

Warbixin guud ku saabsan Tallaalka COVID-19 loogu talagalay Waayeelka

Tallaalka waa mid ka mid ah tillaabooyinka ugu muhiimsan ee aad qaadi karto si aad naftaada, qoyskaaga iyo bulshadaadaba uga ilaaliso COVID-19. Tallaalka wuxuu ka hortagi karaa jirro daran ama dhimasho ka raacda Koronafayras oo dad badan waayeel ah iyo kuwa qaba xaaladaha cudurada joogtada ah sida wadnaha iyo sonkorowga. Tallaalka wuxuu naga caawin doonaa inaan ku soo noqonno sideenii caadiga ahayd, wax aan dhammaanteen rabno sida ugu dhaqsaha badan.

Maxay tahay sababta aan ugu baahanahay tallaalka qiyaaso xoojin ah?

Ilaalinta ay bixiyaan tallaallada COVID-19 ayaa hoos u dhaca waqti ka dib, gaar ahaan kooxaha dadka qaarkood. Qiyaasaha xoojinta waa tallaallo dheeraad ah oo kaa caawinaya inaad ilaaliso oo aad kordhiso ka hortaga COVID-19. Markaad hesho qiyaas xoojin ah, waxaad ka caawinaysaa inaad naftaada iyo dadka kugu xeeran ka ilaaliso COVID-19.

Haddii aan u baahdo xoojiye, tallaalka ma shaqaynayaa?

Haa. Tallaalka COVID-19 ayaa si wanaagsan u shaqaynaaya si looga hortago jirro daran, isbitaal dhigis, iyo dhimasho. Si kastaba ha ahaatee, khubarada caafimaadka dadwaynaha waxay arkaan difaac yaraaday muddo ka dib cudurrada fudud iyo kuwa dhexdhexaadka ah, gaar ahaan dadka qaarkood.

Tallaallada xoojiyaha miyey adeegsadaan isla qaabaynta tallaallada jira?

Haa. Tallaalka xoojinta COVID-19 waa isla qaabaynta tallaallada COVID-19 ee hadda jira. Si kastaba ha ahaatee, Moderna COVID-19 tallaalka xoojinta waa kala bar qiyaasta tallaalka ee dadka la siiyay qaybhooda/qiyaasahooda hore.

Waa maxay waxyeelooyinka guud marka la tallaalo ka dib?

Waxaa laga yaabaa inaad ku yeelato xoogaa waxyeelo ah oo ka timaada tallaalka COVID-19, oo ay ku jiraan xanuun, casaan ama barar goobta la duray, daal, madax xanuun, murqo xanuun, qarqaryo, qandho, iyo lallabbo.

Ma u baahanahay tallaalka sanad kasta

Wali si buuxda uma cadda ilaa inta ay tallaalladu bixin doonaan difaac iyo in loo baahan doono sannad kasta sida tallaalka hargabka. Dadka qaangaarka ah, su'aalahan aad bay muhiim u yihiin sababtoo ah markaan waynaanno/waayeel noqonno, habka difaacayagu wuu daciifaa. Khubaradu waxay daraaseynayaan muddada-dheer ee tallaalka difaacu u fidinaayo

Goorma ayaan heli karaa tallaaladayda asaasiga ah/xoojiyaheyga ah?

Waxaa jira waqtiyo kala duwan oo u dhexeeya qiyaasaha tallaalka iyo kuwa xoojiyaha, iyadoo ku xiran da'da, xaaladda caafimaadka iyo shuruudaha u qalma:

- Inta u dhaxaysa qiyaasaha koowaad iyo labaad (qaybaha/taxane aasaasiga ah): 56 maalmood (8 toddobaad)
 - Fadlan ogow: Dadka ku nool gobolka/Novaskooshiyanska oo awooda difaacooda dhexeeya ama si daran ah waxay u baahan doonaan qiyaasta saddexaad ee tallaalka si ay u dhammaystiraan qaybahooda/taxanehooda asaasiga ah. Xaaladdan oo kale, wakhtiga u dhexeeya qiyaasta koowaad iyo labaad waa 28 maalmood (4 toddobaad) iyo wakhtiga u dhexeeya qiyaasta labaad iyo saddexaad waa 56 maalmood (8 toddobaad).
- Inta u dhaxaysa qiyaasta labaad iyo xoojinta koowaad:
 - 168 maalmood (24 toddobaad) dadka da'doodu tahay 12 ilaa 69 sano
 - 120 maalmood (17 toddobaad) dadka da'doodu tahay 70 iyo kawayn
- Inta u dhaxaysa xoojiyaha koowaad iyo labaad:
 - 168 maalmood (24 toddobaad) - Da'da 50 ilaa 69 sano
 - 120 maalmood (17 toddobaad) – Dadka uurka leh ee qaatay xoojiye ka hor intaanay uur qadin, oo ay tahay inay umulaan ugu dambayn Noofambar 30, 2022.
 - 120 maalmood (17 toddobaad) - Dadka da'doodu u dhaxayso 50 ilaa 69 sano ee awooda difaacooda dhexeeya ama si aad u daran ah, iyo kooxaha xaqa u leh* (eeg hoos)

