

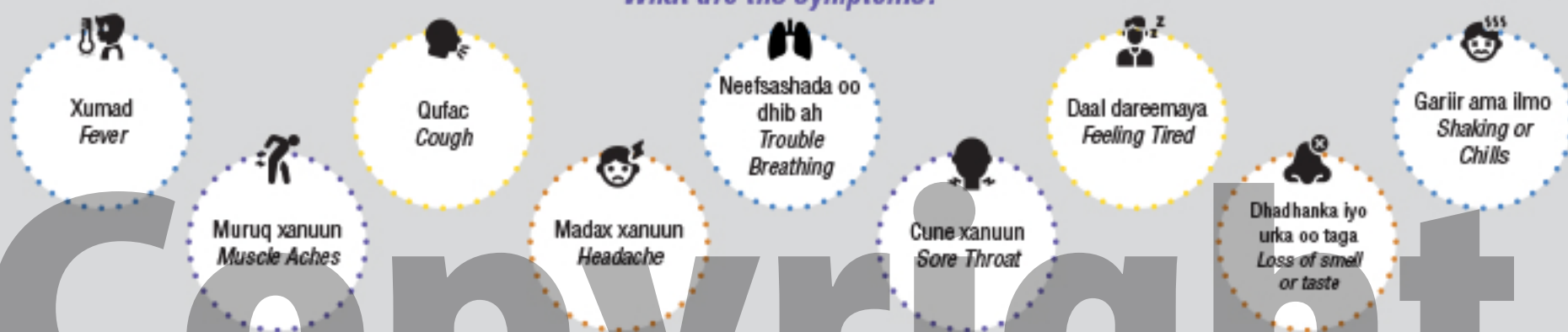
WAX KA BARO COVID-19

LEARN ABOUT COVID-19



Waa maxay calaamadaha lagu garto?

What are the symptoms?



Maxaa la samayn karaa si looga hortago COVID-19?

What can be done to help prevent COVID-19?

Xiro maaska, ka fogow 6 feet dadka kale markaad banaanka u baxdo, gacmaha dhaq, ka ilaali taabashada wejiga, guriga joog haddii aad jirran tahay, iska ilaali meelaha dadku ku badan yahay sida:

- 🏠 shaqada
- 🍽️ maqaaxiyaha
- 👥 gmeelaha la isugu yimaado
- 🕌 Masjidka, iwm.

Wear your mask, social distance - keep 6 feet from others, wash hands, avoid touching face, stay home if sick, avoid crowded spaces such as

- 🏢 work
- 🍽️ restaurants
- 👥 gathering places
- 🕌 mosque, etc.

Hadad isku aragto calaamadaha COVID-19:

Do you have COVID-19 Symptoms?

- 🧪 Iska baadh COVID-19.
Get a COVID-19 test.
- 🏠 Ka fogow dadka kale, ugu yaraan 5 maalmood ilaa intaad aad ka bogsanayso.
Isolate from others.
- 🏠 Guriga joog ilaa aad ka fiicnaato.
Rest at home until you are better.
- 💧 Cab cabsitaanno badan oo dareereyaal ah.
Drink plenty of fluids.

Ma xanuunsan tahay in ka badan 5-7 maalmood?

Are you sick longer than 5-7 days?

- 🏠 Haddii aad weli buko 5-7 maalmood kadib markii laga helay COVID-19 ama ay kugu adag tahay neefsashada, la xiriir dhakhtarkaaga ama qolka degdega ee isbitaalka.
If you are still sick 5-7 days after positive COVID-19 test or you have trouble breathing, get help from primary care or hospital emergency room.
- 🏠 Haddii aad hasho daryeel caafimaad ama adeegyada degdega ah ee daawaynta COVID-19ka caymisna aadan ku jirin, waxaa kaa bixin doona kharashaadka daawaynta COVID-19 barnaamijyo federaal ah.
If you receive primary care or emergency services for COVID-19 symptoms and are uninsured, federal programs will pay for COVID-19 treatment.



