

COVID-19 TALAALADA

YO CARIBBEAN-KA
IYO BULSHADA AFRIKAANKA AH

COVID-19 WARBIXINTA DHA CDADA TALLAALADA
FEBRAAYO 2021

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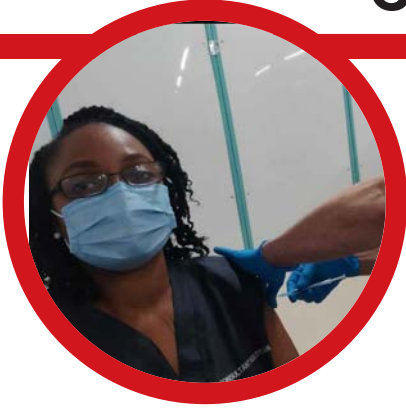
The University of Manchester

COVID-19
Coronavirus
Vaccine
Injection only

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Xildhibaan Nadhim
Wasiirka howlgelinta Talaalada

Mahadnaq

Anaga oo ku hadlayna magaca Patron Dean Rogers Govender iyo Agaasimayaasha, waxaan jeclaan lahayn inaan u muujino mahadnaqeenna qaddarinta leh dhammaan kuwa taageeray fulinta dhacdadan. Haddii aysan dhaqariiri ta guud iyo howlwadeenada caafimaadku waqtigooda iyo khibradooda siin laheyn oo ay weheliyaan rabitaankooda ah inay bulshada dhexgalaan dhacdadan ma aysan suurtagasheen. Waxaan jeclaan lahayn inaan uga mahadnaqno bulshada diiwaangelinta iyo ka sooqeybgalka, iyo soo dhaweynta wixii la soo bandhigay. Waxaan ku faraxsanahay la shaqeyntaada SliDo iyo howlaha wada hadalka si aad noogu ogolaato inaan maqalno su'aalahaaga iyo welwelkaaga.

Waxaan jeclaan lahayn inaan u mahad celino kooxda shaqaalaha CAHN iyo mutadawiciinta sida hufnaanta leh ee ay ugu hureen inay hubiyaan in munaasabadan ay si habsami leh u socotey bilow ilaa dhamaad.

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Waxaan jecelahay inaan ugu mahadnaqno si khaas ah Nadhim Zahawi MP oo ah wasiirka hawlgalinta talaalka kaasoo soo bandhigay muuqaalka guud ee barnaamijka talaalka ee UK COVID-19 kana jawaabey su'aalaha bulshada.

Aad iyo aad ayaan ugu mahadnaqayaa Professor Andrew Pollard xaqiiqa-hubintisa qaybta Su'aalaha iyo Jawaabaha. Qaddarinta aan u muujineyno Yvonne Coghill iyo Bola Owolabi taageeradooda iyo dhiirigelintooda.



Ku saabsan Shabakada Caafimaadka Caribbean-ka iyo Afrikaanka

The Caribbean and African Health Network (CAHN) is a Black-led organisation set up to reduce health inequalities in the Caribbean & African community in Greater Manchester and beyond. CAHN seek to address the wider social determinants that reduce health inequalities and works with the Black community, and cross-sector organisations in a collaborative way to build community resilience and improve understanding of the Black community.

CAHN's **vision** is to eradicate health inequalities within a generation for Caribbean & African people.

Our **mission** is to lead strategic engagements aimed at influencing policy and practice in a way that ensures racial justice is embedded in decision-making matrices of service providers, commissioners and health services reform.

Duruufaha Qaabeyay

Guud ahaan, dadka Madowga ah ee ku nool Boqortooyada Midowday (UK) ma aaminsana in caafimaadkooda iyo ladnaanta ay ka siman yihiin mudnaanta marka loo eego tan dadka badankood (CAHN, 2020). Dadka madow waxay sidoo kale cadeeyeen in NHS-ta oo ah nidaam dowladeed aysan sameynin maalgashi ku filan oo wax looga qabanayo kala duwanaanshaha ka muuqda dhowr tilmaamayaal caafimaad.

Tijaabadii hore ee dadka Madoow iyo sida loogu isticmaalay saldhigyadooda imtixaanku waxay keeneen kaqeybgal liita adeegyada caafimaadka guud iyo daahitaanka soo bandhigida taas oo keentay natiijo xumo. Cilmi-baaristu waxay si isdaba joog ah u muujisay in Boqortooyada Midowday, sinnaan la'aanta caafimaad ay ka jirtay dhowr xaaladood oo caafimaad oo ka jira beelaha Madow iyo kuwa laga tirada badan yahay ka hor imaatinka COVID-19.

Ujeedada munaasabada

- Si loo helo goob loogu talagalay dhakhaatiirta Madow inay la wadaagaan Karibiyaanka iyo bulshada Afrikaanka ah sababta ay u go'aansadeen inay qaataan Tallaalka COVID-19
- In loo adeegsado macluumaadka ku saleysan cadeymaha hadda jira si looga jawaabo su'aalaha kaqeybgaleyaasha iyo welwelka ku saabsan Tallaallada COVID-19

Wixii aan dooneynay inaan gaarno

- Si loo baabi'iyo khuraafaadka qaarkood ee ku xeeran Tallaallada 'COVID-19'



Falanqaynta mawduuca ee kaqeybgalayaasha su'aalaha iyo faallooyinka

Su'aalaha guud ee ku saabsan COVID-19

S Sidee loo kala qaadaa COVID-19 oo hawadu ma qaaddaa?

Haa. Gudbinta COVID-19 waxay ku dhacdaa ugu horreyn dhibcaha neef mareenka oo faafin kara fayraska isla markaana u sababi kara infekshinka kuwa kale. Waxaa sidoo kale hada la ogyahay inay awood u leedahay gudbinta hawada oo dhici karta markay dadku ku jiraan meelaha xiran. Markay dadku ku jiraan meel xiran muddo waqti dheer ah dhibcaha cudurka qaba ee hawada ku jira way sii kordhi karaan. Meelaha hawo la geliyay ayaa muhiim u ah yareynta isku soo ururka dhibcaha cudurka qaba.

Feyrasku wuxuu kale oo ku faafi karaa taabashada jeermis sideyasha (gacmaha albaabka, kuraasta, trolleys-ka, miisaska iwm). Waa muhiim inaad si joogto ah u dhaqidid gacmaha ama aad u isticmaashid jellada gacmaha lagu dilo.

