SU'AALAHA BADANAA LAGA WEYDIIYO TALLAALKA COVID-19

EE LOOGU TALAGALAY SHAKHSIYAADKA UURKA LEH IYO CAANO NUUJIYA

Miyaa la tallaali karaa dadka uurka leh ama dhawaan uur lahaa?

Haa! Adigoo uur leh ama dhawaan uur lahaa waxay kaa dhigeysaa qof khatar sii daran ugu jiro cuduro ka yimaada COVID-19. Tani macnaheedu waa suurtagalka u baahnida gelinta daryeelka degdegdega ah (intensive care (ICU)), hawo siinta qalabka ah si uu kaaga caawiyo neefsashada, ama kaa badbaadiyo dhimashada. Uurka leh saamaynta infekshanka COVID-19 wuxuu ugu jiraa khatar sii dheeraad leh dhalida wakhtigeeda ka hor iyo dhallaan miisaan yar leh. Is-tallaalida iyo ku socodka dhammaan qiyaasyada lagu taliyey ee tallaalada COVID-19 wuxuu kaa caawini ka hortaga cudurada daran ee ka yimaada COVID-19.

Tallaalada ma amaan baa?

Haa! Tallaalada COVID-19 waa amaan oo waxaa loogu taliyey dadka uurka leh iyo naas nuujinaya tallaalada Moderna and Pfizer. Hadda waxaan heynaa caddayn ka socda in ka badan 100 diraasooyin caalamka oo dhan ah in faa'iidada tallaalka COVID uu aad uga badan yahay khatarta. Ma jiraan wax caddayn ah oo muujinaya in tallaaladan ay sababaan dhalmo la'aan, dhalida ilmo dhintay, ama uur dhicin.Hasa ahaatee, fayraska wuxuu keeni karaa dhammaan waxyaalahaa.

Waa maxay saameynta ka imaan karta tallaalada?

Qofka uurka leh ama dhawaan uur lahaa waxaa laga yaabaa inay la kulmaan saamayn la mid ah dadka aan uurka lahayn. Taasi waxaa ka mid ah xanuunka goobta la duray, daal, iyo qandho. Qandhada waxaa loo qaadan karaa Acetaminophen.

Miyaan qaadan karaa tallaalka haddii aan naas nuujinayo?

Haa! Daraasaduha waxay muujiyeen in dadka qaatay tallaallada mRNA COVID-19 ay leeyihiin unugyada difaaca jirka ee caanaha naaska, kuwaas oo caawini kara ilaalinta ilmahaaga. Carruurta da'dooda ay ka yar tahay lix bilood uma qalmaan in la tallaalo, sidaa darteed naas-nuujinta waa hab aad awood ugu yeelan karto inaad siiso xoogaa difaac ah dhallaankaaga ilaa iyo marka la tallaali karo!

Gormee tahay in la i tallaalo?

Sida ugu dhakhsaha badan! Tallaalada COVID-19 waxa la bixin karaa inta lagu jiro saddex bilood kasta ee uurka, in kasta oo ay caddayn cusub soo jeedinayso in tallaalka saddexda bilood ee saddexaad ee uurka ay u badan tahay inay u gudbinayso ilaalinta dhallaanka. Intaa waxaa sii dheer, tallaallada COVID-19 waxaa lala qaadan karaa tallaallada kale. Tallaalka COVID-19 waxaa lagula talinayaa qof kasta oo jira 6 bilood iyo ka weyn.

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Macluumaadkan waxaa la sameeyay iyadoo lala kaashanayo Illinois Chapter, Akadeemiyada Maraykanka ee Dhakhaatiirta Carruurta (American Academy of Pediatrics) iyadoo la adeegsanayo maalgelin uu suurtagaliyey Xafiiska Xakamaynta Cudurrada (Office of Disease Control), iyada oo loo sii marayo Waaxda Caafimaadka Dadweynaha ee Illinois (Illinois Department of Public Health.)