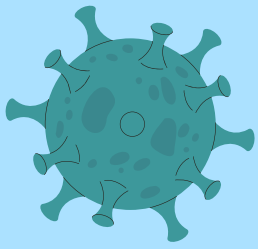


Maxay khuburradu ka og yihiin *tallaallada* marka uur la leeyahay ama muddada naasnuujinta?

Khariidaddan macluumaadka waxaa ku jira macluumaad muhiim ah oo ka yimid adeegga MotherToBaby oo ku saabsan waxyaabaha loo feydmo ama halis loo galo muddada uurka la sido iyo muddada ilme la naasnuujinayo.

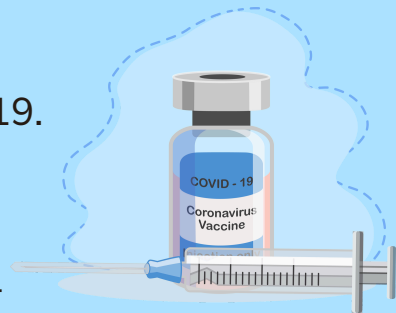


COVID-19

iwaa cudur ka dhasha fayruska SARS-CoV-2, kaasoo si fudud ugu kala fida qofba qofka kale oo lagu gudbiyo dhibcaha yar yar ee neefsashada marka aan neefsanno, hadalno, qufacno, ama hindhisno.

Tallaalka mRNA ee cudurka COVID-19:

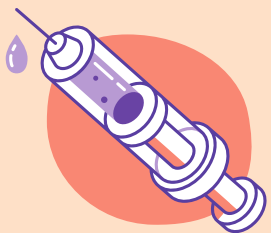
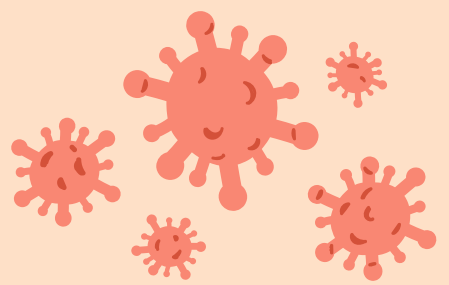
- Ayaa dadka ka badbaadiya fayruska keena cudurka COVID-19.
- Waa nooca tallaalka inta ugu badan lagu isticmaalo Maraykanka si dadka looga badbaadiyo cudurka COVID-19.
- Kuma jiro fayrus nool oo dhalin kara cudurka COVID-19.
- Boqolkiiba 100 (%) kuma fiicna ka hortagga cudurka COVID-19, laakiin waxuu in badan yarayn karaa halista in si xun loogu bukoodo ama loogu jirrado.



Moderna/Spikevax®
Pfizer/Comirnaty®

Ifilada waxaa caadi ahaan lagu magacaabaa “hargabka.”

Waa caabuuq gala neefmareenka. Calaamadaha cudurka waxaa ka mid ah xummad ama qandho, madax xanuun, qarqar, damqashada muruqyada, qufac, san cabburan iyo mid dareera, cune xanuun, iyo daal. Iflada ama hargabka waxaa mararka qaar ka dhasha matag iyo shuban. Noocyada fayrusyada ee keena ifilada xilliyeed ayaa sanad kaste is beddeli kara.

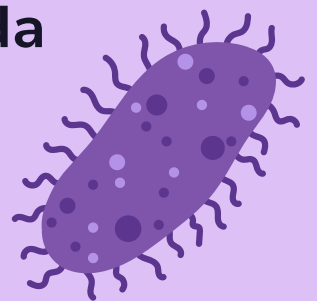


“Mudista ifiladu” waa tallaalkaan la daarin,

taasoo ka dhigan in tallaalka uusan ku jirin fayrus ifilo ama hargab oo “nool” oo uusan markaa adiga kuu keeni karin ifilada. Tallaalka ifilada waxaa la cusboonaysiiyaa sanad walba.

