

<b>English</b>	<b>Somali</b>
<b>Waiting after your COVID-19 vaccination</b>	<b>Sugitaanka ka dib tallaalkaaga cudurka COVID-19</b>
<b>What is changing?</b>	<b>Maxaa is beddelaya?</b>
<p>Until now, people receiving the Moderna or Pfizer vaccines have been asked to wait for 15 minutes before leaving the vaccine centre in case of serious allergic reaction. This 15 minute wait has now been suspended for adults after 1st doses, 2nd doses and boosters.</p>	<p>Ilaa iminka, dadka qaadanaya tallaallada Moderna ama Pfizer waxaa la weydiinayey in ay sugaan 15 daqiiqo ka hor inta aanay ka bixin xarunta tallaalka haddii ay timaaddo falcelin xasaasiyeed oo xun. Sugitaankan 15 daqiiqo ah waxaa iminka laga joojiyey dadka qaangaarka ah ka dib qiyaasaha 1aad, qiyaasaha 2aad iyo mudisyada dheeraadka ah ama xoojinta.</p>
<b>Why is this changing?</b>	<b>Maxaa tan loo beddelayaa?</b>
<ul style="list-style-type: none"> <li>• Because of the Omicron variant, the booster programme for adults is being speeded up.</li> </ul>	<ul style="list-style-type: none"> <li>• Sababtoo ah nooca fayruska ee Omicron, barnaamijka xoojinta ama mudista dheeraadka ah ee dadka qaangaarka ah ayaa si ka dhakhso badan loo bixinayaa.</li> </ul>
<ul style="list-style-type: none"> <li>• We now have much more experience with giving these vaccines to millions of people and the rate of serious allergic reactions is very low (around 5-10 per million doses). People are not normally observed for 15 minutes after other vaccinations.</li> </ul>	<ul style="list-style-type: none"> <li>• Waxaan annagu iminka khibrad aad uga badan ka helnay tallaalladan aan siinnay malaayiin qof waxaana aad u hoosaysa tirada falcelimaha xasaasiyeed ee xun (qiyaas ahaan 5-10 halkii milyan ee qiyaasood). Dadka caadi ahaan lama ilaaliyo muddo 15 daqiiqo ah ka dib</li> </ul>

	tallaallada kale.
<b>Who is advising this change?</b>	<b>Cidma ayaa ku talinaysa isbeddelkan?</b>
The change has been advised by the four UK Chief Medical Officers, and has the support of the Medicines Healthcare products Regulatory Agency (MHRA) and the Joint Committee on Vaccination and Immunisation (JCVI).	Isbeddelka waxaa ku taliyey afarta Saraakiil Caafimaadeed ee Guud ee Ingiriiska, waxaana taageersan Hay'adda Nidaaminta Daawooyinka iyo Badeecooyinka daryeelka caafimaadka (Medicines Healthcare products Regulatory Agency) (MHRA) iyo Golaha Wadajir u ah Tallaallada (Joint Committee on Vaccination and Immunisation) (JCVI).
<b>What should I do when I attend for vaccination?</b>	<b>Maxaan sameeyaa marka aan u tago tallaalka?</b>
Please make sure you tell the vaccine centre if:	Fadlan hubi in aad xarunta tallaalka u sheegto haddii:
<ul style="list-style-type: none"> <li>• you have a history of allergic reactions, particularly to other vaccines, or if you had an immediate reaction after a previous dose. (A family history of allergies is not a risk factor.) If so, you may be advised to stay for the 15 minutes;</li> </ul>	<ul style="list-style-type: none"> <li>• aad taariikh u leedahay ama aad hore ula kulantay xasaasiyado, aad gaar ahaan ka qaadday tallaallo kale, ama haddii aad falcelin islamarkaaba muujisay ka dib qiyaas hore oo lagu siiyey. (Taariikhda uu qoysku u leeyahay xasaasiyadaha ma aha wax halis dhaliya.) Haddii ay sidaas tahay, waxaa lagugula talin karaa in aad joogto muddada 15 daqiiqo ah;</li> </ul>
<ul style="list-style-type: none"> <li>• you have previously fainted following vaccination.</li> </ul>	<ul style="list-style-type: none"> <li>• aad mar hore suuxday ka dib markii lagu tallaalay.</li> </ul>
As with any vaccine, you must not drive for 15 minutes after the vaccine – this is because of the risk of fainting. If you do faint, stay flat on your back with your legs raised. If this doesn't make you	Isla sida tallaalka kaste, waa in aadan baabuur wadin muddo 15 daqiiqo ah ka dib tallaalka – waxaa tan sabab u ah halista suuxitaanka. Haddii aad suuxdo, dhabarkaaga isku kala fidi oo lugahaaga sare u

