

# 7 shay oo waalidka ay tahay inay ka ogaadaan talaalka COVID-19



## 1. Caruurta waxaa loo baahan yahay in la talaalo.

COVID-19 waxa uu aad uga khatar badan yahay khatarta in la qaato talaalka. Caruur badan ayaa xanuun daran qaba, saamayn caafimaad daro oo mudo dheer ah oo fayraska ah oo waxaa loo dhigaa isbitaalka nooca cusub ee xanuunka ee soo baxaya. COVID-19 iminka waxaa weeye 10 shay ee ugu badan ee keena dhimashada caruurta kurayga ah, oo 1/3 caruurta kurayga ah ee la dhigay isbitaalku waxay u baahdaan daryeel sare.<sup>1</sup>



## 2. Talaalka lama dedejin.

Saynisyahanada ayaa ka shaqaynayay teknooloojiyada wax ka badan toban sano. Lama baal marin wax talaabooyin amaanka ah markii la samaynayay talaalka COVID-19—kaliya waxaa la baal maray wixii caqabad iyo caqabadaha siyaasada ah—oo tijaabadiisa caafimaadku waxa uu lamid yahay kuwa talaalka kale oo kale. Waanu ognahay in talaalku uu yahay amaan oo uu wax ku ool yahay maadaama oo boqolaal kun oo ruux ay ikhtiyaarkood ku ogolaadeen tijaabada caafimaadka. Saynisyahanadu waxay daraasad ku sameeyeen talaalka si dhakhso ah— halkii ay ka sugi lahaayeen sanado si ay u helaan dadka wanaagsan oo ay ku tijaabiyaan.



## 3. Saamaynta caafimaad darada yar ama dhexe waa iska caadi.

Ilmahaagu waxa uu yeelan karaa astaamo yar ama dhexe kadib marka la talaalo, sida xumad, murqo xanuun, madax xanuun, dareen daal, ama casaan meesha lagaa muday. Tani waa caadi kadib talaalka, oo waxay ka dhigan tahay in jirkaaga difaaciisu uu bilaabay inuu abuuro jawaabta la dagaalanka xanuunka. Saamaynta caafimaad darada daran iyo jawaab celinta xasaasiyadu waa naadir. Fursada aad u haysato inaad qaado COVID-19 naftaada khatar ku ahi way badan tahay marka loo eego khatarta inaad saamayn caafimaad daro ka qaado talaalka.



## 4. Saamaynta caafimaad darada mudada dheer, sida taranka ama uur dhicintu, maaha wax jira.

Hadii aad eegto taariikhda dhamaan talaalada, badanaa saamaynta caafimaad darada mudada dheer ee talaalku waxay noqotaa inta u dhaxaysa 30-45 maalmood kadib marka tijaabada talaalku dhamaato. Waa taas sababta FDA ay ugu baahan tahay in mudo la sugo ah ugu yaraan 60 maalmood kadib marka la dhameeyo tijaabada caafimaadka wixii ogolaanshaha isticmaalka xaalada degdeg ah (EUA) si loo bilaabi karo.

Kumanaan dumar ah ayaa qaatay talaalka iyaga oo uur leh ama qaar ayaa uur qaaday kadib markii la talaalay. Macluumaadku waxa uu muujinayaa in talaalada COVID-19 ayna saamayn ku lahayn taranka, ilmo dhicinta, ama mushkilada uurka ama dhalmada ee ilmaha ama hooyada. Laakiin, waxa aanu aragnay dumar badan oo uur leh oo qaaday COVID-19 oo mushkilad badan uu ku keeney fayrasku.

<sup>1</sup> [https://www.cdc.gov/mmwr/volumes/70/wr/mm7023e1.htm?s\\_cid=mm7023e1\\_w%20\[cdc.gov\]](https://www.cdc.gov/mmwr/volumes/70/wr/mm7023e1.htm?s_cid=mm7023e1_w%20[cdc.gov])



## 5. Talaalka AAD ayuu waxtar u leeyahay.

Tijaabada caafimaadku waxay muujinaysaa in talaalka COVID-19 uu yahay 100% wax ku ool ka ilaalinta caruurta da'da 12-15 jirka ah inay qaadaan fayraska. Talaalku waxa uu wax ka qabtaa noocyada kala duwan, waxa uu baajiyaan inay dadku isku gudbiyaan<sup>2</sup>, waxa dhici karta inuu wax hormariyo<sup>3</sup> dadka ay ku dhacday saamaynta caafimaad darada mudada dheer ah ee COVID-19. Is talaalida ayaa sidoo kale ka dhigta xanuunka mid yar oo gaaban ee dadka yar ee laga heley kadib markii la talaalay.<sup>4</sup>



## 6. Xataa hadii ilmahaagu uu qabo COVID-19, isaga ama iyada waa in weli la talaalaa.

Ilmahaaga waa in la talaalaa, xataa hadii isaga ama iyada aanu hore ugu dhicin fayrasku. Daraasadaha ayaa muujinaya in talaalku uu bixiyo difaac jidhka ah oo mudo dheer ah marka loo eego difaaca dabiiciga ah (difaaca laga heleyo xanuunka) oo waxa uu wax ka taraa noocyada kala duwan. Talaalada waxay ilmaha ka ilaalin karaan inuu qaado fayraska mar labaad.



## 7. Talaalada mRNA ee COVID-19 ma badalayaan DNA-gaaga.

Waxaa jira waxyaabo **talaalada mRNA AYNA** samayn karin<sup>5</sup>:

- mRNA ma badali karo ama la fal geli karo DNA-gaaga
- mRNA ma geli karo qaybta unugaaga ee DNA-gu ku yaal (loo yaqaan nucleus)
- mRNA isma badali karo oo ma noqon karo DNA

<sup>2</sup> <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html>

<sup>3</sup> <https://www.yalemedicine.org/news/vaccines-long-covid>

<sup>4</sup> <https://www.cdc.gov/media/releases/2021/p0607-mrna-reduce-risks.html>

<sup>5</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>