S Qaadashada tallaalka ma waxay ka hortegi doontaa dadka inay yeeshaan oo ay fidiyaan cudurka 'Covid-19'?

Takhtarka Qalliinka Lafaha: Tallaalka 'Covid-19' wuxuu si aad ah u yareeyaa (ma baabi'iyoo), halista aad ugu jirto infekshinka coronavirus, isbitaal in lagu dhigo ama aad u dhimato cudurka COVID19.

Tallaalku daawo ma aha. Waa in laga hortago in COVID uu noqdo mid daran haddii iyo goorta aad cudurka qaaddo. Jawaabta faallooyinka ee Dhaqtarka Guud: Weli waxaa jira jahwareer ka imanaya qaar ka mid ah ka qaybgalayaasha mawduucan. Sida qofku mid ugu jiro tallaalka hargabka jiilaalka ee Ingiriiska isla markaana uu hargabku weli ku dhaco, waxay ku saabsan tahay difaac dheeraad ah, sidaa darteed tallaalka COVID-19 sidoo kale waxay ku saabsan yihiin difaac. Weli waad qaadi kartaa fayras laakiin markii aad qaadatay tallaalka si fiican ayaa lagaa badbaadin doonaa maadaama jawaabta difaaca ee tallaalku kaa caawin doono inaad la dagaallanto fayraska. Tallaallada loo sameeyay COVID-19 ayaa muujiyey inay yareynayaan infekshinka ku dhaca cudurka loo yaqaan 'coronavirus' waxaana muhiim ah in la yareeyo cudurrada halista ah iyo dhimashada tiro aad u badan oo dad ah oo uu ku dhacay viruska illaa 2-3 usbuuc tallaalka kadib. Waxa kale oo jira talo soo jeedin ka timaadda tijaabooyinka caafimaad oo ah in tallaalku sidoo kale yareeyo gudbinta fayraska.

S Tan dhab ahaan ma loogu yeedhi karaa 'tallaal'? Ereyga tallaalka micnihiisu waa inuu ku dhiirrigeliyo labada difaac midkood qofka qaadanaya, iyo sidoo kale inuu joojiyo gudbinta ”.

Tallaallo badan ayaa loogu talagalay in looga hortago cudur halis ah umana baahna inay sidoo kale ka hortagaan isu-gudbinta. Si kastaba ha noqotee, doorka ugu muhiimsan ee tallaalku waa ka hortagga cudurrada daran iyo dhimashada. Tijaabooyinku waxay kaloo muujiyeen in tallaalku uu waxtar badan u leeyahay joojinta dadka inay qaadan infekshinka COVID19.

Tallaallada badankood waxaa loo horumariyaa si looga hortago qofka qaadanaya tallaalka inuu ku dhaco cudur oo uusan u joojin faafitaanka.

S Waa maxay farqiga u dhexeeya difaaca jirka oo si togan u qaabo fayruuska iyo tallaalka?

Jawaabaha difaaca jirka ee tallaalka iyo infekshanku waxay leeyihiin waxyaabo badan oo ay iska shabahaan laakiin waxaa laga yaabaa inay ku kala duwan yihiin xoogaa ka mid ah tayada difaaca iyo muddadiisa. Daraasad dheeri ah ayaa loo baahan yahay si si fiican loo qeexo jawaabaha.

Difaaca tallaalku wuu kobcayaa isagoon wax cudur ah keenin dadka la tallaalana ma helaan 'Long COVID'. Dadka u ku dhaco infekshanka COVID way nadiifin karaan infekshanka laakiin cidna ma oga cidda qaadi doonta 'Long COVID'

S Waa maxay faa'iidooyinka ku jira qaadashada tallaalka, waxaan qaadey nooc yar oo coronavirus ah, maxay ku kala duwan yihiin qaadashada tallaalku aniga ahaan?

Haddii uu kugu dhacay infekshinka coronavirus ee khafiifka ah, tijaabooyinka caafimaad waxay muujiyeen in tallaalku uu sare u qaadi doono jawaab-celintaada difaaca. Tallaalku wuxuu siin doonaa difaac ka hortag ah iyada oo aan halis u ahayn in u kugu dhaco 'Long COVID'. Tallaalku aad ayuu ammaan u yahay halka cudurka COVID-19 uusan la mid ahayn tallaalka COVID.

S Kani tallaalka tijaabo ah, miyaa naloo adeegsanayaa ka qaybgale ahaan tijaabo ahaan?

Tallaalka laga isticmaalo dalka UK dhamaantood waxay soo mareen tijaabooyin 'sadex waji ah' waxaana dib u eegay MHRA iyo JCVI si ay u noqdaan kuwo badbaado leh isla markaana soo saaraan difaac. 15-ka milyan ee ku nool Boqortooyada Midowday ee qaatay tallaalka kadib oggolaanshaha MHRA iyo JCVI MA ahan kaqeybgalayaal tijaabo. Si kastaba ha noqotee, waxaa socda taxaddar kormeer ah oo ku saabsan badbaadada dunida dhabta ah iyo waxtarka tallaalka marka la soo saarayo.

S Shaqaalaha safka hore ee si toos ah ula xiriira isticmaaleyaasha adeegga dadka qaba cudurka Covid, intee in le'eg ayaan sugaynaa inta aan rajeyneyno in tallaalku uu saameyn ku yeelanayo jirkeena?

Tallaalku wuxuu soo saaraa waxyeello ka hortag ah 10 illaa 14 maalmood ka dib tallaalkooda.

S Ma ii sheegi kartaa faraqa u dhexeeya tallaalka Pfizer iyo tallaalka Oxford fadlan?

Labadaba waxaa loogu talagalay inay qaadaan borotiinka dhiiga leh ee loo yaqaan 'DNA or mRNA' ee jirkeena kaas oo u turjumi doona jirka si loo soo saaro Covid-19 'Spike protein' kaas oo jirka ku kiciya inuu soo saaro difaac ka dhan ah COVID-19. Si kastaba ha noqotee mRNA-ka ayaa loo galiyaa jirka iyada oo loo marayo lipid nanoparticles (LNP) ee tallaalka Pfizer si loo soo saaro antibody ka hortag ah halka tallaalka Oxford ay soo bandhigaan DNA-ga kor u kaca si ay u soo saaraan antibody iyada oo loo marayo chimpanzee adenovirus vector daciif ah oo aan ku dhalin karin jidhka bini'aadamka cudur kasta.

