

Sida tallaalka u shaqeeyo

Tallaalka COVID-19 wuxuu ku shaqeeyaa barista jirkaaga inuu la dagaalamo fayraska, iyo kaa illaaliyaa inaad jiratid. **Tallaalka ma kugu ridi karo COVID-19.**

Waxaad u baahneysaa labo kuure tallaalka ah, ugu yaraan 21 maalmood u dhaxeeyso. Si loo hubiyo inaad leedahay illaalada ugu wanaagsan, hubi inaad qaadatid labada kuure.

Tallaalka ma badbaadaa?

Dhammaan tallaalkada COVID-19 waa inay buuxiyaan heerarka caalamiga ah ee isku raacay badqabka iyo waxtarnimada.

Medsafe (mamulka badqabka daawooyinka New Zealand) waxay siisaa kaliya ogolaanshaha tallaalkada lagu isticmaalayo New Zealand markii ay ku qancaan inay badqab tahay oo waxtar leedahay.

Maysan jirin wadooyin gaaban oo lagu bixinayo ansixinta tallaalka COVID-19 (tallaalka Pfizer/BioNTech).

Waa maxay macluumaadka caafimaadka aan u baahannahay inaan lawadaago?

Haddii aad qabtay falcelinta alaarjiga oo tallaalka ama cirbad walba ee waqtiga la soo dhaafay, fadlan u sheeg tallaalkaahaaga.

Haddii aad qaadatay wax daawooyin ah ama aad qabtid cudurka dhiig baxa, la hadal bixiyahaaga caafimaad marka koowaad.

Haddii aad uur leedahay, la hadal umulisadaada ama dhakhtarkaaga.

Helida arimaha warbixinta saxda ah

Ka taxadar warbixin qaldan ama gacan labaad oo warbaahinta bulshada iyo meelaha kale.

Waxaad ka heli kartaa warbixin saxan oo la aamini karo ee:

- [Covid19.govt.nz/vaccines](https://www.covid19.govt.nz/vaccines)
- [Health.govt.nz/covid-vaccine](https://www.health.govt.nz/covid-vaccine)
- ama la hadal dhakhtarkaaga.

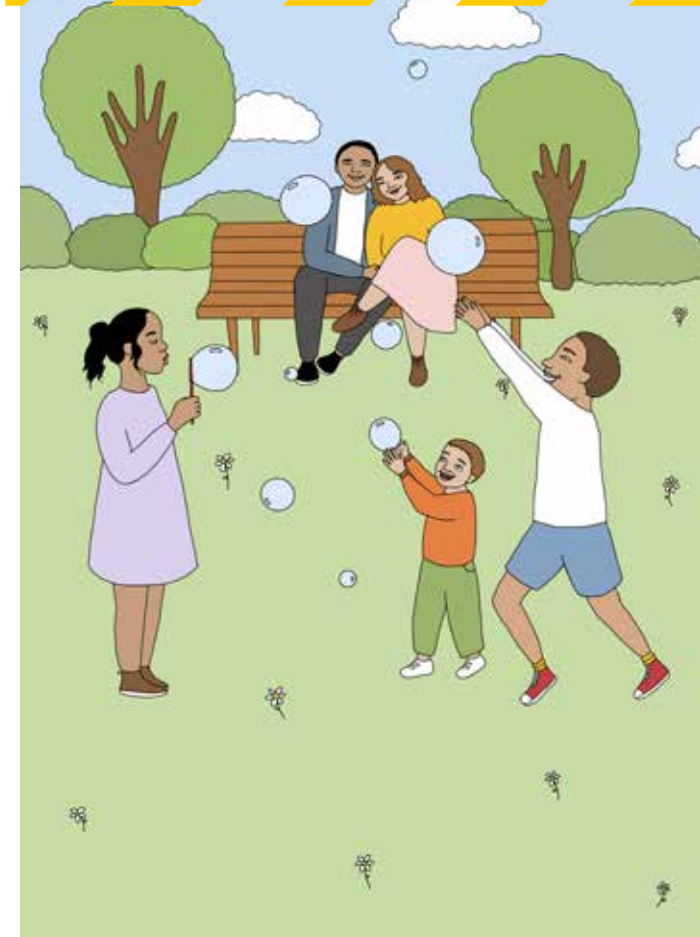
Raadi meesha aad ka heli kartid tallaalka:

- [Covid19.govt.nz/vaccines](https://www.covid19.govt.nz/vaccines)

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[New Zealand Government](https://www.govt.nz/)

Unite
against
COVID-19



Tallaalkaaga COVID-19

Waxwalba aad u baahantahay
inaad ogaatid

[New Zealand Government](https://www.govt.nz/)

Unite
against
COVID-19



Markii aad qaadato tallaalka ma illaalineysid kaliya naftaada. Waxaad sidoo kale sameyneysaa dadaalkaaga aad ku yaraaneysid halista inaad u gudbisid COVID-19 saaxibadaada qoyskā, iyo bulshada. Tallaalka COVID-19 waa bilaash, oo waxaa loo heli karaa qof walba oo 16 sanno jir iyo ka weyn Aotearoa.

Qaadashada tallaalkaaga:



Shaqaalaha daryeelka caafimaadka waxay kula sameynayaan baaritaanka caafimaadka oo kaaga jawaabo su'aalahaaga.



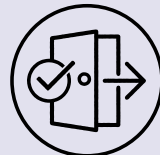
Waxaad u baahan doontaa inaad ogolaatid in lagu tallaalo Xasuuso inaad weydiin kartid su'aalo xili walba.



Shaqaalaha daryeelka caafimaadka si buuxdo u tababaran ayaa kadib ka siinayo tallaalka garabkaaga kore.



Waxaad u baahantahay inaad joogtid ugu yaraan 20 daqiiqo si markaas shaqaalaha daryeelka caafimaadka kuu fiiriyaan oo u hubiyaan inaad wanaagsantahay.



Markii shaqaalaha daryeelka caafimaadka ku kalsoonyihiin inaad wanaagsantahay oo aad wanaag dareemeysid, waad tagi kartaa oo aad sii wadan kartaa maalintaada.

Saameynada caafimaadka imaan karo

Qaar ka mid ah saameynada caafimaadka dhexaadka ah, sida muruq xanuunka, xanuunka aaga cirbada ama madax xanuunka, waa caadi. Dhabtii waa aastaan oo in nidaamka difaaca jirkaaga uu baranayo inuu la dagaalamo fayraska. Ma raageyso muddo dheer oo makaa joojineyso inaad qaadatid kuuradaada labaad ama aadista nolol maalmeedka.

Tallaalkaaga kadib:



Waxaa lagu weydiinayaa inaad heshid kuuradaada labaad ugu yaraan 21 maalmood kadib.



Tani waa muhiim sababtoo ah waxaad heleysaa illaaladaada ugu wanaagsan ee ku aadan COVID-19 labo kuuro kadib.



Haddii aadan wanaag dareemin ama aad ka walaacsantahay saameynada caafimaadka, la hadal xirfadlahaaga caafimaadka la aaminsanyahay.

Oo weli sii wad inaad:



Guriga joog haddii aad jirantahay oo lana xiriir khadka caafimaadka si aad baaritaan u heshid.



Isticmaal app-ka Raadraaca NZ COVID oo 'daaro' raadraacaha Buluutuuska.



Ku xiro waji daboolka dhammaan gaadiidka dadweynaha iyo duulimaadyada gudaha.