

Waxyeellooyinka tallaalka

Tallaalada oo dhami waxay sababi karaan waxyeelo. Sidaas waa la mid tallaalka koronaha. Kadib qaadashada tallaalka, jirka ayaa sameeya difaaca fayraska. Marka jirku sameeyo difaacan, waxaa kugo dhacaya calaamado la mid ah astaamaha lagu garto xanuunka. Tan waxaa lagu magacaaba waxyeellooyin.

Waa Maxay waxyeellooyinka?

Waxyeellooyinka waxa ka mid noqon kara madaxa xanuun, daal, qandho, xanuun murqaha iyo kala-goysyada. Qaar-kood sidoo kale waxaa laga yaabaa inay xanuun ku qabaan gobta laga tallaalay. waxyeellooyinka soo raaca tallaalka waxay socon doonaan oo keliya 1-2 maalmood.

Qofkee ku dhaca waxyeellooyinka?

Qiyaasti kala bar dadka qaata tallaalka ayaa heli kara waxyeelo heerar kala duwan ah, dadka badankood waxaa ku dhaca astaamo aad u fudud. Haddii aad isku aragto astaamo daran la xariir dhakhtarkaaga ama dhaktaarka degdegga ah.

Faahfaahin dheeraad ah oo ku saabsan tallaalka Fredrikstad, ayaa laga heli karaa halkan:
www.fredrikstad.kommune.no/vaksine

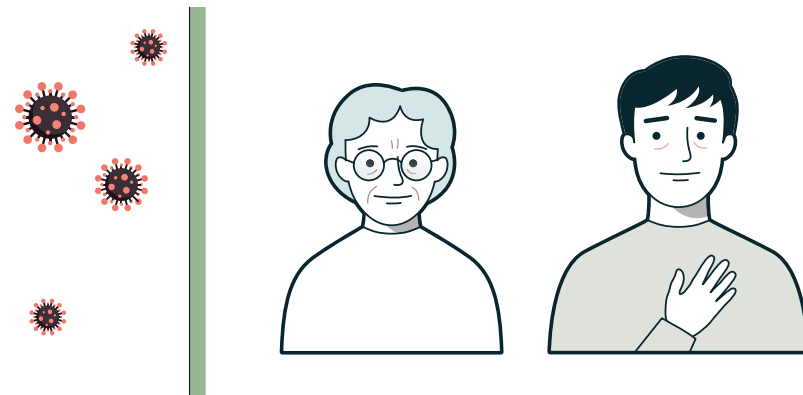
Wac taleefanka tallaalka **69 38 11 08** (xulo lambar 3) Haddii aad su'aalo qabto ama aad u baahan tahay caawimaad.



FREDRIKSTAD KOMMUNE

Tallaalka koronaha ee 1-2-3

Mar kasta oo ay si badato dadka la tallaalayo, waxaa so dhowaado waqtiga aan bulshada mar kale la isku furi lahaa.



Magaalada Fredrikstad waxaad geli kartaa safka tallaalka adoo tagaya

www.fredrikstad.kommune.no/vaksine.

Markaa waxaad u baahan tahay BankID aqoosnsi ahaan. Waa laguu yeeri doonaa markuu tallaalka kusoo gaaro.

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Faahfaahin dheeraad ah oo ku saabsan tallaalka Fredrikstad, waxaad ka heli kartaa halkan:

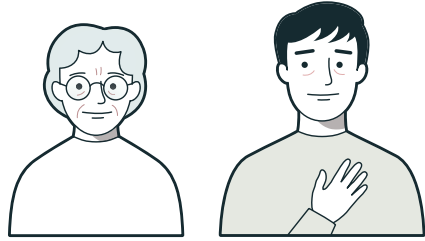
www.fredrikstad.kommune.no/vaksine



FREDRIKSTAD KOMMUNE

Tallaalka koroonada oo si fudud loo sheegay

Macluumaad kooban oo ka socda Machadka Caafimaadka Dadweynaha oo ku saabsan tallaalka xanuunka koroonada ee Covid-19.



Ku saabsan tallaalka koroonada *

Dhammaan dadka lagula talinayo inay qaataan tallaalka waa la siin doonaa tallaalka.

Tallaalku waa bilaash

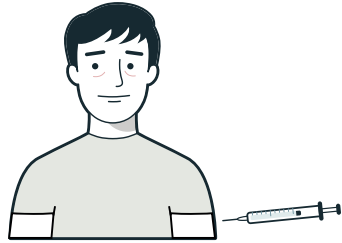
Tallaalku waxa uu difaac ka yahay covid-19

Sidee loo samaynayaa tallaalka?

Tallaalka waxa laga qaadanayaa cududda (gacanta qaybta sare).

Qaar ka mid ah tallaallada waa in la qaato 2 goor oo ay u dhaxayso dhowr usbuuc.

Sheeg haddii aad leedahay uur, qabto xasaasiyad (alerji), isticmaasho dawooyin, aad xanuunsanayso ama covid-19 kugu dhacay.

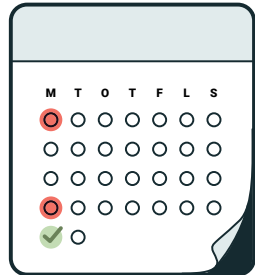


Intee leeg yahay waxtarka tallaalku?

Tallaalku waxa uu qofka ka difaacayaa xanuunka koroonada ee Covid-19.

Dadka intooda badan waxay difaac helaan 1-2 usbuuc kadib qaadashada labaad ee tallaalka.

Waxa wacan in dadka qaatay tallaalku weli ku dhaqmaan xeerarka caadiga ah ee ka hortagga faafitaanka.



*Tallaalku kuma jiro qaybaha doofaarrada ama waxyaabaha kale oo nafaqada leh.



Sidee tallaalku u shaqeeyaa?

Tallaalku waxa uu jidhka barayaa inuu aqoonsado oo ka difaacayo fayrasta koroonada.

Waxyaalaha ku jira tallaalku si dhakhso ah ayey uga baxayaan jidhka.

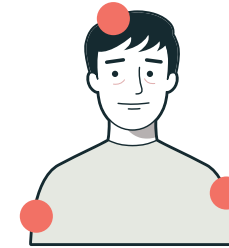
Laakiin jidhku wuxuu xasuusanaya qaabku uu isaga difaaci doono fayrasta.

Cilladaha iman kara

Tallaalka waxa lagu tijaabiyey daraasado cilmiyeed oo badan oo ay ka qaybgaleen kumanaan dad. Cilladaha caadiga ah waa:

- meesha la mudo oo xanuunta
- daal
- madax-xanuun
- jidhka oo qofka xanuuna
- dareen qabow ah ama qandho

Cilladahaasi waa kuwo qofku dhibsado, laakiin ka tegayaa maalmo yar kadib.



Cilladaha aann caadiga ahayn

La xiriir dhakhtar ama shaqaale caafimaad haddii ay calaamado caadi ahayn, xoog weyn ama muddo soconayaa kugu yimaadaan tallaalka kadib.



Haddii aad rabto macluumaad faahfaahsan oo ku saabsan fayrasta koroonada, eeg bogga internetka ee Machad Caafimaadka Dadweynaha: <https://www.fhi.no/kvp>