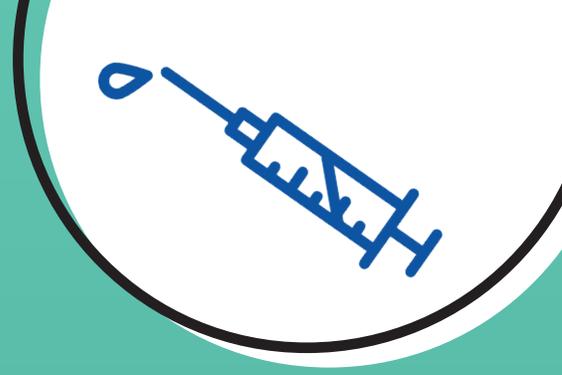


Ma qaadatay

TALLALKAAGII IFILADA?

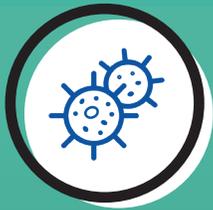


Tallaalada ifiladu waa hab dhakhso leh oo wax ku ool ah oo lagu yareeyo halista aad ugu jirto ifilada. Ifiladu waa cudur khatar ah oo u horseedi kara isbitaal dhig ama dhimasho, xitaa dadka caafimaadka qaba. Qaado talaalkaaga ifilada sannad walba si aad u badbaadiso naftaada iyo dadka kaleba. Wax badan ka baro <https://www.cdc.gov/flu/prevent/index.html>



Ciyaa loo baahan yahay inuu qaato tallaalka ifilada?

Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC) waxay kugula talinayaan qof walba oo jira 6 bilood iyo wixii ka weyn in la siiyo tallaalka ifilada sannad kasta.



Muxuu tallaalka ifiladu qabtaa?

Tallaalka ifiladu wuxuu yareynayaa halista aad ugu jirto qaadista ifilada adiga oo abuuraya unugyada difaaca jirka ee dhisaya ka hortagga jirka ee xoogga leh ee fayraska ifilada. Kani wuxuu kaa caawinayaa inuu kaa ilaaliyo inaad bukooto ama wuxuu yareeyaa darnaanta jirrada.



Waayo aan u qaadanayaa tallaalka ifilada?

Ifiladu waxay noqon kartaa mid khatar badan waxayna sababi kartaa cudur daran, xitaa haddii aad caafimaad qabto. Qaadashada tallaalka ifilada sannad walba waxay kaa ilaalinaysaa adiga iyo kuwa hareerahaaga iyada oo yareynasa halista aad ugu jiri karto ifilada.



Xagee ka heli karaa tallaalka ifilada?

Farmasiyada badankood waxay bixiyaan tallaalka ifilada. Raadi meel kuu dhow: <https://vaccinefinder.org/>

Qorshayaasha caymiska badankood waxay dabooli doonaan kharashka tallaalka ifilada. Haddii qorshahaagu uusan lahayn ama aadan caymis lahayn, tixgeli xulashooyinka soo socda ee tallaalka ifilada:

Qoraalada

Costco
CVS
Walmart
Sam's Club

Qiimaha

\$20
\$40
\$35
\$30

Farmashiyaha

Looma baahna xubinnimo
\$5 kuuboon ah oo la heli karo iyo tallaalka sare oo la heli karo
Looma baahna xubinimo