Colorado Clinical and Translational Sciences Institute (CCTSI)
UNIVERSITY OF COLORADO DENVER | ANSCHUTZ MEDICAL CAMPUS

NIH CEAL | CO-CEAL COVID-19 Colorado Alliance
Community Engagement Alliance

WAX KA BARO TALAALKA COVID-19

LEARN ABOUT THE COVID-19 VACCINE

Badbaadada talaalka iyo waxtar kiisa. Viruska COVID-19 wu kugu dhicikaraa ka dib markaad iska taalaasho, laakiin talaalku wuxuu si weyn hoos u dhigayaa in lagu jifiyo isbitaalka ama dhimashada COVID-19 awood; wayna yar tahay inaad faafiso fayraska ama aad dadka u gudbisno.

Vaccines are safe and can save you. There is a chance you could still get COVID-19 after being vaccinated, but vaccination greatly lowers your chance of hospitalization or death due to COVID-19; and you are less likely to spread the virus to those around you.



Faahfaahin ku saabsan Talaalka iyo Xoojintiisa

Vaccine & Booster Details

Talaalka Pfizer wuxuu kaa ilaalinaya ama kahortagaa in ka badan

90% xanuunka daran ee COVID-19

The Pfizer vaccine gives more than
90% protection against severe COVID-19

Talaalka Moderna waxa uu kahortagaa in ka badan

90% in aad ku xanuunsato COVID-19.

The Moderna vaccine gives more than
90% protection against getting sick from COVID-19

Talaalka Johnson & Johnson waxa uu kahortagaa in ka badan

70% in aad ku xanuunsato COVID-19.

The Johnson & Johnson vaccine gives more than
70% protection against getting sick from COVID-19

- Booster doseka waxay xoojinaysaa talaalka sababtoo ah dhammaan talaalada COVID-19 ka awooddooda ay ku difaacaan jirkaaga way yaraanaysaa in muda ah ka dib.
- Waxaad ka qaadan kartaa booster dose kaaga mid ka mid ah saddexda shirkadood ee talaalka.

- A booster dose is needed because all vaccines lose their ability to protect your body over time.
- You can get your booster dose from any of the three vaccines companies.

Talaalka **Pfizer** waa loo ogolaaday da'da 5 iyo ka weyn waana 2 talaal, waxaa kaloo loo ogolaaday xoojinta talaalka (booster shot) 5 bilood ka dib. The **Pfizer vaccine** is authorized for ages 5 and up and is 2 shots AND a booster shot 5 months later.



Talaalka **Moderna** waa loo ogolaaday da'da 12 iyo ka weyn waana 2 talaal, waxaa kaloo loo ogolaaday xoojinta talaalka (booster shot) 5 bilood ka dib. The **Moderna vaccine** is authorized for ages 12 and up and is 2 shots AND a booster 5 months later.



Talaalka Jannsen (Johnson iyo Johnson) waa loo ogolaaday da'da 18 iyo ka weynba waana 1 talaal bilowga, waana inaad qaadaataa xoojiyaha talaalka 2 bilood ka dib. The **Jannsen (Johnson and Johnson)** vaccine is authorized for ages 18 and up and is 1 initial shot AND you should get a booster 2 months later.



Xaqiiqooyinka COVID-19:

COVID-19 FACTS:

- Talaalada COVID-19 ka waa badbaado kuma keenayaan cudurka kansar, qalal, dhicid, dhalmo la'aan, ama dhimasho; kumana sii doono fayraska COVID-19.
- Sida laga soo xigtay Xarumaha Xakamaynta iyo Kahortagga Cudurada ee loo yaqaano
- (CDC), dhammaan talaalada COVID-19 waxay la kulmeen heerar ugu sareeya ee badbaadada, waxtarka, iyo tayada. Mid kasta oo ka mid ah talaalada COVID-19 dhamaanfod waxay badbaado to tahay uurka.
- Talaalka COVID-19 kaama ilaalin doono inaad qaado hargabka ama qabowga. Waxaad weli u baahan doontaa inaad hesho labada talaal ee COVID-19 iyo talaalka hargabka.

- The COVID-19 vaccines are safe and will not cause you to get cancer, stroke, miscarriage, infertility, or death; nor will it give you COVID-19 virus.
- According to the CDC, all of the COVID-19 vaccines met high standards for safety, effectiveness, and quality. Any of the COVID-19 vaccines are all safe to use in pregnancy.
- The COVID-19 vaccine will not protect you from getting the flu or common cold. You will still need to get both the COVID-19 and the flu vaccines.