

1) Waa Maxay Faa'iidooyinka Istalaalku?

Tallaalku waa hab fudud, ammaan ah, oo wax ku ool ah oo dadka looga ilaaliyo cudurrada halista ah.

Tallaallada COVID-19 waxay inaga ilaaliyaan cudurka iyagoo u sameyneyna jawaab difaac ka hortag SARS-CoV-2 oo ah fayraska sababa COVID-19; difaacani wuxuu kaa caawinayaa inaad la dagaalanto fayraska haddii aad qaado. Waxay sidoo kale ka dhigan tahay inaad ilaalinayso dadka kugu xeeran. Haddii lagu tallaalo, halista in aad dadka kale u gudbisno ama qaadiisno xanuunka aad bay hoos ugu dhacaysaa. Tani waxay si gaar ah muhiim ugu tahay dadka halista badan ugu jira xanuunka ama jirrooyin badani uga imanayaan COVID-19 ka, sida bixiyeyaasha daryeelka caafimaadka, dadka waayeelka ah, iyo dadka qaba xaalado caafimaad¹.

Tallaalka ka dib, iska difaaca COVID-19 wuxuu socon doonaa ugu yaraan 6-8 bilood taas oo ku saleysan xogta aan hadda ognahay. Weli waxaa jira suurtagal yar oo aad ku qaadi kartin COVID-19 xitaa marka aad is tallaasho ka bacdi; tallaal 100% difaac leh majiro. Marka, waxaa muhiim ah in la sii wado ku dhaqanka dhammaan tallaabooyinka caafimaadka bulshada, sida kala fogaanshaha dadka, maaskaro xidhashada, iyo gacmo-dhaqashada joogtada ah. Marka qayb badan oo dadka ka mid ah la tallaalo (qiyaastii 70-85%), difaac ayay ka abuuran doonaan bulshadu COVID-19 ka ².

2) Waa'ayo cidda ay tahay in la tallaalo iyo cidda aan la tallaalayn?

Ujeeddada Ololaha Qaranka Griigga ee tallaalka COVID-19 ayaa hadda ah in la tallaalo qof kasta oo ka weyn 18 sano. Shaqaalaha caafimaadka ayaa sida ugu fiican kala talin kara dadka inay qaataan iyo in kale talaalka COVID-19. Dadka taariikh u leh dhiig-baxa ama qaba xasaasiyad daran waa inay marka hore la hadlaan dhakhtar.

Ma jiraan wax caddeymo ah oo sheegaya in tallaalka COVID-19 uu saameyn ku leeyahay fursadahaaga uur qaadista. Ma u baahnid in aad ka fogaado uurka ka dib tallaalka.

Iyada oo ku saleysantahay caddeymaha hadda jira, dadka ku qaba xasaasiyad daran walxoha ama maadooyinka ka mid ah tallaalka COVID-19, waa in guud ahaan laga reebaa tallaalka COVID-19 si looga fogaado wixii saameyn xun ee suurtagal ah. Haddii ay dhacdo inaad xasaasiyad ku leedahay dawada, u sheeg shaqaalaha caafimaadka ka hor intaan is tallaalin. Haddii aad hadda bukto ama aad isku arago astaamaha COVID-19, waxaad is tallaali kartaa markii astaamahaagii ugu horreeyay ay kaa baaba'aan ama dhammaadaan.

Miyay Tahay In La I Tallaalo Haddii Aan Qabo Covid - 19?

Xitaa haddii aad horey uu kuugu dhacay COVID-19 ku, waa in lagu tallaalaa markii lagu soo bandhigo. Difaaca dabiiciga ah ee uu qof ku ka helo qaaditaanka COVID-19 way ku kala duwan yihiin dadku, mana cadda inta ay le'eg tahay ama sii socon karto kahortaga infekshanka dabiiciga ah ee hore u qaaditaanka COVID -19 ku sababtaa³

1 WHO Faa'iidooyinka in aad is tallaalto, [https://www.who.int/news-room/q-a-detail/coronavirus-disease-\(covid-19\)-vaccines](https://www.who.int/news-room/q-a-detail/coronavirus-disease-(covid-19)-vaccines)

2 Eeg <https://emvolio.gov.gr/syxnes-erotiseis>

3 WHO. Miyay tahay in aan is tallaalo haddii COVID-19 ku igu dhaco [https://www.who.int/news-room/q-a-detail/coronavirus-disease-\(covid-19\)-vaccines](https://www.who.int/news-room/q-a-detail/coronavirus-disease-(covid-19)-vaccines)

3) Sideen Isku Tallaali Karaa, Haddii Aan Rabo?

