

# Hel jawaabaha ku saabsan talaalka COVID-19



FDA waxay ogoolaata in talaalka Pfizer/BioNTech ee COVID-19 lasiiyo qof kasta oo 12 ah ama ka wayn. Tani waxaa weeye wax lagu farxo oo waa talaabo muhiim ah oo ah dagaalka lagu jiro ee soo afjarida safmarka. **Talaalka Pfizer waxaa weeye talaalka COVID-19 ee kaliya ee amaan u ah caruurta.** Talaalka Moderna iyo Johnson & Johnson/Janssen waxaa loo ogoolaaday in loo isticmaalo dadka 18 ah iyo wixii ka yar.

Talaalka COVID-19 kaliya wax kama taro kahortaga xanuunka, dhigitaanka isbitaalka iyo dhimashada <sup>1</sup> laakiin waxa uu naga caawiyaa inaan ku noqono hawliheeni caadiga ahaa. Daraasado dhawaan ah ayaa muujinaya ay wax ka taraan noocyada kala duwan oo fayrasyada ilaa iminka la ogaaday <sup>2</sup> iyo in talaaladu ay ka hortagaan u gudbinta fayraska dadka kale. Dadka doortay inay is talaalaan kaliya naftooda kama ilaaliyaan fayraska, laakiin sidoo kale waxay ka ilaaliyaan bulshadeena ay dhici karto inay u nugul yihiin ama aan awoodin inay isla markaba is talaalaan.



## Ma in aan qaataa talaalka hadii uu hore iigu dhacay COVID-19?



Haa, xataa hadii uu hore kuugu dhacay COVID-19 waa in weli aad is talaashaa. Talaalku waxa uu bixiyaa ka ilaalin dheeraad ah oo xanuunka ah iyo in dib loo qaado xanuunka. Daraasadaha ayaa muujinaya in talaalku uu yahay ilaalo wanaagsan oo noocyada kala duwan ee fayraska ah. Tan waxaa kamid noqon kara talaalka loo bixiyo difaaca jidhka ee mudada dheer ah marka loo eego difaaca jidhka ee caadiga ah, ama difaaca in aan la qaadin xanuunka. Talaalka waxa weeye dariiqo aad u amaan ah oo wax ku ool ah oo loo sameeyo difaacada jidhka marka loo eego in la qaado fayraska iyo in la qaado COVID-19 xanuun ahaan.

## Waa maxay saamayn caafimaad daro ee aan ka qaadi karo talaalku?<sup>3</sup>

Talaalka COVID-19 waa kuwo ammaan ah oo waxtar leh. Laakiin, sida dawooyinka kale oo kale, dadka badan ayaa yeesha saamayn caafimaad daro, markaa waxaa muhiim ah in lala socdo waxay yihiin iyo waxyaabaha ay tahay in laga taxadiro.

### Saamaynaha caafimaad darada caadiga ah

Waxa aad yeelan kartaa saamayn caafimaad daro kale ah, mudo dhawr maalmood ah. Kuwani waa astaamo caadi ah in jidhkaagu dhisayo difaaca oo nidaamka difaaca jidhkaagu uu wado hawshoo ay ahayd inuu sameeyo. Saamayntan caafimaad daradu waxay ku baaba'daa 12-48 saacadood. Dadka qaar ayaan yeelan saamayn caafimaad daro ama waxay yeelan karaan saamayn caafimaad daro ka duwan kadib marka ay qaataan talaalka 2aad marka loo eego tay yeesheen talaalkii 1aad. Yeelashada saamaynta caafimaad darada caadiga ah maaha sabab aan loo qaadan talaalka 2aad ee mRNA ee talaalka COVID-19. Waxa aad u baahan tahay labada talaalka si aad u yesho difaac.

