

Tallaalka COVID-19 ee Urka:

(COVID-19 Immunization in Pregnancy:)

Waxa aad u baahan tahay inaad ogaatid

(What you need to know)

Waa maxay halista ka imaanaysa in aan qaado COVID-19 haddii Uur ayaan leeyahay?

(What are the risks of being infected with COVID-19 if I'm pregnant?)



Dhibaatooyinka halista ah ee la xiriira caabuqa COVID-19 ayaa aad ugu badan hadii aad uur leedahay marka loo eego haddii aadan uur lahayn.

(Serious complications related to COVID-19 infection are more common if you're pregnant than if you're not pregnant.)

- Waxaa jirta caddeyn ah in haddii aad uur leedahay oo aad qabtid COVID-19 waxaad halis sare ugu jirtaa in isbitaal lagu dhigo oo ay kugu dhacaan dhibaatooyinka neefsashada (sambabka) ah oo u baahan daryeel degdeg ah (ICU)
- Haddii aad uur leedahay oo aad qabtid COVID-19 waxaad aad ugu badantahay inaad dhiciso. Ilmahaaga wuxuu aad ugu badanyahay in la dhigo qeybta daryeelka dhalaanka (NICU).
- Haddii aad uur leedahay oo aad qabtid xaalado kaloo caafimaad, sida dhiig karka sareeyo, sonkorowga, ama cayilka waxaad xitaa halis sareeyso ugu jirtaa inaad si daran ugu xanuunsato COVID-19.

Ma yahay COVID-19 talaalka badbaadada uurka?

(Is COVID-19 vaccine safe in pregnancy?)



Caddeymaha soo baxaya waxay muujinayaan inay adiga badbaado kuu tahay inaad hesho tallaalka COVID-19.

(Emerging evidence suggests that it's safe for you to get the COVID-19 vaccine.)

Halista lagu qaadayo COVID-19 iyo lahaanshaha dhibaatooyinka halista ah waxay ka sareysaa halista ah in lagu tallaalo xiliga uurka.

(The risk of getting COVID-19 and having serious complications is higher than the risk of being immunized during pregnancy.)

- Waxaa wanaagsan inaad qaadatid tallaalka mRNA COVID-19 haddii aad uur tahay ama aad qorsheyneysid inaad uur qaadid. Cilmi baarista ilaa hadda waxay muujinaysaa inuu yahay nooca ugu badbaado badan tallaalka COVID-19 ee la qaato xiliga uurka.
- - Ma jiraan wax tallaalo COVID-19 ee la ansixiyay ee laga isticmaalo Canada oo wato fayraska nool ee sababo COVID-19. Tallaalka kaa ma dhigi karo inaad laxanuunsato COVID-19.
 - Ku durusta mRNA ee qof ma badeleyso DNA ga unuga aadanaha.
 - Ka baro wax badan oo ku saabsan sida tallaalka u shaqeeyo [halkaan](#).

Waa maxay faa'iidooyinka in la qaato tallaalka COVID-19?

(What are the benefits of getting the COVID-19 vaccine?)

- Tallaallada COVID-19 way shaqeeyaan. Waxay ka hortagaan jirooyinka oo yareeyaan fursadaada aad si daran ula xanuunsatid haddii uu fayraska kugu dhaco. Waxay sidoo kale yareyn karaan fursada dhibaatooyinka jirooyinka daran, sida dhalashooyinka dhiciska.
- Tallaalka wuxuu sidoo kale yareyn karaa ku faafida fayraska ee dadka kale ee qoyskaaga, oo ay ku jiraan dhallaanka cusub.

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Isu dheelitirka waxa adiga kugu habboon

(Balancing what's right for you)

Si lagaaga caawiyo sameynta go'aan la ogeysiiyay, isku day inaad fahamto sida badan ee aad awoodo ee wax ku saabsan COVID-19 iyo tallaallada.

Haddii aad qabtid su'aalo, kala hadal tallaalka laga heli karo bixiyaha daryeelkaaga caafimaad. Tixgeli **daruufahaaga**. Nafsadaada weydii su'aalaha sida:

- Maxay tahay fursaddaada intaad beylah u noqon karto caabuqa COVID-19 intaad shaqada joogtid, dugsiga, inaad joogto guriga, iyo bulshadaada?
- Tusaale ahaan, miyaad ka shaqeysaa meel ka baxsan guriga halkaas oo dad kale ugu dhawaaneesid? Miyuu lamaanahaaga ama xubin kasta ee qoyska ah ka shaqeeyaa meel ka baxsan gurigaaga meeshaas oo ay kula kulmaan dad kale? Miyaad ku nooshahay guri dadku ku badan yahay?
- Miyaad qabtaa xaalado caafimaad ama haliso kale oo kugu sababi karo inaad si daran ula xanuunsatid haddii uu kugu dhaco COVID-19? Kuwaan waxaa ka mid ah in aad cayilnaantahay in aad qabtid sonkorowga, dhiig-karka, neefta, ama jawaab-celin daciifka oo ay u wacantahay cudurka ama daaweynta.
- Ma awoodaa inaad ka shaqeyso guriga ilaa dhamaadka uurkaaga si aad u yareysid halista aad ugu jirto in uu kugu dhaco COVID-19?

Kadib markii aad qaadato tallaalka COVID-19, sii wad raacitaanka [tilmaamaha public health](#) si aad ugu dhigtid nafsadaada, ilmahaaga, iyo dadka kale badbaado.

Maxaan ka filan karaa tallaalka COVID-19?

(What should I expect with a COVID-19 vaccine?)

Qof kastoo ku dhacayo tallaalka COVID-19 wuxuu qabi karaa qaar ka mid ah saameynada caafimaadka. Kala hadal bixiyahaaga daryeelka caafimaad wax ku saabsan saameynada caafimaadka iyo sida loo maareeyo iyaga.

Baro wax badan oo ku saabsan saameynada tallaalka [halkaan](#).

Goormey tahay inaan qaato tallaalka COVID-19?

(When should I get the COVID-19 vaccine?)



Qof kastoo uur leh hadda wuu qaadan karaa tallaalka COVID-19.

(Anyone who is pregnant can now get a COVID-19 vaccine.)

- Isticmaal [aaladda ballansashada khadka tooska ah](#) (ahs.ca/covidvaccine), wac [farmasig](#), ama wac 811 si aad u diyaarsatid balantaada tallaalka COVID-19.
- Waad qaadan kartaa tallaalka COVID-19 waqti kasta xiliga uurka leedahay.
- Ma jiraan waxyaabo halis ah oo la ogsoon yahay in ay dhacayaan markii la qaato tallaalka COVID-19 ayadoo ilmo la nuujiyo.
- Haddii aad wax su'aalo ah ka qabtid qaadashada tallaalka, kala hadal daryeel bixiyahaaga caafimaad, laakiin looma baahna in aad qaadato tallaalka.
- Kala hadal daryeel bixiyahaaga caafimaad inta aad sugayso ee u dhexeyneysa tallaalka COVID-19 iyo tallaallada kale, sida dTap oo la qaato xiliga uurka la leeyahay

Waxbadan ka baro tallaalka COVID-19

[halkaan](#) (ahs.ca/covidvaccine).

(Learn more about the COVID-19 vaccines [here](#) (ahs.ca/covidvaccine).)