



Folkhälsomyndigheten

Ku socota adigaaga is tallaali doona

Ku saabsan tallaalka ka hortaga covid-19

Macluumaadkani taageero ayuu kuu noqon karaa tallaalka ka hor iyo tallaalka ka dib.

Covid-19 waa cudur aad loo kala qaado waana cudur adag. Tallaal waa qaabka ugu fiican ee la iskaga ilaalin karo ka hortagacovid-19 khatartiisa iyo in lagu yareeyo khatarta ah in cudurkan ku sii faafo dadka kale. Gudaha Iswiidhan tallaalka ka hortagga covid-19 waa mid xor ah waana bilaash. Tallaalada Iswiidhan laga isticmaalo si fiican ayaa loo tijaabiyey si ay amaan u ahaato in la isticmaalo.

Ka hor tallaalkan

Waa gobollada kuwa mas'uulka ka ah tallaalka ka hortaga covid-19. Bogga intarnatka 1177 ee Hagida daryeelka waxaa ku jira macluumaad ku saabsan meesha iyo halka aad iska tallaali karto ee gudaha gobolkaaga. Tallaalka ka hor waxaad buuxinaysaa qoraalcaafimaad kaas oo loodhiibayo qofka fulinaya tallaalkan.

Sidan ayuu tallaalku u dhacaa

Adigu waa inaad tahay qof dareemaya gebi ahaanba inaad caafimaad qabto wakhtiga tallaalka. Kalkaaliye caafimaad ayaa kuu siinaya tallaalkan iyadoo la adeegsanayo irbad lagu mudo qaybta sare ee gacanta. Da'daada ayaa muhiim u ah nooca tallaalka aad adigu helayso. Marka aad qaadatay irbadan waa inaad sugtaa 15 daqiiqo oo aad joogtaa dhismaha lagugu tallaalay, si aad u ogaato inaad dareemayo caafimaad qab.

Tallaalka kadib

Waa caadi waxyeelooyinka khafiifka ah ka dib tallaalkan, tusaale ahaan xanuun gacanta ah ka dib irbadan, daal, xummad fudud ama madax-xanuun. Tani waa ficil celin caadi ah kana timi jirka difaaciisa oo way iska dhammaataa badanaaba hal maalin ka dib.

Waxyeelooyin khatar ah waxay yihiin wax aad aan caadi u ahayn. Laakiin haday kugu yimaadaan calaamado khatar ah ka dib tallaalkan, ama calaamado cusub oo aanad garanayn, waa inaad la xiriirtaa daryeelka caafimaadka oo u sheegtaa in aad iska tallaashay ka hortaga covid-19.

Sidan ayay u shaqeeyaan tallaalka ka hortaga covid-19

Ka dib tallaalka ayaa jirka difaaciisu dhisaa iska ilaalin ka hortagaysa covid-19. Maaha wax la hubo in dhammaan dadka is tallaalay ay helayaan difaac buuxa, laakiin haddii aad xanuusato markaas waxay u badantahay in uu kugu dhaco qaab khafiifsan oo cudurkan ah. Inta uu leegyahay wakhtiga difaacan jirayo ka dib tallaalka ka hortaga covid-19 waa wax ay ku kala duwanaan karaan dadka kala duwan. Si loo helo sii wadista difaac xoogan oo buuxa dhinaca ka hortaga covid-19 waxaa muhiim ah in aad raacdo talooyinka khuseeya qaybaha tallaalka ah buuxinta.

Sii wad inaad naftaada iyo dadka kaleba ilaaliso.

Dadka oo dhan mas'uuliyad gaar ah ayaa ka saaran in la hakiyo faafida cuduradala kala qaado. Xitaa marka aad is tallaasho waa inaad joogtaa guriga haddii aad xanuusanayso. Waxa kale oo muhiim ah in adigu aad ka warhayso nooca talaabooyinka iska ilaalinta cudurada faafa ee ansaxa ah.

MIYAAD HAYSAA SU'AALO?

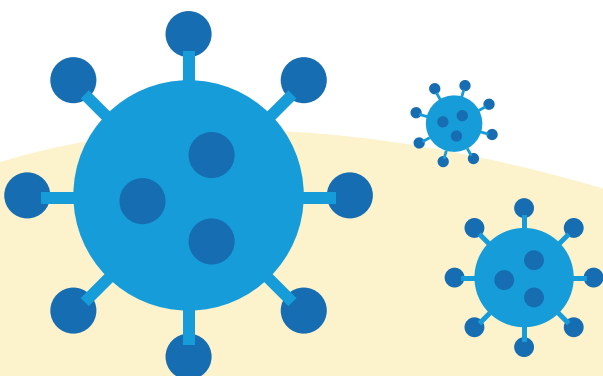


Waa caadi in la hayo su'aalo ka hor tallaal. Hey'adda caafimaadka dadweynahaboggeeda intarnatka waxaa ku jirta warbixin dheeraad ah kuna saabsan tallaalka ka hortaga covid-19.

[folkhalsomyndigheten.se](https://www.folkhalsomyndigheten.se)

Dhinaca 1177 ee Hagida daryeelka waxaa ku jira macluumaad ku saabsan meesha iyo halka aad iska tallaali karto ee meesha aad deggantahay.

1177.se



Vaccination
mot covid-19