S Ma sharxi kartaa sida tallaalka RNA u shaqeeyo marka loo eego kuwa kale?

Tallaalka mRNA waxaa loogu talagalay inuu u turjumo borotiinka aan faafin ee Spike ee unugyada difaaca jirka ee bini'aadamka (sida lymphocytes) kaas oo ka hortaga la horumariyo wuxuuna u diyaariyaa jirka bini'aadamka inuu la dagaalamo infekshanka dhabta ah ee COVID-19. Tallaalka kale waa kuwo fayraska aan nooleyn (la dilay) sida tallaalka infalawansada ama la daciifiyay (la dhimay) fayraska sida tallaalka MMR (jadeecada, qaamo-qashiirta & jadeecada).



○ Isdhexgalka daawooyinka kale iyo ka hortagga

S Sidee Tallaalku ula falgalayaa / ula falgalayaa daawooyinka kale?

Ma jiro wax is-dhexgal ah oo hadda la yaqaan oo lala yeesho daawooyinka kale ee sida caadiga ah loo.

S Maxay yihiin waxyaabaha lagu beddeli karo tallaalka?

Waxaa jira talaallo kale oo la soo saaray iyo waliba qaar ka mid ah unugyada jirka ee monoclonal kuwaas oo laga yaabo inay siiyaan difaac aan caadi ahayn (antibodies-ka horey loo sii diyaariyay) si looga hortago COVID-19. Dhammaantood waxay ku jiraan heerar tijaabo ah ama tijaabooyin caafimaad illaa iyo hadda.

S Cunnadeena ma saameyn kartaa saameynta COVID 19?

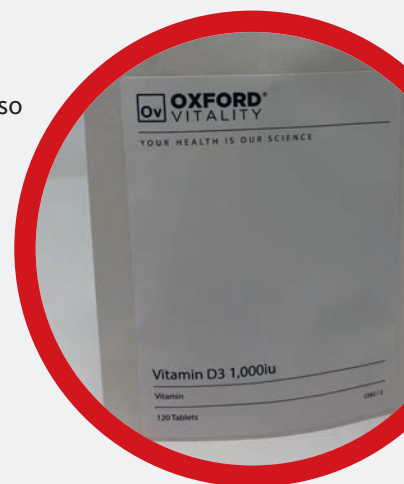
Ma jirto wax caddayn ah in qaybaha gaarka ah ee cuntadu ay saameyn ku leeyihiin COVID19, laakiin cayilku wuxuu halis u yahay cudur daran. Cunto isku dheelitiran oo caafimaad leh oo ay weheliso fiitamiinno dheeri ah oo ah dadka qaarkiis haddii loo baahdo, waa muhiim laakiin waa inay ahaataa sida ku xusan talada ay bixiyaan dhakhaatiirtooda guud. Sidoo kale waa muhiim inaad lahaato sonkorow wanaagsan iyo dhiig kar sida ay kuugula talisa dhaqtarkaaga guud.

S Kordhinta habka difaaca jirka ayaa iga hor istaagi doonta inaan qaado COVID 19?

Ma jiraan tijaabooyin oo lagu baray farsamadan kor u qaadista difaaca jirka ee si loo JOOJIYO infekshanka COVID-19 . COVID-19 wuxuu si isku mid ah u saameeyaa dadka ay difaaca jirka koreyso iyo kuwa difaaca jirka hooseyso.

S Faytamiin D miyuu iga caawin doonaa la dagaallanka fayraska haddii u igu dhaco?

Waxaa jira daraasado qaarkood oo muujinaya in Vitamin D laga yaabo inuu jirka bini'aadamka ka caawiyo la dagaallanka fayraska laakiin waxaa muhiim ah in la xasuusto in Vitamin D uu ka mid yahay qodob badan sida cunno caafimaad qabta, jimicsi, ka fogaanshaha bulshada, nadaafada gacmaha iyo wejiga oo la daboolo.



S Ma sharxi kartaa sida tallaalka RNA u shaqeeyo marka loo eego kuwa kale?

Tallaalka mRNA waxaa loogu talagalay inuu u turjumo borotiin aan faafin oo ah 'Spike protein' oo ku jira jirka bini'aadamka si loogu aqoonsado in aniga la ii aqoonsan yahay unugyada difaaca jirka (sida lymphocytes) si loogu diyaariyo jirka bini'aadamka si loola dagaallamo infekshanka dhabta ah ee COVID-19. Tallaallada kale waa kuwo fayraska aan nooleyn (la dilay) sida tallaalka infalawansada ama la daciifiyay (la dhimay) fayraska sida tallaalka MMR (jadeecada, qaamo-qashiirta & jadeecada).

Waxyeelooyinka Tallaalka

Talaalku ma ka kooban yahay coronavirus?

S Maxay yihiin saameynta muddada-dheer ee suurtoogalka ah ee Tallaalka?

Ma jiraan wax saameyn ah oo muddo dheer la og yahay oo tallaalku leeyahay. Tallaalada fayraska la midka ah ee vector ee loo isticmaalo kahortagga cudurrada kale sida Ebola waxaa la isticmaali jiray sannado badan mana lahan wax saameyn ah oo muddo dheer ah.

S Tallaallada oo dhan waxa ku jira MRC-5, kuwaas oo ah unugyada uurjiifka ee la soo rido iyo noocyo kale oo DNA ah. Maxaa caddayn ah oo jira oo sheegaya in aanu beddeli doonin DNA-da?

Faahfaahin buuxda fadlan akhri <https://factcheckni.org/articles/covid-19-vaccines-and-aborted-fetuses/> and https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/952673/PHE_guide_to_the_use_of_human_and_animal_products_in_vaccines.pdf

S Maxay yihiin fikradahaaga ku saabsan 'MRC-5' ee tallaalka? (uurjiifka aadanaha oo la soo rido)?

