

› Halkee ayaa la iska tallaalayaa ?

- ➔ Goobaha tallalka ee waalooniya ;
- ➔ Adiga oo maraya dhakhaatiirta guud ;
- ➔ Maraya neerasta,oo kuu qorta warqad caafimaad ;
- ➔ Farmasiyada ka qaayb qaata tallalka.

Saacadaha iyo warbixin oo dhan waxa aad ka heli jemevaccine.be ama **071/31;34;93** .

Si fican
u qorta !

Kuwa ka yar
16 jir,waxa loo
baahanyahay
rukhsad
waalidka a'.

Caddaaynta tallalkiina
KOOFIDKA waxa aad
ka helaaysaan Safe Ticket
idinka oo maraya:

- ✓ Khadka bilaashka a'ee CovidSafe.be;
- ✓ Shabakadaha reseausantewallon.be,
myhealthviewer.be ama masante.be.

Haddii aad u baahato warqad ahaan
ama aad rabto in aad ogeesiiso wax
ka qaldan macluumaadka?

U wareeg foomka:

requete-vaccination.aviq.be

Warbixino intaas ka badan
kuna saabsan tallalka



jemevaccine.be

covid.aviq.be

KOOFID-19 Waan istallaali !



Ku wada in aad qadarisaan shuruucdii caafimaadka

**Marka aad is tallashaan, qiyaas ahaan
xanuunku in uu ku dhaco **waay yaraan balse
wuu jiraya.****

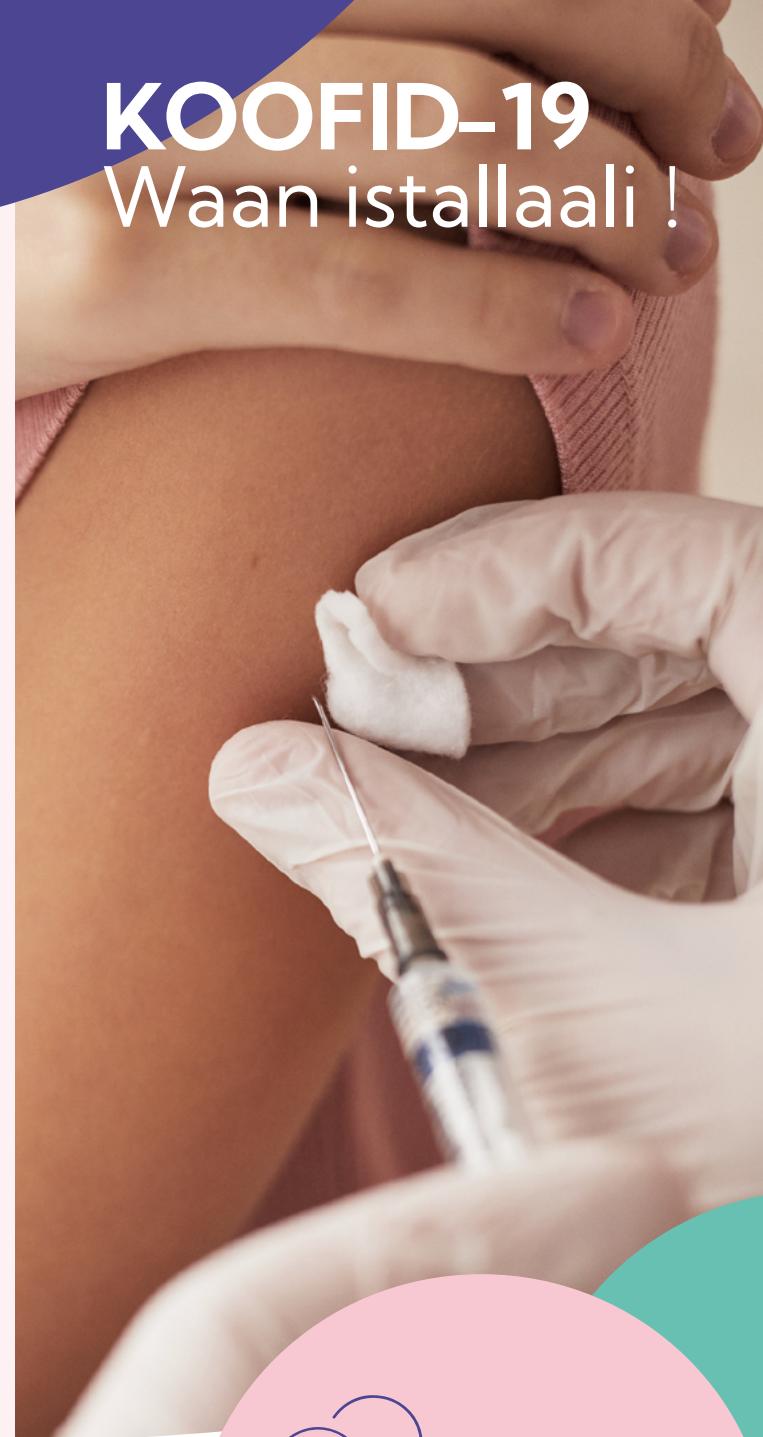
- ✓ Si joogto a'u maaydha oo uga tira bakteeriyyada gacmahiina.
- ✓ Door bida xarakaatka dibada.
- ✓ Sita daboolka afka iyo sinka meelaha aay qasab tahay ama haddii aad isku aragtaan calaamado xanuunka a'.
- ✓ Ka taxadira dadka halista u a' sida dumarka xaamilada a',caruurta da'da yar,dadka da'da a',dadka xanuunada joogtada a' ama adag ama halista qaba....



