

English	Somali
Pregnant? Have your COVID-19 vaccinations	Uur ma leedahay? Qaado tallaalladaada cudurka COVID-19
COVID-19 vaccination is strongly recommended for pregnant or breastfeeding women	Tallaalka cudurka COVID-19 ayaa si xooggan loogu talinayaa haweenka uurka leh ama ilme naasnuujiya
The COVID-19 vaccines available in the UK have been shown to be effective and to have a good safety profile. It is important to have your COVID-19 vaccinations to protect you and your baby.	Tallaallada cudurka COVID-19 ee diyaar ka ah Ingiriiska waxaa la caddeeyey in ay waxtar leeyihiin oo ay taariikh fiican u leeyihiin badbaadada. Waxaa muhiim ah in aad hesho tallalladaada cudurka COVID-19 si aad u badbaadiso naftaada iyo ilmahaaga dhallaanka ah.
COVID-19 vaccination in pregnancy	Tallaalka cudurka COVID-19 waqtiga uurka la sido
The Joint Committee on Vaccination and Immunisation (JCVI) has now advised that pregnant women are more at risk of severe COVID-19 disease. They are reminding pregnant women to have their COVID-19 vaccines as soon as possible. Pregnant women should not delay vaccination until after they have given birth. This is to protect them and their babies. In the UK, over 100,000 pregnant women have been vaccinated mainly with Pfizer and Moderna vaccines and they have a good safety profile.	Guddiga Wadajir u ah Tallaallada (Joint Committee on Vaccination and Immunisation) (JCVI) ayaa iminka ku taliyey in haweenka uurka leh ay halis dheeraad ah ugu jiraan cudurka COVID-19 ee daran. Waxay haweenka uurka leh xasuusinayaan in ay islamarka suurogalka ah qaataan tallaalladooda cudurka COVID-19. Haweenka uurka leh waa in aanay tallaalka dib u dhigin ilaa ka dib marka ay dhalaan. Tani waa si loo badbaadiyo iyaga iyo dhallaankooda. Ingiriiska gudhiisa, in ka badan 100,000 oo haween oo uur leh ayaa ugu badnaan lagu tallaalay tallaallada Pfizer iyo Moderna waxayna taariikh fiican u leeyihiin badbaadada.
These vaccines do not contain live coronavirus and cannot infect a pregnant woman or her unborn baby in the womb.	Tallaalladan kuma jiro fayruska koronafayrus ee nool oo caabuq ma qaadiin karaan haweeneyda uurka leh ama ilmaheeda aanan dhalanin ee caloosha ku jira.
Evidence on COVID-19 vaccines is being continuously reviewed by the World Health Organization (WHO) and the regulatory bodies in the UK, USA, Canada and Europe.	Caddaynta ka jirta tallaallada cudurka COVID-19 ayay si joogto ah dib ugu eegaan Ururka Caafimaadka Adduunka (World Health Organization) (WHO) iyo hay'adaha nidaaminta Ingiriiska, Maraykanka, Kanada iyo Yurub.
Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age who are coming for their first dose.	Tallaallada Pfizer iyo Moderna ayaa ah tallaallada loo doorbido haweenka uurka leh ee da' kaste ah ee u yimaadda qiyaastooda koowaad ee tallaalka.