Faahfaahin buuxda fadlan akhri <https://factcheckni.org/articles/covid-19-vaccines-and-aborted-fetuses/> and https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/952673/PHE_guide_to_the_use_of_human_and_animal_products_in_vaccines.pdf

S Goluhu wuxuu iska indha tirayaa ka-dhaaftaanka sharciga oo shaqsiyan wuu aqbalayaa mas'uuliyadda dhib kasta oo COVID ah Saameyn ay shaqsiyan maareeyaan ama kugula taliyaan?

Kuwani waa aragtideena khibradda leh ee leh macluumaadka sayniska ee hadda jira laakiin ma aqbali doonaan mas'uuliyadda tallaalka COVID-19 iyo xulashada shakhsi ahaaneed ee qaadashada wax tallaalka ah ama daaweyn ah ka dib marka la akhriyo dhammaan macluumaadka la heli karo oo lala hadlo khubarada caafimaadka waa xulasho shaqsiyeed. Tallaalka COVID-19 maahan shuruud qasab ah.

S Ma jiraan wax caddeyn ah oo sheegaya in tallaalku uu sababay dhimasho?

Fadlan akhri <https://fullfact.org/online/norway-vaccine-deaths>



Tasmada tallaalka COVID-19

S Talaalku ma ka kooban yahay coronavirus?

Ma jiraan mid ka mid ah tallaallada lagu isticmaalo Boqortooyada Midowday oo leh wax nool ama dhintay oo coronavirus ah.

S Waa maxay waxyaabaha ku jira tallaalka maxaase loo isticmaalaa?

Fadlan akhri kuwa soo socda si aad u hesho faahfaahinta tallaalka Pfizer BioNTech iyo tallaalka Oxford Astrazeneca. <https://www.gov.uk/government/publications/regulatory-approval-of-covid-19-vaccine-astrazeneca/information-for-uk-recipients-on-covid-19-tallaalka-astrazeneca>

<https://www.gov.uk/government/publications/regulatory-approval-of-pfizer-biontech-vaccine-for-covid-19/information-for-uk-recipients-on-pfizerbiontech-covid-19-vaccine>

COVID-19 Tallaalka iyo Dadka Madoow

S Maxay dadka madow ugu dhimanayaan qiima sare markii la barbar dhiigo dadka Cadaanka ah, tan ma ino macnayn karaa?

Fadlan akhri <https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/articles/whyhaveblackandsouthasianpeoplebeenhithardestbycovid19/2020-12-14>

S Talaalku maku shaqeyn karaa dadka Madoow?

Haa, waxay ku shaqeysaa dhammaan jinsiyadaha. Labada tallaalka ee Pfizer iyo Oxford-AstraZeneca waxaa lagu tijaaiyey dad ka soo jeeda qowmiyado kala duwan.

S Dadka madow miyay hidde ahaan u kala duwan yihiin hadday sidaas tahayna, tani ma sharraxaysaa sababta ay inagu sii badan tahay COVID-19?

Fadlan aqri xiriirka kore sababo jira awgood oo aan ognahay xilligan

S Haddii daawooyinka qaarkood loo soo jeediyo dadka Madoow markaa sidee ku ogaan karnaa in tallaalka COVID-19 uu annaga nagu habboon yahay?

Fadlan la soco in WHO ay kula talisay isla talaalka Afrika, jasiiradaha Karibiyaanka, Ameerika, Aasiya iyo Yurub. Waxaa la cadeeyay inay waxtar u leedahay dhamaan jinsiyadaha.

S Aduunka dhan ba laga yaqaana in dadka madow ay u badan tahay inay u dhintaan Covid-19. Shaqaalaha caafimaadka madow ayaa si caalami ah loogu takooray iyadoo aan la siinin ilaalin dheeraad ah ama habab iyo qalab ilaalin - ma igu raacsan tahay?

Ma jiro takoor loogu talagalay jinsiyadaha kala duwan cisbitaalada NHS iyo Guryaha Daryeelka. Shaqaale kasta oo daryeel caafimaad wuxuu helaa qalab ilaalin shakhsiyadeed oo isku mid ah iyadoo loo eegayo halista lagala kulmi karo goob caafimaad.



○ Dadka qaba xaaladaha caafimaad ee muddada dheer

S Waa maxay saamaynta tallaalku u leeyahay dadka qaba xaaladaha muddada-dheer? Tusaale ahaan Niyad jab, dhiig kar, suuxdin iyo cudurada wadnaha, kansarka, lupus, cell sickle, Multiple sclerosis and HIV

Cudurka 'COVID-19' waxaa loo yaqaanaa inuu ku xun yahay kooxahaan bukaanka ah. Sidaa awgeed tallaalka COVID-19 oo caan ku ah kahortagga cudur ama geeri daran ayaa faa'iido badan yeelan doona.

Saameynta kaliya ee tallaalku waa xasaasiyad daran oo ku timaadda qayb ka mid ah tallaalka.

Ma jirto caddeyn muujineysa in bukaanka qaangaarka ah ee sickle cell uusan qaadan karin tallaalka. Taladu waa inaad ku fiicnaato oo ku xasilloonaato daawadaada, la hadal dhaqtarkaga guud haddii aadan hubin.

S Diiwaanadaada caafimaad miyaa la hubiyaa ka hor intaan laguugu yeedhin tallaalka, mise adigey ku taala inaad samayso baaritaanka?

Fadlan la hadal dhaqtarkaaga guud haddii aadan aqoon arrimahaaga caafimaadka isla markaana aadan marin u helin diiwaankaga caafimaadka.

S Wax saameyn ah ma ku yeelan doontaa dadka qaba xaaladaha neerfaha?

Suugaanta caafimaadka ee soo noqnoqda kama diiwaangelin waxyeellooyin kale oo ka badan kooxdan marka loo eego dhibaatooyinka soo raaca ee caadiga ah.

<https://www.gov.uk/government/publications/covid-19-vaccination-what-to-expect-after-vaccination/what-to-expect-ka-dib--tallaalkatallaalkaaga-covid-19>

Buug-yarahaan waa midka guud ee ku saabsan waxyeellooyinka iyo muddada.

Muddada dhibaatooyinka ugu badan ee soo raaca waa - cudud gacan xanuun 1-2 maalmood, qandho leh 2-3 maalmood laakiin astaamaha waa inay ka yaraadaan toddobaad.

S Tallaalladani ma u yihiin amaan dadka qaba HIV?