Qorshaha tallaalka qaran waa in la tallaalo qof kasta oo ka weyn 18 sano. Tallaallada waa bilaash dhammaan. Tallaalada waxaa loo abaabulaa iyadoo loo eegayo kooxaha da'da, xirfadaha sida shaqaalaha safka hore ee nidaamka daryeelka caafimaadka, ama dadka leh xaalado caafimaad. Kooxo cusub oo ku haboon qaadashada tallaalka ayaa si tartiib tartiib ah loogu dhawaaqaa. Waxaad qabsan kartaa oo keliya ballan tallaalka marka kooxda da'daaada loogu dhawaaqo inayku haboon yihiin tallaalka. Xilligan qof kasta oo ka weyn da'da 30 ayaa ku haboon tallaalka. Waxaad awoodi doontaa inaad doorato waqtiga iyo taariikhda si aad u qabsato ballan tallaalka. Waxaad heli doontaa farriin qoraal oo xaqiijin ah marka lagu qabto ballanta.

Waxaad ka hubin kartaa inaad ka mid tahay kooxaha horayba ugu furnaa tallaalku:

- Adigoo galinaya AMKA (Lambarka Ilaaloda iyo Caafimaadka Bulshada) iyo AFM daada (Lambarka Aqoonsiga Canshuuraha) ama Magaca Awoowga linkigan
- Waxaad sidoo kale la xiriiri kartaa xafiiska KEP ama farmashiiga kuugu dhow is aad u hubiso in aad ku haboon tahay tallaalka iyo in kale.
- Waxaad ku hubin kartaa SMS in aad ka tirsan tahay dadweynaha hadda wakhtigan xadir ka ah la tallaalayo, adigoo ku soo diraya fariin qoraal (SMS) AMKA (meelbanaan) Magaca Awoowga lambarkan 13034.

Sida aad u qabsanaysid ballan:

Habka aasaasiga ah ee la isku taali karo Griiga waa iyadoo ballan laga qabsado Xarunta Adeegga Muwaadiniinta (KEP) ama farmashiyaha, ama iyadoo loo marayo barxada barnaamijka tallaalka ee dowladda halkan: <https://emvolio.gov.gr/>. Uma baahnid in aad wax lacag ah bixiso maadaama tallaalka Covid-19 u bilaash u yahay dadkoo dhan:

- Haddii aad haysato AMKA ama PAAYPE aanad hubisay in aad ka tirsantahay kooxaha hadda la tallaalayo. waxaad ballan ka qabsan kartaa farmashiyaha ama KEP, waxa kali u baahantahay in aad soo qaadato lambarada AMKa da ama PAAYPE ha.
- Haddii aad haysato AMKA ama PAAYPE, Lambarka Aqoonsiga Canshuuraha (AFM) iyo sidoo kale kalmadaha lagu galo TAXISnet, waxaad ka qabsan kartaa ballanta tallaalka adigoo isticmaalaya barxada <https://emvolio.gov.gr/> [Halkaan ayaad kahelaysaa talaaboyin](#) af Griig ah.
- Haddii aanad haysan AMKA ama PAAYPE waxaad awood u leedahay in aad hesho lambar AMKA oo ku meel gaadh ah (PAMKA) si aad isku talaali karto. Macluumaad dheeriya waxa dhawaan bixin doonta dowladda oo sharaxaya qaabka aad u heli lahayd PAMKA ha. Haddii aad caawimo u baahantahay, waxaad fariin u diri kartaa [RI Facebook page](#).

