

Dadka naafada ah ee IRIS ayaa khatar sare ugu jira in ay u xanuusadaan COVID-19. Waxa muhiim ah in ka qayb galayaasha IRIS, qoysaskooda, iyo shaqaalahooda taageera ay helaan talaalka COVID-19 marka loo heli karo markaa qof waliba waa uu ka difaacanyahay.



GOORMA AYAA DARYEEL BIXIYAYAASHAYDA IYO ANIGU AANU HELAYNAA TALAALKA:

■ Laga bilaabo bisha Abriil 5teeda, 2021, dhamaan dadka da'doodu tahay 16 jir iyo ka wayn ee jooga Wisconsin waxay u qalmaan inay qaataan talaalka.

- Dhalinyarada 16 jirka ah ama ka wayn ayaa kaliya qaadan kara talaalka Pfizer.

■ Waa inaad la hadashaa daryeel bixiyahaaga iyo xubnaha qoyska markaa waxa aad qorsheyn kartaan in aad israacdaan oo talaalka aad soo qaadataan isla wakhtigaas.

YAA KU CAAWIN KARA SI AAD U QABSATO BALANTA TALAALKA:

■ Waydii xubin qoyska ka mida, go'aan qaate la taageerayo, saaxiib, daryeel bixiye ama ilaaliye si uu kuu caawiyo.

■ Hadii wali aad u baahan tahay caawimo ah in aad balan qabsato, iskuduwahaaga adeega ayaa ku caawinaya.

■ Waxa sidoo kale aad wici kartaa Khadka tooska ah ee Taageerada Talaalka COVID-19 ee Wisconsin (844) 684-1064 caawimaad helitaan ama diiwangalin balan.

SIDEEN U HELI KARAA BALANTAYDA TALAALKA:

■ Hadii waalidka ama daryeelayaasha la heli karo, waxay kusiin karaan gaadiid.

■ Iskuduwahaaga adeega ayaa kaa caawin kara balan qabsashada gaadiidka hadii loo baahdo.

■ Gaadiidka Caafimaadka Aan Degdega Ahayn (NEMT) waxa la qabsan karaa balantooda isla maalinta aad leedahay talaalka.

■ Qaar ka mida Xarumaha Dadka Waaweyn iyo Naafada (ADRCs) iyo Qabiilada ayaa bilaabaya barnaamijyada talaalka guriga. Hadii aanad awoodi in aad ka tagto gurigaaga si aad u hesho talaalka, waa inaad kala hadashaa ADRC gaaga ama la taliyahaaga IRIS doorashooyinka ama wadooyinka kale ee kuu furan.

HALKEE AYUU DARYEEL BIXIYAHAYGA IYO ANIGU AANU KA HELI KARNA TALAALKA:

■ Barnaamijyada Farmashiyaha:

Marka aad isku diiwangalinaso ama aad samaysanaso balamaha dooro qaybta kuu qalanta ee sida ugu fiican kuu sharaxaysa ama kugu haboon.

- Costco: Booqo **websaydka** Costco.
- CVS: Booqo **websaydka** CVS.
- Hy-Vee: Booqo **websaydka** Hy-Vee.
- Metro Market iyo Pick-n-Save. Si aad u sameesato, hubi **websaydka** ama wac **866-211-5320**.
- Meijer: Booqo **websaydka** Meijer ama wac farmashiyaha Meijer ee deegaankaaga.
- Walgreens: Booqo websaydka **Walgreens** si aad u samaysato koonto ama wac **1-800-Walgreens**.
- Walmart: Booqo **websaydka** Walmart ama wac farmashiyaha Walmart ee deegaankaaga.
- Farmashiyada kale ee madaxa banaan sidoo kale waxa ay bixinayaan talaal. Si aad u hesho talaal adiga kuu dhaw, waxaad ka isticmaali kartaa khariidad bixiyaha talaalka: <https://www.dhs.wisconsin.gov/covid-19/vaccine-map.htm>.

■ Rugaha Talaalka Bulshada

Dadka xiiseynaya talaalka in ay ka helaan DHS rugaha talaalka bulshada waa inay isku diiwaan galiyaan Talaalka Diiwaanka COVID-19 ee Wisconsin. Fadlan booqo <https://www.dhs.wisconsin.gov/covid-19/vaccine-registry.htm> ama wac **1-844-684-1064** si aad u hesho in uu jiro DHS rugta talaalka bulshada oo ku taala deegaankaaga.

■ Rugaha Talaalka ee Dadka Badan

Rugaha Talaalka ee Dadka Badan waxa taageera Wakaalada Federaalka ee Maareynta Xaaladaha Degdega ah (FEMA). Si aad isaga diiwaangaliso talaal mid ka mid ah rugaha talaalka badan, booqo www.dhs.wisconsin.gov/covid-19/vaccine-registry.htm ama wac **1-844-684-1064**.

