

## TALLAALKA COVID-19 QORAALLADA BARAHA BULSHADA EE AY ISTICMAALAYAN SHAQAALAHA XARUNTA CAAFIMAADKA

NACHC ayaa samaysay sawirro ay u adeegsanayaan qoraalladan baraha bulshada. Booqo [bartayada Baraha Bulshada ee COVID](#)

**FARRIINTA MUHIIMKA AH:** TALLAALLADA COVID-19 WAA AGAB MUHIIM AH OO LAGU JOOJIN KARO SAFMARKA

### QORAALKA FACEBOOK

Qaadashada tallaalka COVID-19 keliya kuma difaaci doono laakiin wuxuu kaa caawin doonaa joojinta faafidda safmarka. In kasta oo uusan jirin hal qalab oo keliya oo joojinaya safmarka, qaadashada tallaalka waa tallaabo muhiim ah. Iska ilaalintaada ugu fiican ee COVID-19 waxay noqon doontaa isku darka qaadashada tallaalka COVID-19, xirashada maaskaro, ka fogaanshaha ugu yaraan 6 fuudh dadka kale, iska ilaalinta dadka badan, iyo gacmahaaga oo aad dhaqdo marar badan. Ma jirto hal qalab oo keliya oo joojinaya safmarka. Wax ka baro waxtarka tallaalka COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/vaccine-benefits.html>

### QORAALKA INSTAGRAM

Qaadashada tallaalka COVID-19 keliya kuma difaaci doono laakiin waxay kaa caawin doontaa joojinta faafidda safmarka. In kasta oo uusan jirin hal qalab oo keliya oo joojinaya safmarka, qaadashada tallaalka waa tallaabo muhiim ah. Iska ilaalintaada ugu wanaagsan ee #COVID19 waxay noqon doontaa isku darka qaadashada tallaalka COVID-19, xirashada maaskaro, ka fogaanshaha ugu yaraan 6 fuudh dadka kale, iska ilaalinta dadka badan, iyo dhaqista gacmahaaga marar badan. Ma jirto hal qalab oo keliya oo joojinaya safmarka.

Wax ka baro waxtarka tallaalka COVID-19: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)

### QORAALKA TWITTER

Qaadashada tallaalka COVID-19 keliya kuma difaaci doono laakiin wuxuu kaa caawin doonaa joojinta faafidda safmarka. Isku-darka qaadashada #tallaalka COVID-19, xirashada maaskaro, ka fogaanshaha ugu yaraan 6 fuudh dadka kale, iyo dhaqidda gacmahaaga marar badan dhammaan waa loo baahan yahay. Baro dheeraad: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/vaccine-benefits.html>

### QORAALKA FACEBOOK

Tallaalku kuma siin doono COVID-19. Midkoodna tallaallada COVID-19 ee hadda laga helo Mareykanka ma isticmaalo fayraska nool ee sababa COVID-19. Waxaa laga yaabaa inaad yeelato calaamado sida qandho kadib markaad is-tallaasho. Tani maahan wax caadi ah waana calaamad muujineysa in nidaamka difaaca jirka uu baranayo sida loo aqoonsado oo loola dagaallamo fayraska keena COVID-19. Baro wax badan oo ku saabsan xaqiiqooyinka ka dambeeya tallaalka COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/vaccine-myths.html>

### QORAALKA INSTAGRAM

Tallaalku kuma siin doono COVID-19. Midkoodna tallaallada COVID-19 ee hadda laga helo Mareykanka ma isticmaalo fayraska nool ee sababa COVID-19. Waxaa laga yaabaa inaad yeelato astaamo sida qandho kadib markaad qaadato #tallaalka. Tani ma badna waana calaamad muujineysa in nidaamka difaaca jirkaagu baranayo sida loo aqoonsado loolana dagaallamo fayraska keena COVID-19. Wax badan ka baro xaqiiqooyinka ka dambeeya tallaallada COVID-19: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