<p>Anyone who has already started vaccination, and is offered a second dose whilst pregnant, should have a second dose with the same vaccine unless they had a serious side effect after the first dose.</p>	<p>Qof kaste oo hore u bilaabay tallaalka, ee qiyaasta labaad loogu baaqo inta uu uurka sido, waa in qiyaasta labaad lagu siiyo isla tallaalkii hore haddii aanay la kulmin dhibaato xun oo soo raacda tallaalka ka dib qiyaastii koowaad.</p>
<p>Find out more about pregnancy, breastfeeding, fertility and COVID-19 vaccination on the website www.nidirect.gov.uk/covid-vaccine</p>	<p>War dheeraad ah oo ku saabsan uurka, naasnuujinta, bacrinka, iyo tallaalka cudurka COVID-19 ka hel barta internetka www.nidirect.gov.uk/covid-vaccine</p>
<p>Why do I need the vaccine if I'm pregnant?</p>	<p>Maxaan ugu baahan ahay tallaalka haddii aan uur leeyahay?</p>
<p>If you have COVID-19 disease in later pregnancy, both you and your unborn baby are at increased risk of serious disease needing hospital treatment, and intensive care support. UK data has shown that almost every pregnant woman with COVID-19 disease who needed hospital treatment or intensive care had not been vaccinated. The overall risk from COVID-19 disease for you and your new baby is low but has increased since the first waves of COVID-19.</p>	<p>Haddii aad qaaddo cudurka COVID-19 inta dambe ee uurka, adiga iyo ilmahaaga aanan dhalanin ayaa halis dheeraad ah ugu jira cudur daran oo aad ugu baahataan daawaynta isbitaalka, iyo taageerada daryeelka xooggan. Xogta Ingiriiska ayaa lagu muujiyey in aanan la tallaalin ku dhawaad haweeney walba oo qabtay cudurka COVID-19 ee u baahatay daawaynta isbitaalka ama daryeelka xooggan. Waxaa yar halista guud ee cudurka COVID-19 idiinka timaadda adiga iyo ilmahaaga cusub laakiin waxay korodhay tan iyo wareegyadii ugu horreeyey ee cudurka COVID-19.</p>
<p>COVID-19 vaccines in pregnancy give you high levels of protection against disease. There is reassuring information on the safety of COVID-19 vaccines given to pregnant women in the UK, as well as other countries.</p>	<p>Tallaallada cudurka COVID-19 waqtiga uurka la sido waxay adiga badbaadin ama difaac farabadan kaa siinayaan cudurka. Waxaa jira macluumaad niyaddu ku degto oo ku saabsan badbaadada tallaallada cudurka COVID-19 ee la siiyey haweenka uurka leh ee jooga Ingiriiska, iyo weliba waddamada kale.</p>
<p>It is important that you are protected with all your vaccine doses to keep you and your baby safe. Don't wait until after you have given birth.</p>	<p>Waxaa muhiim ah in aad isku badbaadiso dhammaan qiyaasahaaga tallaalka si aad nabadda ama badbaadada ugu ilaaliso naftaada iyo ilmahaaga dhallaanka ah. Ha sugin ilaa ka dib marka aad dhasho.</p>
<p>Pregnant women with underlying clinical conditions are at higher risk of suffering serious complications from COVID-19.</p>	<p>Haweenka uurka leh ee qaba xaalado caafimaadeed oo dahsoon ayaa halis dheeraad ah ugu jira in ay dhibaatooyin xun kala kulmaan cudurka COVID-19.</p>

Risk factors for pregnant women	Arrimaha halista u keena haweenka uurka leh
If you have underlying medical conditions such as:	Haddii aad qabto xaalado caafimaad oo dahsoon sida:
<ul style="list-style-type: none"> • immune problems 	<ul style="list-style-type: none"> • dhibaatooyinka difaaca dabiiciga ah ee jirka
<ul style="list-style-type: none"> • diabetes 	<ul style="list-style-type: none"> • cudurka macaanka ama sonkorowga
<ul style="list-style-type: none"> • high blood pressure 	<ul style="list-style-type: none"> • dhiigkarka
<ul style="list-style-type: none"> • heart disease 	<ul style="list-style-type: none"> • cudurka wadnaha
<ul style="list-style-type: none"> • asthma 	<ul style="list-style-type: none"> • cudurka neefta ama naqaska
Or if you are:	Ama haddii aad:
<ul style="list-style-type: none"> • overweight 	<ul style="list-style-type: none"> • leedahay culays siyaado ah
<ul style="list-style-type: none"> • over the age of 35 	<ul style="list-style-type: none"> • ka weyn tahay 35 jir
<ul style="list-style-type: none"> • in your third trimester of pregnancy (over 28 weeks) 	<ul style="list-style-type: none"> • ku jirto saddex biloodlaha saddexaad ee uurka (dhaaftay 28 toddobaad)
<ul style="list-style-type: none"> • of black or asian minority ethnic background 	<ul style="list-style-type: none"> • ka soo jeedo asal jinsiyadeed laga tiro badan yahay oo madow ama aasiyan ah
<ul style="list-style-type: none"> • unvaccinated or partially vaccinated 	<ul style="list-style-type: none"> • tahay qof aanan la tallaalin ama qayb ahaan la tallaalay
You are at more risk from COVID-19 than women of the same age who are not pregnant.	Waxaad cudurka COVID-19 ugu jirtaa halis ka badan haweenka aad isku da' tihin ee aanan uur lahayn.