Haa, wa amaan

S Ma jiraa tallaalka gaar ah oo lagula taliyay dadka sonkorowga qaba iyo sababta?

Talaalada hada la heli karo ee UK waxay si isku mid ah waxtar ugu leeyihiin cudurka macaanka.



○ Dadka leh dhiifac liidata

— **S** Waxaan u qaataa daawada difaaca liidata ee Immunosuppressants-ka xanuunka 'arthritis'. Talaalku aniga ammaan ma ii yahay?

J Bukaannada daawada difaaca liidata qata waxaa lagula talinayaa inay qaataan tallaalka. Waxa aan la hubin ayaa ah in ay soo saari doonaan difaac ku filan iyo in kale. Waxay halis weyn ugu jiraan COVID daran. Sida caadiga ah, kala hadal takhasuslaha. Haa wa ammaan.

— **S** Haddii qof uu leeyahay Tiro yar oo unugyada Dhiigga Cad ah oo dhaqtaarka guud sheegayo inay ku badan tahay Dadka Madoow, tallaalka COVID-19 ma ammaan baa in la qaato?

J Haa wa amaan. Laakiin fadlan la hadal dhaqtaarkaga guud haddii aad qabto wax welwel ah oo gaar ah oo sababaya tirinta unugyada cadcad marka hore.

— **S** Sidee ayuu tallaalku u saameyn doonaa qof leh difaac ka liidata?

J Tallaalku waa ammaan laakiin waxaa laga yaabaa inay yeeshaan difaac hooseeya. Fadlan kala hadal dhaqtaarkaga guud wixii faahfaahin dheeri ah.

— **S** Saamayn nocee ah ayuu tallaalku yeelan doonaa haddii aan qabo cudur is-difaaca jirka ku dhaca?

J Tallaallada COVID-19 waxay badbaado ugu yihiin jirrada is-difaac jirka ah laakiin haddii aad horey u lahayd wax anafiifakis ah ama xasaasiyad daran oo tallaalka hore, fadlan marka hore la hadal dhaqtaarkaga guud.

○ Amaanka Tallaalka

— **S** Ammaan ma tahay in lagu tallaalo go maalmood gudahood marka aad fayraska qaaddo?

J Haa, way ku ammaan qabaan in la qaato ka dib markii ay qaadaan infekshanka COVID-19. Waxaa lagugula talinayaa inaad qaadata 4 toddobaad kadib laga bilaabo bilawga cudurka COVID-19 maadaama nidaamka difaaca jirka uu awood u yeelan doono inuu tallaalka xitaa ka sii fiicnaado.

— **S** Tallaalku maka shaqeyn doonaa isbeddellada kala duwan ee soo baxa?

J Haa, waa la ogyahay inay ka hortagayaan nucyada kala duwan ee haatan ka jira Boqortooyada Midowday laakiin macquul maaha in la saadaaliyo haddii ay ka shaqeyn doonto dhammaan noocyada mustaqbalka. Si kastaba ha noqotee, khubarada qaranka ee genomics UK iyo JCVI ayaa si joogto ah u hubinaya inay nooc kasta oo ka mid ahi u adkeysan karo difaaca tallaalka.

Tallaalka ayaa la muujiyey inuu ka shaqeynayo isbedelka cusub ee Boqortooyada Ingiriiska. Ma jiraan wax caddayn ah xilligan in noocyada cusubi ay u adkeysan doonin tallaallada aan qaadanno, sidaa darteed waxaanu sii wadaynaa inaan dadka ka tallaalno sidii caadiga ahayd. Saynisyahannadu waxay hadda si faahfaahsan u eegayaan astaamaha fayraska ee la xiriira tallaallada. Fayrasyada, sida fayraska ifilada jiilaalka, badanaa waxay u kala baxaan noocyo kala duwan laakiin kala duwanaanshahan yar ayaa si dhif ah uga dhiga tallaallada waxtar la'aan.

S Sidee tallaal loogu soo saari karaa waqti aad u yar markii ay sannado ku qaadanayso in la soo saaro oo la hubiyo amaankisa?

Fadlan akhri Warbixintan Madaxa Bannaan wixii faahfaahin ah

<https://www.gov.uk/government/publications/prioritising-the-first-covid-19-vaccine-dose-jcvi-statement/optimising-the-covid-19-vaccination-programme-for-maximum-short-term-impact>

COVID-19 iyo Taranka

S Ma qaadan kartaa tallaalka COVID-19 haddii aad uur leedahay?

Waa kuwan qodobbada muhiimka ah ee ay tahay inaad tixgeliso:

- Haddii aad uur leedahay waa inaad is tallaalin illaa aad khatar sare ugu jirto mooyee - waa lagu tallaali karaa ka dib marka uurkaagu dhammaado
- Haddii aad qaadatay qiyaasta ugu horreysa ka dibna aad uur yeelatid waa inaad dib u dhigtaa qiyaasta labaad illaa inta uurku dhammaanayo (inaad qatar ku jirto mooyee)
- Haddii aad uur leedahay laakiin aad u malaynayso inaad ku jirto khatar sare, waa inaad kala hadashaa qaadashada ama dhammaystirka tallaalka dhakhtarkaaga ama kalkaalisadaada. In kasta oo tallaalka aan la baarin uurka, waxaad go'aansan kartaa in khataraha la og yahay ee ka imanaya COVID-19 ay yihiin kuwo aad u cad oo aad doonayso inaad ku sii socoto tallaalka. Ma jiro talo si looga fogaado uurka ka dib tallaalka COVID-19.

S Ma jiraan wax cusbooneysiin ah oo ku saabsan xiriirka ka dhexeeya isku-darka-tallaalka covid-19 iyo bacriminta dadka?

Fadlan akhri jawaabtaan ka socota RCOG iyo RCM wixii faahfaahin ah

<https://www.rcog.org.uk/en/news/RCOG-and-RCM-respond-to-misinformation-around-Covid-19-vaccine-and-fertility/>

Cilladaha, daaweynta daahday iyo waxtarka tallaalka

S Tallaalka COVID ma bixiyaa difaac buuxda oo laga helo coronavirus? Tusaale ahaan waan aqaan dad qaatey tallalka hargabka lakiin ugu dhambeyn hargabka u ku dhacay

Tallaalka COVID ma bixiyo 100% difaac laakiin waa la ogyahay inuu siiyo > 70% difaac dhammaan tallaallada hadda jira ee COVID-19 ee laga isticmaalo UK. Tallaalku waa aalad dheeri ah oo lagula dagaallamayo fayraskan faafa. Waxyaabaha kale sida kala fogaanshaha bulshada, ilaalinta wajiga iyo nadaafadda gacmaha ayaa si wada jir ah gacan uga geysta sidii ay nooga badbaadin lahaayeen COVID-19.