### QORAALKA TWITTER

Tallaalku kuma siinayo adiga COVID-19. Midkoodna tallaallada hadda laga helo Mareykanka ma isticmaalo fayraska nool ee sababa COVID-19. Waxaa laga yaabaa inaad yeelato calaamado sida qandho kadib markaad is-tallaasho. Tani ma badna. Wax badan ka baro #xaqiiqooyinka tallaalka: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/vaccine-myths.html>

KHEYRAADKA:

<https://www.cdc.gov/vaccines/covid-19/health-systems-communication-toolkit.html#social>

## TUSAHA TALLAALKA COVID-19 EE AGABYADA ISGAARSIINTA EE LOOGU TALOGALAY SHAQAALAHA XARUTNA CAAFIMAADKA

### WAR-SAXAAFDEED

ILAALI NAFTAADA IYO QOYSKAAGA ADIGOO QAADANAYA TALLAALKA COVID-19

<Gali magaca Xarunta Caafimaadka Bulshada> waxay bixinaysaa tallaallada COVID-19 <geli taariikhda yo waqtiga> goobta <geli cinwaanka xarunta>.

<Geli Magaalada><Geli Taariikhda> - Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC) waxay si adag ugu talinayaan qaadashada tallaalka COVID-19 si looga hortago COVID-19 oo loo ilaaliyo qoyskaaga iyo bulshadaada. Waxaad iskaga tallaali kartaa lacag la'aan <insert date and time> goobta <geli magaca Xarunta Caafimaadka Bulshada>.

Qaadashada tallaalka COVID-19 keliya ku difaaci maayo laakiin wuxuu kaa caawin doonaa joojinta faafidda cudurka safmarka. In kasta oo uusan jirin hal qalab oo keliya oo joojinaya safmarka, qaadashada tallaalka waa tallaabo muhiim ah. Iska ilaalintaada ugu fiican ee COVID-19 waxay noqon doontaa isku darka qaadashada tallaalka COVID-19, xirashada maaskaro, ka fogaanshaha ugu yaraan 6 fuudh dadka kale, iska ilaalinta dadka badan, iyo gacmahaaga oo aad dhaqdo marar badan. Hubso inaad is tallaasho! #Kani Waa Sawirkeena.

"Waxaan qaatay tallaalkayga COVID-19," ayuu yiri <geli magaca sarkaalka sare ee Xarunta Caafimaadka Bulshada>. "Dhisidda difaac ka dhan ah COVID-19 xarunteena caafimaadka iyo bulshadeena waa dadaal kooxeed. Qaadashada tallaalka, waxaan taageerayaa caafimaadka goyskayga iyo bulshadayda."

CDC iyo khubarada caafimaadku waxay isku raaceen in tallaalka COVID-19 uu leeyahay badbaado. Dhammaan tallaallada COVID-19 waxaa lagu tijaabiyey tijaabooyin caafimaad oo ay ka qaybqaateen tobanaan kun oo dad ah si loo hubiyo inay buuxiyaan heerarka badbaadada iyo ilaalinta ee dadka waaweyn ee leh da'a, jinsi, iyo qowmiyado kala duwan. Ma jirin walaacyo badbaado oo halis ah. CDC iyo Maamulka Cuntada iyo Dawooyinka (FDA) waxay sii wadi doonaan kormeerka tallaallada si loo raadiyo arrimaha badqabka ee hadda la isticmaalayo.

Midkoodna ma isticmaalo tallaallada COVID-19 ee hadda laga helo Mareykanka fayraska nool ee sababa COVID-19. Waxaa laga yaabaa inaad yeelato calaamado sida qandho kadib markaad is-tallaasho. Tani ma badna waana calaamad muujineysa in nidaamkaaga difaaca jirka uu baranayo sida loo aqoonsado oo loola dagaallamo fayraska keena COVID-19.

Macluumaad intaa ka badan, ama si aad jadwal ugu samaysato tallaalkaaga, booqo <geli websaydka Xarunta Caafimaadka Bulshada> ama wac <geli lambarka taleefanka Xarunta Caafimaadka Bulshada>.

