

## Talaal Lacag la'aan ah ee COVID-19 ayaa hadda loo heli karaa dadka reer Calgary ee xaqqa u leh



Waa caadi in su'aalo laga weyddiyo tallaalka. Xaqiiqooyinka dhabta ah ka hel dhakhtarkaaga ama illo lagu kalsoon yahay sida Hay'adda Caafimaadka ee Canada (Health Canada) iyo Adeegyada Caafimadka ee Alberta (Alberta Health Services (AHS)). Macluumaad intaas ka badan oo ku saabsan faa'iidooyinka tallaalka waxaad ka heli kartaa [canada.ca/vaccines](https://canada.ca/vaccines).

Gobolka ayaa marka hore talaalaya dadka halista ugu jira jirooyinka halista ah. Haddii aad leedahay xaalad hore ee jirtay ee caafimaaddaro booqo bogga [alberta.ca/vaccine](https://alberta.ca/vaccine) ama la hadal dhakhtarkaaga ama farmashiistahaaga.

Istalaal sida ugu dhakhsaha badan marka aad xaq ugu yeelatid. Kasoo ogow goorta aad xaq u yeelan doonto tallaalka bogga [alberta.ca/vaccine](https://alberta.ca/vaccine). Waqtiga saxda ah wuxuu kuxiran yahay helitaanka tallaalka

## Maxay tahay sababta inaad is tallaasho?

Tallaalku wuxuu ka dhigayaa habdhiskeenna difaaca mid xooggan iyadoo la dhisayo unugyada difaaca jirka si looga hortago loo lana dagaallamo cudurrada. Maadaama COVID-19 u yahay virus cusub, qofna ma leh difaac dabiici ah. Aad ayey uga badbaado badan tahay uguna waxtar badan tahay in la iska tallaalo marka loo eego in caabuuq kugu dhaco.

Tallaalku waa mid ikhtiyaari ah laakiin tallaalku wuxuu ilaalinayaa nafteenna iyo dadka kaleba wuxuuna sugayaa sida ugu dhaqsaha badan inaan sidii caadi ahayd ugu soo laaban karno. Wuxuu kaa caawin karaa inaad ka hortagto inaad qaado jiradan ayna kaa ilaaliso inaad si daran u xanuunsato haddii aad qaadid.



## Ayaa loo baahan yahay in la tallaalo?

**Qof kasta oo reer Alberta ah oo xaq u leh waa inuu is tallaalaa.** Xitaa haddii aad ka bogsatay COVID-19 waa inaad iska tallaashaa si kor loogu qaado difaaca jirka.

Haddii aadan haysan kaarka Daryeelka Caafimaadka ee Alberta, waad heli kartaa tallaalka. Wac 811 si aad ballan u qabsato.

Uma baahnid warqadda muwaadinnimada Canada si aad u hesho tallaalka, waxaad u baahan tahay oo kaliya warqadda aqoonsi. Booqo bogga [alberta.ca/vaccine](https://alberta.ca/vaccine) si aad u hesho liiska warqadaha Aqoonsiga ee la aqbalayo.



## Maxaa dhacaya ka dib marka aad is tallaasho?

Ilaa inta badan ee reer Alberta ah u ka difaacayo talaalku, waa inaan sii wadnaa raacida dhamaan tilmaamaha caafimaadka bulshada:

- xiro maaskaro;
- kala foogaada 2 mitir;
- gacnaha iska dhaqa; iyo
- guriga joog markii aad dareento caafimaad darro.

AHS ayaa ku ogeysiin doonta markaad aad diyaarka u tahay tallaalka labaad.



## Taageero

- Haddii aad leedahay calaamado jirrada waa inaad guriga joogtaa waana inaad is baarto. Booqo bogga [alberta.ca/COVID19](https://alberta.ca/COVID19) si aad uga ballansatid baarista onlineka ah ama wac 811.
- Taageero dhaqaale ayaad heli kartaa haddii aadan awoodin inaad shaqeyso maadaama aad jiran tahay, lagana rabo inaad isgo'doomiso, ama aad daryeeleysid qof la go'doomiyey. Wac 811 si aad u hesho macluumaad dheeraad ah.
- Qolal hoteel oo lacag la'aan ah iyo taageero dhaqaale ayaad heli kartaa haddii ay qasab tahay in lagu karantiilo COVID-19 dartii laakiin aadan ku sameyn kartin gurigaaga dhexdiisa. Wac 211 si aad u hesho macluumaad dheeraad ah.



## Ma u baahan tahay caawimaad?

Wac 811 si aad u ogaato goorta aad u qalanto oo ballan qabsato. Adeegga waxaa lagu heli karaa 240 luqadood.

Taageerada COVID-19 ee afkaaga hooyo wac 1-833-217-6614.



## Ma u baahan tahay gaadiid?

Wac 211 si aad u hesho caawimaad gaadiid kasoo qaada guriga kaana soo celiya kasoo noqoshada ballanta tallaalkaaga.