

Muhim: Hubi inaad u soo laabato dawada aad qaadanayso marka labaad.

- Tallaalka aad maanta qaadatay wuxuu u baahan **marqaadasho labaad**.
- Haddii aan ballan lagu qaban marqaadashada labaad, la xiriir bixiyahaaga tallaalka si aad ballan uga qabsato sida ugu dhakhsaha badan.

Waxa dhici karta inuu saamayno caafimaad daro kale kugu yeesho tallaalku.

Saamaynaha caafimaad darada kale waa calaamadaha caadiga ah ee tilmaamaya in jirkaagu difaac ka samaysanayo COVID-19. Saamaynaha caafimaad darada kale waxa dhici karta inay xataa saameeyaan hawlahaaga maalinlaha ah laakiin waxay ku baaba'aan dhawr maalmood.

Saamaynaha caafimaad darada kale ee caadiga ah:

- Xanuun, barar ama casaansho gacanta meesha lagaa muday (duray)
- Daal
- Madax-xanuun
- Qarqaryo
- Xanuun murqaha ama kala-goysyada ah
- Xummad
- Yalaalugo ama matag

In kastoo ay dhif tahay, dadka qaar waxay yeelan karan xasaasiyad daran kadib qaadashada tallaalka. Tani waa sababta CDC ay ugu taliso dadka in xaaladdooda laga war hayo kadib markii tallaalka COVID-19 la siiyo.

Waxa laga qaban karo saamaynaha taban:

- Wac bixiyahaaga daryeelka caafimaadka ama bixiyaha tallaalka haddii saamaynaha taban warwar kugu hayaan ama haddii ay kaa baabi'i waayaan dhawr maalmood gudahood.
- Waxaad isticmaali kartaa **V-safe** si aad ugu sheegto CDC wixii saamayno taban ah iyo si aad xasuusin ugu hesho marqaadashadaada labaad. V-safe waa farsamo taleefanka casriga ah ku shaqaysa oo ikhtiyaari ah taasi oo isticmaalaysa farriimaha taleefanka iyo xogururino webka ah si loo bixiyo duwaan gelin shakhsi ahaaneed. Wax badan ka baro oo iska diiwaangali cdc.gov/vsafe.
- Haddii aad yeelato xasaasiyad xun kadib tallaalka, adiga ama bixiyahaaga daryeelka caafimaadku waxaad uga warbixin kartaan **Vaccine Adverse Event Reporting System (VAERS)**. Wac 1-800-822-7967 ama booqo vaers.hhs.gov/reportevent.html.

Sii wad qaadashada tallaabooyinka kahortagga si aad u joojiso in COVID-19 uu faafo.

Waxa muhiim ah in qof kastaa sii wado isticmaalidda dhammaan agabka diyaarka ah si hoos loogu dhigo faafidda COVID-19, sida xirashada afaa'iyada, ku camalfalka kala fogaanshaha dadka, iyo dhaqista gacmaha.

Xasuusnow,

- Wakhti ayey qaadataa inta jirkaagu ku dhisanayo difaac kadib tallaalka. Waxa dhici karta inaad difaac ka samaysan COVID-19 muddo dhawr toddobaad ah kadib tallaalka labaad.
- Xeeldheerayaashu waxay u baahan yihiin inay fahmaan wax badan oo ku saabsan sida tallaalka COVID-19 uu innooga ilaalin karo koronafayraskan, kahor baddalista talooyinka kahortagga.

Macluumaad dheeraad ah oo ku saabsan COVID-19: www.healthvermont.gov/COVID-19

Important: Make sure you come back for your second dose.

- The vaccine you received today requires a **second dose**.
- If you don't already have an appointment for a second dose, contact your vaccine provider to make an appointment as soon as possible.

You may have side effects from the vaccine.

Side effects are normal signs that your body is building protection against COVID-19. Side effects might even affect your daily activities but should go away in a few days.

Common side effects are:

- Pain, swelling or redness on the arm where you got the shot
- Tiredness
- Headache
- Chills
- Muscle or joint pain
- Fever
- Nausea or vomiting

While rare, some people may have a severe allergic reaction after getting the vaccine. This is why the CDC recommends people be monitored after getting a COVID-19 vaccine.

What to do about side effects:

- Call your health care or vaccine provider if side effects are worrying you or if they don't go away after a few days.
- You can use **V-safe** to tell the CDC about any side effects and to get reminders for your second dose. V-safe is an optional smartphone tool that uses text messages and web surveys to provide personalized check-ins. Learn more and register at [cdc.gov/vsafe](https://www.cdc.gov/vsafe).
- If you have a bad reaction after getting vaccinated, you or your health care provider can report it to the **Vaccine Adverse Event Reporting System (VAERS)**. Call 1-800-822-7967 or go to vaers.hhs.gov/reportevent.html.

Continue taking prevention steps to stop COVID-19 from spreading.

It is important for everyone to continue using all the tools available to slow the spread of COVID-19, like wearing masks, practicing social distancing, and washing our hands. Remember,

- It takes time for your body to build protection after any vaccine. You may not be protected from COVID-19 for a few weeks after your second shot.
- Experts need to understand more about how COVID-19 vaccines keep us safe from this coronavirus, before changing prevention recommendations.

For more information about COVID-19: www.healthvermont.gov/COVID-19