* Dowladdu waxay ku dhawaaqday inay jiri doonto qorshe tallaalka oo gaar ah oo loogu talagalay dadka magangalyo doonka ah ee degan Xarumaha Qaabilaada iyo Aqoonsiga (RICs) ee jasiiradaha iyo waliba Goobaha Qaabilaada ee magaaloyinka waaweyn. Macluumaad dheeri ah ayaa la filayaa inta lagu jiro maalmaha soo socda.

4) Ma haysto AMKA/PAAYPA iyo/ama AFM, Ma Istallaalikararaa?

Haa! Waxaan dhawaan heli doonaa macluumaad dheeri ah oo khuseeya qaabka la isku tallaali karo bilaa AMKA ama PAAYPA. Fadlan waydii adeege bulsho (sooshiyaal woorker) ama farriin u dir [RI Facebook page](#)

5) Tallaalada COVID-19 ma yihiin kuwo aamin ah?

Tallaallada COVID-19 waa ammaan waxayna kaa caawin doonaan kahortagga inuu si daran kuugu dhacdo cudurka COVID-19 ku, taas oo ay ka mid yihiin in isbitaal lagu dhigo iyo in aad dhimato. Waxaa jira ilaalo adag si loo hubiyo ammaanka dhammaan tallaalada COVID-19 ka. Shuruudaha nabadgelyada tallaallada COVID-19 ku waxay la mid yihiin tallaal kasta oo kale oo ka jira Midowga Yurub. ⁴ Nidaamyada badbaadada iyo waxtarka lama dhaafin ama lama gees marin dhaqso u soo saarida tallaallada Covid-19 awgood⁵. Kahor intaan laga ansixinin qaab caalami ah, iyo inta aan laga ansixinin Midowga Yurub (EU) iyo sidoo kale mas'uuliyiinta caafimaadka qaranka, nooc kasta oo tallaal ah oo lagu siiyo waxaa uu soo maraa cilmi baaris caafimaad oo aad u adag si loo hubiyo inuu amaan yahay oo wax ku ool yahay aanu ku habboon yahay in lagu tallaalo qof walba.

Ilaa hadda, in ka badan saddex milyan oo qof ayaa Griiga laga siiyay tallaalka COVID-19 halka bilyanna adduunka oo dhan ay heleen tallaalkii ugu horeeyay ee xanuunkan⁶, warbixinnada dhibaatooyinka tallaalka ee halista ah, sida falcelinta xasaasiyadda ama dhibaatooyinka xinjirowga ayaa aad u dhif ah⁷. Dhamaanteen waxaan halis ugu jirnaa infekshinka covid, halistaas oo ka badan halista dhacdooyinkan dhifka ah sida tallaalada oo dhan ay ka siman yihiin. Isticmaalka tallaalka COVID-19 ayaa si joogto ah loo xakameynayaa si uu ammaan ugu ahaato dhammaan dadka hela.

6) Tallaalada Covid-19 ma sababaan waxyeellooyin?

Sida tallaal kasta, tallaallada COVID-19 waxay sababi karaan waxyeellooyin, badankoodna waa kuwo fudud ama dhexdhexaad ah waxayna ku baxaan dhowr maalmood gudahood⁸. Dadka qaarkood ma la kulmaan waxyeellooyin. Kuwa kale waxay soo sheegeen waxyeelo caadi ah sida: barar, casaan iyo xanuun hareeraha meesha laga duray, qandho, madax xanuun, daal, murqo xanuun, dhaxan, iyo lallabbo⁹. Waxaa lagu weydiin doonaa inaad sugto 15-30 daqiiqo ka dib markii ay ku tallaalaan shaqaalaha caafimaadku si loo hubiyo dareen-celintaada.

