



## WAXTARKA TALLAALKA MA OGTAHAY?

### ***Tallaalku miyuu joojin doonaa caabuqa? Dadka la tallaalay weli ma gudbin karaan COVID-19?***

In kasta oo tallaalku gacan ka geysanayo sidii loo ilaalin lahaa bukaannada shakhsiga ah iyo kuwa ku hareeraysan, **Tiro badan oo dadweynaha ka mid ah waa in la tallaalaa ka hor intaan si weyn loo dhimin gudbinta.** Tallaalida dadka oo dhan waxay qaadan doonaan dhowr bilood.

Illaa iyo hadda, waxaan ognahay in tallaalku uu waxtar badan u leeyahay ka hortagga kiisaska astaamaha leh ee COVID-19. Weli ma hayno xog aan ku muujino in tallaalku ka hortago COVID-19 ka bilaa astaamaha ah iyo in kale. Waxay noqon kartaa in dadka la tallaalay ay wali qaadi karaan COVID-19 ka bilaa astaamaha ah ayna u gudbin karaan dadka kale. **Tan awgeed, dadka la tallaalay ayaan LAGA reebayn karantiilka tusaale ahaan haddii ay xiriir dhow la leeyihiin kiis boositif ah.**

**Aad ayey muhiim u tahay in tallaabooyinka caafimaadka bulshada ee hadda jira si loo yareeyo gudbinta COVID-19 la sii wado in la raaco xitaa marka tallaalka la helo, maaddaama COVID-19 uu ahaan doono welwel sii socda.** Kala fogaanshaha bulshada, xaddidaadda cabbirka isu imaatinnada, iyo weji-gashiga maaskaro, ayaa weli loo baahan doonaa ugu yaraan dhowr bilood oo dheeri ah, oo laga yaabo inay ka sii dheer tahay ka hor intaan tallaabooyinkan la bilaabin in si tartiib tartiib ah loo dabciyo.

### ***Boqolkiiba intee leeg bulshada ayaa loo baahan yahay in la tallaalo si loo gaadho DIFAAC BULSHEED OO ADAG?***

Difaac bulsheed oo adag ayaa ah erey loo adeegsado in lagu sharxo marka ay dad ku filan ka gaashaanto — midkood cudur hore ama tallaal — si ay uga dhigto suurtagalnimada in cudurku uusan ku sii faafin dadka dhexdiisa. Sidaa darteed, bulshada ayaa ilaalsanta xitaa haddii tiro yar oo dad ah aysan iska difaacin (tusaale ahaan, kuwa aan qaadan karin tallaalka sababo caafimaad awgood). **Boqolleyda dadka ee loo baahan yahay inay iska difaacan si loo gaaro difaac bulsheed oo adag ku aadan COVID-19 waxaa lagu qiyaasaa inay tahay 70 illaa 75%.**

UNHCR Malta maaha isha rasmiga ah ee macluumaadkan. UNHCR Malta ayaa tarjuntay macluumaadkan, si ay kuugu suurto gasho inaad ku hesho luqad aad fahanto, isla markaana aad kula wadaagi karto qaxootiga iyo magangalyo-doonka ku sugan Malta.

**Wixii dheeraad ah oo la turjumay macluumaadka ku saabsan Tallaalka COVID-19 fadlan booqo <https://www.unhcr.org/mt/news/covid-19-information-for-malta>.**

Xigasho: Agaasinka Horumarinta Caafimaadka iyo Kahortagga Cudurada, Malta  
Wixii macluumaad dheeraad ah, fadlan booqo <https://deputyprimeminister.gov.mt/en/health-promotion/covid-19/Pages/vaccines.aspx>. Degelkan si joogto ah ayaa loo cusbooneysiisay hadba sida loogu baahdo.