

# Liiska Eegitaanka Talaalka Kahor ee Talaalada COVID-19



## Qaatayaasha talaalka:

Su'aalaha soo socda ayaa naga caawin doona go'aaminta haddii ay jirto sabab kasta oo aad u qaadatay talaalka COVID-19 maanta. **Haddii aad "haa" uga jawaabto su'aal kasta, macnaheedu maahan inaad is talaalin.** Waxay kaliya ka dhigan tahay su'aalo dheeraad ah oo lagu waydiin karo. Haddii su'aal aanay caddeyn, fadlan weydii daryeel caafimaad bixiyahaaga inuu kuu sharraxo.

Magaca \_\_\_\_\_

Da'da \_\_\_\_\_

	Haa	Maya	Ma garanayo
1. Miyaad xanuunsanaysaa?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Weligaa ma qaadatay talaalka COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> <li>Haddii aad qaadatay, Talaalkee ayaad qaadatay?                             <ul style="list-style-type: none"> <li><input type="checkbox"/> Pfizer <input type="checkbox"/> Moderna <input type="checkbox"/> Janssen (Johnson &amp; Johnson) <input type="checkbox"/> Nooc Kale _____</li> </ul> </li> <li>Ma soo qaaday kaadhka duwaankaaga talaalka ama waraaqo kale? (haa/maya)</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Waligaa xasaasiyad ma ku yeelatay: (Tan waxaa ka mid noqon kara fal-celin xasaasiyad oo daran [tusaale ahaan, anaphylaxis (xasaasiyad daran)] oo u baahday ku daaweynta epinephrine ama EpiPen® ama kugu kaliftay inaad aaddid cisbitaalka. Waxa kale oo ku jiri kara fal-celin xasaasiyadeed oo sababay finan, barar, ama ciriiri xagga neefsashada ah, oo ay ku jiraan hiinraag.)			
<ul style="list-style-type: none"> <li>Waxyaabaha uu ka samaysan yahay talaalka COVID-19, oo ay kamid yihiin kuwa soo socdaa:                             <ul style="list-style-type: none"> <li>Polyethylene glycol (PEG), oo laga helo daawooyinka qaarkood, sida calool jilciyayaasha iyo u diyaargarowga hababka baarista malawadka iyo mindhicirka wayn</li> <li>Polysorbate, oo ku jira talaalada qaar, kiniinada dusha wax laga mariyey iyo intravenous steroids (steroids-ka xididka laga qaato)</li> </ul> </li> <li>Qaadasho hore oo ah talaalka COVID-19</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Weligaa xasaasiyad ma ka qaaday talaal kale (oo aan ahayn talaalka COVID-19) ama daawo la isku duro? (Tan waxaa ka mid noqon kara fal-celin xasaasiyad oo daran [tusaale ahaan, anaphylaxis (xasaasiyad daran)] oo u baahday ku daaweynta epinephrine ama EpiPen® ama kugu kaliftay inaad aaddid cisbitaalka. Waxa kale oo ku jiri kara fal-celin xasaasiyadeed oo sababay finan, barar, ama ciriiri xagga neefsashada ah, oo ay ku jiraan hiinraag.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Calaamadi dhammaan inta kugu habboon adiga:			
<input type="checkbox"/> Waxaan ahay gabadh ay da'deedu u dhaxayso 18 ilaa 49 jir			
<input type="checkbox"/> Waxaan xasaasiyad daran ka qaaday wax kale oo aan ahayn talaalka ama daawaynta irbada sida cuntada, cuntada rabbaayadaha, vemon, deegaanka ama xasaasiyadaha dawooyinka afka laga qaato			
<input type="checkbox"/> Aad qaaday COVID-19 oo lagu daweynay antiboodhiga monoclonal ama sharoobada convalescent			
<input type="checkbox"/> Laga heley Multisystem Inflammatory Syndrome (MIS-C or MIS-A) kadib markii aad qaaday COVID-19			
<input type="checkbox"/> Aad qabtid nidaamka difaaca jidhka oo liita (sida, HIV, kansar)			
<input type="checkbox"/> Qaadato dawooyin ama daawayn difaaca jidhka			
<input type="checkbox"/> Aad qabto khalkhal dhiigbax ah			
<input type="checkbox"/> Aad qaadata dhiig jilciye			
<input type="checkbox"/> Aad hore u lahayd herparin-induced thrombocytopenia (HIT)			
<input type="checkbox"/> Waxa aan leeyahay uur ama naaska ayaan nuujinayaa wakhtigan			
<input type="checkbox"/> Aad qaadatay dermal fillers (maqaar tumasho)			

Waxa foomka dib u eegay \_\_\_\_\_

Taariikhda \_\_\_\_\_

**Boggan waxaa loo baneeyay ogaan.**

# Liiska Eegitaanka Talaalka Kahor ee Talaalada COVID-19

Macluumaadka Xirfadlayaasha Daryeelka Caafimaadka



Wixii macluumaad dheeraad ah ee ku saabsan tilmaamaha xarunta talaalka COVID-19, ka eeg

<https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>.