What does this mean for me?	Maxay tani aniga iiga dhigan tahay?
Getting pregnant	Uur qaadista
There is no need to avoid getting pregnant after COVID-19 vaccination. There is no evidence that COVID-19 vaccines have any effect on fertility or your chances of becoming pregnant.	Uma baahnid in aad iska ilaaliso in aad uur qaaddo ka dib tallaalka cudurka COVID-19. Ma jirto caddayn tilmaamaysa in tallaallada cudurka COVID-19 ay saamayn ku leeyihiin bacrinka ama dhalayska ama fursadaha aad u haysato in aad uur qaaddo.
If you are pregnant	Haddii aad uur leedahay
COVID-19 vaccines offer pregnant women the best protection against COVID-19 disease which can be serious in later pregnancy for some women.	Tallaallada cudurka COVID-19 ayaa haweenka uurka leh badbaadada ama difaaca ugu fiican ka siiya cudurka COVID-19 oo haweenka qaarkood u darnaan kara inta dambe ee uurka.

<p>The first dose of COVID-19 vaccine will give you good protection. You need to get each of your doses on time to get the best possible protection. You should have your second dose 8 to 12 weeks after your first dose. You do not need to delay this second dose. If you have delayed your vaccination for any reason, have your vaccinations as soon as possible.</p>	<p>Qiyaasta ugu horraysa ee tallaalka cudurka COVID-19 waxaad ka heli doonto difaac fiican. Waxaad u baahan doontaa in aad qaadato mid kaste oo ka mid ah qiyaasahaaga tallaalka waqtiga habboon si aad u hesho difaaca ugu fiican ee suurogalka ah. Waa in aad qiyaastaada labaad ee tallaalka qaadato 8 ilaa 12 toddobaad ka dib qiyaastaada koowaad. Uma baahnid in aad dib u dhigto qiyaastan labaad. Haddii aad dib u dhigtay tallaalkaaga sabab kastoo aad u samaysay, tallaalladaada qaado islamarka suurogalka ah.</p>
<p>If you have already had a first dose of COVID-19 vaccine without suffering any serious side effects, you can have your second dose with the same vaccine when this is offered.</p>	<p>Haddii aad hore u qaadatay qiyaastaada koowaad ee tallaalka cudurka COVID-19 oo aadan kala kulmin dhibaatooyin xun oo soo raaca, waxaad qiyaastaada labaad ku qaadatay kartaa isla tallaalkaas marka tan laguugu baaqo ama lagu soo bandhigo.</p>
<p>If your first dose was the AstraZeneca vaccine you should also consider the information in this leaflet www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations</p>	<p>Haddii qiyaastaada koowaad ay ahayd tallaalka AstraZeneca waa in aad weliba tixgeliso macluumaadka ku jira buugyarahan www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations</p>
<p>Booster vaccines</p>	<p>Tallaallada xoojinta</p>
<p>Pregnant women are eligible for a booster 12 weeks after their second dose. The booster dose that is offered may be a Pfizer or Moderna vaccine.</p>	<p>Haweenka uurka leh waxay u qalmaan xoojin ama mudis dheeraad ah 12 toddobaad ka dib qiyaastooda labaad. Qiyaasta xoojinta ee lagu baaqo ayaa noqon karta tallaalka Pfizer ama Moderna.</p>
<p>Breastfeeding</p>	<p>Naasnuujinta</p>
<p>The benefits of breastfeeding are well known. The JCVI has recommended that the vaccines can be received whilst breastfeeding. This is in line with recommendations from the USA and the World Health Organization. Talk to your doctor or midwife if you have any concerns.</p>	<p>Waxaa si fiican loo yaqaanaa faa'iidooyinka ku jira naasnuujinta. Guddiga JCVI ayaa ku taliyey in tallaalka la heli karo waqtiga ilme la naasnuujinayo. Waxay tani waafaqsan tahay talooyinka laga bixiyey Maraykanka iyo Ururka Caafimaadka Adduunka. La hadal takhtarkaaga ama ummulisadaada haddii aad walaacyo qabto.</p>

Side effects	Dhibaatooyinka soo raaca
Like all medicines, vaccines can cause common side effects. It may be helpful to make sure you know what to expect after you have the vaccine, especially if you have had your baby or have other children to look after.	Sida daawooyinka dhammaantood, tallaalladu waxay keeni karaan dhibaatooyin soo raaca oo caadi ah. Waxaa waxtar yeelan karta in aad hubiso in aad og tahay waxa aad filan karto ka dib marka aad hesho tallaalka, gaar ahaan haddii aad ilmahaaga dhashay ama leedahay carruur kale oo aad daryeesho.