- Alliant Energy Center, Madison, WI
- Wisconsin Center, Milwaukee, WI
- University of Wisconsin-Eau Claire Zorn Arena, Eau Claire, WI

Macluumaad dheeraada ee ku saabsan talaalka COVID-19 waxa laga heli karaa halkan: <https://www.dhs.wisconsin.gov/covid-19/vaccine-get.htm>

Macluumaadka COVID-19 IRIS halkan ayaa laga heli karaa: <https://www.dhs.wisconsin.gov/covid-19/forwardhealth-adult.htm>

Su'aalaha inta badan la iska waydiiyo Talaalka COVID-19



Maxay tahay in aan la imaado balatayda talaalka?

Talaal bixiye walba waxa uu kaa dooni karaa in aad la timaado waxyaabo kala duwan. Hubaal ka dhig in aad eegto ama hubiso websaydkooda ama aad wacdo si aad u ogaato waxa ay tahay in aad la timaado.

Waxyaabaha Caadi ahaan la keeno waxaa ka mid ah:

- Xaqiijinta balantaada.
- Kaarkaaga talaalka, hadii aad qaadanayso talaalkaaga labaad.
- Kaarkaaga caymiska, hadii aad mid leedahay.
- Aqoonsi ama waxkale oo magacaagu ku qoran yahay iyo cinwaankaaga, sida boostada.

Waa INAAN lagu celin ama lagu diidin hadii aanad lahayn caymis ama aqoonsi.

Daryeelayaashu ma inay helaanbaa talaalka?

Haa, waa muhiim in daryeel bixiyayaasha in la talaalo. Qaadashada talaalku waxay ka caawin kartaa daryeel bixiyayaashu in ay xanuusadaan ama uu ku dhaco COVID-19 oo ku faafiyo dadka kale.

Miyaan u baahanahay in aan qaato laba goor si talaalku u shaqeeyo?

Talaalada Pfizer iyo Moderna waxa laga qaadanayaa laba talaal. Talaalka Johnson & Johnson waxa la qaadanayaa hal mar. Qofka ku siinaya talaalka ayaa kuu sheegaya hadii aad u baahantahay in aad usoo laabato talaal labaad.

Miyey tahay in daryeel bixiyahayga anigu aanu qaadano talaalka hadii uu hore noogu dhacay COVID-19? Haa, waa in lagu talaalaa iyadoo aan la eegayn in hore uu kuugu dhacay COVID-19, maxaa yeelay khabaradu ilaa hada ma oga mudo intee leeg ayaad ka difaacantahay in uu markale kugu dhaco. Hadii aad daawo u qaadatay COVID-19, waa inaad la hadashaa dhakhtartarkaaga ka hor inta aan lagu talaalin.

Miyaanu u baahanahay in aanu lacag ku bixino talaalka COVID-19?

Maya. Waxaad ku helaysaa talaalka lacag la'aan.

Miyaan wali u baahanahay in aan xidho maaskaro/gafuurxirka iyo kala fogaanshaha bulshada ka dib marka aan qaato talaalka?

Marka laga joogo mudo laba usbuuc ama ka badan talaalkaaga ugu danbeeya, si buuxda ayaad u talaalantahay. Tan macnaheedu waxa weeyaan waxa aad si amaan/nabad ah u booqan kartaa dadka kale ee sida buuxda u talaalan gudaha guryaha iyo iyadoon la xirneyn maaskaro/gafuurxir. Waa inaad sii wadaa in aad xidhato maaskarada oo aad ku dhaqanto kala fogaanshaha bulshada ee goobaha bulshada iyo marka aad booqanayso dadka aan talaalneyn. Ka baro wax badan oo ku saabsan waxa aad samayn karto ka dib marka aad qaadato talaalka halkan

<https://www.dhs.wisconsin.gov/covid-19/vaccine-after.htm>

Talaalku aaman ma yahay?

Haa. Malaayiin qof oo jooga Maraykanka ayaa helay talaalka COVID-19. Dadka qaarkood iskumay arag wax dhiba talaalka ka dib. Dad badan ayaa soo sheegay kaliya saameyn fudud ka dib talaalka COVID-19. Kuwani waa calaamado caadiya oo jidhku uu dhisayo difaac. Marka qofku qaato talaalka, waxay la joogaan 15-30 daqiiqo qofkii talaalka siiyey si loo hubiyo in talaalka ka dib ay qofka kusoo baxdo dhibaato xun. Hadii aad walwal/walaac ka qabto helitaanka talaalka, waa inaad la hadashaa dhakhtarkaaga.

Yaa I caawin kara hadii aan qabo suaal?

Daryeel bixiyahaaga ama lataliyahaaga IRIS ayaa ka caawin kara inuu ka jawaabo su'alahaaga. Waxa sidoo kale aar wici kartaa Khadka tooska ah ee Caawinta Talaalka COVID-19 ee Wisconsin wixii su'aalo ah **(844) 684-1064**. Sidoo kale waxa aad ka heli kartaa warbixin dheeraada halkan:

<https://www.dhs.wisconsin.gov/covid-19/vaccine-faq.htm>

cusboonaysiintii ugu danbeesay: 04/08/21