

Magaca koobaad _____ Magaca Aabaha oo la soo gaabiyey _____
 Magaca Awowga _____ Taariikh Dhalasho (Bil/maalin/sannad) _____/_____/_____
 Telefoonka _____ Jinsiga (goobaab midkood) Nin/Naag/Ma jecli inaad sheego
 Afka aad jeceshahay _____

Dhalasho Isbaani/ Laatiin Aan ahayn Isbaani Lama Oga Kama jawaabay

Isir Hindida Maraykanka/Alaskaan Aasiyaan Hawaaiyaan/Ama Jasiiradaha kale ee Baasifika
 Madow Caddaan Isir kale

Miyaad nafo tahay? HAA MAYA Kama jawaabay

Cinwaanka Boosta _____

Magaalo _____ Gobolka _____ Zip _____

Email _____ Shirkadda aad u shaqeyso _____

Caymis _____ Aqoonsiga Caymiska _____

Lambarka Caymiska Bulshada (SSN) _____ Magaca ka qaybgalaha _____

Waxaad isu tihiin _____ Lambarka Caymiska Bulshada (SSN) _____

Taariikh Dhalashada _____

LAMBARKA LAGAALA SOO XIRIIRO XAALADDA DEGDEG AH

Magacaaga Buuxa _____ Waxaad isu tihiin _____ Telefoonka _____

Talaalka la siiyey: Pfizer (2 jeer oo 21 bari u dhaxayso)

<u>Lot# Dose 1</u>	<u>Dose, Route, Site</u>	<u>Provider's Signature & Title</u>	<u>Date Dose #1</u>
	IM, 0. _____ ml, (Circle which side) R L Deltoid		
<u>Lot# Dose 2</u>	<u>Dose, Route, Site</u>	<u>Provider's Signature & Title</u>	<u>Date Dose #2</u>
	IM, 0. _____ ml (Circle which side) R L Deltoid		

Su'aalo

Goobaab Mid

- | | | |
|--|-----|------|
| 1. Miyaalaga helay Covid- 19 14 kii bari ee ugu danbeeyey? | HAA | MAYA |
| 2. Miyaad ka qaadatay tallaal meel kale 14 kii cisho ee ugu danbeeyey? | HAA | MAYA |
| 3. Miyaad qaadatay dhiigga qof ka bogsaday COVID-19 90kii bari ee ugu danbeeyey? | HAA | MAYA |
| 4. Miyaad horey ku yeelatay xasaasiyad tallaal Covid- 19 ama qayb uun ka mid ah Covid- 19? | HAA | MAYA |

5. Miyaad ku leedahay xasaasiyad tallaal noocu doonaba ha ahaadee? HAA MAYA
Tallaalada Covid- 19 ee Pfizer iyo Moderna ma laha laastiigga Latex, Ukun iyo kiimikada cuntada lagu kaydiyo.

6. Miyaad horey aad ugu jirratay talaal Covid- 19? HAA MAYA
Xanuun caadi ah oo tallaalka Covid- 19 lagal kulmi karo waxa ka mid ah waxyaalahan soo socda. Waxa laga yaabaa in ay xanuunadani sii darnaadaan tallaalka labaad ka dib:

- | | |
|----------------|---|
| I. Lafa xanuun | V. Madax Xanuun |
| II. Daal | VI. Murqo xanuun |
| III. Qandho | VII. Lalabbo |
| IV. Qarqaryo | VIII. Meesha lagaa tallaalay oo ku xanunta kuna casaata |

7. Miyaad uur leedahay HAA MAYA

Ur baan leeyahay ama naas baan nuujinayaa ee ma is tallaali karaa? Haa, laakiin waxa lagugula taliniyaa inaad war bixin dheeraad ah hesho oo ku saabsan tijaabooyinkii lagu sameeyey tallaaladan intii aan la oggolaan iyo wixii khatar ah ee ka iman kara.