Fadlan ogow: Caafimaadka Dadweynahua wuxuu ku talinayaa in la qaato xoojiye labaad waqtiga dayrta si difaac wanaagsan loo helo xilliga qaboobaha iyo hargabka soo socda. Sidoo kale, tallaallo cusub oo laga yaabo inay bixiyaan ka-hortag ballaaran oo ka hortaga noocyada Omicron ayaa laga yaabaa inay diyaar noqdaan. Wixii macluumaad dheeraad ah, fadlan eeg [here](#)

Waa maxay muddada la sugaayo si loo qaato tallaalka kuwa laga helay COVID-19?

- Dadka laga helo natiijada/cudurka togan ee aan si buuxda loo tallaalin waxaa lagula talinayaa inay sugaan ugu yaraan laba bilood (60 maalmood) si ay u qaataan qiyaasta koowaad ama labaad ee tallaalka.
- Dadka laga helay COVID-19 oo si buuxda loo tallaalay waxaa lagula talinayaa inay sugaan ugu yaraan saddex bilood (90 maalmood) si ay u qaataan qiyaas xoojin ah, waase haddii ay si buuxda ah u tallaalnaayeen ugu yaraan 168 maalmood iyo ay u qalmaan xoojiye.

Sideen isku tallaali karaa?

Kahor intaadan bilaabin:

- Waxaad u baahan tahay kaarka caafimaadka Nova Scotia oo ansax ah si aad ballan uga qabsato onlayn.
- Waxaad u baahan tahay nambor telefoon haddii ay dhacdo in lagula soo xiriiro.
- Haddii aad bixiso iimayl marka aad ballanta qabsanayso, waxa aad heli doontaa iimaylka xaqiijinta ballantaada, iimaylka xusuusin ah maalin ka hor ballantaada, iyo iimaylka ballantaada ka dib oo wadata koobiga diiwaanka tallaalkaaga.

Sida Ballanta Loo Qabto:

Waxaad sameeysan kartaa ballan tallaalka Covid-19:

- Onlayn rugta caafimaadka: <https://novascotia.flow.canimmunize.ca/en/covid-flu-booking>

- Taleefan adoo wacaya 1-833-797-7772 (Isniin ilaa Jimce, 7 subaxnimo ilaa 7 galabnimo iyo Sabti ilaa Axad, 10 subaxnimo ilaa 6 galabnimo). Waxaad u baahan tahay inaad ka wacdo nambor taleefoon Canadian ah iyo aad joogtid Canada markaad soo wacdo. Haddii macmiilku u baahan yahay tarjumaad, tani waa habka ugu wanaagsan ee ballan lagu qabsan karo (eeg "Adeegyada Tarjumada la heli karo" ee hoose)

Wixii macluumaad dheeraad ah, fiiri ISANS's [How to Book a Vaccine Appointment - Project Beacon](#)

Sida Loo Helo Rug Caafimaad Oo Ballan La'aan

Waxa kale oo tallaalada lagu bixiyaa rugaha caafimaad/kilinigyo kala duwan. Goobahan iyo waqtiyadani waxay is beddelaan toddobaad kasta. Waxaad ka heli kartaa liiska ugu casrisan ee rugaha caafimaadka beesha halkan:

<https://www.nshealth.ca/drop-in-vaccine-clinics>

Farmasiyaasha sidoo kale waxay bixiyaan rugaha caafimaadka:

<https://pans.ns.ca/walk-covid-19-vaccine-clinics>

Adeegyada Turjumaanka ee la heli karo

Haddii aad u baahan tahay adeeg luqad aan Ingiriisi ahayn, waxaad waydiisan kartaa turjumaan marka aad ballanta taleefoonka ku qabsanayso wac 1-833-797-7772 (in ka badan 125 luqadood oo kala duwan ayaa diyaar ah). Khabiir takhasus leh ayaa dhammaan su'aalaha caafimaadka iyo baaritaanka macaamiisha iyo wuxuuna ka jawaabi doonaa wax kasta welwel iyo walaac ay macmiisha ka qabaan tallaalka.

Farmasiyadu waxay kaloo bixiyaan buug-yar oo luqado kala duwan ku qoran ay macaamiisha akhrin karaan marka la tallaalo. Waxaa kaloo jiri kara goobta shaqaale turjumi kara.

Sideen ku heli karaa Nova Scotia COVID-19 caddaynta tallaalka?

