



Qorsheynta tallaalka COVID-19 ee carruurta yar loogu talagalay

Waalid ama xannaaneeye ahaan, waxaa jira dhowr arimood oo muhiim ah oo loo baahan yahay inaad tixgelisid ka hor intaadan ilmahaaga u kaxeeyn tallaalkooda COVID-19 si aad isugu daydid inaad uga dhigtid khibrad wanaagsan.

Waxaan ognahay inuusan jirin ilmo jecel cirbadaha. Haddii ilmahaagu uu ka welwelsan yahay wixii ku saabsan qaadashada tallaalka, inaad hore usii qorsheysid iyo inaad la hadashid ayaa caawin karta. Waa kuwan waxyaalo aad kala hadli kartid/ aad la tixgelin kartid ilmahaaga:

Tallaalka ka hor

- **Markee** ayey door bidayaan in la tallaalo tusaale, subaxdii aroortii ama galabtii ama lacala sabtida iyo axada.
- **Yuu** ilmuhu jeclaan lahaa inay raacaan si ay u taageeraan iyaga? Wuxuu noqon karaa qofkii markaas la heli karo laakiin sidoo kale qofka laga yaabo inuu awoodo inuu dejiyo.
- **Muxuu** ilmuhu jeclaan doonaa inuu sii qaato si uu u dareemo degenaan ama mashquuliyaha tusaale muusig, alaabaha caruurta ku ciyaarto (toys), iPad iwm. Waxaad sidoo kale kala hadli kartaa ilmahaaga waxyaabaha dejin kara waqtiga tallaalka intaan la gaarin. Farsamooyinka neef qaadashada (deep breathing) ayaa loo isticmaali karaa qaab istaraatiijiyad oo lagu caawinayo carruurta si ay u maamulaan dareenadooda oo ay yareeyaan cabsidooda ku saabsan tallaalka.
- **Adiga** iyo ilmahaaga waxaad u baahan tihii inaad isla meel dhigtaan jawiga ugu wanaagsan ee ilmahaaga lagu tallaali karo.
- **Akhri** macluumaadka tallaalka oo la hadal GP-gaaga ama adeeg bixiyayaasha kale ee caafimaadka haddii aad qabto wax su'aalo ah maalintaas ka hor. Waxaa laga yaabaa inaad jeclaato inaad eegto [VaxFacts COVID-19 iyo su'aalaha layska weydiiyey oo laga jawaabay.](#)

Inta tallaalka lagu jiro

- **U soo kaxeeyso wixii taageero ah** ballanta (tusaale iPad, muusig ama alaabta lagu ciyaaro).
- U qasad inaad siiso **jawi degan**. Tirada dadka ee qolka/qaybta ku jira waa in lagu koobaa oo kaliya kuwa lagama maarmaanka u ah inay ilmaha taageeraan. Shanqarta iyo iftiinka waa in inta ugu yar laga dhigaa.





- Waa inaad hubisaa in **ilmuhu dareemayo deganaan iyo inuu caadi yahay**. Halkii aad ilmaha uga sheegi lahayd waxay u baahan yihiin inay sameeyaan si aysan *"u dhaq dhaqaaqin"*, wax ku mashquuli *"shaqadaada khaaska ah waa inaad gacantaada aadan dhaqaaqin oo ay ahaato sida sanam oo kale"*. Ayagu ha doorteen: "Ma waxaad jeclaan lahayd inaad daawatid ama aad ka jeesato?"
- **Isticmaal luuqad wanaagsan** oo da'daa ku haboon si aad ugu muujisid oo aad u amaantid ilmaha sida uu kuula shaqeeyey. Iskuday inaad qirato oo aad ogolaatid dareenka ilmaha iyo jawaabaha, (*"Waan arkaa inay tan dhib kugu tahay"*) intii aad dhimi laheed (*"taasi xanuun malaha, cabsina ma leh"*).
- **Uqabo ilmaha si haboon**. Hubi inay dareemayaan deganaan oo la caawinayo. Meelaha la qabanayo ee ugu habooni waa hal qof oo qabanaya xubinta laga tallaalayo iyadoon la xannibin dhaqdhaqaaqa ilmaha jirkiisa marka ilmuhu uu fadhiyo. Taas waxaa loo sameyn karaa iyadoo loo raaxeynayo isla markaasna qof weyni uu gacanta saarayo ilmaha garbihiisa ama uu qabanayo ilmaha gacmihiisa.

Tallaalka ka dib

- Dhoolacadee, dhiirigeli oo amaan ilmaha
- Weydii ilmahaaga fikirkooda oo u isticmaal taas si aad u hagaajisid qorshaha marka dambe ("sidee baad dareentay?")
- Ku abaal mari shaqada wanaagsan ee ay qabteen.

Mowduuca tallaalka COVID-19 ee carruurta Victoria waa **"kaynta ilaalinta sixran (enchanted forest of protection)"**, oo leh alaabta lagu ciyaaro iyo ciyaaro iyo sawiro ka caawineysa in looga dhigo tallaalka khibrad wanaagsan ilmahaaga. Waxaa sidoo kale jira heerar kala duwan oo adeegyo loo heli karo ballanta tallaalka ilmahaaga. Shaxda hoose ayaa kaa caawin karta inaad go'aansatid meesha iyo sida aad u ballansan kartid taas oo ku saleysan baahida ilmahaaga.