In aad la kulanto dhibaatooyin soo raaca tallaalka ka dib marka aad is tallaasho waxay ka dhigan tahay in tallaalku difaaca jirkaaga dhisayo oo uu shaqeynayo. Haddii astaamuhu ka sii daraan ama ay jirto walaac ama ka warwar, waxaa lagugula talinayaa inaad la tashato dhakhtar ama shaqaale caafimaad¹⁰ si lagu qiimeeyo. Saamaynta tallaalka waxaa si joogto ah u hubiya mas'uuliyiinta takhasuska u leh ee adduunka oo dhan si loo ogaado wixii waxyeelo ah ee soo noqnoqda ama cusub. Waxaa muhiim ah in la ogaado khatarta aad ka u yar ee dhibaatooyinka soo raaca tallaalku in ay ka kooban yihiin ama ka yaryihiin faa'iidada kahortaga fayraska loo yaqaan 'covid-19 ka'¹¹

Dhibaatooyinka Raaga Muddada-dheer

Dhibaatooyinka soo raaca tallaalku badanaa waxay dhacaan maalmaha ugu horreeya ee la qaato tallaalka 'Covid-19'. Saameynaha halista ah ee sababa dhibaatooyinka caafimaad ee muddada-dheer raag aad uma badna ama way kooban yihiin. Tallaal kasta, oo ay ka mid yihiin

tallaalada COVID-19 waxaa si caafimaad ahaan loo tijaabiyaa dhibaatooyinka ay yeelan karaan mudo dheer ka hor intaan tallaalka la sii baarin oon loo oggolaan in si ballaaran loo qaybiyo¹²

4. <https://www.ema.europa.eu/en/human-regulatory/overview/public-health-threats/coronavirus-disease-covid-19/treatments-vaccines/vaccines-covid-19/covid-19-vaccines-key-facts#how-are-vaccines-being-rolled-out-in-the-eu?-section>

5. <https://eody.gov.gr/erotiseis-kai-apantiseis-schetika-me-ton-emvoliasmo-gia-ton-koronoio-sars-cov->

6. <https://www.bloomberg.com/graphics/covid-vaccine-tracker-global-distribution/>

7. <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine>

8. <https://www.who.int/news-room/feature-stories/detail/side-effects-of-covid-19-vaccines>

9. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>

10 EODY waxay sheegeen: Dhibaatooyinka soo raaca tallaalka waxaa lagaga soo warbixin karaa nidaamka Kaarka huruuda ah oo laga raadin karo internetka. <https://www.eof.gr/web/guest/yellowgeneral> -laakiin waxay ku qorantahay af Griig isticmaalkiisuna ma sii fiicna.

11 <https://www.youtube.com/watch?v=A1fUMTgMoKk>

12. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>

Tallaalkee ayay tahay in aan qaato?

Waa in aad qaadataa tallaalka lagu siiyo ama ka lagu soo ban dhigo. Tallaal kasta oo la qaybiyaa wuxuu la kulmaa heerarka amniga iyo waxtarka.

7) Ma joojin karnaa taxaddarrada ka dib tallaalka?

Kahortaga buuxa ee COVID-19 ee tallaalka waxaa ay bilaabmataa qiyaastii 21 maalmood ka dib tallaalka labaad (tallaalada badankood) ama tallaalka koobaad (xaalada tallaalada Johnson & Johnson oo keliya). Muddadan ka hor, Weli waa suurtagal noqon karta in la qaado fayraska, markaa waa muhiim in loo hoggaansamo tallaabooyinka kala fogaynta bulshada ee inta u dhexeeya tallaallada iyo ka dib marka aad is tallaasho.

Xitaa 21 maalmood kadib, tallaalka COVID-19 ku waxuu kaa ilaalinayaa xanuunka, laakiin ma kaa hor istaagayo inaad dadka kale qaadsiiiso. Waxay qaadan kartaa in muddo ahka hor inta qof walba la tallaalayo, sidaa darteed, waxaa muhiim ah in la sii waddo laguna sii dhaqmo tallaabooyinka ka hortagga ee Covid-19 sida (maask xidhashoda, kala fogaanshaha dadka, nadaafadda iwm). Xilliga jiilaalka ee dadku u badan yihiin inay waqti badan ku qaataan guriga gudahiisa, waa fikrad fiican inay hawo soo gasho aqalka, tusaale ahaan daaqaadaha si joogto ah in loo furo.