S Waa maxay sababta daaweyntu aysan dhakhso ugu bilaabanin qofka laga helo feyraska 'COVID' maxaa loo sugaa ilaa uu qofku aad u jiran yahay?

Daaweynta hadda ee COVID-19 oo ay ku jiraan Oxygen, steroids iyo daroogooyinka kale waxay faa'iido u leeyihiin oo keliya cudur dhexdhexaad ah ama mid daran oo u baahan isbitaal dhigid. Waxaa jira tijaabooyin caafimaad oo ay hogaaminayaan dhakhaatiirta guud iyo dhakhaatiirta isbitaalka si loo hubiyo in daawooyin waliba ay faa'ido badan u yeelan doonaan dadka kale ee qaba infakshanka fudud ee COVID-19 iyo / ama cudur. Daaweynta caadiga ah ee guryaha ku saleysan sida Paracetamol iyo Ibuprofen ayaa lagu yaqaan inay ka faa'iideystaan kuwa qaba cudur fudud oo lagu maareeyo guriga.



Saxaa jira macluumaad badan oo ku saabsan dawooyinka duumada oo gacan ka geysanaya daaweynta covid-19, fadlan ma ka heli karnaa faallo khabarada? Maxay saynisyahan u fiirin la'yihiin siyaabo kale oo looga hortagi karo COVID-19?

Marka laga hadlayo cilmi baarista 'hydroxychloroquine UK' waxay muujineysaa inaysan jirin jawaab celin joogto ah oo ka dhan ah COVID-19, sida ugu wanaagsan ay waxtar ugu leedahay jirro khafiif ah. Waxaan mas'uuliyad ka saareynaa inaan dadweynaha u fidino ikhtiyaar daaweyn joogto ah. Isla sidaas ayaa lagu dabaqayaa Ivermectin.

○ Xasaasiyad iyo waxyeelo xun

SMaxaad kula talinaysaa qof qaba xasaasiyad adag?

Dadka xasaasiyadda ku leh waxay qaadan karaan tallaalka Pfizer (wax dhibaato ah kama qabaan astra zeneca). Talada bilowga ahi waxay ahayd in anafiqilis ama dadka loo qoray epipen ay iska ilaaliyaan laakiin taasi sidoo kale hadda waa la beddelay. Kuwa xasaasiyad daran ku leh qayb ka mid ah tallaalka waa inaan la tallaalin.

SWaxaan xasaasiyad ku qabaa penicillin-ka waxaanan ku qabaa dareen-celin xun antibiyootikada qaarkood tani ma noqon kartaa arrin la xidhiidha tallaalka

Ma jiro wax ka hor imaan kara tallaalka bukaanada xasaasiyadda ku leh antibiyootikada.

SWaxaan xasaasiyad ku qabaa Cortrimazole (Septrin) miyay fiicantahay in la qaato tallaalka COVID-19?

Ha waad qaadan kartaa tallaalka.

SWaxaan xasaasiyad ku qabaa septrin waxaana ku jiraa daawada loo yaqaan 'prednisone', ma fiicantahay in la qaato tallaalka?

Ha. Eeg kor ku xusan

SSidee tallaalku ii saameyn doonaa haddii aan horeba xasaasiyad ugu leeyahay daawooyin kala duwan?

Si taxaddar leh ula hadal dhakhtarkaaga laakiin xasaasiyadda daran (anaphylaxis) ayaa dhibaato noqon karta haddii ay ku lug yeeshaan qayb ka mid ah tallaalka.

S Sideen ku ogaan karaa inaan xasaasiyad ku qabo tallaalka iyo in kale?

Fadlan akhri labadan dukumiinti ee rasmiga ah ee ka jawaabaya dhammaan su'aalaha kor ku xusan.

<https://www.sps.nhs.uk/articles/advising-individuals-with-allergies-on-their-suitability-for-pfizer-biontech-covid-19-vaccine/>

<https://www.sps.nhs.uk/articles/advising-individuals-with-allergies-on-their-suitability-for-astrazeneca-covid-19-vaccine/>

Limaanka iyo Talaaka

S Ma jiraa qoraal ka hor imanaya ama kugu dhiirrigelinaya inaad ku lug yeelato tallalka iyo daaweynta caafimaadka?

Inta aan ogahay ma lahan. Inta badan diimaha adduunka iyo hoggaamiyaya as hoodu waxay u soo baxeen inay horumariyaan tallaalka COVID-19.

Dhiirrigelinta iyo suuqgeynta

S Kooxda martida loo yahay ma la siiyaa lacag si ay ugu tallaalaan tallaalka 'BAME'?

CAHN, dhaqaatiirta guud iyo La-taliyayaasha lama siinin wax lacag ah si ay u qabtaan munaasabadda. Martigaliyayaashu waxay bixinayaan kulan ay ku soo bandhigayaan sababaha dhaqatiirteena guud iyo La-taliyayaasheena ay u go'aansadeen inay qaataan tallaalka COVID-19.

Aaminaad la'aanta

S Ma jiraan dhakhaatiir ka tirsan CAHN oo aan qaadan tallaalka? Maxaa ku wargaliyay go'aankooda ah inaan la helin?

Inta ogaalkayga ah dhammaan dhakhaatiirta CAHN waxay qaateen tallaalka oo si firfircoon ayey u dhiirrigeliyeen.



Baadirga Dr Joseph Omofuma
GP (Rochdale) iyo CAHN Caafimaadka
Dhimirka Aasaasaha & Baadirga Sare,
Kaniisada Bulshada ee Grace

“Waxaan qaatay tallaalka COVID-19”

S Miyaynu lumineynaa xuquuqdeenna aadanaha haddii aynaan qaadan? Ma runbaa in tallaalka COVID laga dhigi doono mid qasab ku ah dhammaan dadka dhasha sida MMR?

