

# Waxaad hada ballansan kartaa tallaalka Pfizer ee COVID-19 ee carruurta 5 ilaa 11 jirka ah

Somali | Soomaali  
**OFFICIAL**

## Maxay tahay sababta carruurta loo tallaalayo?

In carruurta la tallaalo waxay ka caawinaysaa:

- iskuuladu inay furnaadaan, si carruurta u helaan waxbarasho dheeri ah oo fool ka fool ah iyo waqti ay kula ciyaaraan saaxiibadood
- yareenta faafitaanka COVID-19 ee carruurta kale iyo xubnaha qoyska
- ka difaaceysaa si aysan ula xanuunsan COVID-19.



## Halkee ayaan kusoo tallaali karaa ilmahayga?

Tallaalada waxaa laga heli karaa ka qaybgalayaasha:

- Rugaha caafimaadka
- Farmashiyeyaasha
- Ururada Caafimaadka Bulshada ee Aborijiniska ah
- Xarumaha tallaalka ee gobolka ee loogu talagalay qoysaska.

## Sideen ilmahayga ugu ballansan karaa tallaalka?

Waalidiinta iyo dadka ardayda masuulka ka ah waxay awood u yeelan doonaan inay ballan u qabtaan ubadkooda ayagoo uga qabanaya rugta caafimaadka ama farmashiyaha ee [Baadigoobaha Caafimaadka ee Dowladda \(Australia Australian Government's Clinic Finder\)](https://www.healthdirect.gov.au/booking/) <<https://covid-vaccine.healthdirect.gov.au/booking/>>.

Waxay kaloo ballan ka qabsan karaan [xarunta talaalka ee ay dawladdu maamusho](https://www.coronavirus.vic.gov.au/vaccination-centres) <<https://www.coronavirus.vic.gov.au/vaccination-centres>> ama Adigoo wacaya Khadka Taleefanka ee Coronavirus [1800 675 398](tel:1800675398).

Ballantaada hadda waad qabsan kartaa.



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## Tallaaladu ma leeyihiin waxyeelooyin?

Sida dawooyinka kale, dhammaan tallaalada waxay yeelan karaan waxyeelooyin.

Carruurtu waxay la kulmi karaan waxyeellooyinka caadiga ah ee la filan karo tallaalka kadib, sida:

- gacanta oo xanuunta
- madax xanuun iyo daal.

Kuwani badanaa waxay u baahan yihiin oo kaliya in lagu daaweeyo paracetamol, oo waa dhif inay caruurtu u baahdaan inay arkaan dhakhtar si loo daweeyo.

Waxyeelooyin ka sii dar daran aad bay dhif u yihiin.

Wax badan ka ogow tallaalka carruurta:

<https://www.coronavirus.vic.gov.au/vaccination-information-children-and-teenagers>

Si aad dukumeentigan ugu hesho qaab kale, iimayl u dir [Xogta Dadweynaha iyo Kooxda Iskaashatada Istaraatiijiga ah \(Public Information and Strategic Partnerships team\)](mailto:RREngagement&partnerships@dffh.vic.gov.au) <RREngagement&partnerships@dffh.vic.gov.au>.

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