<sup>1</sup> <https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2021-05-12/04-COVID-Oliver-508.pdf>

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

<sup>3</sup> <https://www.cdc.gov/vaccines/covid-19/info-by-product/pfizer/reactogenicity.html>

## Meesha lagaa talaalay ee gacantaada:

- Xanuun
- Casaan
- Barar

## Jidhkaaga inta kale oo dhan:

- Qadhqadhyo
- Shuban
- Qandho ama inaad xummad dareento
- Madax xanuun
- Murqe xanuun
- Yalaalugo, ama dareen calool xanuun
- Daal

## Saamaynta caafimad darada aan sidaa u badnayn

Caruurta qaar ayaa yeelan karaan barar iyo adkaanshe lymph nodes ah (oo loo yaqaan lymphadenopathy), caadiyan aagagaarka qoorta.

Dadka qaar ayaa yeelan kara casaab, cuncun, barar ama damqasho meesha laga muday ay, badanaana waxaa loo yaqaan "gacanta COVID." Finankani waxay bilaabi karaan dhawr maalmood ilaa todobaad kadib marka la qaado talaalka 1aad. Hadii ilmahaagu uu qaado "gacanta COVID" kadib marka uu qaato talaalka 1aad, waa in weli la siiyaa talaalka 2aad. Waydii dhakhtarka ilmahaaga wixii ku saabsan in lagu daweeyo antihistamine si looga caawiyo cuncunka, ama acetaminophen ama dawada ololka baabi'sa ee aan istooraydhka ahayn (non-steroidal anti-inflammatory drug, NSAID) ee damqashada loogu talo geley.



## Tilmaamo wax ku ool ah oo lagu maamulayo saamaynta caafimaad darada

Waxaa wanaagsan in mudada ugu badan ee aad adkaysan karto inaad sugto kahor inta aanad qaadan dawooyinka kaar jabiyaha kadib marka aad is talaasho. Kala hadal dhakhtarkaaga qaadashada dawooyinka aan la qorin, sida ibuprofen, acetaminophen (badanaa loo yaqaan Tylenol), ama naprosyn, si ay uga caawiso damqashada ama raaxo darada saamaynta caafimaad darada.

Waxaa muhiim ah in lasii qaato dawooyinka mudada dheer kadib marka la is talaalo, iyada oo uu kuu sheego moojee dhakhtarku wax kale.

### Si aad u yarayso damqashada iyo raaxo darada meesha lagaa talaalay:

- Waxa aad saartaa maro nadiif ah, qabaw, oo qoyan aaga.
- Isticmaal ama jimicsii gacantaada.

### Si aad u yarayso raaxo darada xumada:

- Biyo badan cab.
- Dhar fudud xidho, oo aanad ku kulaalaynin.



# Marka digtoorka la wacayo

Badanaa, waxaad ku yeelan doontaa saamaynta caafimaad darada caadiga ah. La hadal dhakhtarka ama xarumaha daryeelka caafimaadka:

- Hadii ay ku guduudnaato ama ay ku damqato meesha talaalka lagaa siiyey oo ay kasii darto 24 saacadood (ama 1 maalin) ka bacdi.
- Hadii aad ka warwarsan tahay astaamaha aan caadiga ahayn ee aad ku yeelatay, ama hadii aad qabto su'aalo ku saabsan saamaynta caafimaad darada wada socota ee qaadashada halka talaalka markiiba.
- Hadii aad ka warwato saamaynta caafimaad darada kale ee aad qabto ama ay saamaynta caafimaad daradu ay ka tagi waydo maalmo yar ka dib.

