



# Qiyaasta Tallaalka Xoojinta COVID-19 ee 2023

**COVID-19 ma uusan tagin.** Dhab ahaantii, fayrasku wuu isi isii bedbedelayaa iyadoo noocyo cusub oo COVID-19 ah ay soo baxayaan oo ay dadka ku faafayaan. Laakiin waxa aan isbeddelin ayaa waxa ay tahay in tallaalku weli yahay habka ugu wanaagsan ee looga hortago saameynta uu COVID-19 ku yeelan karo caafimaadkaaga iyo nabadqabkaaga. Taasi waa sababta ay hadda u jiraan tilmaamo iyo talooyin cusub oo ku saabsan tallaalka.

## Talooyinka Cusub ee 2023 ee la xiriira Qiyaasta Tallaalka Kobcinta

ATAGI\* **waxay ku talinaysaa** in kooxahan soo socda ay qaataan qiyaasta tallaalka xoojinta ee 2023:

- Dhammaan dadka waaweyn ee da'doodu tahay 65 sano iyo wixii ka weyn
- Dadka qaangaarka ah ee da'doodu u dhaxayso 18 ilaa 64 sano ee qaba xaalado caafimaad oo kor u qaadi karo halista COVID-19 aad u daran ama leh naafonimo wadada baahiyo caafimaad oo aan sahlaneyn.

Carruurta iyo dhalinyarada da'doodu tahay 17 sano ama ka yar **lagulama talinayoinay** qaataan qiyaasta tallaalka xoojinta.

Kooxaha **laga reebay** tan waa carruurta iyo dhalinyarada da'doodu u dhaxayso 5 ilaa 17 jir ee qaba xaalado caafimaad oo kor u qaadata halista COVID-19 aad u daran ama leh naafonimo wadada baahiyo caafimaad oo aan sahlaneyn.

Haddii aad tahay 18 jir ama ka weyn oo ay ka soo wareegtay 6 bilood ama ka badan tan iyo markii aad qaadatay qiyaastaadii tallaalka COVID-19 ee ugu dambaysay ama aad qabto caabuqa COVID-19 (hadba kii ugu dambeeyay), waxaad hadda heli kartaa tallaalka xoojinta COVID-19 ee 2023, iyadoon loo eegayn inta jeer ee aad tallaalka COVID-19 hore usoo qaadatay.

## Noocyada Tallaalka

Dhammaan tallaallada hadda la heli karo ee COVID-19 waxaa loo isticmaali karaa qiyaas xoojin 2023 ah, si kastaba ha ahaatee tallaallada xoojinta mRNA ee bivalent ayaa ah tallaallada la doorbido. Tani waxaa u sabab ah tallaaladan waxaa si gaar ah loogu sameeyay noocyada Omicron, kuwaas oo ah nooca ugu badan ee COVID-19 ee wali jira.

Haddii aad qabto wax su'aalo ah oo ku saabsan nooca tallaalka COVID-19 ee aad dooranayso, la hadal dhakhtarkaaga si aad u ogaato nooca tallaalka COVID-19 ee adiga kugu habboon.

## DAAWEYNTA KA-HORTAGGA FAYRASKA EE LOOGU TALAGALAY DADKA KHATARTA KU JIRA

Ka-hortagga fayraska (Antivirals) waa dawooyin ka caawinaya joojinta fayraska ku faafa unugyada caafimaadka qaba ama ku tarma jirka. Tani waxay ka dhigan tahay inay yareyn karaan calaamadaha caabuqaaga waxayna soo gaabin karaan muddada xanuunkaaga. Markaad hoos u dhigto sida uu xanuunku u daran yahay, waxaa yaraanaysa inaad aado cisbitaal, aad dhibaato xagga neefsashada ah yeelato, aad u baahato ogsajiinta ama daawaynta degdega ah, ama aad u dhimato COVID-19.

Daawayooyinka ka hortagga fayraska ee COVID-19 waxaa loo heli karaa qaab kiniini ah (waxay u baahan yihiin in la liqo) ama waxaa lagaa siin karaa xididka (si toos ah dhiigga). Waa in loo qaataa sida ugu dhakhsaha badan ee suurtoagal ah, badanaa shan maalmood gudahooda laga bilaabo marka calaamadaha xanuunkaagu bilaabmaan.

- Haddiiba lagaa helay COVID-19, waxaa laga yaabaa inaad u qalanto daawaynta ka hortagga fayraska si loo yareeyo khataro jirro oo aad u daran iyo inaad isbitaal gasho.
- Haddii difaaca jirkaagu uu si ba'an u hooseeyo\*\* oo aad halis ugu jirto infakshanka COVID-19, waxa kale oo aad xaq u yeelan kartaa daawaynta COVID-19 ee inta aadan la kulmin (COVID-19 pre-exposure treatments).

La hadal dhakhtarkaaga si aad u diyaarisid qorshe ku saabsan daawaynta ka hortagga fayraska ee adiga kuu fiican haddii aad qaado COVID-19.

**Wixii macluumaad dheeraad ah, akhri talada ay bixisay ATAGI ee ku aadan qiyaasta tallaalka xoojinta ee hoos ku qoran:**



\*Kooxda La-talinta Farsamada Australiyaanka ee Tallaalka (Australian Technical Advisory Group on Immunisation - ATAGI)

\*\* Immunocompromised waxa loola jeedaa xaalad uu hab-dhiska difaaca qofka daciifo oo aanu awood u lahayn inuu iska difaaco caabuqyada iyo cudurrada sababo kala duwan oo ay ka mid yihiin gabowga, kansarka iyo isticmaalka dawooyinka difaaca jirka