Warbixin faahfaahsan oo ku
saabsan dhaqanka wakan ee aay
tahay in aad la qabsato
www.respirer.be

Lambarka dhigista shariyyeysan D/2022/7646/25

Sajjharmastutka F. Lannoy darriqua la Rivelaine 21, 6061 Charleroi



je me vaccine.be

› Tallaalada koofid -19 kuwo la hubo ma yihiin?

Amnigu waxa uu ka mid yahay shuruudaha loogu rukhsseeyo suuqa iibka tallaalka:Tallaalada koofid-19 waxa aay tahay in aay ka jawaab ceeshaan **shuruudahaas waajahsan tayada tallaal kaste.**

Khuburada haayadda yurub ee kiniinada(EMA) iyo haayadda federaaliga a' ee kiniinada iyo daawooyinka caafimaadka(AFMPS) ayaa aad daraasad ugu sameeya macluumaadka oo dhan ee tallaalada Koofid-19.



› Tallaalada koofid-19 tayo ma leeyihiiin?

Daraasado badan ayaa tilmaamaya in tayo leeyihiiin tallaalada Koofid-19 ka u dooni ha noqdee. Tayadaas waxa muujinaya:faafitaankii oo yaraanaya,xanunka oo khafif noqda,dhakhtarka oo lagu dhigi waayo iyo dhimashada oo yaraata.



Waan is tallaali

Istallaalistu waa facil aad ku dhaqaaqdo kuuna bilaash a'. Go'aanka aad isku tallaashay waa **facil awood siinaya caafimaadka guud.**

Waxa aad fursad u helaysaa marka is-tallaasho,in jidhkaagu bilaabo in uu sameeyo difaac kaa illaaliya in uu xanuunku ku qabto marka aad la kulanto faayriska. Waxa taas raaca, in aanad gudbin karin.

Muddo ka bacdi,difaacii jidhku sameeyey wuu is-dhimayaa,taasina illaalintaadii ayeey hoos u dhigeysa. Markaas waxa muhiim in aad qaadato xasuus ahaan tallaal kale. Dadka difaaca jidhkoodi hoos u yaal waxa aay u baahan yihiin tallaal siyaado a'. Dumarka xaamilada ahi waa kuwa a' in tallaalka loogu horeey siiyo. Ta kale,hooyooinka naaska jaqsiiya uma baahna in aay tallaalka dib u dhigtaan.

*Waad ku mahadsantihiiin in aad is-tallaashaan.
Sidaas darteed,waad is-badbaadinaaysaan,
ahligiina waad badbaadiseen iyo weliba
mushtamaca oo dhan.*



› Waxyaabaha aad kala kumi karto tallaalka

Kuwa deg-degsan waa kuwo **fudud oo caadi a'** (qandho, matag ku qabta, madax xanuun, daal, muruqyada iyo laabatooyinka oo ku xanuuna, barar dhibic daloolka a', qanjidhada qoorta ama kil-kilooyinka) et ils **dhaawr cisho dabadeedna waay ka tagaan.**

Waxaad qaadanaaysaan barasetamool. Kala haddal dhakhtarkaaga ama farmasiga.



› Aleerji in aad ka qaadaa waay yartahay

Sida kiniinada kale oo dhan alerji wuu leeyahay laakiin xoog ayeey ugu yartahay. Sidaas darteed ayaan idinkula talinaaynaa in kabacdi tallaalka aad **fadhidaan 15 daqiqo** (30) haddii aad isku argtaan alerji muhiim a' si markaas wax la idinku qabto haddii loo baahdo.

Haddii wax cas-cas ama is-xoqitaan jidhka oo dhan a' ama wax la moid a' aad la kulanto,waxa an kugula tallinaayna in si deg-deg aad ula xiriirto dhakhtarkaaga.

Waxa fican in aad ogaato !

Haayadda AFMPS waxa aay soo saartaa asbuuc kaste wixii dhibaatooyin lagala kulmo tallaalada Koofid-19:ee Belijimka waxa aad ka heli kartaan: www.afmps.be Idinkuna waad u sheegi kartaan haayadda AFMPS wixii dhibaatooyin a' ee aad kala kulantaan tallaalka idinka oo maraya dhakhtarkiina gaarka a'/ama farmasigiina.