

Tallaalka hargabka iyo koroonaha oo si fudud loo sharraxay

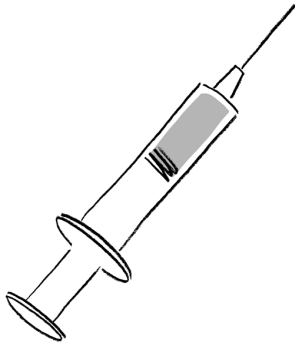


Dadkee ayay u wacan tahay in ay qaataan tallaalka?

- Dhammaan dadka ka weyn 65 waxa u wacan in ay qaataan labada tallaalka.
- Dadka qaba cudur joogto ah, naaxitaan xad-dhaaf ah ama haweenka uurka leh waxaa u wacan in ay qaataan tallaallada.
- La hadal dhakhtarkaaga haddii aanad hubin inay ku khusayso adiga.

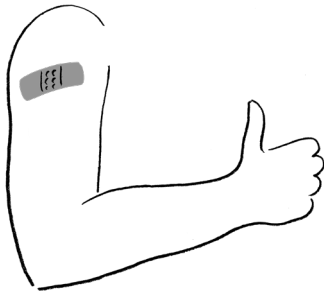
Sidee ayay tallaallaadu u shaqeeyaan?

- Tallaalku waxa uu jidhka barayaa iska difaacista fayrusyada hargabka iyo koroonaha.
- Tallaalku waa hal mar oo irbad gacanta lagu mudayo. Hal mar ayaa la qaadan kara labada tallaalka, midba gacan.
- 1-2 toddobaad ayay qaadanaysaa inta tallaalladu ay shaqaynayaan.



Tallaalka kaddib

- Dad badan waxa xanuunta meesha laga muday waxaana dhici karta in ay noqoto casaan ama bararto.
- Dadka qaar waxa ku dhaca xummad/qandho, muruq-xanuun ama waxay dareemaan in ay xanuunsanayaan ama daal.
- Waxyaalani iskood ayay u tegayaan maalmo yar kaddib.
- Haddii aad qabtid su'aalo ku saabsan dhibaatooyinka la dareemi karo tallaalka kadib, la xiriir dhakhtar.



Xaashidan macluumaadka ah waxa laga soo dejiisan karaa
www.fhi.no/influensavaksine iyo
fhi.no/voksenvaksinasjon