

Goormaan heli karaa talaalka?

Kooxahan dadka ah ee soo socda waxay heli karaan talaalka COVID-19 isla iminka. La hadal [waaxdaada caafimaadka deegaanka, farmasiga deegaanka, ama bixiyaha daryeelka caafimaadka](#) si aad u qabsato balan. Goobaha talaalka waxa laga heli karaa halkan <https://coronavirus.utah.gov/vaccine-distribution>.

- Shaqaalaha daryeelka caafimaadka ee bukaanka hor jooga (sida dhakhtarka ilkaha, jidhka ama shaqada, shaqaalaha xafiiska soo dhawaynta ee xarunta caafimaadka, dhakhtarka suuxiyaha, shaqaalaha daryeelka caafimaadka guriga, iwm.)
- Shaqaalaha xarunta daryeelka muddada-dheer iyo deggenyaasha
- Shaqaalaha gurmada degdeg ah sida EMS, saraakiisha ciidanka, saraakiisha kala dirka, iyo ciidamada jeelasha.
- Shaqaalaha iyo macalinka K-12
- Reer Utah ee 50 jirka ah ama ka wayn
- Dadka 16 jirka ama ka wayn ee qaba xanuunada qaar (ka eeg hoos)

Dadka 16 jirka ama ka wayn ee qaba xanuunada soo socda wax kamid ah waxa ay u qalmaan talaalka COVID-19 (hadii aad tahay 16 ama 17 jir, waxa aad KALIYA qaadan kartaa talaalka Pfizer):

- Asplenia waxaa kamid ah splenectomy ama a spleen dysfunction
- Cabbirka Culayska Jirku (BMI) uu yahay 30 ama ka badan
- Wadne xanuunka mudada dheer ah (kuma jiro kacsanaanta dhiigu) waxaa kamid ah wadne istaaga, xanuunka wadnaha ischaemic, iyo xanuunka wadnaha ee daran ee xididada ama xidhnaanta xididada
- Cudurka kalyaha ee muddada dheer
- Beer xanuunka mudada dheer ah waxaa ka mid ah jooniska B ama C ee mudada dheer ah, xanuunada beerka ee khamriga la xidhiidha, biliary cirrhosis kowaad, ama sclerosing cholangitis kowaad ama hemochromatosis
- Xanuunka kansarka ugu yaraan 5 sano oo dhiiga, dhuuxa lafta ama unugyada difaaca jidhka ka bilaabmay. Noocan kansarka waxaa loo yaqaan kansarka hematologic (sida leukemia, lymphoma, iyo multiple myeloma).
- Xanuunka kansarka ee la soo baaray 1 Sanno ka hor ee aan ka bilaabmin dhiiga ama dhuuxa lafta. Kansarka noocan ah waxaa loo yaqaan kansarka aan ahayn hematologic (marka laga reebo xanuunada kansarka ee unugyada ee basal iyo squamous)
- Sonkorow (Nooca I ama Nooca II)
- Xaalada wiiqidada difaaca jidhka (difiicnimada nidaamka difaaca) ee ka timaada dhiiga, dhuuxa lafta, ama unugyada jidhka la geliyay; HIV; isticmaalka mudada dheer ee corticosteroids; ama dawooyinka kale ee diciifinaya nidaamka difaaca jidhka
- Xanuunada neerfaha oo curyaaminaya shaqada neefsiga, oo ay ku jiraan cerebral palsy, Down syndrome, epilepsy, xanuunka motor neuron, multiple sclerosis, myasthenia

gravis, Parkinson's disease, progressive cerebellar disease, iyo quadriplegia ama hemiplegia

- Kalyaha loogu nadiifiyo dhawr xanuun oo kalyaha ah
- Qaata daawaynta immunosuppression
- Xanuunka unugyada ee Sickle
- Xanuunka neefsiga mudada dheer (aan ahayn xiiq) oo waxaa kamid ah xanuunka mudada dheer ee obstructive pulmonary, xanuunka sanbabka ee fibrosing, bronchiectasis, ama cystic fibrosis
- Cidda loo sameeyay badalka unuga adkaha ah
- Faalig ama dementia (Alzheimer's, vascular, ama frontotemporal)

Uma baahnid qoraal dhakhtar si aad u qabsato balanta talaalka.

Bukaanka aan buuxin [shuruudahan](#) waa inay sugaan ilaa inta khatarta ugu badan laga talaalayo. Waxa aanu naqaanaa inay jiraan xaalado ka baxsan kuwa ku yaal liiska oo sidoo kale khatarta ugu badan leh; laakiin, waxa aanu haynaa kaliya talaal ku filan dadka u qalma ee qaba xaaladahan iminka. Shakhsiyaadkani waxaa weeye kuwa ku jira khatarta ugu badan ee in loo dhigo ah isbitaalka iyo inay u dhintaan COVID-19 oo waa in aanu xaqiijinaa inay u qaateen talaalka sida ugu dhakhsaha badan.

Maxaa xiga?

Waxa aanu filanaynaa inay talaalka COVID-19 heli karaan laga bilaabo Abriil da' kasta, dadka qaba xanuunada aan lagu sheegin halkan, iyo dadka ku nool qaab dhismeedka xidhan ee khatarta badan ugu jira fayraska keeni kara COVID-19. Talaalka waxaa heli kara dadka oo dhan dhamaadka da'yarta ama horraanta xagaaga.

Maaha inaad "gasho liiska sugayaasha" si aad isku talaasho. Marka talaalka la heli karo, waxa aanu ka filanaynaa in laga heli karo goobo badan bulshada dhaxdeeda ah. Goobahan waxaa la soo dhigi doonaa <https://vaccinefinder.org/>.