



# Marka Si Buuxda Laguu Tallaalay

Sida aad u Ilaalinayso Naftaada iyo Dadka Kale

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- [If you are fully vaccinated \(Haddii si buuxda laguu tallaalay\)](#), waxaad dib u billaabi kartaa howlihii aad qabanaysay ka hor inta uusan iman cudurka.
- Dadka sida buuxda loo tallaalay waxay dib u billaabi karaan howlaha iyagoo aan xiraneyn maaskaro ama jir ahaan aan kala fogaaneyn, marka laga reebo goobaha ay farayaan sharciyada, xeerarka iyo qawaaniinta heer federaal, goboleed, deegaaneed, qabiileed, ama dhuleed, oo ay ka mid yihiin talooyinka goobaha ganacsiga maxalliga ah iyo shaqooyinka.
- Haddii aan weli lagu tallaalin, [find a vaccine \(raadso tallaal\)](#).

[COVID-19 vaccines \(Tallaalada COVID-19\)](#) waxay waxtar u leeyihiin in ay kaa difaacaan in aad jirrato. Innaga oo ku saleyneyno [what we know \(waxa aan og nahay\)](#) oo ku saabsan tallaalada COVID-19, dadka sida buuxda loo tallaalay waxay billaabi karaan in ay qabtaan waxyaabo ay horay u joojiyeen in ay qabtaan cudurka dartiis.

Talooyinkan waxay kaa caawin karaan in aad go'aan ka gaarto howlaha maalinlaha ah ka dib marka sida buuxda lagu tallaalay. Looguma talagalin [healthcare settings \(goobaha daryeelka caafimaad\)](#).

## Si Buuxda Ma Laguu Tallaalay?

Guud ahaan, dadka waxaa loo tixgeliyaa in si buuxda loo tallaalay: ±

- 2 usbuuc ka dib qaadashadoodii labaad ee taxanaha labada qaadasho, sida tallaalada Pfizer ama Moderna, ama
- 2 usbuuc ka dib tallaalka halka qaadasho ah, sida tallaalka Johnson & Johnson's Janssen

Haddii aadan buuxinin shuruudahan, iyadoo aan loo eegin da'daada, si buuxda UMA tallaalnid. Sii wad in aad sameyso [precautions \(taxaddarada\)](#) oo dhan ilaa si buuxda laguu tallaalo.

Haddii aad qabto cudur ama aad qaadanayso dawooyin daciifinaya habkaaga difaac ee jirka, Si buuxda UMA tallaalnid haddii xitaa si buuxda laguu tallaalay. La hadal bixiyahaaga daryeelka caafimaad. Xitaa tallaalidda ka dib, waxaa laga yaabaa in aad u baahato in aad sii wado dhammaan [precautions \(taxaddarada\)](#).



## Waxa aad Billaabi Karto in aad Sameeyso



Haddii si buuxda lagu tallaalay:

- Waxaad dib u billaabi kartaa howlihii aad qabanaysay ka hor inta uusan iman cudurka.
- Waxaad dib u billaabi kartaa howlaha adigoo aan xiraneyn maaskaro ama aan ka fogaaneyn 6 fuud dadka kale, marka laga reebo goobaha ay farayaan sharciyada, xeerarka iyo qawaaniinta heer federaal, goboleed, deegaaneed, qabiileed, ama dhuleed, oo ay ka mid yihiin talooyinka goobaha ganacsiga maxalliga ah iyo shaqooyinka.
- Haddii aad [travel in the United States \(ku safarto gudaha Maraykanka\)](#), uma baahnid in lagu baaro ka hor iyo ka dib safarka ama is-karantiisho safarka ka dib.
- Waxaad u baahan tahay in aad fiiro gaar ah u yeelatid [the situation at your international destination \(xaaladda goobta caalamiga ah ee aad u socoto\)](#) ka hor inta aadan u safrin dibedda Maraykanka.
  - UMA baahnid in lagu baaro **ka hor** inta aadan ka bixin Maraykanka ilaa meesha aad u socoto ay u baahan tahay mooyee.
  - Waxaad weli u baahan tahay in aad to [show a negative test result \(muujiso natiijo taban\)](#) ama dukumenti muujinaya in aad ka bogsootay COVID-19 **ka hor** inta aadan raacin duulimaad caalami ah oo u socda Maraykanka.
  - Waa in lagu baaraa 3-5 maalmood **ka dib** safarka caalamiga ah.
  - Uma baahnid in aad is-karantiisho **ka dib** markaad timaaddo Maraykanka.
- Haddii aad ag joogtay qof qaba COVID-19, uma baahnid in aad ka fogaato dadka kale ama lagu baaro in aad calaamado leedahay mooyee.
  - Si kastaba ha ahaatee, haddii aad ku nooshahay ama aad ka shaqeyso xarun dhaqan celin ah ama xabsi ah ama hoyga dadka aan guriga lahayn oo aad ag joogtay qof qaba COVID-19, waa in weli lagu baaraa, haddii xataa aadan calaamado lahayn.



