

Sidee uga caawin karaa macaamiisha aan caymisnayn in ay is tallaalaan?

- U sheeg macaamiisha in tallaalo badan ay diyaar ku yihiin si bilaash ah ama kharash yar bilaa caymis.
- U tilmaam ruggaha caafimaadka bulshada, farmashiyayaasha iyo waaxaha caafimaadka ee maxalliga ah ee fidiya ballamaha tallaalka iyagoo aan eegayn xaaladda caymiseed.
- Ku xidh bulshada barnaamijyadda ku salaysan bulshada ee dhaqan ahaan jawaab celinta leh ee u fidiya dadka waaweyn ee aan caymisnayn kharash dhimis ama tallaalo bilaash ah.

Waa maxay COVID ka Dheeraaday sideena ugu sharaxaa macaamiisha?

- Cid walba oo uu ku dhacay COVID-19 waxa uu yeelan karaa COVID ka Dheeraaday, oo macnaheedu tahay in astaamahoodu ay kasii muuqanayaan 3 billood ama billo ka badan.
- Astamaha guud waxa ka mid ah daal daba dheeraada, neefsasho adkaan, dawakhsanaan, dhibaatooyin xasuuseed iyo isbeddelo ku yimaada wadna garaaca.
- Dhakhaatiirtu weli waxbay ka baranayaan COVID ka Dheeraaday. Haddii astaamaha macmiilkuu ay wakhti badan hayaan, la xidhiidhsii bixiyahooda.
- La socodka tallaalada ayaa ah waddada ugu wanaagsan ee lagu yarayn karo khatarta COVID ka Dheeraaday Tallaladu waxay diyaar ku yihiin bilaash ama kharash yar



Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir doh.information@doh.wa.gov.

Tan waxa lagu maalgeliyay deeq ka timi US Centers for Disease Control and Prevention (Xaruunta Mareykanka ee Xakamaynta Xanuunka iyo ka Hortagga) taas oo la siiyay Washington State Department of Health (Waaxda Caafimaadka Gobolka Waanshitoon) (6NU50CK000515-05-14). **DOH 130-113 Abriil 2026 Somali**

Su'alaha ka yimi CHW adigoo kale ah.



Wadahadal walba oo macmiil waa kala duwanyihiin.

Waxa laga yaabaa in aad weli qabto su'aalo ku saabsan sida wax looga qabto mawduucyo cayiman.

Waa kuwan jawaabuhu.



Maxaan sameeyaa haddii macmiil aanu isu tallaalayn sababo diimeed?

- Hoggaamiyayaal diimeedyo badan ayaa taageera tallaalista, laakiin qaar ayaa dadka u baqa geliya ama ka shakisiya tallaalada.
- Aaminaadaha dadkoo dhan waa kala duwanyihiin, markaa waxa ugu fiican inaad dhagaysato oo weydiiso su'aalo macmiilkaaga intii aad isku dayi lahayd inaad rayigiisa beddesho. Kula tali bixiye ama xirfadle caafimaad oo siin doona xog xaqiiq ah.
- U sheeg macmiilkaaga in aad u furantahay hadal badan iyo fidinta xaqiiqooyin ku saabsan tallaalada.

Sidee ula taliyaa macaamiisha uurka leh ama hadda waalidka noqday ee walaacyada ka qaba tallaalada?

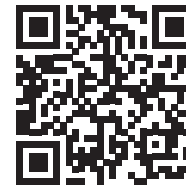
- Ku dhiirigeli in ay la hadlaan daryeel bixiye caafimaad ama dakhtarka carruurta wixii ku saabsan badqabka tallaalada — ee naftooda ama caruurtooda.
- U sheeg in laga yaabo ay ku qasbanaadaan in ay u weydiyaan daryeel bixiyayaashooda si toos ah tallaalada, oo uu ku jiro ka COVID-19.
- Sidoo kale waxa aad tixraaci kartaa talooyinka lagu taliyay ee jadwalka tallaalka ee lagu soo bandhigey **Xaanshida Tilmaamta 1.**

Ma la ii oggolyahay in aan la xidhiidho daryeel bixiyaha koowaad ee macmiilka haddii ay qabaan su'aalo aanan ka jawaabi karin?

- Haa, laakiin marwalba hel oggolaanshaha macmiilka marka horre kadibna iska ilaali weydiinta bixiyayaasha xog caafimaad oo shakhsi.
- Waad ka caawin kartaa macmiilka ballamaha jadwalka tallaalka adigoo sii maraya bixiyahooda, ama weydii tallaalada ay u baahanyihiin.

Ka waran haddii macmiilku aanu isu tallaalin sabab ah mahadhooyin taban oo horre uga soo maray bixiyayaal horre?

- Garowso mahadhooyinkooda iyo dareemahooda, una sheeg in walaacyadoodu yihiin kuwa jira oo ay u qalmaan in loola dhaqmo si xushmad leh.
- U bandhig inaad kala hadasho habka tallaalka. U oggolow in ay ku weydiyaan su'aalo, qaataan wakhtigooda oo sameeyaan xulashooyin xog ogaal ah.
- Haddii ay danaynayaan, ku xidh bixiye lagu kalsoonyahay oo aad ogtahay in uu dhagaysanayo, si xishmadlehna ugaga jawaabayo su'aalaha oo abuuraya mahadhooyin togan oo badan.



Ku xidh macaamiisha meelo maxalli ah oo ay awoodaan in ay iska tallaalaan.

Iskaan garee koodhka QR-ka, Kadibna ku dhufo **FAQs** badhankeeda.

