maxaa kaa hor istaagi kara qaadashada talaalka koronaha?

Aad ayey u yar tahay, in talaalka koronaha aad qaadan kari weydid. Haddii aad ka qaadid talaalka koronaha halis xasaasiyad ah oo degdeg ah, isla talaalka ama talaalada kale ee ay isla maadooyin isku mid ahi ku jiraan mar dambe laguma siinayo.

## Miyaan talaalka u baahanahay, haddii uu koronuhu igu dhacay?

Markaad cudurka koronaha u jiratid sida warbixinta hadda la hayaa dhigayso waxaad haysataa difaac ca-birkiisu dhan yahaymuddo 6 bilood ah, sidaas awgeed talaalka koronaha waxaan kugu boorineynaa ilaa lix bilood ka dib markii uu kugu dhacay cudurka koronuhu in aad qaadatid talaalka koronaha.

## Ma la qaadan karaa talaalka koronaha, haddii aad xanuuno kale qabtid?

Guud ahaan talaalka waxaad u qaadan kartaa si caadi ah, xataa haddii aad qabtid xanuuno kale. Waxaad kala sheekeysan kartaa dhakhtarkaaga mudadda talaalka, haddii lagugu bilaabay xanuun halis ah sida kansarka, dawadiisa ama aad ka qeybgaleysid qalliin ama howl kale lagaa qabanayo. Talaalka lama talaalayo qofka xilligga aad qabtid cudurada xummadda leh oo kale, ee xilligaa talaalka dib ayaa laguugu dhigayaa.

## Muddo intee le'eg ayay talaalka saameyntiisu ku bilaabmeysaa muddose intee le'eg ayuu difaaciisu qaadanayaa?

Awoodda difaaca talaalka Koronuhu waxay difaaciisu u bilaabanaysaa tartiib tartiib. Talaaladda- mRNA ga awoodda difaacooda cudurka feyraska koronuhu waxay ka hor tagiisu xilligii baadhitaanka waxay aheyd ilaa iyo 50 bersanti laba todobaad marka laga soo wareego talaalkii ugu horeeyey ku dhawaad 90 bersanti 3-4 todobaad marka ay ka soo wareegto. 12 todobaad xilligga ay ka soo wareegto waa in la siiyo kii labaad waana muhiib, sababtoo ah markaas ayuu difaacii ka saeysmayaa mid muddo dheer ahi.

## Talaalka koronaha miyaa la siinayaa carruurta?

Ilaa iyo imika 16- jir wixii da'adiisu ka yar tahy lama talaalayo. Xaaladdu koleyba wey is badeli kartaa, marka baadhitaanada natiijadoodu soo kordhayaan. Warbixinta wakhtigan xaadirka ahi sida ay dhigayso Finland waa la talaalayaa 16- jirada kuwa buuxiyey iyo kuwa ka sii waaweynba.

## Waa maxay calaamadaha talaalka koronaha ka dib iman karaa? Miyuu talaalka koronuhu leeyahay dhibaatooyin saameyn leh?

Dhammaan talaalada oo dhan, sida dawooyinka oo kale, waxaad ku yeelan kartaa saameyn dhibaatooyin ah. Talaalada badankooda saameynta dhibaatooyin waa kuwo sahaala ah oo baaba'aya. Talaalada caadiga ah ka dib waxaa qofka ku dhaca meesha laga talaalay oo calaamado yeelata, sida xanuun, casaata/guduudata, kululaata barartana. Waxyaalaha caadiga u ahi waa sidoo kale kuwo ka baaba'aya, sida xummad inay qabato, murqo xanuun, madax xanuun, daal, xanaaq, tabcaan nimo iyo dhaxan dhaxan oo kale. Kuwaasna waxaad isaga daaweyn kartaa dawooyinka xummada- iyo xanuunka baabi'iya.