La hadal dhakhtarka markaba hadii aad sii yeelato wax kamid ah astaamaha ilaa 3 todobaad

kadib marka aad qaadato talaalka COVID-19:

- Garaac wadne aan caadi ahayn
- Arag oo liita
- Laab xanuun
- Dawakhaad ama hadalka oo kugu adkaada
- Suuxitaan ama miyir beel
- Bararka lugaha ah
- Naburo cusub ama fudud
- Petechiae (meelo yaryar oo nabur ah oo maqaarka ah)
- Damqasho aad u daran oo caloosha ah oo kaa baabi'i wayda
- Madax xanuun daran ama madax xanuun kaa baabi'i waaya
- Suuxdin
- Neefta oo yaraata
- Tabcaanimo ama isbadal dareenka ah



## Saamayn caafimaad darro aad u adag ka dib marka la is talaalo waa naadir<sup>4</sup>

Jawaab celinta xasaasiyada waxaa loo arkaa inay aad u daran tahay hadii qof u baahdo in lagu daweeyo epinephrine ama EpiPen<sup>®</sup> ama in la geeyo isbitaalka. Noocyadan jawaab celintu waxaa loo yaqaan anaphylaxis, oo badanaa waxa ay dhacdaa 30 daqiiqo gudahood kadib marka la qaado talaalka. Dadka waxay yeelan karaan mushkilad dhanka neefsiga ah, barar wajiga iyo cunaha ah, wadnaha oo aad isku garaaca, finan aad u daran oo jidhka oo dhan ah, ama dawakhaad iyo tabcaanimo. Waa taas sababta ay muhiim u tahay in la joogo 15-30 kadib marka la is talaalo, si markaa dhakhtarku uu kuula socon karo oo uu u xaqiijin karo in wax kastaaba caadi yihiin. Dawooyinka ayaa la heli karaa si loogu daweeyo anaphylaxis. Qof kasta oo yeeshan jawaab celin anaphylactic ah kadib marka uu qaato talaalka 1aad ee in **aan** la siinin talaalka 2aad.

### Jawab celinta xasaasiyada aadka u daran ayaa sidoo kale naadir ah.

Jawaab celinta xasaasiyada ee aan u baahnayn daryeelka caafimaadka degdeg ah ama in isbitaal la is dhigo ayaa loo yaqaan jawaab celin xaasiyadeed oo aan darnayn, oo markaba ah. Noocyadan jawaab celinta ayaa dhaca 4 saacadood gudahood marka la is talaalo. Dadka ayaa yeelan kara jiiraag, barar, ama finan. Hadii uu ilmahaagu yeesho xasaasiyad aan aad u darnayn, isla markaba marka la talaalo talaalka COVID-19 isaga ama iyada lama siinayo talaalka 2aad, xataa hadii jawaab celinti ay aad u yar tahay oo ayna u baahan daryeelka degdega ama isbitaal la dhigo.



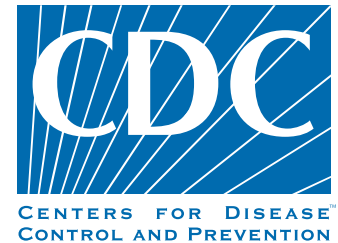
<sup>4</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/allergic-reaction.html>

## **Fursada lagu yeelan karo saamayn caafimaad daro mudo dheer ah aad ayay u yar tahay.**

Hadii aad eegto taariikhda dhamaan talaalada, inta badan 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.

## **FDA iyo CDC waxa ay la socon doonta wixii saamayn caafimaad daro aad u yar ee ay dhici karto inuu yimaado**

Talaalada in dhakhso loo sameeyo waxaa keeney in la baal maray wixii caqabad ah iyo caqabadaha siyaasada, laakiin lama dhinac marin ama lama dhaafin wixii taxadirka amaanka ah. Saynisyahanada ayaa ku shaqeyay teknoolojiyada lagu soo saaro taalaalada wax ka badan tobanaan sano. Malaayiin kiis oo COVID-19 ah oo caalamka ah ayaa u sahlay saynisyahadana inay dedejiyaan daraasada fayraska markii ay samaynayeen talaalka amaanka iyo wax ku oolka ah. Malaayiin ruux oo Maraykanka ah ayaa qaatay talaalka COVID-19 iyada oo lagu samaynayo la socod aad u dareeya oo amaankooda ah taariikhdooda. FDA, CDC, iyo Gudida Latalinta Nidaamka Difaaca Jidhka (Advisory Committee on Immunization Practices, ACIP)<sup>5</sup> ayaa si buuxda u qiimaysay dhamaan macluumaadka oo waxay kalsooni ku qabaan talaalku inuu amaan yahay oo uu wax ku ool yahay si looga hortago COVID-19. **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.**