J kama war qabno sharciyada noocaas ah; sharciyada noocan oo kale ah waxay u baahan yihiin dood adag ka hor inta aan la ansixin.

S Kulligiin ma waxaad ka imaanaysaan aragtida Yurub ee COVID? Bill gate wuxuu yiri tallaalka COVID waxaa loogu talagalay in lagu ciriiriyo dadka Madoow fadlan waadixi tan mahadsanid.

J Tani run maahan

S Waxaan maqlay in ay jiraan wax kujira talaalka oo loo sameeyay in la tirtiro dadka Madoow, tani run ma noqon kartaa?

J Tani run maahan. Waxaan qaadanay tallaalka COVID oo sifiican ayaan ujoogtay. Tani waa sababta aan u adeegsaneyno golaha si aan ugu dhiirrigelino dadkeenna Afrika iyo kuwa Caribbean-ka inay tallaalaan.

S axaan u maleynayaa in dadka ay lumiyeen kalsoonidii maxaa yeelay dowladdu kuma aysan gaarin go'aamo waaweyn aafadan. Fadlan noo sheeg sababta aan u aamini laha in dowladdu ay u siineyso tallaalkan danta ugu fiican dadka Madow?

J Tallaalka COVID wuxuu ku saleysan yahay gebi ahaanba talobixin cilmiyaysan waxaanan ku kalsoonahay taladan inay ka faa'iidi doonto qof walba.

S Maxay tallaalka COVID ee Afrika uga duwan yahay?

J Kama war qabno inay ka duwan yihiin laakiin waxay ku xiran tahay dowlad kasta oo qaran inay hubiso tayada iyo heerka dhammaan daawooyinka iyo wax soo saarka.

S Haddaan nahay dadka madow waxaan mar horeba u badanahay inaan u dhimanno xaalado badan oo caafimaad waxaana loola dhaqmay siyaabo aad u xun dalkan iyo Mareykanka, maxaan ugu kalsoonaan karnaa in tallaalka dowladda uu na caawin doono oo na difaaci doono?

J Tallaalka si fiican ayaa loo baaray waana la siiyaa qof walba. Inta badan dhakhaatiirta ka socota CAHN ayaa ky lug lahaa bixinta tallaalka mana jirto cid u timid waxyeello aan ognahay.

Sheekooyinka shaqsiyadeed ee kaqeybgalayaasha

“Subax wanaagsan, waxaan ahay diiwaan-geliye suuxdinta oo ka socda Liverpool. Waxaan nasiib u yeeshay in aan qaatay labada qiyaasood ee tallaalka Pfizer. Waan fiicanahay qof walbana waxaan ka codsanayaa inuu fadlan qaato marka aad fursad u hesho. Amaan noqo, ilaahay haku barakeeyo ”.

“Waxa igu dhacay COVID-19 si ficanna uga soo kabsanayaa, maadaama aan ahay Wadaad Anglican ah oo madow, bulshada way kala qaybsan tahay oo sida Dean-ka Manchester ayaan kula macaamilay jaahilnimo heer sare ah iyo hadalo diimeed oo qatar ah, waxaa si toos ah layga talaalayaa baraha bulshada si loo dhiiri galiyo dadka kale, maxaan sameyn karnaa si aan u taageerno diinta iyo hoggaamiyeyaasha bulshada ee shakiga qaba ”?

Kama waaban doono inaan helo tallaalka. Waalidiinteyda waxaan u kaxaystay inay qaataan tallaalkoodii ugu horreeyay laba usbuuc ka hor. Mid ka mid ah waalidkey wuxuu ku jiraa kilyaha sifeynta seddex jeer usbuucii. Tan iyo bishii Maarso ee la soo dhaafay waxaan si joogto ah uga walwalayaa wanaagooda-ahaanshaha maadaama ay labadooduba leeyihiin arrimo badan oo caafimaad taas oo qasab ka dhigtay gaashaan. Tallaaladu waxay shaqeeyaan oo keliya haddii dadka boqolkiiba qaarkood ay qaataan ”.

Waxaan ahay dhaqtaar guud iyo tababaraha dhaqtaraada guud Sheffield waxaan joogay ku dhowaad 20 sano. Nasiib ayaan u yeeshay qaadashada labaad ee ah tallaalka wax yar uun ka hor jadwalka la beddelay. Sidoo kale waxaa igu dhacay xanuun la mid ah xanuunka aan ku qabo tallaalka dureyga ee sannadlaha ah. Hooyaday oo 81 jir ah sidoo kale waxay leedahay labada tallaalka oo way fiicnayd ”.

“Waxaan qabay cudud xanuun iyo hargab sida astaamaha 24-kii saac ee ugu horreeyay tallaalka kadib (qiyaasta 1aad)”.

“Waxaan qabaa thalassaemia wayn (waa nooc kale oo haemoglobinopathy) waxaana qaatay labada qiyaasood ee tallaalka. Waxyeellooyin aad u yar uun baa i haysay oo arrimo kale ma jirin ”.

Waxaan ahay la-taliye dhakhtarka carruurta. Waxaan qabay COVID-19 bishii Oktoobar ee sanadkii hore aadna waan u xanuunsanayay. Waxaan qaatay tallaalka khamiistii la soo dhaafay waxaan ku guulaystay inaan yeesho waxyeelo kasta oo la soo sheegay. Ma qaadan doonaa qaadashada labaad? Wa hubaal. Iyadoo aan wax boos ah laga hayn! ”



Kaqeybgalayaasha ka faallooda Facebook iyo Zoom

○ Kalsooni darro, dallacsiin iyo suuqgeyn

Tirada dhimashada waa been abuur. Waxaa jira dhiirrigelin dhaqaale hadii lagu dhajiyo shahaadada dhimashada. Waan oga-hay 2 shaqsi oo u dhintey cuduro aan xiriir la lahayn waxayna si wada jir ah u saareen shahaadada dhimashada ”.

