

# Qaado tallaalkaaga kobcinta COVID- 19



## Waa maxay tallaalkaaga kobcinta COVID-19?

Kobcinta tallaalka COVID-19 waa qiyaas dheeraad ah oo tallaalka ah oo kor u qaadaya habka difaaca jirkaaga oo ku siinaya difaac dheeraad ah oo ka dhan ah COVID-19.

## Halkee ayaan ka heli karaa Kobciyaha Tallaalka?

Khadka Tallaalka Bulshada wuxuu ka caawiyaa dadka Maine inay si dhakhso ah u helaan tallaalka COVID-19 ee kuugu dhow.

Wac: 1-888-445-4111

Isniin-Jimce, 9 a.m. to 5:30 p.m..

Adeegyada turjumaada, wac lambarka oo sheeg luqadda aad rabto.

## Gaadiid ma heli karaa?

HAA, haddii gaadiid loo baahan yahay wac, qoraal, ama iimayl u dir MANA: 207-387-0749 | [car@mana-maine.org](mailto:car@mana-maine.org)

AMa wac 1-855-608-5172 (ModivCare)

## Isku mar qaadan karaa Kobciyaha Tallaalka COVID-19 iyo Tallaalka Hargabka?

HAA, labada tallaalka hargabka iyo COVID-19 waa la qaadan karaa isla booqasho.

## Goorma ayaan heli karaa Kobcinta Tallaalka?

Shakhsiyaadka helay tallaalka Pfizer-BioNTech ama Moderna COVID-19, kooxahan soo socdaa waxay xaq u leeyihiin tallaalka xoojinta 6 bilood ama ka badan ka dib taxanahooda hore:

- 65 sano iyo ka weyn
- Da'da 18+ ee ku nool goobaha daryeelka muddada dheer
- Da'da 18+ ee leh xaalado caafimaad
- Da'da 18+ ee ka shaqeysa ama ku nool goobaha khatarta sare leh

Tallaalka xoojinta ayaa lagula talinayaa qof kasta oo 18 jir ah ama ka weyn ugu yaraan 2 bilood ka dib marka la helo tallaalka J&J/Janssen COVID-19.

## Ma isku dari karaa tallaalka?

HAA, Dadka qaar ayaa laga yaabaa inay door bidaan nooca tallaalka ee ay markii hore qaateen iyo kuwa kale, waxay doorbidi karaan inay helaan xoojiye kale. Talooyinka CDC waxay hadda oggol yihiin isku darka noocaan ah iyo qiyaasta qiyaasta tallaalka xoojinta

## Kobcinta tallaalka ma bilaashbaa? Ma u baahanahay caymiska caafimaadka?

Haa, Tallalada Kobcinta COVID-19 waa bilaash. MAYA, caymis caafimaad looma baahna. MA lagu weydiin doono sharciga socdaalkaaga.