Maraykanku waxa uu leeyahay nidaamka ugu wanaagsan ee caalamka<sup>6</sup> ee lagu eego saamaynta caafimaad darada aadka u yar oo kaliya la ogaan karo marka talaalada si baahsan loo siiyo dad badan. CDC waxay shacabka u sheegtaa marka ay ogaato qof la sheegey inuu xanuunsaday kadib markii la talaalay, xataa hadii xanuunka uu keeney talaalku iyo hadii kaleba. Qof kasta ayaa sheegi kara xanuunka ama samaayn caafimaad darada kadib marka la talaalo, kaliya maaha dhakhtarada. Macluumaadkan waxaa lagu sheegaa Nidaamka Warbixinta Saamaynta Xun ee Talaalka (Vaccine Adverse Event Reporting System, VAERS). Waxaa muhiim ah in la xasuusto in mushkilaha caafimaadka la gaadhsiiyo VAERS, taasina kama dhigna in talaalku keeney mushkilada. Kaliya waxa uu u sheegayaa saynisyahadana, khabirada amaanka talaalka iyo dhakhaatiirta wixii mushkilada ah ee iman kara ee loo baahan yahay in si taxadir leh loo eego.

Tusaa ahaan sida wanaagsan ee uu nidaamku u shaqeyo waxaa xaqiijiyay sida dhakhsaha ah ee loo ogaaday in talaalka COVID-19 ee Johnson & Johnson uu keeno nooc xinjaw dhiig aad u yar (thrombosis with thrombocytopenia syndrome ama TTS) oo ay tahay in si ka gedisan loola dhaqmo noocyada kale ee xinjawga dhiiga. Nidaamka VAERS waxa lagu ogaaday saamaynta caafimaad darada naadirka ah oo CDC waxay u sheegtey dhakhtarada sida ugu wanaagsan ee loo dawayn karo xinjawga dhiiga ee noocaas. Iminka, xataa hadii qof uu yeesho saamayn caafimaad daro naadir ah, dhakhtarada ayaa dawayn kara. Waxaa muhiim ah in la sheego in talaalka Johnson & Johnson uu ka duwan yahay noocyada talaalada mRNA ee Pfizer iyo Moderna ay sameeyeen. Ma jirto ilaa 200 oo talaal oo la bixiyay wax laga soo sheegey inay keeneen xinjaw dhiig talaalada Pfizer iyo Moderna. Talaalka Pfizer waxaa weeye talaalka COVID-19 ee kaliya ee amaan u ah caruurta.

Nidaamka amaanka talaalka waxa soo gaadhay waxoogaa warbixino ah myocarditis (barar iyo olol murqaha wadnaha) ama pericarditis (olol xabka ku xeeran wadnaha).<sup>7</sup> xaaladan caafimaadku maaha kuwo cusub. Myocarditis iyo pericarditis waxay caadiyan dhacaan kadib marka la qaado fayrasyada sida hargabka, xanuunka Lyme ama xataa COVID-19, waana la dawayn karaa. Ilaa 10 ilaa 20 ruux 100,000 ee ruuxba Maraykanka waxay qaadaan xanuunka myocarditis sanad kasta. Lama garanayo weli in kiisaska yar ee myocarditis ay la xidhiidhaan talaalka. Ururka Maraykanka ee Wadnaha ayaa dhawaan soo saaray<sup>8</sup> macluumaad uu ku sheegyo in maadaama oo kiisaska ay yihiin naadirka ah oo ay fudud yihiina, in faa'idooyinka talaalada COVID-19 ay ka badan yihiin weli khatarta saamaynta caafimaad darada ee jirta.

