

Tallaalada loogu talagalay haweenka uurka leh

Vaccines recommended
in pregnancy

Wixii faahfaahin dheeraad ah ee ku saabsan tallaalada iyo uurka, fadlan booqo www.nhs.uk/pregnancy/keeping-well/vaccinations/ ama la xidhiidh shaqaalaha caafimaadka ee qaabilsan uurkaaga.



COVID-19 immunisation

Protect yourself and your pregnancy



Tallaalka Koofid-19

Tallaalka Koofid-19 waxa heli kara haweenka uurka leh, xili kastaba intay uurka leeyihiin. Qaadashada labada tallaalka ee Koofid-19 wa sida ugu wanaagsan ee aad naftaada iyo dadka kugu xeeran kaga difaaci karto Koofid-19. Inkastoo ay yartahay halista Koofid-19 kaga iman kara haweenka uurka leh iyo ilmaha uurka ku jiraba, haddana haweenka qaarkood ayaa laga yaabaa inay aad u xanuunsadaan oo u baahdaan daawayn cusbitaal inta dambe ee uurka. Haweenka uu ku dhaco cudurka Koofid-19 waxay u badantahay in ay wakhtigooda ka hor dhalaan, sidoo kale haweenka uurka leh ee qaba xanuuna kale oo waawayn waxay halis u yihiin in uu cudurka Koofid-19 sii xumeeyo xaaladooda.

Tallaalka Koofid-19 aamin miyu uu yahay haweenka uurka leh?

Tallaalada Koofid-19 ee laga isticmaalo boqortooyada ingriiska wa kuwa wax tar leh, islamarkaana aan dhib keenayn. Gudiyada qaabilsan tallaalka caruurta iyo dadka waawayn ee dalka boqortooyada ingriiska waxay ku taliyeen in dumarka uurka leh ay qaataan tallaalka Koofid-19.

Tallaalka Koofid-19 kuma jiraan wax noole ah oo ku tarmaya jidhkaaga oo ilmihii uurka ku jiray wax qaadsiin kara. Waxaad faahfaahin dheeraad ah ka heli kartaa www.rcog.org.uk oo booqo covid19.glos.nhs.uk si aad u ogaatid meesha aad ka qaadan kartid tallaalka Koofid-19.

Tallaalka Hargabka

Haweenka uurka leh aya difaaca jidhkooda (difaaca dabiiciga jirka) hoos u dhac ku yimaada, taas oo hoos u dhigaysa la dagaalanka jidhka ee xanuunada sida caabuqyada la midka ah. Waxa kale oo dhaca marka uu uurku waynaado in si fuduud oo buuxda ay neefsashada u qaadan kari waydo haweenka uurka leh, taas oo kordhin karta halista caabuqa oofwareenku inuu ku dhaco.

Dhamaan Isbadalada ku dhaca caafimaadka haweenka uurka leh ee kor ku xusan aya kordhinaya halista uga iman kara hargabka iyo in dhakhtarka la dhigo. Sida daraadeed waxa lagula talinya

Waxaad faahfaahin dheeraad ah oo ku saabsan tallaalka hargabka ee uurka ka heli karta bogan www.nhs.uk/pregnancy/keeping-well/flu-jab/ ama Vaccinations in pregnancy-NHS (www.nhs.uk)

haweenka uurka leh qaadashada tallaalka hargabka oo baajin kara khatarahaas.

Aamin ma u yahay tallaalka hargabku haweenka uurka leh?

Haa. Baadhitaanada iyo daraasaadka la sameeyay waxay muujinayaan in tallaalka hargabku uu aamin yahay oo aanu wax dhib ah ku keenayn haweenka uurka leh, ama ha noqoto inta hore ee uurku cusub yahay ama maalmaha dambe ee uurka, ama xiliga fooshaba.



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Tallaalka Cudurka Xiiqdheerka

Cudurka xiiqdheerka wa caabuq aad halis u ah, si gaar ahna ku ah caruurta yaryar ee dhalata oo badana waxa la dhiga dhakhtarka hadii uu ku dhaco.

Hadii ay hooyadu marka ay uurka leedahay qaadata tallaalka loogu talagalay cudurka xiiqdheerka, wuxuu jidhkeedu abuuraya unugyo iska difaaca cudurka , islamarkaana waxay u gudbinaysa unugyada difaaca ilmaha uurkeeda ku jira, ila inta uu dhalanayo oo gaadhayo xiliga la siin karo

tallaalka cudurka xiiqdheerka oo ah marka uu 8 todabaad gaadho.

Tallaalka cudurka xiiqdheer waxa la bixiya oo kaliya wixii ka dambeeya todabaadka 16 ee uurka.

Waxaad faahfaahin dheeraad ah oo ku saabsan tallaalka cudurka xiiqdheer ee haweenka uurka leh ka heli karta bogan www.nhs.uk/pregnancy/keeping-well/whooping-cough-vaccination/

Wax dhib ah kuma jiraan hadii aad isku mar qaadatid sadexda tallaalka ee kala ah tallaalka hargabka, iyo tallaalka Koofid-19, iyo tallaalka cudurka xiiqdheerka, laakin haddii aanad wada helayn mar qudha, waxa haboon in aad qaadatid marba ka aad heshid

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