“Maxaan u dhiirrigelineynaa wax aanan haysan 100% damiin? xitaa maanan arag / ma maqal waxtarka muddada dheer dheer? Sidee tallaalkani saameyn ugu yeelan karaa guga xilligiisa? maxaan ka qabaneynaa Afrika? oo weliba waxaan ku riixeynaa dhallinteenna sidoo kale? fadlan aan talo saarta ilaahay iyo xukun wanaagsan oo daacad ah. ..Waan ka xumahay. .waxay umuuqataa dood hal dhinac ah oo loogu talagalay kuwa loogu tala galay talaalka. laakiin waxaa jira dad badan oo halkan jooga xitaa kooxdan oo aan u baahnayn tallaalka .. waxaan ka wada hadli karnaa faa'iidooyinka iyo qasaaraha ”.

"Xaqiiqdii waxaad u dhaqmeysaa sidii kooxda Suuqgeynta ee

tallaalka Covid-19 ohh". "Dhacdadan ma waxaa maalgeliyay

dowladda shisheeye ama Bill Gates"?

"Dhaqaatiirta waxaa la siiyaa £ 50,000 bishii si ay dadka u talaalaan. Dawladdu waxay bixinaysaa dhiirrigelintaan oo ii sheegaysa inuu ajande jiro.

○ Macluumaadka la heli karo

Waxaa jira macluumaad yar oo fudud iyo isgaarsiin ku saabsan cabsida dadka ee tallaalka, gaar ahaan afkooda. Qaar ka mid ah shaqaalaha safka hore ee labada luuqad ku hadla ma aha kuwo aqoon luuqad leh ”.

"Qaabka loo soo gudbiyo macluumaadka uma fiicna in badan oo ka mid ah bulshadayada marka afkooda koowaad uusan aheyn Ingiriis".

"Macluumaadka waxaa loo baahan yahay in lagu bixiyo luqadaha oo dhan si dadka oo dhan ay u helaan fursad ay ku fahmaan waxa laga codsaday inay qaataan".

"Ruuxa Ilaaha runta ah ee nool wuxuu igu yiri ha qaadan ilaa uu noqdo mid qasab ah mana noqon doono ilaa aan u imaado oo aan ku qabsado adiga".

"Haa ilaahay uun talo saaro !!! Iyadoo lagu saleynayo baaritaankayaga waxaan diidnay tallaalka cusub qiyaastii 12 sano ka hor gabadheena da'da yar".

Kan ugu sarreeyaa wuxuu yidhi waxaan raadineynaa badbaadadeenna cabsi iyo gariir, marka waa inaan kan ugu sarreeya nafteenna u doondoonnaa. Jidhku wuu hagaajin karaa isaga ayaa iskiis ah waqtiga intiisa badan".

"Covid-19 cadowgeenna? Kani maahan mid dabiici ah laakiin waxaa adeegsanaya ragga si ay u soo bandhigaan nidaamka cusub ee adduunka".

Gunaanad

Warbixintu waxay ku bilaabmaysaa iyadoo la siinayo macnaha guud ee dhibaataada caafimaad ee dadka Madow ay u keentay sinaan la'aan caafimaad iyo kalsooni daro adeegyada caafimaadka iyo bixinta. Waxay muujineysaa kala duwanaanta soo food saartay iyo aasaaska ay dad badan oo Madow ah ku lug yeelanayaan oo ay go'aan ka gaa-rayaan wadada ay ku dooranayaan caafimaadkooda.

Tirada dadka qaatay go'aano wax ku ool ah oo qumman si ay u helaan talaalada ka dib casharka ayaa markhaati u ah xubnaha bulshada ee aan ka soo horjeedin talaalada laakiin waxay u baahan yihiin macluumaad ku filan iyo kalsooni dadka. Waxay sidoo kale muujineysaa meesha iyo sida loo helay macluumaadkan inay muhiim tahay. Ra'yi-celinta ku saabsan bar-kulannada kala duwan ee sheekaysiga waxay siisay ka-qayb-galayaasha fursad ay ku muujiyaan sida ay dareemayeen iyo welwelka ay ka qabaan tallaalka waana muhiim in annaga oo ah Madoow hoggaamiye caafimaad aan ka jawaabno tan iyo natiijooyinka ka soo baxay qiimeynta.

Talooyin

1. Waxaa jira baahi loo sii wado in la siiyo waxbarasho dheeri ah iyo kaqeybgalka bulshada Madow iyo kuwa kale ee aan go'aan ka gaarin tallaalka. Munaasabado badan oo khadka tooska ah oo bulshada ay hogaamiso oo leh xirfadlayaal caafimaad oo ka socda bulshooyin gaar ah ayaa muhiim ah maadaama tani ay tahay maaratoon oo aysan aheyn orod sababo la xiriira arrimo taariikhi ah.
2. Dowladda UK waxay u baahan tahay inay maal gashato ilaha dhaqaalaha ee farriinta iyo adeegsiga u doodayaasha bulshada ee lagu kalsoon yahay si ay ugu xaqiijiso bulshada Madow iyo kooxaha kale ee la hayb sooco in wanaagooda uu muhiimad la mid ah kan dadka badankiis leeyahay.
3. Waxbarashada ku saabsan nidaamka daryeelka caafimaadka iyo bulshada ee Boqortooyada Midowday (UK), tijaabooyinka caafimaad iyo qawaaniinta, iyo xakamaynta daroogada waa in mudnaan la siiyaa bulshooyinka laga tirada badan yahay iyo kuwa soogalootiga ah. Tani waxay muhiim u tahay wax ka qabashada dhaxalka baaritaanka taariikhiga ah ee anshaxa iyo arrimaha ay wajahayaan dadka Madow ee tijaabooyinka caafimaad.
4. Caqiidada iyo hoggaamiyeyaasha bulshada waa inay si buuxda ugu hawlan yihiin ololeyaal caafimaad maadaama ay galaagal u leeyihiin malaayiin dad ah oo ku kalsoon iyaga. Ka qayb qaadashadooda ku aaddan kordhinta faa'iidooyinka qaadashada tallaallada COVID-19 iyo halista ay leedahay qandaraaska COVID-19 waxay ka hortageysaa macluumaad badan oo khaldan iyo diidmada bulshada laga tirada badan yahay.
5. Waxaa muhiim ah in la hubiyo in farriimaha ololaha caafimaadka ay diin ahaan iyo dhaqan ahaanba habboon yihiin, oo ay la socdaan dad ka soo kala jeeda qowmiyado kala duwan boorarka iyo fiidiyowiyada.