5 [https://www.cdc.gov/mmwr/volumes/70/wr/mm7020e1.htm?s\\_cid=mm7020e1\\_w](https://www.cdc.gov/mmwr/volumes/70/wr/mm7020e1.htm?s_cid=mm7020e1_w)

6 <https://www.cdc.gov/vaccinesafety/index.html>

7 <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html>

8 <https://newsroom.heart.org/news/covid-19-vaccine-benefits-still-outweigh-risks-despite-possible-rare-heart-complications>

## Maxaa looga baahan yahay in caruurta looga talaalo COVID-19?

Waxaa jira fahan caam ah oo khaldan oo ah inayna caruurta qaadin COVID-19 ama in khatarta inay aad ugu xanuunsadaan inay yar tahay fayraska. Laakiin, caruurta qaar ayaa si wayn ugu xanuunsada oo markaa u baahan in la dhigo isbitaal. Waxaa jira wax badan oo aanaan weli ka ogayn COVID-19 sida uu u saamayn doono caruurta mudada dheer.

COVID-19 waxa uu aad uga khatar badan yahay wixii khatarta in la qaado talaalka. Caruurta waxay yeelan karaan saamayn caafimaad daro oo aad u daran oo mudo dheer ah oo lamid ah ta dadka waawyan, xataa hadii marka ayna yeelan astaamo ama ay yeeshaan astaamo yar wakhtiga ay qabaan. Caruurta ayaa sii wadi doonta inay yeeshaan daal, madax xanuun, calool xanuun, murqo iyo laalaabatooyin xanuun, iyo inay ku adkaato xasuusta iyo inay macluumaadka fahmaan.

Ilaa bilawgii safmarka, 77,827 caruur reer Utah ah oo 0-18 sano jir ah ayaa laga heley COVID-19, oo 683 ayaa u baahday in la dhigo isbitaal. Kuwa u baahday in la dhigo isbitaal ee kooxda da'daas ah, 74 ayaa yeeshay multisystem inflammatory syndrome ee caruurta (MIS-C). MIS-C waxaa weeye xaalad adag oo keeni karta dhimasho.



## Miyay talaalada COVID-19 keeneen wax dhimasho ah?

Ma jirto wax dhimasho ah oo toos ay u keeneen talaalada COVID-19, ilaa iminka waxaa la bixiyay 259 milyan oo talaal oo COVID-19 ah Maraykanka laga bilaabo Diseember 14, 2020 ilaa Maay 10, 2021.<sup>9</sup>

Waxay CDC ogaadeen in talaalka Johnson & Johnson COVID-19 oo keenay saamayn caafimaad daro naadir ah oo daran — xinjiraw dhiiga ah oo balaateetku yar yahay — tiro yar oo dad ah. Wakhtigaas, dhakhaatiir badan ayaan la socon in xinjirawga dhiiga ee naadirka ahi loo baahan yahay in loo daweeyo si ka duwan sida loo daweeyo xinjirawga dhiiga ee kale. Nasiib daro, daawayn xinjirawga dhiiga naadirka ah ee lagu daweeyo dawooyinka lagu daweeyo xinjirawga dhiiga caadiga ah waxay keeni kartaa samaayn caafimaad daro aad u daran — oo dhawr qof ayaa u dhintay — maadaama oo xinjirawga dhiiga aan lagu dawaynin dawadii saxda ahayd. Ma jirto wax xinjiraw dhiig ah oo la arkay oo la xidhiidha talaalka mRNA (Pfizer ama Moderna).

Ma jirto cid u dhimatay wixii saamayn caafimaad daro ah (xataa kuwa naadirka ah) ee talaalada mRNA (Pfizer iyo Moderna). Pfizer waxaa loo ansixiyay in loo isticmaali karo caruurta ka yar 18 jirka. Talaalka Johnson & Johnson looma ogolaan in loo isticmaalo caruur ka yar 18.