Please read the leaflet 'What to expect after your COVID vaccination' www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations	Fadlan akhriso buugyaraha 'Waxa aad filan karto ka dib tallaalkaaga cudurka COVID' www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations
Further information	Macluumaad dheeraad ah
The Royal College of Obstetricians and Gynaecologists (RCOG) and Royal College of Midwives (RCM) have a decision guide and other information you may find helpful on COVID-19 vaccines and pregnancy (rcog.org.uk – www.rcm.org.uk/guidance-for-pregnant-women).	Kulliyadda Boqortooyada ee Takhaatiirta Dhalmada iyo Cudurrada haweenka (Royal College of Obstetricians and Gynaecologists) (RCOG) iyo Kulliyadda Boqortooyada ee Ummulisoooyinka (Royal College of Midwives) (RCM) ayaa haya hage ku saabsan go'aanka iyo macluumaad kale oo waxtar kuu yeelan kara oo ku saabsan tallaallada cudurka COVID-19 iyo uurka (rcog.org.uk – www.rcm.org.uk/guidance-for-pregnant-women).
If you would like to discuss COVID-19 vaccination, please contact your midwife, doctor, or nurse.	Haddii aad rabto in aad qof kala hadasho tallaalka cudurka COVID-19, fadlan la xiriir ummulisadaada, takhtarkaaga, ama kalkaaliyahaaga.
Don't put off vaccination until after you give birth, make time to get the best protection against COVID-19 disease for you and your baby.	Dib ha u dhigin tallaalka ilaa ka dib marka aad dhasho, waqti u qaado si aad naftaada iyo ilmahaaga dhallaanka ah ugu hesho badbaadada ama difaaca ugu fiican ee liddi ku ah cudurka COVID-19.
Vaccination, helping to protect those most vulnerable.	Tallaalka, caawinaya in la badbaadiyo dadka ugu nuglan.
No vaccines are 100% effective so it is important to continue to follow current national guidance.	Ma jiraan tallaallo boqolkiiba 100 wax tara markaa waxaa muhiim ah in aad sii waddo raacista hagista qaran ee waqtiga xaadirka ah.
To protect yourself and your family, friends and colleagues, you MUST still:	Si aad u badbaadiso naftaada iyo qaraabadaada, saaxiibbadaada iyo dadka kula shaqeeya, WAA in aad weli:

<ul style="list-style-type: none"> • where advised wear a face mask 	<ul style="list-style-type: none"> • marka lagu taliyo xirato maaskarada wajiga
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • gacmahaaga u dhaqdo si taxaddar leh marar badan
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • furto daaqadaha si aad u soo geliso hawo cusub
<ul style="list-style-type: none"> • follow the current guidance 	<ul style="list-style-type: none"> • raacdo hagista waqtiga xaadirka ah
<p>Information correct at time of publication. For the latest version of this factsheet, visit the PHA website www.publichealth.hscni.net/publications</p>	<p>Macluumaadku waa sax waqtiga daabacaadda. Si aad u hesho nuskhaddii ugu dambaysay ee xaashidan xaqiiqada, booqo barta internetka hay'adda PHA www.publichealth.hscni.net/publications</p>
© Crown Copyright 2022.	© Crown Copyright 2022.
<p>This information was originally developed by Public Health England and is used under the Open Government Licence v3.0.</p>	<p>Waxaa macluumaadkan asal ahaan soo saartay hay'adda Caafimaadka Dadweynaha England (Public Health England) waxaana lagu isticmaalaa Shatiga Dawladda ee Furan (Open Government Licence) v3.0.</p>
01/22	01/22