Wixii macluumaad dheeraad ah ee Gudida La-talinta ee Nidaamyada Talaalka *Tilmaamaha Nidaamka Ugu Wanaagsan ee Guud*, ka eeg <https://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html>.

Talaalada COVID-19 waxaa loo ogolaaday kooxo da'o kala duwan oo waxaana laga siiyaa intramuscularly (murqaha) oo laba jeer ama hal mar ah.

TALAALKA	KOOXAHA DA'DA LA OGOLAADAY	TAXANE	MUDADA U DHAXAYSA
Talaalka COVID-19 ee Pfizer-BioNTech	12 sano jir iyo wixii ka wayn	2 jeer	21 maalmood
Talaalka COVID-19 ee Moderna	18 sano jir iyo wixii ka wayn	2 jeer	28 maalmood
Talaalka COVID-19 ee Janssen (Johnson & Johnson)	18 sano jir iyo wixii ka wayn	1 mar	Munaasab Kuma Aha

Qof kasta oo ka baxsan da'dan loo ogol yahay dawada waa in aan la talaalin.

Kormeerka Wakhtiga Talaalka Kadib ee Dadka Aan Lahayn Diidmada Talaalka COVID-19

▪ **30 daqiiqo:**

- Taariikhda jawaab celinta xasaasiyadeed ee degdega ah ee wixii darnaansho talaalka ah ama irbada qofka lagu muday ah
- Iska hor imaanshaha nooc kale oo talaalada COVID-19 ah (tusaale ahaan, dadka leh diidmada talaalada mRNA ee la siiyay Janssen (Talaalka COVID-19 ee Johnson & Johnson)
- Taariikhda anaphylaxis ee ay wuxuun keenaan

▪ **15 daqiiqo:**

- Dhamaan dadka kale

Waxaa la wada siiyay talaalada COVID-19 iyo talaalo kale

Talaalada COVID-19 iyo talaalo kale ayaa la wada bixin karaa iyada oo aan wakhtiga la eegaynin. Waxaa taas kamid ah siinta isku marka ah ee talaalka COVID-19 iyo talaalo kale isku booqasho kaliya. Talaalo kale ayaa sidoo kale la isa siin karaa wakhti kahor ama kadib talaalka COVID-19.

## 1. Miyaad xanuunsanaysaa?

In kasta oo ayna jirin wax cadaymo ah oo xanuun daran ah oo hoos u dhigaya waxtarka talaalka ama kordhinaya saamaynta xun, taxadir ahaan waxa aad dib u dhigtaa siinta bukaanka qaba xanuunka dhexe ama daran talaalka ilaa inta xanuunka uu ka ladnaano.

Dib u dhig talaalka dadka qaba caabuqa SARS-CoV-2 ilaa inta qofka uu kasoo kabanayo xanuunka daran oo uu joojinayo aysoleeshinka. Taladani way shaqaynaysaa iyadoon la tixgalin in

caabuqa SARS-CoV-2 uu ka horeeyay inta aan la qaadan talaalka kowaad ama inta u dhaxaysa labada talaal, marka la eego talaalka labada ah. Shaybaadhka fayraska ama serological si loo qiimeeyo kaliya caaibuqa wakhtigan ama hore iyada oo ay tahay ujeedadeedu go'aan ka gaadhista talaalka laguma taliyo.

**Dadka qaba xanuunka yar waa la talaali karaa.** Waa in aan qofka laga hor istaagin talaalka hadii uu qaato antibayootig.

# Liiska Eegitaanka Talaalka Kahor ee Talaalada COVID-19

Macluumaadka Xirfadlayaasha Daryeelka Caafimaadka



## 2. Weligaa ma qaadatay talaalka COVID-19?

Talaalada COVID-19 la iskuma badali karo.

Talaalka labada jeer la qaadanayo, waxa aad ka eegtaa duwaanka caafimaadka, nidaamka macluumaadka talaalka, iyo kaadhka duwaanka caafimaadka si ay kaaga caawiso inaad ogaato talaalkii marka hore qofka la siiyay. Haddii talaalka nooca loo isticmaalay talaalka kowaad la garan waayo ama aanu jirin, wixii talaalka mRNA ah ayaa la siin karaa (oo ay

u dhaxeeyaan talaalada ugu yaraan 28 maalmood). Haddii laba talaal oo kala duwan oo ah mRNA ee COVID-19 si aan u kas ahayn loo bixiyo, ma jirto talaal dheeraad ah oo kale oo lagu talinayaa.

Dadka qaatay talaalka tijaabada waa inay kala hadlaan kafaale-qaadaha tijaabada si ay u go'aamiyaan haddii ay macquul tahay inay qaataan talaal dheeraad ah.

