

| English | Somali |
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| <p>What to expect after your child's COVID-19 vaccination</p> | <p>Waxa aad filan karto kadib marka uu ilmahaaga qaato tallaalka cudurka COVID-19</p> |
| <p>A guide for parents of children aged 5 to 11 years of age</p> | <p>Hage loogu talagalay waalidiinta leh carruur da'doodu u dhaxayso 5 illaa 11 sano</p> |
| <p>Find out more at nidirect.gov.uk/covid-vaccine</p> | <p>Wax badan ka ogow nidirect.gov.uk/covid-vaccine</p> |
| <p>The health service is offering the COVID-19 vaccine to all eligible children.</p> | <p>Adeegga caafimaadku wuxuu tallaalka korona-fayras (COVID-19) siinayaa dhamaan carruurta u qalanta tallaalka.</p> |
| <p>This leaflet tells you what to expect after your child has had their vaccination.</p> | <p>Buug-yarahan wuxuu wax kaaga sheegayaa waxa la filan karo kadib marka uu ilmahaaga qaato tallaalka.</p> |
| <p>Side effects</p> | <p>Waxyellooyinka gaarka ah</p> |
| <p>Like all medicines, vaccines can cause side effects. Most of these are mild and short term and not all children get them. The very common side effects should only last a day or two. The Pfizer vaccine tends to cause more side effects after the second dose of the vaccine.</p> | <p>Si la mid ah dhamaan dawooyinka kale, tallaalku wuxuu keeni karaa waxyellooyin gaar ah. Waxyellooyinka gaarka ah badankood waa kuwo fudud oo waqti gaaban qaata, oo dhamaan carruurtuna kuma dhacaan. Waxyellooyinka gaarka ah ee caamka ah waana inay ahaadaan kuwo socda keliya maalin ama laba maalmood. Tallaalka Pfizer wuxuu u badan yahay inuu keeno waxyellooyin gaar ah kadib qaadashada qiyaasta labaad.</p> |
| <p>Very common side effects in the first day or two include:</p> | <p>Waxyellooyinka gaarka ee aadka caadiga u ah maalinta ama labada maalmood ee ugu horeeya waxaa ka mid ah:</p> |
| <ul style="list-style-type: none"> • having a painful, heavy feeling | <ul style="list-style-type: none"> • xanuun, culays iyo damqasho |

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| and tenderness in the arm where they had their injection | ay ka dareemaan meesha laga durey/mudey |
| <ul style="list-style-type: none"> • feeling tired | <ul style="list-style-type: none"> • daal la dareemo |
| <ul style="list-style-type: none"> • headache, aches and chills | <ul style="list-style-type: none"> • madax xanuun, xanuun jirka ah iyo qarqaryo |
| They may also have flu like symptoms with episodes of shivering and shaking for a day or two. However, a high temperature could also indicate that they have COVID-19 or another infection. | Waxay sidoo kale yeelan karaanastaamo u eg kuwo ifilada oo leh gariir iyo qarqaryo ilaa maalin ama laba maalmood ah. Si kastaba ha noqotee, heerkul sareeya ayaa sidoo kale muujin kara inay qabaan COVID-19 ama caabuq kale. |
| They should rest. You can give them paracetamol to help make them feel better. Please check that the dose and type of paracetamol is correct for their age. | Waa inay nastaan. Waxaad siin kartaa barastimool si uu uga caawiyo inay dareemaan caafimaad. Fadlan hubi in qiyaasta iyo nooca barastimoolka ay sax u yihiin da'da ilmaha. |
| You can find more information on paracetamol here www.nhs.uk/medicines/paracetamol-for-children | Waxaad macluumaad dheeraad ah oo ku saabsan barastimoolka loogu talagalay carruurta ka heli kartaa halkaan www.nhs.uk/medicines/paracetamol-for-children |
| An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm as they had the vaccine. This can last for around 10 days, but if it lasts longer see your doctor. | Waxyeeello aan caadi ahayn waa bararida qanjirada kilkilaha ama luqunta ee ay isku dhinaca yihiin cududda ay ka qaateen tallaalka. Tani waxay socon kartaa ilaa 10 maalmood, laakiin haddii ay sii dheeraato u tag dhakhtarkaaga. |
| What to do if you are concerned about their symptoms | Maxaa la sameeyaa haddii aad ka welwelsan tahay astaamahooda |
| These symptoms normally last less than a week. If their symptoms seem to get worse or if you are concerned, you can call their GP (family doctor) or Out of Hours service. If you do seek advice from a doctor or nurse, make sure you tell them about their vaccination (show them the vaccination card) so that they can assess your child properly. You can also report suspected side effects of vaccines and medicines online | Astaamahan waxay caadi ahaan socdaan in ka yar hal toddobaad. Haddii astaamahooda cudurka ay u muuqdaan in ay ka sii darayaan ama haddii aad walaac qabto, wac dhakhtarkooda guud (Dhakhtarka qoyska) ama adeegga Saacadaha Aanan la shaqaynin. Haddii aad talo ka raadsato dhakhtar ama kalkaaliye, xaqiiji inaad u sheegto tallaalkooda (tus kaarka tallaalka) si ay markaas si habboon qiimeyn ugu |