feel better, then call for help. Otherwise, you will be able to leave the centre straight after your vaccine as long as you feel OK.	taag. Haddii aad sidan ku roonaan weydo, markaa gargaar u qaylo diro. Haddii kale, waxaad xarunta toos uga bixi kartaa ka dib marka lagu tallaalo haddii aadan dhibaato qabin.
<b>What happens if I do get symptoms of an allergic reaction?</b>	<b>Maxaa dhacaya haddii aan yeesho calaamadaha xasaasiyadda ama diidista jirka?</b>
Keep this flyer handy. You should look out for the following 'ABC' symptoms:	Xaashidan meel kuu dhow ku hayso. Waa in aad iska eegto calaamadaha cudurka 'ABC' ee soo socda:
<b>Airway</b>	<b>Airway (Hawo mareenka)</b>
<ul style="list-style-type: none"> <li>• persistent cough</li> </ul>	<ul style="list-style-type: none"> <li>• qufaca joogtada ah ee aanan harayn</li> </ul>
<ul style="list-style-type: none"> <li>• vocal change (hoarse voice)</li> </ul>	<ul style="list-style-type: none"> <li>• isbeddelka codka (cod xabeeb leh)</li> </ul>
<ul style="list-style-type: none"> <li>• swollen tongue causing difficulty swallowing</li> </ul>	<ul style="list-style-type: none"> <li>• carrab bararsan oo adkeeya wax liqidda</li> </ul>
<b>Breathing</b>	<b>Breathing (Neefsashada)</b>
<ul style="list-style-type: none"> <li>• difficult or noisy breathing</li> </ul>	<ul style="list-style-type: none"> <li>• neefsashada adag ama shanqar leh</li> </ul>
<ul style="list-style-type: none"> <li>• wheezing (like an asthma attack)</li> </ul>	<ul style="list-style-type: none"> <li>• hinraagga (sida qabashada naqaska ama neefta)</li> </ul>
<b>Consciousness</b>	<b>Consciousness (Miyirqabka ama feejignaanta)</b>
<ul style="list-style-type: none"> <li>• feeling lightheaded or prolonged faint</li> </ul>	<ul style="list-style-type: none"> <li>• dawakhaad yar ama suuxitaan dheer</li> </ul>
<ul style="list-style-type: none"> <li>• clammy skin</li> </ul>	<ul style="list-style-type: none"> <li>• harag dhegdheg leh</li> </ul>
<ul style="list-style-type: none"> <li>• confusion</li> </ul>	<ul style="list-style-type: none"> <li>• jahwareer</li> </ul>
<ul style="list-style-type: none"> <li>• unresponsive/unconscious</li> </ul>	<ul style="list-style-type: none"> <li>• jawaab lahayn/miyir beelay ama suuxay</li> </ul>
These symptoms typically happen within 15 minutes of vaccination. If you experience any of these, call out for help and <b>ring 999 immediately</b> (or ask someone to do this for you).	Calaamadahan cudurku waxay caadi ahaan yimaadaan muddada 15 daqiiqo ah ee ka dambaysa tallaalka. Haddii aad mid kuwan ka mid ah la kulanto, gargaar u qaylo diro oo <b>wac 999 islamarkaaba</b>

	(ama qof weydiiso in uu tan adiga kuu sameeyo).
The following symptoms are NOT a serious allergic reaction, but imply a more mild reaction:	Calaamadaha cudurka ee soo socda MA aha falcelin xasaasiyeed xun, laakiin waxay tilmaamayaan falcelin ka sahlan:
<ul style="list-style-type: none"> <li>• Swollen lips, face or eyes</li> </ul>	<ul style="list-style-type: none"> <li>• Bararka dabhaha, wajiga ama indhaha</li> </ul>
<ul style="list-style-type: none"> <li>• Itchy skin rash eg hives</li> </ul>	<ul style="list-style-type: none"> <li>• Firiirica haragga ee cuncun leh matalan firiirica lagu magacaabo hives</li> </ul>
<p><b>Further information</b></p> <p>If you have any side effects after vaccination, please report to the Yellow Card Scheme at <a href="http://www.coronavirus-yellowcard.mhra.gov.uk">www.coronavirus-yellowcard.mhra.gov.uk</a></p>	<p><b>Macluumaad dheeraad ah</b></p> <p>Haddii aad yeelato dhibaatooyinka soo raaca ka dib tallaalka, fadlan kaga warbixi barnaamijka Yellow Card (Kaarka Jaallaha ama huruudda ah) ee halkan <a href="http://www.coronavirus-yellowcard.mhra.gov.uk">www.coronavirus-yellowcard.mhra.gov.uk</a></p>
You can also read the product information leaflet for more details on your vaccine, including possible side effects, on the Coronavirus Yellow Card website.	Waxaad weliba akhrisan kartaa buugyaraha macluumaadka badeecada (product information leaflet) si aad faahfaahin dheeraad ah uga hesho tallaalkaaga, oo ay ka mid yihiin dhibaatooyinka suurogalka ah in ay soo raacaan, oo aad ka helayso barta internetka Coronavirus Yellow Card (Kaarka Jaallaha ama huruudda ah ee Koronafayrus).
Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a>	Macluumaadku waa sax waqtiga daabacaadda. Si aad u hesho nuskhaddii ugu dambaysay ee buugyarahan iyo qaabab kale booqo barta internetka hay'adda PHA <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a>
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