Dadka ka qaatay talaalka COVID-19 meel ka baxsan Maraykanka:

- Dadka wada qaatay talaalkii oo dhan ee talaalada COVID-19 ee ay ansixisay FDA uma baahna wax talaal ah oo labaad. Dadka qaatay talaalka kowaad ee talaalka COVID-19 ee ay ansixisay FDA ee ay tahay in laba jeer la qaato **loogama baahna** inay dib u bilaabaan taxanaha talaalka Maraykanka gudihisa laakiin waa inay qaataan talaalka labaad wakhti u dhaw ilaa inta macquulka ah wakhtiga lagu taliyay.
- Dadka qaatay dhamaan talaalada lagu taliyay ee talaalka COVID-19 ee ku qoran liiska isticmaalka xaalada degdeg ah ee WHO **loogama baahna** wax talaal ah oo dheeraad ah inay qaataan marka ay qaataan kadib talaalka COVID-19 ee FDA ansixisay. Waxa aad eegtaa Eegitaanka Kumeel Gaadhka ah ee Caafimaad ee Istimmaalka Talaalka COVID-19 ee Wakhtigan Loo Ansixiyay Maraykanka (<https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>) wixii liiska talaalada WHO ay u ansixisay isticmaalka xaalada degdeg ah.
- Dadka aan qaadan dhamaan talaalada lagu taliyay ee talaalka COVID-19 ee ku qoran liiska isticmaalka xaalada degdeg ah ee WHO waxaa la siin karaa taxanaha talaalka COVID-19 ee FDA ansixisay. Sug ugu yaraan 28 maalmood kadib marka aad qaadato talaalka ugu danbeeyay ee ayna ansixin FDA kahor inta aan lagu siinin talaalka COVID-19 ee ay ansixisay FDA.
- Dadka qaatay dhamaan ama wax kamid ah talaalada lagu taliyay ee talaalka COVID-19 ee aan ku qornayn liiska isticmaalka xaalada degdeg ah ee WHO oo ayna ansixin FDA waxaa la siin karaa taxanaha talaalka COVID-19 ee FDA ansixisay. Sug ugu yaraan 28 maalmood kadib marka aad qaadato talaalka ugu danbeeyay ee aan la ansixin kahor inta aan lagu siinin talaalka COVID-19 ee ay ansixisay FDA.

## 3. Waligaa xasaasiyad ma ku yeelatay:

- Wax kamid ah waxyaabaha uu ka samaysan yahay talaalka COVID-19, oo ay ka mid yihiin:
  - Polyethylene glycol (PEG), oo laga helo daawooyinka qaarkood, sida calool jilciyayaasha iyo u diyaargarowga hababka baarista malawadka iyo mindhicirka wayn
  - Polysorbate, oo ku jira talaalada qaar, kiniinada dusha wax laga mariyey iyo steroidska xididka laga qaato
- Qaadasho hore oo ah talaalka COVID-19

Dadka isla markaba ka qaaday jawaab celin\* xasaasiyadeed talaal hore oo COVID-19 ama qaba xasaasiyad la og yahay (laga heley) oo waxyaabaha uu ka samaysan yahay ah talaalku waxay u leeyihiin diidmo talaalka.

Dadka leh diidmada talaalka mRNA ee COVID-19 waa inayna qaadan labada talaal ee mRNA midna (Pfizer-BioNTech ama Moderna). Dadka leh diidmada mid kamid ah talaalada mRNA ee COVID-19 (oo ay ku jiraan inay ugu wacan tahay xasaasiyad la garanayo [laga heley] oo PEG† ah) waa inay ka taxadiraan marka la siinayo Talaalka COVID-19 ee Janssen.

Dadka leh diidmada mid kamid ah talaalada COVID-19 ee Janssen (oo ay ku jiraan inay ugu wacan tahay xasaasiyad la garanayo [laga heley] oo polysorbate ah\*) waa inay ka taxadiraan marka la siinayo talaalada mRNA ee COVID-19.

Dadka qaba taariikh hore oo xasaasiyad talaalka ah ama daawaynta irbada waxyaabo badan ku jiraan, oo mid ama wax ka badan uu yahay waxyaabaha uu talaalka COVID-19 ka samaysan yahay, waa inay ka taxadiraan inay qaataan talaalka COVID-19, xataa haddii aan la garanayn shayga ku jira talaalka ee ku keenaya xasaasiyada.

\*Marka cida la talaalay sheegto inay leedahay jawaab celin xasaasiyadeed oo hore oo degdeg ah, bixiyayaasha waa inay isku dayaan inay ogaadaan haddii jawaab celinta la sheegey kadib markii la bixiyay talaalka inay la mid tahay jawaab celinta xasaasiyada marka loo barbardhigo jawaab celin noocyo kale oo caam ah oo la arkay talaalada kadib, sida jawaab celinta vasovagal ama saamayn caafimaad darada kale oo talaalka kadib (taas oo aan ahayn diidmo qaadashada talaalka labaad ee mRNA COVID-19).

