



OCTOBER 2023 Somali

DOH 820-244

Ka ilaali naftaada COVID-KA raaga: Qaado tallaalka.



Cilmi-baarayaashu waxay qiyaaseen in malaayiin qof ay la kulmeen COVID-KA Raaga.



Qof kasta oo uu ku dhaco COVID ayaa yeelan kara COVID-KA Raaga.



Daraasado ayaa ogaadey in dadka aan laga tallaalin COVID-19 ay aad ugaga dhow yihiin kuwa kale inay qaadaan COVID-KA Raaga.

COVID-KA Raaga, ama Xaaladaha Post-COVID Conditions (PCC, Xaaladaha COVID-ka Kadib), waxaa lagu qeexaa astaamaha, calaamadaha, ama xaaladaha sii socda ama soo baxa ka dib caabuqa COVID-19. [Calaamaduhu](#) waxay socon karaan toddobaadyo, bilo ama sannado waxaana ka mid noqon kara daal, iskudaadsanaan maskaxeed, qufac, neefta oo ku dhibta ama neefta oo kugu yaraata, garaac iyo xanuun, ur lumis ama dhadhanka oo beddelma, qandho, hurdo xumo, isbeddel niyaddeed iyo waxyaabo kale oo badan.

Qof kasta, iyadoon loo eegin da'da, oo uu ku dhacay COVID-19 wuxuu yeelan karaa COVID-KA Raaga. Waxay ku badan tahay dadka aan la tallaalin, iyo dadka yeeshay astaamo daran markii uu ku dhacay COVID-19 Dadka uu ku dhacay caabuqa COVID-19 dhawr jeer ayaa sidoo kale halis ugu jiri kara xaalado caafimaad darro oo dheeri ah oo kujiro caabuqa COVID-KA raaga.

Waxaad hoos u dhigi kartaa suurtagalnimada inaad yeelato calaamadaha COVID-KA raaga adiga oo ilaalinaya xiliyadaada qaadashada tallaalka COVID-19 Tallaalka COVID-19 waxaa lagula talinayaa qof kasta oo da'diisu tahay 6 bilood iyo ka weyn.

Kahortagista COVID-KA Raaga

Waddada ugu wanaagsan ee looga hortago COVID-KA Raaga waa [ka ilaalinta naaftaada iyo dadka kale](#) qaaditaanka caabuqa COVID-19. [Ilaalinta xilliyada gaadashada tallaalka COVID-19](#) waxa weeye ilaalinta ugu wanaagsan ka hortagga caabuqa COVID-19 iyo jirrada daran. Waxa kale oo aad naaftaada iyo dadka kaleba ugaga ilaalin kartaa COVID-19 adiga oo iska ilaalinaya taabashada ama u dhowaanta dadka la xaqiijiyey ama looga shakisan yahay xanuunka COVID-19, gacmahaaga oo aad dhaqdo ama isticmaalka gacmo nadiifiyaha alkohol-ka ah, xidhashada af-xidhka meelaha dadku ku badanyihiin, iska baadhista COVID-19 iyo guri jooga markaad jiran tahay.

Tallaalka COVID-19 waxaa heli kara dadka da'doodu tahay 6 bilood iyo wixii ka weyn, waxaana ku taliyay Centers for Disease Control and Prevention (CDC, Xarunta Xakamaynta iyo Kahortagga Cudduradda).

Cilmi-baarista hadda

Cilmi-baarayaashu waxay qiyaaseen in malaayiin qof ay la kulmeen COVID-KA Raaga.

Ilaa hadda, daraasaduhu waxay ogaadeen in dadkan soo socdaa laga yaabo inay aad uga nugul yihiin kuwa kale inay qaadaan COVID-KA Raaga:

- **dadka aan laga tallaalin COVID-19**
- Dadka sida daran ugu bukooday xanuunka COVID-19; gaar ahaan kuwa u baahday daryeel isbitaal
- Dadka qaba xaaladaha caafimaad ee farageliya nolol maalmeedka
- Dadka uu ku dhacay xanuunka caabuqa ee hab-dhiska badan (MIS) intii uu hayey COVID-19 ku ama ka dib jirada
- Dadka uu ku dhacay COVID-19 in ka badan hal mar

In kasta oo COVID-KA Raaga uu u muuqdo mid ku yar carruurta iyo dhallinyarada marka loo eego dadka waaweyn, saamaynta muddada-dheer ee COVID-19 ka dib ayaa ku dhacda carruurta iyo dhallinyarada.

[Daraasad dhowaan](#) la sameeyay ayaa sidoo kale waxay ogaatay in dadka aan la tallaalin ay tahay inay wali ka fikiraa qaadashada tallaalka COVID-19 xitaa haddii uu horre ugu dhacay cuddurku. Waxay ogaadeen in dadka aan la tallaalin ee ka soo kabtay COVID-19 ka dibna qaatay tallaalka ay hoos u dhacday suurtagalnimada khatarta ah ee inuu ku dhaco COVID-KA Raaga.

Kala xaajoodka COVID-KA Raaga Bixiyahaaga

Way adkaan kartaa in la ogaado COVID-ka Raaga maadaama aysan hadda jirin baaritaanno shaybaar oo loogu talagalay. Haddii aad u malaynayso inaad qabtid COVID-KA Raaga, [isu diyaari ballantaada](#) adigoo la kaashanaya bixiyaha daryeelka caafimaadkaaga ee aad aaminsantahay adiga oo isku daraya liiskan:

- Xaaladahaaga caafimaad ee hadda iyo kuwii hore
- Dhammaan daawooyinka/kaabayaasha aad qaadata
- Dhammaan calaamadaha bilaabmay ka dib caabuqa COVID-19 oo ay ku jiraan goorta ay bilaabmeen, inta jeer ee ay dhacaan, maxaa ka dhigaya kuwo soo roonaada ama ka sii dara, iyo sida ay u saameeyaan noloshada
- Dhammaan daawaynta aad qaadatay iyo shaybaadhka kale ee aad samaysay ee la xidhiidha calaamadaha aad u malaynayso inay bilaabmeen ka dib markii uu kugu dhacay COVID-19



[COVID-KA Raaga wuxuu noqon karaa naafto sida uu dhigayo Americans with Disability \(Xeerka Naafada Maraykanka\)](#), haddii ay xaddiddo awooddaada inaad sameyso waxyaabo gaar ah, sida daryeelka naaftaada, socodka, la macaamilka dadka kale, ama shaqada.

Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimayl u dir doh.information@doh.wa.gov.



Ka hel tallaalka COVID-19 agagaarkaaga [vaccines.gov](https://www.vaccines.gov)

Su'aalo ma qabtaa?

limeelka:

COVID.Vaccine@doh.wa.gov