



Wax ay fiicantahay in laga ogaado tallaalka ka dhanka ay covid-19

Tallaalka ka hor

Tallaalka ka hor waa in aad buuxisaa foom caddeynaya xaaladdaada caafimaadka, halkaasoo aad ku sheegeysid haddii

- aad goor dhaweyd is tallaashay, oo aad isku tallaashay tallaalka kale ama mid ka dhan ah covid-19
- sabab jirta awgeed uu dhiig yar kaa socdo. Sidaas oo ay tahay waad is tallaali kartaa, laakin waxaa fiican in la ogaado si dhiigbaxa looga hortago marka cirbadda laguugu mudayo
- aad tallaallo hore xasaasiyad culus ka qaaday.

Sidan ayuu tallaalku u dhacayaa

Kalkaaliso caafimaad ayaa iyadoo cirbad kaashaneysa tallaalka kaa siineysa garabka hoostiisa. Haddii laba jeer lagu tallaalayo waxaad qaadanaysaa tallaalka isku nooc ah labada jeerba.

Tallaalka ka dib

Marka aad is tallaashid waxay qaadanaysaa ugu yaraan hal toddobaad inta uu jirku ka sameynayo difaac ka dhan ah covid-19. Iyadoo ku xiran hadba tallaalka la adeegsado inta jeer oo la is tallaalayo waa ay kala duwantahay si difaac fiican loo helo.

Ka dib marka cirbadda la isku mudo waa wax iska caadi ah in qofka garabka hoostiisa ay yara damqato, casaato, bararto ama ay cuncunto. Dadka qaar waxaa ku dhici kara feebaro waqti gaaban hayneysa iyo madax xanuun, waxayna dareemi karaan xanuunsanaan guud. Dhammaan waxyaabahaas waa falcelin iska caadi ah oo uu sameynayo difaac jirku. Calaamadaha cudurku badanaa waa kuwo khafiif ah oo halkoo maalin ka diba iska dhammaanaya. Xasaasiyadaha ka dhasha tallaalku aad uma badna.

Haddii aadan wacnaan dareemeyn ama tallaalka ka dib aad welwel qabtid waa in aad la xiriirtaa laamaha caafimaadka si calaamadaha cudurka baaritaan loogu sameeyo, iyadoo taas loo eegeyn in lala xiriirin karo tallaalka iyo in kale.

MAXAA LA ISU TALLAALAYAA?

Tallaalka ka dhanka ah covid-19 wuxuu kaa ilaalin karyaa in aad si aad ah u xanuunsatid. Wuxuu sidoo kale yareyn karyaa khatarta ah in aad cudurka qaadsiiid dad kale.

YAA LA SIINAYAA TALLAALKA?

Waxaa marka hore tallaalka la siinayaa kuwa khatarta weyn ugu jira in ay aad ugu xanuunsadaan cudurka. Waqtiga iminka ah waxaa tallaalka ka dhanka ah covid-19 la siinayaa dadka 18 jirka ah ama ka waaweyn.

TALLAALKA KA DHANKA AH COVID-19 MAAHA MID KHASAB AH

Adigaaga raba in aad wax dheeraad ah ogaatid inta aadan go'aan gaarin waxaa warbixin iyo macluumaad rasmi laga ag heli karaa:

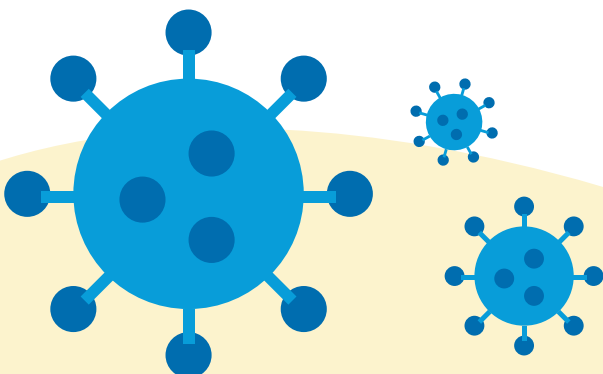
- 1177.se
- folkhalsomyndigheten.se
- lakemedelsverket.se
- Laanta ka warbixinta dawooyinka: 0771-46 70 10

SII WAD IN AAD ILAALISID, DADKA KALANA ILAALISID

Adigaaga is tallaalaya waxaad sidaas oo ay tahay u baahantahay in aad talooyinka raacdid si aad uga hortagtid faafitaanka cudurka.

- Guriga joog haddii aad leedihid calaamado cudur.
- Dadka kale masafo u jirso.
- Badso inaad gacmaha iska dhaqid.

Laamaha caafimaadku waxay waxyeello dhinaceedka la tuhmo ku wargelinayaan Hey'adda Dawooyinka. Haddii aad tallaalka ka dib isku aragtid waxyeello dhinaceed adiga laftirkaagu warbixin waad u diri kartaa bogga www.lakemedelsverket.se/rapportera.



Vaccination
mot covid-19