†Polyethylene glycol (PEG) waxa uu ka mid yahay waxyaabaha ay ka samaysan yihiin labada talaal ee mRNA ee COVID-19, iyo polysorbate 80 oo ah waxyaabaha uu ka samayn yahay Talaalka COVID-19 ee Janssen. Maadama oo PEG iyo polysorbate ay qaab ahaan xidhiidhaan, xasaasiyadaha ay labaduba keenaan ayaa ka dhex dhici karta labadan iskudhis dhexdooda.

# Liiska Eegitaanka Talaalka Kahor ee Talaalada COVID-19

Macluumaadka Xirfadlayaasha Daryeelka Caafimaadka



## Waxyaabaha Uu Ka Samaysan Yahay Talaalka COVID-19\*

Faahfaahinta	Talaalka mRNA ee COVID-19 ee Pfizer-BioNTech	Talaalka mRNA ee COVID-19 ee Moderna	Talaalka COVID-19 ee Janssen
<b>Waxyaabaha uu ka samaysan yahay ee firfircoon</b>	Nucleoside-modified mRNA oo ee ka masuulka ah viral spike (S) glycoprotein ee SARS-CoV-2	Nucleoside-modified mRNA oo ee ka masuulka ah viral spike (S) glycoprotein ee SARS-CoV-2	Viral Vector; Recombinant, badasho aan dhamaystirnayn ee Ad26 vector, oo ka masuul ah nooca xasilinta borotiinta Spike ee SARS-CoV-2
<b>Waxyaabaha uu ka samaysan yahay ee aan firfircoonayn</b>	2[(polyethylene glycol {PEG})- 2000]-N, N-ditetradecylacetamide	PEG2000-DMG: 1,2-dimyristoyl-rac-glycerol, methoxypolyethylene glycol	Polysorbate-80
	1,2-distearoyl-sn-glycero-3-phosphocholine	1,2-distearoyl-sn-glycero-3-phosphocholine	2-hydroxypropyl-β-cyclodextrin (HBCD)
	Dux	Dux	Citric acid monohydrate
	(4-hydroxybutyl)azanediy(bis(hexane-6,1-diy)bis(2-hexyldecanoate)	SM-102: heptadecan-9-yl 8-((2-hydroxyethyl) (6-oxo-6-(undecyloxy) hexyl) amino) octanoate	Trisodium citrate dihydrate
	Sodium chloride	Tromethamine	Sodium chloride
	Monobasic potassium phosphate	Tromethamine hydrochloride	Ethanol
	Potassium chloride	Acetic acid	
	Dibasic sodium phosphate dihydrate	Sodium acetate	
Sucrose	Sucrose		

\*Talaalada kuma jiraan beed, gelaatiin, xabag, ama waxyaabaha cimriga dheereeya.

Dabeecada jawaabta xasaasiyada ee iman karta, jawaab celinta vasovagal iyo saamaynta caafimaad daro kale ee talaalka kadib talaalka COVID-19

Bukaanka yeesha astaamaha talaalka kadib, go'aaminta etiology (sababaha cudurka) (oo ay ku jiraan jawaab celinta xasaasiyadeed, jawaab celinta vasovagal, ama saamaynta caafimaad darada kale ee talaalka) ayaa muhiim ah in la go'aamiyo hadii qofku u qaadan karo talaalo dheeraad ah (oo waxa kamid ah talaalka 2aad ee talaalka mRNA ee COVID-19). Shaxda soo socotaa ee astaamaha

iyo calaamadaha waxay bixisaa khayraad laakiin waxaa dhici karta inayna dhamaystirnayn, waxaana dhici karta in aanu bukaanku wax calaamado ama astaamo ah aanu yeelan gebi ahaanba. Bixiyayaasha waa inay isticmaalaan aragtidooda caafimaad marka la qiimaynayo bukaanka ee la ogaanayo xanuunka iyo sida munaasabka ah ee loo maamuli karo.

Dabeecada	Jawaab celin xasaasiyadeed oo dhakhso ah (oo ay kamid tahay anaphylaxis)	Jawaab celinta Vasovagal	Saamaynta caafimaad daro ee talaalka (deegaanka ka dhacaya oo qaabaysan)
Wakhtiga talaalka kadib	Badanaa waxay dhacdaa 15-30 daqiiqo kadib talaalka	Badanaa waxay dhacdaa 15 daqiiqo gudaheed	U dhaxeeya 1 ilaa 3 maalmood kadib talaalka (badanaa waxay dhacaan maalinta ka danbaysa talaalka)

## ASTAAMAHA IYO CALAAMADAH

Dabeecada	Jawaab celin xasaasiyadeed oo dhakhso ah (oo ay kamid tahay anaphylaxis)	Jawaab celinta Vasovagal	Saamaynta caafimaad daro ee talaalka (deegaanka ka dhacaya oo qaabaysan)
Xaaladda jireed	Dareemid dawakhaad	Dareemid diirimaad ama qabaw	Xumad, qadhdhigo, daal
Cuncun	Astaamo maqaarka ah ayaa lagu arkaa ~90% dadka qaba anaphylaxis, waxaana kamid ah pruritus, urticaria, flushing, angioedema	Pallor, diaphoresis, maqaar dhidid leh, dareemid diirimaad wajiga ah	Damqasho, erythema ama barar meesha lagaa muday ah, lymphadenopathy isla gacanta lagaa talaalay ah
Neerfeed	Dawakhaad, khalkhal, isku dhax daadasho, wareer, tabcaanimo, miyir beel	Dawakhaada, wareerka, syncope (kadib astaamaha prodromal oo dhawr ilbidhiqsi ama daqiiqo ah), tabcaanimo, isbadal aragtida ah (sida araga laydh bidhbidhle, arag xumo (tunnel vision), isbadalka maqalka	Madax-xanuun