## Waxa ay Tahay in aad Sii Wado



Waqtigan la joogo, haddii si buuxda lagu tallaalay:

- Waxaad weli u baahan doontaa in aad raacdo hagidda goobtaada shaqo iyo ganacsiyada maxalliga ah.
- Haddii aad [travel \(safarto\)](#), waxaad weli qaadi doontaa tallaabooyinka aad [protect yourself and others \(ku difaacayso naftaada iyo dadka kale\)](#). Waxaa weli lagu [required to wear a mask \(farayaa in aad xirato maaskaro\)](#) marka aad saaran tahay diyaaradaha, basaska, tareenada, iyo noocyada kale ee gaadiidka dadweynaha oo u safraya gudaha ama dibedda dalka Maraykanka, iyo marka aad ku sugan tahay goobaha gaadiidka ee Maraykanka sida garoomada diyaaradaha iyo boostaajooyinka. [International travelers \(Socdaalayaasha caalamiga ah\)](#) ee sida buuxda loo tallaalay ee imaanaya Maraykanka waxaa weli la [required to get tested \(farayaa in la baaro\)](#) 3 maalmood ka hor inta aysan diyaarad kuso galin Maraykanka (ama ay muujiyaan dukumentii sheegaya in ay ka bogsoodeen COVID-19 3-dii bilood ee la soo dhaafay) welina la baaraa 3-5 maalmood safarkooda ka dib.
- Waa in aad weli la socotaa [symptoms of COVID-19 \(calaamadaha COVID-19\)](#), gaar ahaan haddii aad ag joogtay qof xannuusan. Haddii aad leedahay calaamadaha COVID-19, waa in lagu [tested \(baaraa\)](#) oo aad [stay home \(guriga joogtaa\)](#) kana fogaataa dadka kale.
- Dadka qaba xaalad caafimaad ama qaadanaya dawooyin daciifinaya habka difaaca ee jirka, waa in ay la hadlaan bixiyahooda daryeelka caafimaad si ay ugala hadlaan howlahooda. Waxaa laga yaabaa in ay u baahdaan in ay sii wadaan in ay sameeyaan [precautions \(taxaddarada\)](#) oo dhan si looga hortago COVID-19.

## Waxa Aan Og Nahay

- Tallaalada COVID-19 waxay waxtar u leeyihiin ka hortagidda cudurka COVID-19 gaar ahaan xannuun daran iyo dhimasho.
- Tallaalada COVID-19 waxay yareeyaan halista dadka in ay faafiyaan COVID-19.



## Waxa Aan Weli Baranayno

- Sida ay tallaalada waxtar ugu leeyihiin noocyada fayraska keena COVID-19. Xog hore ayaa muujinaysa in tallaalada ay wax ka qabanayaan noocyada qaar laakiin ay waxtar yar u leeyihiin noocyada kale.
- Sida wanaagsan ee tallaalada ay u difaacaan dadka habka difaaca jirkooda uu daciif yahay, oo ay ka mid yihiin dadka qaata dawooyinka yareya difaaca jirka.
- Muddo intee la eg ayay tallaalada COVID-19 difaaci karaan dadka.

Sida aan wax badan ka sii ogaano, CDC waxay sii wadi doontaa in ay cusbooneysiiso talooyinkeena loogu talagalay dadka la tallaalay iyo kuwa aan la tallaalin.

Haddii aad doonayso in aad wax badan ka ogaato talooyinkan? Akhriso [Interim Public Health Recommendations for Fully Vaccinated People \(Talooyinkeena Caafimaadka Dadweynaha ee Ku-Meel-Gaarka ah ee loogu Talagalay Dadka Sida Buuxda loo Tallaalay\)](#).

± Hagiddan waxay khuseysaa tallaalada COVID-19 ee hadda loo oggol yahay adeegsiga xaaladda deg degga ah ee uu oggolaaday Maamulka Cuntada iyo Dawooyinka ee Maraykanka: Tallaalada Pfizer-BioNTech, Moderna, iyo Johnson & Johnson (J&J)/Janssen ee COVID-19. Hagiddan waxay sidoo kale ay khuseyn kartaa tallaalada COVID-19 ee loo oggolaaday xaaladda deg degga ah oo ay oggolaatay Hay'adda Caafimaadka Adduunka (tusaale ahaan AstraZeneca/Oxford).

Xigasho: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>