8) Halkeen Ka Heli Karaa Macluumaad/Kalkaalin Dheeraad Ah?

Macluumaadka ku saabsan COVID-19 iyo tallaallada waxaa laga heli karaa ilo kala duwan, kuwaas oo badankood hoos ku taxan¹³.

- Websaydyo:
 - Ururka Caafimaadka Dadweynaha Qaranka <https://eody.gov.gr/en/covid-19/> | Waxaa lagu heli karaa Af Griig iyo Af Ingriisi.
 - Ololaha Qaranka ee Tallaalka <https://emvolio.gov.gr/>
 - Websaydka caawimada ee UNHCR ta: <https://help.unhcr.org/greece/>
 - Xogta Qaxootiga - Refugee.Info: <https://www.refugee.info/greece/> | Waxa lagu heli karaa Af Ingriisi, Af Faransiis, Af Carabi, Af Faarisi, Af Urdu.
- Khadadka Caawimada:
 - Ururka Caafimaadka Dadweynaha Qaranka (EODY): +30 2105212000, iyo 1135 | Waxa lagu heli karaa af Griig iyo Af Ingriisi 24/7.
 - Xogta Qaxootiga - Refugee.info Fariimaha Facebook ga. <https://www.refugee.info/greece> | Waxa lagu heli karaa Af Ingriisi, Af Faransiis, Af Carabi, Af Faarisi, Af Urdu.
 - Laanqayrta Cas ee Griiga (HRC) - [Multifunctional Center \(MFC\)](#): +302105140440 (khadka telefonka) ama +306934724893 (Whats App ka/ Viberka), Isniinta.- Jimcaha. 9subaxnimo – 8habeenimo | Waxa lagu heli karaa Af Griig, Af Ingriisi, Af Carabi, Af Faarisi/Daari, Af Baashtu, Af Ruush, Af Faransiis, Af Sawaaxili, Af Kinyarwanda, Af Kirundi, Af Turki, Af Urdu, Af Mandhingo, Af Malinke, Af Susu, Af Fula iyo Af Kissi.
 - Khadka caawinta ee Giriiga ee Qaxootiga (GCR): halkan ka eeg jadwalka https://www.gcr.gr/media/k2/attachments/GCR_HELPLINE_ENGLISH.pdf
- Adigoo Socda¹⁴:
 - Goobaha Hoyga Ee Furan iyo RIC yada: NPHO (EODY) shaqaalaha goobta.

9) Sida aad wax uga qaban lahayd ama ula macaamili lahayd wararka khaldan iyo xanta?

Waxaa jira xan badan iyo khuraafaad ku xeeran tallaalka iyo COVID-19 ka. Kahor intaadan tixgelin macluumaadka tallaalka ee internetka, hubi in macluumaadku ka yimid ilo lagu kalsoon yahay oo si joogto ah loo cusbooneysiyo. Si lagaaga caawiyo inaad hesho iyaga, Ururka Caafimaadka Adduunka (WHO) wuxuu dib u eegay oo uu caddeeyay websaydyo badan oo adduunka ah oo kaliya bixiya macluumaad ku saleysan caddeyn cilmiyeed oo la isku halleyn karo iyo dib u eegis madax-bannaan oo ay sameeyaan khubaro farsamo oo hoggaamineysa. Websaydyadan dhammaantood waa xubno ka tirsan [Shabakadda Badbaadada Tallaalka](#).

¹³ Liiska ilaha waxa laga yaabaa inaanay ahayn mid dhameystiran oo cusbooneysiin cusub ayaa dhici karta, maadaama jilayaal kaladuwan ay ku howlan yihiin wixii dheeraad ah oo ku saabsan ololayaasha macluumaadka.

¹⁴ Waxaad had iyo jeer weydiin kartaa dhakhtarkaaga, ama dhakhtar kasta oo takhasus leh oo laga heli karo meel u dhow meesha aad degan tahay.