Iyada oo qayb ka ah nidaamka tallaalka khasabka ah ee goobaha khatarta sare leh, dadka badankood ka shaqeeya qaybta dadweynaha ee bixiya adeegyada iyo taageerada dadka nugul waxay u baahan yihiin caddaynta tallaalka buuxa.

Haddii aad qaadato tallaalka COVID-19, Nova Scotia COVID-19 Caddaynta Tallaalkaaga waxaa ku jira taariikhda, wakhtiga, nooca, summada, iyo tirada tallaalka COVID-19 ee aad qaadatay. Haddii aad bixiso iimaylkaada marka aad qabsanayso ballanta tallaalka, waxa aad iimayl ahaan ku heli doontaa koobiga Caddayntaada Tallaalka Nova Scotia COVID-19 (iimayl waxaa laga soo dirayaa noreply@canimmunize.ca).

Haddii aadan iimayl bixin markii aad qabsatay ballanta tallaalka ama aadan ku helin iimaylka koobiga Caddayntaada Tallaalka Nova Scotia COVID-19, waxaad wici kartaa 1-833-797-7772 (Isniin ilaa Jimcaha , 7 subaxnimo ilaa 7 galabnimo) si aad iimayl u siiso ama u codsato koobiga caddayntaada tallaalka. Waa inaad ka wacdaa taleefoon Canadian ah iyo aad joogtid Canada marka aad soo wacdo.

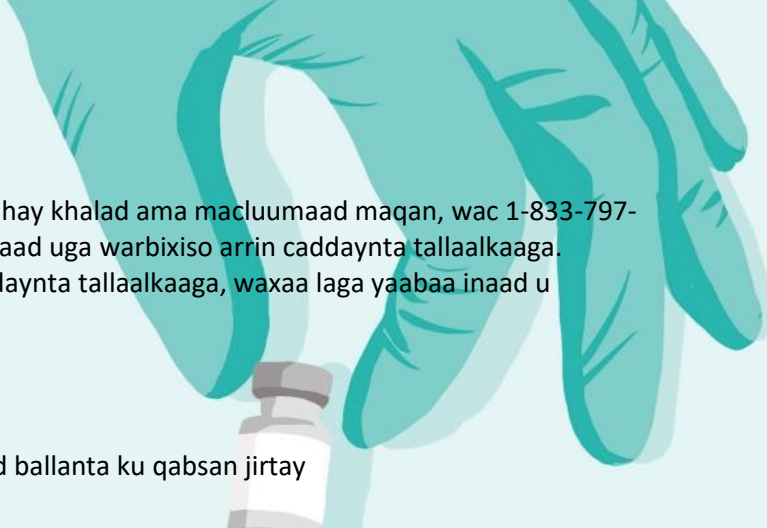
Waxa kale oo aad ka heli kartaa Nova Scotia COVID-19 Caddaynta Tallaalka onlayn

<https://novascotia.flow.canimmunize.ca/en/portal>

adiga oo isticmaalaya hubi inaad haysato kaarkaaga caafimaadka iyo ciwaanka iimaylka ama teleefanka aad isticmaashay/adeegsatay si aad ballanta talaalka u qabsato.

Fadlan fiiri fiidiyoow leh tilmaamo sida aad ku heli lahayd Nova Scotia COVID-19 caddaynta tallaalka

by email: <https://isans.ca/wp-content/uploads/2022/06/PoV-by-email.mp4>



Haddii Nova Scotia COVID-19 Caddaynta Tallaalka uu leeyahay khalad ama macluumaad maqan, wac 1-833-797-7772 (Isniin ilaa Jimcaha, 7 subaxnimo ilaa 7 galabnimo) si aad uga warbixiso arrin caddaynta tallaalkaaga. Markaad wacdo si aad uga warbixiso arrin ku saabsan caddaynta tallaalkaaga, waxaa laga yaabaa inaad u baahato:

- Magaca
- Taariikhda Dhalashada
- Ciwaanka iimaylka ama telefoon nambarka aad ballanta ku qabsan jirtay
- Nambarka kaarka caafimaadka
- Nooca, taariikhda, iyo goobta tallaalka COVID-19 ee aad qaadatay (qiyaas kasta)

Ka dib markaad ka warbixiso arrin, waa inay qaadato laba toddobaad si aad u hesho kobiga cusub ee Nova Scotia COVID-19 Caddaynta Tallaalka. Waxay qaadan kartaa waqti dheer haddii macluumaad dheeraad ah loo baahdo.

Coronavirus (COVID-19)

COVID-19 Vaccine

Recommended intervals between vaccine doses

Vaccine safety and possible side effects

COVID-19 vaccine: Canadian Immunization Guide

Frequently Asked Questions about COVID-19 Vaccination | CDC

