

Su'aal & Jawaab: Carruurta iyo Tallaallada cudurka COVID-19

Waalidiin farabadan ayaa su'aalo ka qaba tallaallada cudurka COVID-19, oo iminka diyaar u ah qof kastoo 12 jir ah ama ka weyn. Waa kuwan jawaabaha laga bixinayo qaar ka mid ah su'aalaha caadiga ah:

S: Maxaan anigu ku ogahay in tallaalka cudurka COVID-19 uu nabad u yahay ilmahayga?

J: Tijaabooyin caafimaadeed oo ay ka qayb qaateen tobaneeyo kun oo qof ayaa lagu muujiyey badbaadada ama nabadda tallaalka cudurka COVID-19 iyo waxtarka uu u leeyahay dadka qaangaarka ah iyo dhalinyarada 12 jir ah ama ka weyn, oo hay'adda FDA ee maamusha daawooyinka ayaa u rukhsaysay isticmaalka degdegga ah sababtoo ah tijaabooyinkaas baaxad weyn. Malaayin qof oo Maraykanka jooga ayaa helay tallaallada cudurka COVID-19, iyadoo la wado dabagal ama ilaalo xooggan oo badbaadada lagu sameeyo.

S: Goormee ayuu tallaalka cudurka COVID-19 diyaar u noqon doonaa carruurta yar yar?

J: Waxaa waqtiga xaadirka ah la wadaa tijaabooyin caafimaadeed oo loogu talagalay carruurta ilaa lix bilood jira inta ugu yar. Waxaan annagu rajaynaynaa in tallaallada cudurka COVID-19 ay diyaar u noqon doonaan carruurta 12 jir ka yar bilaha soo socda, laga yaabo ugu horraynba xilliga dayrta ee sanadka 2021.

S: Miyuu tallaalka cudurka COVID-19 keenaa bararka wadnaha (myocarditis)?

J: Dad tiro yar oo ah dhowr iyo toban jir iyo qaangaar da' yar ayaa la kulmay cudurka lagu magacaabo myocarditis, ama bararka wadnaha, oo sahlan ka dib markii la siiyey tallaalka cudurka COVID-19. Marar dhif ah, waxay tani u keentay jifinta isbitaalka.

- Waxaa la moodaa in ay tani tahay dhibaato tallaalka soo raacda oo aad iyo aad dhif u ah oo inta ugu badan saamaysay dadka labka ah ama ragga ka dib markii la siiyey qiyaasta labaad ee tallaallada Pfizer iyo Moderna. Dhibaatooyinkani waxay caadi ahaan yimaaddeen 4ta maalmood ee ka dambeeyey tallaalka.
- Inkastoo bararka wadnaha ee suurogalka ah uu walaac dhalinayo, haddana waxaa caadi ahaan lagu daawayn karaa daawooyinka ka hortaga bararka.
- Halisaha ka yimaadda qaadista cudurka COVID-19 ayaa ka badan halista bararka wadnaha, markaa xarunta CDC iyo Akaadamiyadda Maraykanka ee Caafimaadka carruurta (American Academy of Pediatrics) ayaa weli ku talinaya in tallaalka cudurka COVID-19 la siiyo qof kastoo 12 jir ah ama ka weyn.
- Laga soo qaatay barta ururka AAP ee HealthyChildren.org: "Kumanaan carruur ah ayaa isbitaalka la jiiyey, oo boqollaal ayaa dhintay ka dib markii ay qaadeen cudurka COVID-19. Qaar ka mid ah carruurta ka bogsatay ayaa weli la kulma calaamado cudur oo ku harsan. **Xaqiiq ahaan, qaadista cudurka COVID-19 laftigeeda ayaa aad uga suurogal badan in ay keento bararka wadnaha marka loo barbar dhigo tallaalka.**"

S: Miyuu tallaalka nooca mRNA sida Pfizer ama Moderna beddeli doonaa nidaamka hiddesideyaasha DNA ee ilmahayga?

J: Maya, xaqiiq ahaan tallaallada nooca mRNA dhab ahaan ma farageliyaan nidaamkaaga hiddesideyaasha ee DNA haba yaraatee. Marka maaddada mRNA ay dhammaystirto shaqadeeda – in ay nidaamka difaaca dabiiciga ah ee jirkaaga ku amarto in uu adiga kaa difaaco cudurka COVID-19 – jirkaaga ayaa iyada burburiya oo meesha ka saara.

S: Waa maxay dhibaatooyinka soo raaca ee habboon in aan annagu diyaar u ahaanno?

J: Sida tallaallo farabadan, tallaallada cudurka COVID-19 waxay keeni karaan dhibaatooyin soo raaca oo waqti gaaban. Dadka qaarkood ayaa laga yaabaa in aanay yeelanin dhibaatooyin soo raaca haba yaraatee, halka kuwo kale ay la kulmi karaan waxyaabaha soo socda:

- Xanuun, casaan, iyo barar ay ka dareemaan barta laga mudo
- Xummad ama qandho iyo/ama qarqar
- Madax xanuun
- Daal
- Lallabo
- Xanuunka muruqyada

Haddii ilmahaagu uu la kulmo dhibaatooyinkan soo raaca, wac kiliniiggaaga ama rugtaada caafimaadka carruurta oo weydii hababka aad ku yarayn karto calaamadahan cudurka, oo caadi ahaan ku baxa qiyaas ahaan hal maalin. Sida ay sheegtay xarunta CDC, dhibaatooyinka soo raaca ee waqti dheer [lama filanayo](#).

Marar dhif ah, dadka qaarkood ayaa ficilcelin xasaasiyeed oo daran ka muujiyey tallaalka cudurka COVID-19. Tan awgeed ayuu ilmahaagu ugu baahan doonaa in uu kiliniigga ku sugo 15 daqiiqo ilaa 30 daqiiqo ka dib marka la tallaalo. Haddii ilmahaagu uu ficilcelin muujiyo ama uu jirkiisu diido, waxaa jira daawooyin taas dhakhso loogu daawayn karo.