- Talaalka Pfizer/BioNtech iyo Moderna midna laguma tijaabin dad uur leh ama doonaya inay uur yeeshaan, sidaa darteed Ururka Caafimaadka Haweenku wuxuu ku talinayaan in dhakhtarkaaga aad kala tashato faa'iidada iyo dhibka ka iman kara tallaalka.
- Iyadoo ay dadka qaar tallaalka qaatayi uur yeesheen, laakiin warbixin ku filan lama hayo oo go'aan lagu gaadhi karo.
- Iyadoo tallaalka mRNA isticmaalkeedu cusub yahay, mRNA-da ku jirta tallaalka durba waxaa burburiya unugyada jidhka mana galayo bu'da unugga. Inta ilaa hadda la ogyahay, waxay khabaradu aaminsan yihiin in tallaalka mRNA ay u badan tahay inayna wax u dhimayn uurrayda iyo ilmaha. Si kastaba ha ahaatee, lama oga in talaalka mRNA uu khatar ku keeni karo uurrayda iyo in kale sababtoo ah dirasad ku filan laguma samayn dad uur leh.
- Tallaal oo dhan wuxuu keeni karaa difaaca jirka oo kaca taasoo keeni karta qandho. Qandhadu waxay dhib ku keeni kartaa ilmaha uurka ku jira, walow khatartani ay yartahay dhibaataada uurreyda tallaalka kaga timaaddaana ay caadiyan yartahay.
- Dhibaataada ka iman karta xanuunka Covid- 19 awgeed, dadka la siinayao tallaalka mRNA, sida shaqaalaha caafimaadka, waa in tallaalka loo soo bandhigo dadka uurka leh ama laga yaabo inay uur yeeshaan gaar ahaan meelaha uu cudurku bulshada ku dhex faafayo.
- Hooyooyinka nuujinaya laguma darin dirasada caafimaad. ACOG waxay ku talinayaan in dhibka kaga imaan kara hooyooyinka nuujinaya uu mar walba ka yar yahay faa'iidada talaalka ay ka heli karaan. Dadka qaadanaya tallaalka Covid- 19 looma baahna inay joojiyaan naas- nuujinta.

Waan fahamsanahay khatarta iyo faa'iidada hooyada uurka leh kaga iman karta tallaalka Covid-19, waxaan aqbalayaa in la i siiyo tallaalka.

_____ Saxeex (laba xaraf)

8. Miyaad leedahay xanuun yarayn kara difaaca jirka sida (HIV, xubin jirkaaga lagu tallaalay oo aad u qaadato daawo yaraysa difaaca, iwm.)? HAA MAYA

Haddii ay jawaabtu tahay haa, dhakhtarkaaga kala tasho ballanta.

HADDII AY TAHAY HAA:

Waxa difaaca jirkayga yareeyey daawooyin aan qaato/xaalad caafimaad, ee ma qaadan karaa tallaalka?

Haa, tallaalka COVID- 19 waad qaadan kartaa. Haddii aad leedahay difaac hoos u dhacsan, waxa laga yaabaa in tallaalku sidii la rabay uuna wax kuugu tarin laakiin ayna keenin wax cillad ah oo kale.

Fadlan ogsoonow in dadka difaacoodu hoos u dhacsan yahay aan lagu darin cilmi baaristan, waxaan ka ahayn dad yar oo qaba HIV. Waxan fahamsanahay in tallaalka COVID- 19 aan lagu tijaabinin dadka difaaca jirkoodu hoos u dhacsan yahay, waxaan oggolahay inaan qaato tallaalka.