<sup>9</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html>

## Yay tahay in aan la siinin talaalka COVID-19 ee Pfizer?

Talaalka COVID-19 ee Pfizer/BioNTech waxaa loo ansixiyay dadka 12 jir iyo wixii ka wayn. Waa in aanad qaadan talaalkan hadii uu aad:

- Qaaday xasaasiyad aad u daran kadib markii ay qaadatay talaalka 1aad.
- Ka qaado xasaasiyad aad u daran kadib markii wax kamid ah waxa uu [ka samaysan](#) yahay talaalku.



Kala hadal dhakhtarkaaga kahor inta aanad qaadan talaalka COVID-19 hadii aad yeelatay xasaasiyad marka aba markii aad qaadatay talaalka 1aad ee COVID-19, ama aad ka qaaday xasaasiyad noocyada kale ee talaalka ama dawooyinka irbada ah ee xanuunada kale, xataa hadii ayna darnayn.

Waa lagu talaali karaa xataa hadii aad leedahay taariikh hore oo jawaab celin xasaasiyadeed oo aad u daran oo aan xataa la xidhiidhin talaalka ama dawooyinka la isku mudo, sida cuntada, xayawaanka, sunta cayayaanka, deegaanka ama caaga. Sidoo kale waa lagu talaali karaa hadii aadaad hore u leedahay taariikh hore oo xasaasiyadeed oo dawooyinka afka laga qaato ah ama taariikh hore oo qoyska ah oo jawaab celin xasaasiyadeed ah.<sup>10</sup>



## Miyaa lagu siin karaa talaal kale isla wakhtiga lagu siinayo talaalka COVID-19?

Marka aad qaadanyso talaalka COVID-19, waxaa weeye wakhti wanaagsan oo aad xaqiijin karto in adiga iyo ilmahaagu aad wada qaadateen talaaladii kale oo dhan. **Talaalada COVID-19 iyo talaalada kale waxaa dhici karta in aan maalin la wada qaadan, oo iminka maaha waajib in aad mudo sugto si aad u qaadato talaalka COVID-19 xataa hadii markii ugu danbaysay aad qaadatay talaal nooc kale ah 14 maalmood ee ugu danbeeyay.**<sup>11</sup> Ka warayso dhakhtarkaaga wixii ku saabsan saamaynta caafimaad darada talaal kasta, si aad u ogaato waxa ay tahay inaad iska ilaaliso. Waa macquul in aad yeelato saamayn caafimaad daro uu ka qaado LABADA talaal isla wakhti kaliya.



<sup>10</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/specific-groups/allergies.html>

<sup>11</sup> <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html#Coadministration>

## Ma in aan ka warbixiyaa wixii saamayn caafimaad daro ah ee aad ka qaado talaalka COVID-19?

Haddii aad aragto in aad ka qaaday saamayn caafimaad daro kadib tallaalka, adiga waxaad ku gaadhsiiin kartaa CDC [Vaccine Adverse Event Reporting System \(VAERS\)](#). Waxa aad sidoo kale ka dalban kartaa dhakhtarkaaga inuu kaaga warbixiyo VAERS. VAERS waxa uu ka caawiyaa saynisyahanada iyo khabiirada caafimaadka inay si dhakhso ah u ogaadaan qaabka aan caadiga ahayn ama lama filaanka ah ee mushkiladaha caafimaadka (loo yaqaan "saamaynta xun") ee muujin kara mushkilad amaanka ah oo talaalka ah.



## Isku duwaan geli V-safe

V-safe waxaa weeye agab onleyn ah oo kuu suurto geliya inaad u sheegto CDC hadii aad yeelato saamayn caafimaad daro kale kadib marka aad qaadato talaalka COVID-19. Waxaa sidoo kale lagu xasuusin karaa hadii aad qaadnayso talaalka 2aad. Waxbadan ka oggaw v-safe [www.cdc.gov/vsafe](http://www.cdc.gov/vsafe).



5 <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html#Coadministration>

6 <https://www.cdc.gov/vaccinesafety/concerns/multiple-vaccines-immunity.html>