



## Nebed-qabky Tilaalky COVID-19

### Walaa Athy eng-baahangty in athy ogaatty

- Tilaalky COVID-19 waybuwaa ky **saafy eh oo waltar leh.**
- Milaayiing qof oo ky nool Mareekangky ye qaathatheng tilaalky COVID-19 ye o ly rahow kormeerky nebed-qabky engky adkaayitaarikhthy Mareekangky.
- CDC wayba kiikyly taliyaasy in athy qaathatty tilaalky sithy engky dhakhsy batheng.
- Dad batheng ye wayba ha sheegenaa in yo isky arageng saameeng yar marky yo qaathatheng tilaalky COVID-19.

### Milaayiing qof ye sy nebedgeliye eh eng qaathatheng tilaalky COVID-19

Ing-ku batheng 272 milyang koory oo tilaalky COVID-19 eh ye wayba leky biyay Mareekangky lyku bilaaby Diseembar 14,2020 illaa Maayo 17,2021.

Tilaalky COVID-19 waybuwaa ky **saafy eh oo waltar leh.** Tilaalky COVID-19 wayba leky qiimeyey tijaaby aafimaad oo haku qiibgaleng kumunaang qof. Tilaalky wayba fuliyay shuruuddy Maamulky Hungurugy ii Daawathy oo leky haqiiyaayi heerarky badqabky ilmegy saynisky ky salayseng, waltarky i tayathy walhasaarky leng baahangyi sy leng taageery oggolaathowky isti'maalky degdeggy eh (EUH). [Learn more about EUAs in this videoexternal icon.](#) (Alaamaddy muuqaalkung wal batheng kuky baroy EUAs.)

Milaayiing qof oo ky nool Mareekangky ye wayba qaathatheena tilaalky COVID-19, maadaama hay'adda FDA oggolaaty qaathashathiis. Tilaalkung wayba ly mariyay kormeerky nebed-qabky oo engky adkaayitaarikhthy Mareekangky waana way sii mariye doony. Kormeerkung wayba kumid aha isticmaalowky nithaamky kormeerky oo hordhaang eng jari iyo nithaamky kormeerky usub sy leng haqiiyye nebed-qabky tilaalky.



## Natijooyingky wal ky kalsoonaathy kory

Natijooyingky haku bahaayang dethaallathy kormeerky nebed-qabky tilaalky fayleyiing. Dadky bershay ma isky aragny wal saameeng eh. Bershoony wayba ha sheegenna [side effects after COVID-19 vaccination](#) (saameeng aathi eh marky yo qaathatheng tilaalky COVID-19), sithy

- barer, maruub, ii meelly irbaddy lykuky duri oo dhuuriyasy.
- qandhy
- mathy-dhoory
- daal
- murqy hannuung
- dhahmooshy
- labby-labby

### **Dhibaathy khatarty eh ee nebed-qabky waybuwaa dhif ii naathir.**

Illaa hatty, nithaamky leng dejiyi kormeerowky nebed-qabky tilaalathung way leky ogaathay lammy noo' oo dhibaaty aafimaad eh oo ly hariirty tilaalky, lammathaby dhif ii naathiru. Wayba shal eyiina hassasiyad doreng ii dhiigba guthaa eh oo leh alaamathoo dhiig furengky ku ba'addy marky tilaalky COVID-19 ee J&J/Janssen ly qaathathy.

### **Hassaasiyad khatar eh**

Dad eed eng tiry yar ye leky aragi [severe allergic reaction](#) (falnagowky hassaasiyaddy khatarty eh) oo (leng kasow "anaphylaxis") tilaalky ku ba'addy, laakiing **dhif ii naathiru**. Hassaasiyaddy wayba lisky aragy kory tilaal kasty ku ba'addy. Haddii tang dhiithy, dadky tilaalky biyaayang wayba haayana daawy diyaar eh oo lengky talogali in sy waltar leh oo degdeg eh lengky daaweye hassaasiyaddy.

Ku ba'addy marky athy qaathatty tilaalky COVID-19, wayba lekoo odsethy doony in athy 15-30 daqiiqy roogdy sy lekiing kormeery la'alla haddii athy weeldhatty hasaasiyad khatar eh oo athy eng baahatty daawy degdeg eh.



## **Jirroothy Dhiig-bakky gudaagy eh oo leh alaamathoo dhiig furengky eh ku ba'addy marky tilaalky COVID-19 ee J&J/Janssen ly qaathathy.**

Ku ba'addy marky athy qaathatty tilaalky COVID-19 ee J&J/Janssen, wayba jarty khatar dhif ii naathir eh laakiing haalad khatar e eh- harkagowky dhiiggy oo leh maadathy dhiig hirky oo yar (thrombosis with thrombocytopenia syndrome, or TTS). Bilaangty ku yar 50-ky sinny waybuwaa in yo ku tahaddiraang halisty kororahayty oo yo eng leying haaladung hassasiyaddy eh oo dhif ii naathirky eh. Wayba jary tilaally kaly oo COVID-19 oo diyaar eh oo lengky aragny khatartung.

Dha'thythung dhif ii nathiru, wayba ky dhiyaassy qiyaastii 7 qof 1-kii milyang oo billaang ly tilaaly eh oo eng-dhahayty 18 illaa 49 sinny jar. Dha'thythung eed ye engky yarty bilaangty jarty 50 sinny amy ku wiing ii megelky da' kasty leh.

## **Saameengty mudathy dheer mabatheng**

Saameengty tilaalky oo halisty eh oo sababy korty dhibaaty aafimaad oo daby-dheer ye eed ii eed eng yar marky ly qaathathy tilaal kasty, hittaa tilaalky COVID-19. Kormeerky tilaalky ye taarikh ahaang wayba muujiyay in saameengty tilaalky dhiyaasy 6 tothobaad gudaasho marky kuurathy tilaalky ly qaathathy. Sidaas dartiye, FDA wayba dalbathaassy in tilaal kasty oo COVID-19 kumid eh oo ly oggolaathy daraasad leky suubiye muddy lammy bilood eh (siyeed tothobaad) kuurathy engky dambooyty ku ba'addy. Milaayiing qof ye qaathatty tilaalky COVID-19, wal saameeng muddy dheer eh leky aragiinny malleh.

CDC wayba sii wethaassy sy dhow eng ly so'oshathy nebed-qabky tilaalky COVID-19. Haddii saynisyahannathy aragang wal hiriir eh oo ku dhaheeye tilaalky ii badqabshay, FDA ii warshatho tilaalky wayba ku wathy shaqeeye doonanaa sithii halky engky fayly lengku deery la haayi dhibaathathy badqabky tilaalky ee gaarky eh (tusaale, dhibaaty ly hariirty tilaalky bershay, hasaarowky, ammy tilaalky naftis).



## **Kaalmooy bedbaathathy naftaa ii hang kaly athy oo istilaalassy**

Qaathashythy tilaalky COVID-19 ii rahowky [CDC recommendations on wearing masks and social distancing](#) (talooyingky CDC oo ky saabsang hirythowky fool-daboolky ii shal-dheerathowky) ye wayba eyyiina qaababky engky fayly oo athy naftaa kuky ilaaliyo korty COVID-19. CDC wayba kiikyly taliyaassy in athy qaathatty tilaalky COVID-19 sithy engky dhakhsy batheng.

CDC, FDA, ii hay'athoo fetheraaligy eh wayba sii wethy doonana kormeerky badqabky tilaally COVID-19 maadaama isti'maalsho kasii bathathyhaaye bulshathy dhatiye.