Fayruska unugyada badan ee neefsashada (Respiratory syncytial virus) (RSV)

waa fayrus keeni kara caabuuq gala neefmareenka. Waxuu si fudud ugu fidaa qufaca ama hindisada waxuuna weliba ku fidi karaa taabashada tooska ah ee sagxadaha ama meelaha uu fayrusku dul yaallo.



Tallaalka RSV

waxuu qofka ku dhaliyaa in uu soo saaro unugyada difaaca jirka ee ka hortaga fayruska RSV.

Waxaa lagu taliyaa in la qaato muddada uurka la sido si unugyada difaaca jirka loogu gudbin karo ilmaha uurka ku jira. Unugyadan difaaca jirka ayaa caawin kara in ilmaha dhallaanka ah laga badbaadiyo caabuqa daran ee RSV muddo qiyaas ahaan 6 bilood ah ka dib marka ay dhashaan.

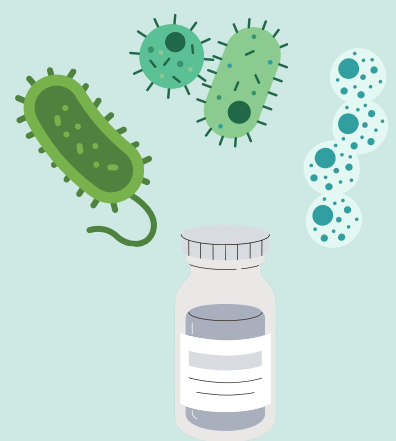
Tallaalka keliya ee RSV ee Maraykanka loogu oggolaaday in la isticmaalo muddada ururka la sido waxaa lagu magacaabaa Abrysvo®, tallaalka cuntub hoosaad borotiin. Fayrus nooli kuma jiro.

Teetanaha (Tetanus) waa cudur baktiiriyeed oo jirka u keena giijsnaanta muruqyada iyo dubaaxyo muruq oo xanuun leh.

Gawracatada (Diphtheria) waa caabuuq baktiiriyeed oo badi ku bilaabma xummad ama qandho iyo cune xanuun. Xuub ayaa ka beermi kara gadaasha ama dhanka dambe ee cunaha iyo hawomareennada, taasoo neefsashada adkaysa.

Xiiqda (Pertussis), oo weliba lagu magacaabo xiiq-dheerta (whooping cough), waa cudur baktiiriyeed oo caadi ahaan ku bilaabma calaamadaha cudurka ee u eeg durayga caadiga ah.

Caabuqyada teetanaha iyo gawracatadu waxay dili karaan oo ku dhiman karta haweeneyda uurka leh waxayna keeni karaan luminta ama soo dhiciska ilmaha. Dhalmada soo horraysa ayaa weliba laga walaac qabaa



Tallaalka Tdap

ayaa badbaado ka bixiya teetanaha, gawracatada, iyo xiiqda (tetanus, diphtheria, and pertussis) (Tdap). Tallaalka Tdap waa mid ahaan caabuuq dhalin, taasoo ka dhigan in aadan cudurrada ka qaadi karin tallaalka. Waxaa jira labo tallaalka Tdap oo Maraykanka loogu oggolaaday in la isticmaalo muddada ururka la sido: Adacel® iyo Boostrix®.

Adeegga MotherToBaby ayaa qaranka horseed u ah taas maamulkeeda waana isha sida ugu badan loo aamino ee laga helo macluumaadka caddayn ku salaysan ee ku saabsan badbaadada daawooyinka iyo waxyaabaha kalee loo feydmo ama loo halis galo muddada uurka la sido iyo muddada naasnuujinta. Si aad u hesho khayraadka ama qoraallada ku saabsan waxyaabaha loo feydmo muddada uurka la sido ee ku qoran luqadaha ahaan ahayn Ingiriiska iyo Isbaanishka, fadlan booqo MotherToBaby.org/additional-languages.