# Liiska Eegitaanka Talaalka Kahor ee Talaalada COVID-19

Macluumaadka Xirfadlayaasha Daryeelka Caafimaadka



Dabeecada	Jawaab celin xasaasiyadeed oo dhakhso ah (oo ay kamid tahay anaphylaxis)	Jawaab celinta Vasovagal	Saamaynaha caafimaad darro ee talaalka (deegaanka ka dhacaya oo qaabaysan)
Neefsiga	Neefta oo ku qabata, hiinraag, bronchospasm, stridor, hypoxia	Kala Duwanaa; hadii ay la socoto warwar, waxa ay kordhin kartaa heerka neefsiga	Munaasab Kuma Aha
Wadnaha	Dhacsanaan, tachycardia	Ka duwan; waxa uu yeelan karaa dhacsanaan ama bradycardia inta ay socoto syncopal-ku	Munaasab Kuma Aha
Caloosha	Yalaalugo, hunqaaco, casiraad, shuban	Yalaalugo, hunqaaco	Hunqaaco ama shuban ayaa iman kara
Murqaha	Munaasab Kuma Aha	Munaasab Kuma Aha	Myalgia, arthralgia

## TALOOYINKA TALAALKA

Dabeecada	Jawaab celin xasaasiyadeed oo dhakhso ah (oo ay kamid tahay anaphylaxis)	Jawaab celinta Vasovagal	Saamaynaha caafimaad darro ee talaalka (deegaanka ka dhacaya oo qaabaysan)
Hadii talaalka mRNA ee COVID-19 uu yahay talaalkii kowaad, waxa lagu taliyay qaadashada talaalka labaad ee talaalka mRNA?	Maya	Haa	Haa

Bixiyayaasha daryeelka caafimaadka ama waaxaha caafimaadka Maraykanka ayaa ka dalban kara wada tashi mashruuca COVIDvax ee Qiimaynta Amaanka Talaalka Caafimaad (<https://www.cdc.gov/vaccinesafety/ensuringsafety/monitoring/cisa/index.html>) su'aasha ku saabsan amaanka talaalada ee murugsan ee COVID-19 ee aan lagaga jawaabin tilmaamaha CDC ee ku saabsan bukaanka gaarka ah ee degan Maraykanka.

Xirfadlayaasha daryeelka caafimaadka waa inay yaqaanaan aqoonsiga jawaab celinta xasaasiyada nooca ay tahay markaba, oo waxaa kamid ah anaphylaxis, oo ay yihiin qaar aqoon iyo khibrad u leh daawaynta dhacdooyinkan wakhtiga bixinta talaalka. Daawaynta caafimaadka ee haboon ee jawaab celinta xasaasiyada ee daran waa in markaba la heli karo hadii anaphylaxis daran ay timaado kadib marka talaalka COVID-19 la siiyo qofka. Ka eeg Maamulida Anaphylaxis Websaytada Talaalka COVID-19 | CDC wixii tilmaamo dheeraad ah. <https://www.cdc.gov/vaccines/covid-19/info-by-product/pfizer/anaphylaxis-management.html>

Syncope ayaa iman kara isaga oo la xidhiidha irbada talaalka, gaar ahaan dadka dhawr iyo toban jirada ah. Waa inay jiraan nidaamyo jira oo lagaga hortagayo in la dhaawacmo iyo maamulida jawaab celinta syncopal. Dhamaan dadka waxaa lagula taliyaa in lagu sameeyo kormeer kadib talaalka COVID-19 ugu yaraan 15 daqiiqo. Bukaanka waa inay fadhiistaan ama jiibsadaan inta la kormeerayo si loo yareeyo khatarta inay dhawaacmaan hadii ay miyir beelaan. Hadii syncope bukaanku yeesho, waa in la kormeeraa ilaa inta astaamaha uu ka dawaaysmayo.