## **OGEYSIINTA ADEEGGA DADWEYNAHA EE 30-KA ILBIRIQSI (EE RAADIYAHA AMA TV-GA)**

Ilaali naftaada iyo qoyskaaga adoo qaadanaya tallaalka COVID-19. <Gali magaca Xarunta Caafimaadka Bulshada> waxay ku siineysaa tallaalka COVID-19 taariikhda iyo waqtiga gelinta> cinwaanka xarunta> Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC) waxay si adag ugu talinayaan in la qaato tallaalka COVID-19 si looga hortaggo COVID-19 oo loo ilaaliyo adiga iyo qoyskaaga.

Iska ilaalintaada ugu fiican ee COVID-19 waa isku darka qaadashada tallaalka COVID-19, xirashada maaskaro, ka fogaanshaha ugu yaraan 6 fuudh dadka kale, iska ilaalinta dadka badan, iyo dhaqidda gacmahaaga marar badan. Ma jiro hal qalab oo keliya oo joojinaya fayraska. Qaadashada tallaalka ayaa adiga iyo qoyskaagaba badbaadinaya.

Macluumaad intaa ka badan, ama si aad jadwal ugu samaysato tallaalkaaga, booqo <geli websaydka Xarunta Caafimaadka Bulshada> ama wac <geli lambarka taleefanka Xarunta Caafimaadka Bulshada>.

## **CASUUMAADDA RUGTA TALLAALKA EE WARBAAHINTA BULSHADA**

### **CASUUMAADDA FACEBOOK**

Ilaali naftaada iyo qoyskaaga adoo qaadanaya tallaalka COVID-19. <Gali magaca Xarunta Caafimaadka Bulshada> waxay ku siineysaa tallaalka COVID-19 <geli taariikhda iyo waqtiga> goobta <geli cinwaanka xarunta>

Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC) waxay si adag ugu talinayaan in la qaato tallaalka COVID-19 si looga hortago COVID-19 oo loo ilaaliyo adiga iyo qoyskaaga.

Qaadashada tallaalka COVID-19 keliya ku difaaci maayo laakiin wuxuu kaa caawin doonaa joojinta faafidda safmarka. In kasta oo uusan jirin hal qalab oo keliya oo joojinaya safmarka, qaadashada tallaalka waa tallaabo muhiim ah. Iska ilaalintaada ugu fiican ee COVID-19 waxay noqon doontaa isku darka qaadashada tallaalka COVID-19, xirashada maaskaro, ka fogaanshaha ugu yaraan 6 fuudh dadka kale, iska ilaalinta dadka badan, iyo gacmahaaga oo aad dhaqdo marar badan. Hubso inaad is tallaasho! #Kani Waa Sawirkeena.

Macluumaad intaa ka badan, ama si aad jadwal ugu samaysato tallaalkaaga, booqo <geli websaydka Xarunta Caafimaadka Bulshada> ama wac <geli lambarka taleefanka Xarunta Caafimaadka Bulshada>.

## **CASUUMAADDA INSTAGRAM**

Ilaali naftaada iyo qoyskaaga adiga oo qaadanaya tallaalka COVID-19. <Gali magaca Xarunta Caafimaadka Bulshada> waxay ku siineysaa tallaallada COVID-19 <geli taariikhda iyo waqtiga> goobta <geli cinwaanka xarunta>

Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC) waxay si adag ugu talinayaan in la qaato tallaalka COVID-19 si looga hortago COVID-19 oo loo ilaaliyo adiga iyo qoyskaaga.

Macluumaad intaa ka badan, ama si aad jadwal ugu samaysato tallaalkaaga, booqo <geli websaydka Xarunta Caafimaadka Bulshada> ama wac <geli lambarka taleefanka Xarunta Caafimaadka Bulshada>.

## **CASUUMAADDA TWITTER**

The @CDCgov waxay si adag ugu talinaysaa in la qaato tallaalka #COVID-19 si looga hortago COVID-19 oo loo ilaaliyo adiga iyo qoyskaaga. Wixii macluumaad dheeraad ah, ama si aad jadwal ugu samaysato #tallaalkaaga, booqo <geli websaydka Xarunta Caafimaadka Bulshada> ama wac <geli lambarka taleefanka Xarunta Caafimaadka Bulshada>.