_____ Saxeex (laba xaraf)

- Waxaan ogsoonahay in haddii aanan si run ah uga jawaabin su'aalaha ka horreeya talaalka Covid- 19 ay keeni karto khatar igaga timaad tallaalka.
- Waxan fahamsanahay in tallaalka COVID- 19 ay FDA u fasaxday si Xaalad Degdeg ah oo aanay FDA bixin oggolaansho buuxa.
- Waxa la ii sheegay, oo aan aqoonsanahay, qirayaana in aan u baahanahay marka aan qaato tallaalka COVID- 19 inaan sugo 15 daqiiqo ka hor intaan isticmaalin makiinad culus, ama/iyo aanan kaxayn baabuur, waxan ogahay, qirayaana in mas'uuliyadda wixii khatar ah ee ka yimaadda ha la yaqaan ama yaan la aqoonine aan anigu qaadayo, oo aanan u qabsan doonin Xarunta Caafimaadka ee Northern Light, shaqaalaheeda, wakiilladeeda, madaxdeeda, agaasimeyaasheeda iyo qandaraaslahooda, wixii dhaawaca ama dhib ah ee ka yimaadda go'aankayga ah inaan makiinad culus ku shaqeeyo ama baabuur kaxeeyo, waxa kale oo aan oggolahay inaan waligay u qabsan doonin Xarunta Caafimaadka ee Northern Light, shaqaalaheeda, wakiilladeeda, saraakiisheeda, agaasimeyaasheeda, caymiskeeda, laameheeda iyo shuraakadeeda wax dacwad ah noocay doontaba ha ahaatee, ama dalab maxkamadeed, tallaabo sharci ah, eedeyn dhaawac ama ganaax, kharashka qareen khaas ah ama koox ahaan loo qabsaday, in aanan u qabsan doonin wax kale oo aan dalbado oo la ogyahay ama aan la ogayn, maxkamad qaandhabasho, kontoraad, ama sharci noocay doonaanba ha ahaadaane, kuwaasoo ay dad kale dalbanayaan oo ku lug leh ama si uun ugu shaqo leh go'aankayga ah inaan ku shaqeeyo makiinad culus ama baabuur kaxeeyo inta ayna 15 daqiiqo ka soo wareegin qaadashada tallalka COVID-19. Heshiiskan waxa kale oo uu sdioo kale qabanayaa warasadayda, wakiilladayda iyo dadka i matalaya aniga.
- Waxan ogsoonahay faa'iidada iyo dhibka ka iman kara tallaalka COVID- 19, iyo inayna jirin dawo aan dhib lahayni, xataa dadka caafimaadka qaba.
- Waxan iska ilaalin doonaa inaan 14 cisho ee soo socda qaato tallaal kale ka dib markaan qaato tallaalka COVID- 19.

Saxeexa bukaanka: _____ Taariikh (Bil/Maalin/Sannad): _____

Saxeexa Waalidka (Haddii bukaanku ka yar yahay 18 jir): _____ Taariikh (Bil/Maalin/Sannad): _____

Waxa jira afar dukumenti oo aan doonayno inaad ka warhayso:

- Ogeysiiska Qarsoodiga Xogta oo kuu sharxaya xuquuqda aad leedahay ee khusaysa xogta caafimaad, sidaan u isticmaallo ama u bixin karro.
- Xuquuqdaada iyo Mas'uuliyaddaada bukaan ahaan
- Gobolka Maine waxa u qayb ka yahay nidaam ballaaran oo loo yaqaan HealthinfoNet laguna wadaago xogaha caafimaad. Waxan la wadaagaynaa xogtaada caafimaad ururkan haddii aadan horay u dalban in lagaa saaro. Haddii aad rabto in lagaa saaro, foomka codisga lagaaga saarayo waxaad ka heli kartaa bogga HealthinfoNet ama Northern Light Health.
- Sharaxaad Kooban oo ah Habka Kaalmada Dhaqaale oo sharxaya sida aan ku bixinno kaalmadaas waxa la siinayaa dadka u baahan.
- Waxan ogolahay in la igu daaweeyo Xarunta Caafimaadka ee Northern Light. Waxan ogsoonahay inaan codsan karo nukhsad ah (a) Ogolaanshaha in la igu daaweeyo Northern Light (b) Ogeysiiska Qarsoodiga Xogta ee Northern Light (c) Xuquuqda iyo Mas'uuliyadda Bukaanka (d) warbixin ku saabsan wadaagista xogta caafimaad iyo sida aad isaga saari karto, iyo (e) Habraaca Kaalmada Dhaqaale ee Northern Light oo si fudud loo qoray.
- Waxaan oggolahay inaan adeeggan helo.
- Waxan oggolahay in tallaalka COVID- 19 la i siiyo.

Waxan fahamsanahay in talaalkan aan oggolaaday u baahanahay laba jeer inaan qaato taasoo lagama maarmaan u ah si jrkaygu uu difaac ugu yeesho COVID- 19.

Saxeexa bukaanka: _____ Taariikh (Bil/Maalin/Sannad): _____

Saxeexa Waalidka (Haddii bukaanku ka yar yahay 18 jir): _____ Taariikh (Bil/Maalin/Sannad): _____