## 4. Weligaa xasaasiyad ma ka qaaday talaal kale (oo aan ahayn talaalka COVID-19) ama daawo kale oo la isku duro?

Taariikhda hore ee jawaab celinta xasaasiyada (4 saacadood gudahood) ee wixii talaal ee kale ama irbad ah (sida talaalada muruqa, xididka, ama maqaarka hoostiisa ah ama daawayn aan la xidhiidhin waxyaabaha uu ka samaysan yahay talaalka COVID-19) waxaa weeye taxadir bixinta talaalka iminka la ansixiyey ee COVID-19. Talaalka waa la bixin karaa, laakiin bukaanka waxaa loo sheegayaa khataraha laga ogyahay ee keeni kara jawaab celinta xasaasiyada daran iyo sida la iskugu dheeli tirayo faa'idada iyo khasaaraha talaalka. Dib u dhigidda talaalka iyo/ama la

tashiga dhakhtarka xasaasiyada-difaaca ayaa la isla eegi karaa. Isla eegida talaalka waxaa kamid ah khatarta qaadida SARS-CoV-2, khatarta xanuun daran ama dhimasho inay ka timaado COVID-19, caabuuq hore oo COVID-19 ah, khatar aan la garanaynin oo anaphylaxis ah kadib talaalka COVID-19, iyo awooda qofka qaadanaya uu ku heli karo daryeelka dhakhsaha ah ee anaphylaxis, hadii loo baahdo.

**Shakhsiyaadkan waa in lala socdaa xaaladooda 30 daqiiqo kadib talaalka.**

# Liiska Eegitaanka Talaalka Kahor ee Talaalada COVID-19

Macluumaadka Xirfadlayaasha Daryeelka Caafimaadka



## 5. Eegista Caafimaad:

Jawaab	Eegitaan
<b>Haweenay ay da'deedu u dhaxayso 18 ilaa 49 jir</b>	<p>Dumarka 18 ilaa 49 jirka ah waxay qaadan karaan talaalka COVID-19 ee ay FDA ansixisay. Laakiin, waa in loo sheegaa khatarta naadirka ah ee laakiin kordhaysa ee thrombosis with thrombocytopenia syndrome (TTS) kadib marka ay qaataan talaalka COVID-19 ee Janssen <a href="http://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/janssen-covid-19-vaccine">www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/janssen-covid-19-vaccine</a> iyo sida loo heli karo talaalo kale oo COVID-19 oo ay FDA ansixisay.</p> <p>TTS waxaa weeye xanuun naadir ah oo daran oo ku lug leh xinjirawga xididada aroorayaasha ama halbawlayaasha iyo xanuun cusub oo thrombocytopenia ah oo bukaanada lagu arko iyada oo aan lagu ogayn inay dhawaan qaadeen heparin.</p> <p>Macluumaad waxbarasho oo dheeraad ah oo qaataha loogu talagalay waxaa laga heli karaa <a href="http://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJUpdate.html">www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJUpdate.html</a>.</p>
<b>Waxaan xasaasiyad daran ka qaaday wax kale oo aan ahayn talaalka ama daawaynta irbada sida cuntada, cuntada rabbaayadaha, vemon, deegaanka ama xasaasiyadaha dawooyinka afka laga qaato</b>	<p>Jawaab celinta xasaasiyada, oo ay ku jiraan jawaab celinta xasaasiyada daran, oo <b>AAN</b> la xidhiidhin talaalada, irbada, ama waxyaabaha uu ka samaysan yahay talaalka COVID-19, <b>MAAHA</b> diidmooyin ama taxadir talaalka wakhtigan la ogolaaday ee talaalada COVID-19. Laakiin, shakhsiyaadka ku yeesha xasaasiyada daran wax kasta, iyadoon la eegin wixii keeney, <b>waa in la kormeeraa 30 daqiqo kadib marka la talaalo.</b></p>
<b>Aad qaaday COVID-19 oo lagugu daweyay antitiboodhiga monoclonal ama sharoobada convalescent</b>	<p>Talaalka waa in la siiyaa dadka iyada oo aan la eegeynin taariikhdooda hore ee yeelasho astaamo ama inayna yeelan astaamaha caabuqa SARS-CoV-2. Ma jirto mudada ugu yar oo lagu taliyay inay u dhaxayso caabuqa iyo talaalka.</p> <p>Laakiin, talaalka waa in dib loo dhigaa ugu yaraan 90 maalmood hadii bukaanka la siiyay antitiboodhiyada monoclonal ama convalescent serum oo lagaga dawaynayay COVID-19. Tani waxaa weeye talaabo taxadir ah ilaa inta macluumaad dheeraad ah la helayo, si looga hortago la falgalka daawaynta antitiboodhiga ee jawaab celinta talaalku keenay.</p>