Shaxda labada bog ee ku xigga waxay leeyihiin macluumaad ku saabsan sidii aad adiga iyo ilmahaagu u ballansan lahaydeen tallaalka. Waxaa jira wadiiqooyin tallaalka oo kala duwan iyadoo ku xiran sidaad adiga iyo ilmahaagu ugu kalsoon tihiin tallaalka.





Adiga iyo ilmahaagu	Ballan lagu taliyay	Sidii aad u ballansan lahayd
<ul style="list-style-type: none"> Aad ugu kalsoon thay waxa ku saabsan qaadashada tallaalka COVID-19 	<ul style="list-style-type: none"> Rugaha caafimaadka dhakhtarka guud ee ka qaybgelaya, farmashiyaha, xarumaha tallaalka gobolka/xarumaha ama Ururada Caafimaadka Kontoroolan ee Bulshada Aboorujjinka (Aboriginal Community Controlled Health Organisations) 	<p>Raadiyaha rugta caafimaadka tallaalka (Vaccine clinic finder) ama wac khadka taleefanka Coronavirus ka 1800 675 398.</p>
<ul style="list-style-type: none"> Ma u baahan tahay taageero dheeraad ah (qalabka kabaabyada isla markaasna laisku mashquuliyoo sida samaacadaha dhagaha la gashto) ee maalintaas sababtoo ah waxay u arkaan waxan oo kale inay adag tahay. Ma u baahan tahay taageero intaas ka badan baahiyo khaas ah awgood Si sahal ah ayaa loogu cidhiidhiyaa meelaha dadku ku badan yahay Waxay ka baqaan cirbadaha 	<ul style="list-style-type: none"> Waxaa laga yaabaa inay ugu fiican tahay in ilmahaaga lagu tallaalo xarumaha tallaalka ee gobolka/xarun leh isticmaalka jawi dareemidiisu hooseeyo oo leh taageerada loogu talagalay welwelka cirbada ee fudud. Waxaan bixinaa rugaha caafimaadka gaarka ah ee dareemidoodu hooseysayso. Waxay ku qoran yihiin https://www.coronavirus.vic.gov.au/vaccination-information-people-disability 	<p>Raadiyaha rugaha caafimaadka ama wac khadka taleefanka Coronavirus ka 1800 675 398 si aad uga balansato mid ka mid ah xarumaha tallaalka</p> <p>ama</p> <p>Kala hadal baahida ilmahaaga dhakhtartka guud GP ama Sarkaalka Xiriirka Naafada (DLO) ee kaa caawin kara isu diyaarinta, iyo ballan sameysashada ballan tallaalka oo ku haboon.</p>





Adiga iyo ilmahaagu	Ballan lagu taliyay	Sidii aad u ballansan lahayd
<ul style="list-style-type: none"> • Aad ayey uga baqayaan cirbadaha • Ma u baahantahay in lagaa caawiyo talaalka • Ka soo quustay dhammaan fursadaha kale ama farsamooyinkii hore ee laysku tallaali jiray • Ma u baahan tahay in guriga lagugu tallaalo. Adeegani wuxuu u furan yahay dadka qaba: <ul style="list-style-type: none"> o dhaawac, arin caafimaad oo soo noq noqota, ama tamar dari saameynaysa dhaq dhaqaaqa o naafo jireed ama mid maskaxeed oo dhexdhexaad ah ama daran o arrimaha caafimaadka dhimirka ama dabecadda oo dhexdhexaad ah ama daran si kale haddii loo dhigana loo yaqaan naafo maskaxeed o masuuliyada xannaaneeyaha o ee qofka qaba naafonimo daran ama mid dhexdhexaad ah. 	<ul style="list-style-type: none"> • Gudbinta GP ama DLO Adeegga Tallaalka Takhasuska Victoria (Victorian Specialist Immunisation Service). • Dadka u baahan waxay ku ballansan karaan in guriga lagu tallaalo. 	<p>Kala hadal baahida ilmahaaga dhakhtartka guud GP ama Sarkaalka Xiriirka Naafada (DLO) ee kaa caawin kara isu-diyaarinta, iyo ballan sameysashada ballan tallaal oo ku haboon. (Fadlan eeg 'Taageerada Kale' ee hoose sharaxaada adeegga.)</p>

Taageerooyinka kale

- **Taageerada tallaalka ee carruurta naafada ah loogu talagalay ama baahiyaha gaarka:** [Saraakiisha Xiriirka Naafada](#) (DLO) waxay caawin kartaa waalidiinta si ay u diyaariyaan isla markaasna u sameyeeyaan ballanta tallaalka. DLO ayaa laga yaabaa inay kuu dooraan ballanta rugta caafimaadka ee dareenka hoose, booqashada tallaalka guriga, iyadoo lasii marinayo adeegga suuxinta ama Xarunta Dhakhtarka Guud ee qoysaska u fiican.
- **Macluumaadka iyo fursada taageerada tallaalka:** weydiimaha caafimaadka COVID-19, oo ay ku jiraan helitaanka lacag bixinta Dawlada Gobolka Victoria, waxaa laga heli karaa khadka taleefanka Coronavirus ka 1800 375 398, laga bilaabo Janaayo horaanteed.
- **Khadka macluumaadka COVID-19 ee Aboorujjinka Victoria:** waxay siisa xubnaha bulshada Aboriginalka ah inay helaan shaqaalo Aborijin ah oo ka jawaabi kara su'aalaha ku saabsan COVID-19, istallaalinta iyo ku toosinka dadka soo wactamaya taageerada ay u baahan yihiin iyagoo adeegsanaya 1800 312 911 (9 subaxnimo-5 galabnimo, 7 maalmood toddobaadkii).

