

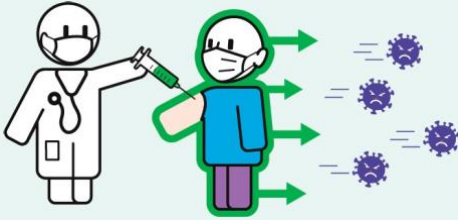


Tallaalka COVID – Waxaa loogu talo galay ujeedooyin macluumaad

Février 2021

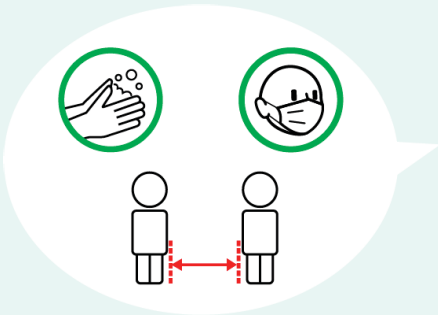
Tallaalka COVID-19 : waxay tahay inaad ogaato

Maxaa loogu talo galay tallaalka?



Tallaalka mahad leh, jidhkaagu waxa uu bartaa inuu aqoonsado COVID oo wuu iska difaaca.

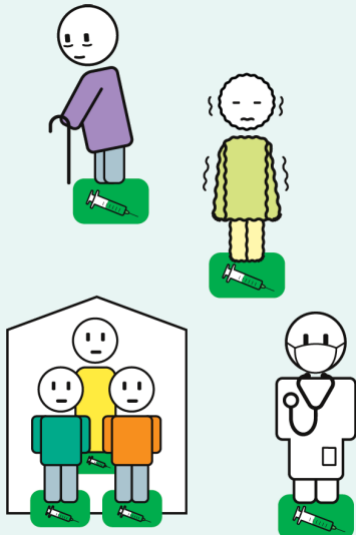
Tallaalka COVID aad ayay u waxtar **badan yihiin ka hortagga qaabaka darran ee COVID.**



Xataa marka la ina tallaalo, waa inaan sii **wadnaa isticmaalka tallaabooyinka ka hortagga ah** (maaskareetiga, dhaqida gacmaha, kala fogaanshaha).

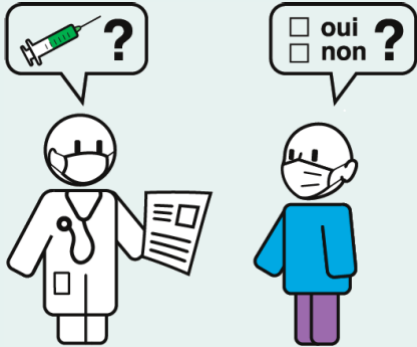
Kumaa la tallaalayaa?

Tallaalka waxaa la siinayaa dadka waa wayn. Kooxa qaar ahmiyad ala saarayo:



- Dadka waayeelka ah
- Kuwan aadka u nugul asbaabo caafimaad awgeed (tusaale, kansaka, cudurada dhifta ah)
- Kuwa khatarta sare ugu jira inay qaadaan COVID, sida kuwan ku nool guryaha daryeelka iyo xirfad yaqaanada daryeelka caafimaadka.

Xaaladaha qaarkoda, tallaalka laguma taliyo, tusaale, xasaasiyada darran, hore u qaadista COVID ugu yaraan saddex bilood, iwm.



Tallaalku ma khasabaa?

Tallaalku khasab maaha, waxaad inaad aqbashaa inaad qaadato tallaalka (oggolaataa).

Haddii aad diido, tani saamayn kuma lahaan doonto taageeradaada, heerkaaga degenaanshaha ama guriyayntaada.



Tallaalkan ma badbaado ayaa?

Tallaalku waa badbaado. Daraasado badan ayaa tan ;laga sameeyay. Tallaalka waa la baadhay, la suggay oo laga sii warhayaa, sida ay tahay xaalada tallaalka oo dhan.



Haddii aad qabto su'aalo dheeraad ah, waydii xirfad yaqaanka daryeellka caafimaadka, shaqaalaha bulshadda, ama hoolka magaalada

ama booqo:



Le site de référence qui répond à vos questions

Si aad tallaalka u hesho, soo wac:

0 800 009 110

(wicitaanadu waa bilaash)



Ama booqo:

Santé.fr

La xidhiidhka