# Liiska Eegitaanka Talaalka Kahor ee Talaalada COVID-19

Macluumaadka Xirfadlayaasha Daryeelka Caafimaadka



Jawaab	Eegitaan
<p><b>Uu qabo multisystem inflammatory syndrome; ha ahaato MIS-C (caruurta) ama MIS-A (dadka waawayn)</b></p>	<p>Lama garanayo hadii dadka hore u lahaa MIS-C ama MIS-A ay khatar ugu jiraan jawaab celin talaalka ah oo aan la xakamayn karin oo talaalka COVID-19 ah.</p> <p>Dadka hore u leh taariikh MIS-C ama MIS-A ah waxay dooran karaan in la talaalo. Eegitaanka talaalka waxaa kamid ah:</p> <ul style="list-style-type: none"> <li>■ Kasoo kabashada caafimaadka ee MIS-C ama MIS-A, oo ay kamid yihiin soo laabashada shaqada wadnaha ee caadiga ah</li> <li>■ Khatarta shakhsi ahaaneed ee aadka u daran ee COVID-19, (sida, da'da, xaalado caafimaad oo kale)</li> <li>■ Heerka isku gudbinta bulshada ee COVID-19 iyo khatarta shakhsi ahaaneed ee caabuuq qaadista mar kale</li> <li>■ Jiritaan la'aanta macluumaadka amaanka ee talaalada COVID-19, kadib xanuunadan</li> <li>■ Mudada wixii daawayn immunomodulatory ah (tilmaamaha guud ee nidaamka wanaagsan ee talaalka waxaa laga heli karaa macluumaad dheeraad ah <a href="https://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html">https://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html</a>)</li> </ul> <p>Maadaama oo cadaymaha wakhtigan ay muujinayaan in khatarta qaadista caabuuqa SARS-CoV-2 mar kale uu yar yahay bilaha ka danbeeya caabuuqa kowaad, dadka leh taariikhda hore ee MIS-C ama MIS-A waa inay isla eegaan inay dib u dhigaan talaalka ilaa inta ay kasoo kabanayaan caabuuqa ugu yaraan 90 maalmood kadib taariikhda laga heley MIS-C ama MIS-A.</p> <p>Inay ka wada sheekeystaan bukaanka, koriyahooda iyo kooxda caafimaadka ama khabiirka ayaa ka caawin kara in la gaadho go'aanka talaalka COVID-19. Daryeelka caafimaad bixiyayaasha iyo waaxaha caafimaadku sidoo kale waxay ka codsan karaan talo Mashruuca Qiimaynta Amaanka Caafimaadka Talaalka <a href="http://www.cdc.gov/vaccinesafety/ensuringsafety/monitoring/cisa/index.html">www.cdc.gov/vaccinesafety/ensuringsafety/monitoring/cisa/index.html</a>.</p>
<p><b>Aad qabtid nidaamka difaaca jidhka oo liita (HIV, kansar)</b></p> <p><b>Qaadato dawooyin ama daawayn difiiciya difaaca jidhka</b></p>	<p>Talaalada COVID-19 waxaa la siin karaa dadka qaba xanuunada kale, sida caabuuqa HIV ama xanuunada kale ee difaaca jidhka daciifiya, ama dadka qaata dawooyinka ama daawaynta daciifiya difaaca jidhka, oo ayna iska hor imanaynin talaalka.</p> <p>Laakiin, waa in loo sheegaa macluumaadka amaanka talaalka ee aan la garanaynin iyo wax ku oolnimadiisa dadka difaacooga hoos loo dhigay, iyo sidoo kale yaraynta mustaqbalka ee jawaabta difaaca iyo baahida loo qabo sii wadida raacitaanka tilmaamaha ka ilaalinta naftooda COVID-19.</p> <p>Talaalada COVID-19 waxaa la bixin karaa iyada oo aan la eegaynin daawaynta corticosteroid, oo ay ku jiraan daawaynta marinta ama kala-goosyada. Dib u qaadashada talaalka laguma taliyo kadib marka la helo dicaafa saxda ah.</p>
<p><b>Aad qabto khalkhal dhiigbax ah</b></p> <p><b>Aad qaadato dhiig jilciye</b></p>	<p>Talaalada kale oo dhan sida dhacda, wixii talaalka COVID-19 ah waxaa la siin karaan bukaanadan, hadii dhakhtarka la socda khatarta dhiigbaxa bukaanka uu go'aamiyo in talaalka laga siin karo muruqa oo uu leeyahay amaan macquul ah.</p> <p>ACIP waxay ku talisaa farsamooyinka soo socda ee talaalka muruqa laga siinayo bukaanka qaba khalkhalka dhiigbaxa ama qaata dawooyinka jilciya dhiiga: Irbad af wanaagsan leh (af-23 ah ama ka yar) ayay tahay in loo adeegsado talaalka, oo laga danbaysiiyo cadaadis sugan oo goobta lagu qabto, iyada oo aan la masaxaynin, ugu yaraan 2 daqiiqo.</p> <p>Dadka sida joogtada ah u qaata asbiriinta ama anticoagulants oo ay uga mid tahay dawooyinka ay maalin kasta qaataan ma aha inay joojiyaan dawooyinkaas kahor inta ayna qaadan talaalka COVID-19.</p>



# Liiska Eegitaanka Talaalka Kahor ee Talaalada COVID-19

Macluumaadka Xirfadlayaasha Daryeelka Caafimaadka



Jawaab	Eegitaan
<p><b>Taariikhda hore ee heparin-induced thrombocytopenia (HIT) (xinjirawga ay keento heparin)</b></p>	<p>In kasta oo waxa keena thrombosis with thrombocytopenia syndrome (TTS) ee la xidhiidha Talaalka Janssen ee COVID-19 aysan cadayn, waxa aad moodaa inay lamid tahay xanuunada kale ee difaaca jidhka hoos u dhiga, heparin-induced thrombocytopenia (HIT). Ilaa inta la heleyo macluumaad dheeraad ah, khabiiradu waxay ku taliyaan in dadka leh taariikhda hore ee xanuunada daciifiya difaaca jidhka oo leh thrombosis iyo thrombocytopenia, sida HIT, ay tahay in la siiyo talaal kale oo COVID-19 ah, (sida, talaalka mRNA) hadii ay kasoo wareegtay 90 maalmood ama wax ka yar inta xanuunkooda wax laga qabtay. 90 maalmood wixii ka danbeeya, bukaanka waxaa lagu talaali karaa talaalka COVID-19 ee FDA ansixisay.</p> <p>Khabiiradu waxay aaminsan yihiin xaaladaha soo socda inayna dadka ka dhigayn qaar u nugul TTS kadib marka ay qaataan talaalka COVID-19. Dadka qaba xaaladahan waxaa lagu talaali karaa talaalka COVID-19 ee ay FDA ansixisay, oo ay ku jiraan talaalka COVID-19 ee Janssen:</p> <ul style="list-style-type: none"> <li>■ Taariikh hore oo ah venous thromboembolism (xinjirawga xididada arooraha)</li> <li>■ Xaaladaha khatarta ee venous thromboembolism (sida, thrombophilia-da la dhaxlay ama la qaaday oo ay ku jiraan Factor V Leiden; prothrombin gene 20210A mutation; antiphospholipid syndrome; borotiin C, borotiin S ama hoos u dhaca antithrombin</li> <li>■ Taariikh hore oo ah noocyo kale oo xinjiraw ah oo aan la xidhiidhin thrombocytopenia</li> <li>■ Uur, uurka kadib, ama qaadashada hormoonada uurka baajiya (sida, uur baajiyayaasha afka laga qaato ee la isku daro, xabagta, fargalka)</li> </ul> <p>Macluumaad waxbarasho oo dheeraad ah oo qaataha loogu talagalay waxaa laga heli karaa <a href="http://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJUpdate.html">www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJUpdate.html</a>.</p>
<p><b>Uur leh ama naaska ayaan nuujinayaa wakhtigan</b></p>	<p>Dadka uurka leh ama naaska nuujinaya waxa ay u qalmaan oo ay qaadan karaan talaalka COVID-19 ee la ansixiyay.</p> <p>Iyada oo ku salaysan aqoonta wakhtigan, khabiiradu waxay aaminsan yihiin in talaalada COVID-19 ay u badan tahay in aanay khatar ku keeneynin qofka uurka leh ama ilmaha uurka ku jira. Talaalada COVID-19 ee FDA ansixisay kuma keenaan caabuuq hooyada ama ilmaha uurka ku jira. Laakiin, khatarta ay ku keeni karaan talaalada COVID-19 dadkan lama garanayo maadaama oo talaalada aan lagu samaynin daraasad dadka uurka leh.</p> <p>Marka la gaadhayo go'aanka, dadka uurka leh iyo daryeelka caafimaad bixiyihiisa waa inay eegaan heerka bulshada dhaxdeeda uu ugu baahsan yahay COVID-19, khatarta shakhsiga ah ee bukaanka ee inuu qaado COVID-19, khatarta badan ee COVID-19 daran u leeyahay bukaanka iyo khatarta ku iman karta ilmaha uurka ku jira, faa'idada la garanayo iyo ta laga filanayo talaalka, wax ku oolnimada talaalka, saamaynta caafimaad darada kale ee talaalka, iyo macluumaadka kooban laakiin koraya ee ku saabsan amaanka talaalka inta uurka la leeyahay.</p> <p>Dadka uurka leh, naas nuujinaya, iyo kuwa ku jira dhalmada kadib ee da'doodu tahay 18 ilaa 49 jirka waa inay la socdaan khatarta naadirka ah ee TTS kadib marka qaadashada Talaalka COVID-19 ee Janssen iyo inay heli karaan talaalo kale oo COVID-19 oo FDA ansixisay (sida, talaalada mRNA).</p>
<p><b>Leh dermal fillers</b></p>	<p>Talaalada COVID-19 ee FDA ansixisay waxaa la siin karaa dadka lagu mudmuday dermal fillers ee aan lahayn xaalad kahor imanaysa ama taxadir in la talaalo ah.</p> <p>In kasta oo ayna badnayn, dadkan waxay yeelan karaan barar kumeel gaadh ah goobta ama meesha u dhaw meesha lagaga mudmuday fillerka (caadiyan wajiga ama dabnaha) kadib marka la siiyo talaalka COVID-19. Dadkaas waa in lagula taliyaa inay la xidhiidhaan daryeelka caafimaad bixiye hadii ay yeeshaan barar meesha laga mudmuday ah ama aaga u dhaw dermal fillerka talaalka kadib.</p>