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| <p>through the Yellow Card scheme at https://coronavirus-yellowcard.mhra.gov.uk or by downloading the Yellow Card app.</p> | <p>sameeyaan ilmahaaga. Waxaad sidoo kale si onlayn ah uga warbixin kartaa wixii waxyeello ah oo laga shakiyo ee ka yimaada tallaalka iyo daawooyinka adigoo isticmaalaya websaydka Yellow Card https://coronavirus-yellowcard.mhra.gov.uk ama adigoo soo degsanaya ablikeeshinka Yellow Card.</p> |
| <p>Are there other more serious side effects?</p> | <p>Ma jiraan waxyeelooyin kale oo ka sii daran?</p> |
| <p>Recently, cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after the adult dose of COVID-19 vaccines.</p> | <p>Dhowaan, kiisaska caabuqa wadnaha (oo loo yaqaanno “myocarditis” oo ah caabuqa murqaha wadnaha ama “pericarditis” oo ah caabuqa lakabyada wadnaha) ayaa si dhif ah loo soo sheegay kadib qaadashada doosaska dadka waaweyn ee tallaallada COVID-19.</p> |
| <p>These cases have been seen mostly in younger men within a few days after vaccination. Most of these people recovered quickly and felt better following rest and simple treatments.</p> | <p>Kiisaskan ayaa inta badan lagu arkay ragga da'da yar dhawr maalmood gudahooda kadib qaadashada tallaalka. Dadkaan intooda badan waxay u soo bogsadeen si degdeg ah oo waxay dareemeen caafimaad kadib nasasho iyo daaweyn fudud.</p> |
| <p>You should seek medical advice urgently from your GP or Emergency Department if your child experiences:</p> | <p>Waa inaad si degdeg ah talo caafimaad uga raadsato GP-gaaga ama Waaxda Xaaladaha Degdegga haddii ilmahaaga uu la kulmo:</p> |
| <ul style="list-style-type: none"> • chest pain | <ul style="list-style-type: none"> • laab xanuun |
| <ul style="list-style-type: none"> • shortness of breath | <ul style="list-style-type: none"> • neefta oo yaraata/neeftuurid |
| <ul style="list-style-type: none"> • feelings of having a fast-beating, fluttering, or pounding heart | <ul style="list-style-type: none"> • Dareemida wad garaac degdeg ah, gariirida, ama boodboodka wadnaha |
| <p>Can your child catch COVID-19 from the vaccine?</p> | <p>Ilmahaagu COVID-19 ma ka qaadi karaa tallaalka?</p> |
| <p>Your child cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise that they have the symptoms until after their vaccination appointment.</p> | <p>Ilmahaagu COVID-19 kama qaadi karo tallaalka laakiin waxaa suurtoagal ah inuu hore u soo qabay COVID-19 isla markaana aanan la ogaan inuu qabo astaamaha ilaa laga gaaro kadib ballanta</p> |

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| | qaadashada tallaalka. |
| The most important symptoms of COVID-19 are recent onset of any of the following: | Astaamaha ugu muhiimsan ee COVID-19 waa bilawga mid ka mid ah kuwan soo socda: |
| <ul style="list-style-type: none"> • a new continuous cough | <ul style="list-style-type: none"> • qufac cusub oo joogto ah |
| <ul style="list-style-type: none"> • a high temperature | <ul style="list-style-type: none"> • heerkul sareeya |
| <ul style="list-style-type: none"> • a loss of, or change in, their normal sense of taste or smell (anosmia) | <ul style="list-style-type: none"> • luminta, ama isbeddelka, dareenkooda caadiga ah ee wax dhadhaminta ama wax urinta (anosmia) |
| Although a fever can occur within a day or two of vaccination, if your child has any other COVID-19 symptoms or their fever lasts longer, stay at home and arrange to have a test. | In kasta oo qandho ay ku dhici karto maalin ama laba maalmood gudahooda kadib qaadashada tallaalka, haddii ilmahaagu la kulmo astaamo kale oo COVID-19 ah ama qandhadooda ay sii dheeraato, guriga la joog oo u qorsheey in lagu sameeyo baaritaan. |
| What to do next | Maxaa xiga oo la sameeyaa |
| After your child's vaccination, you should be given a record card. If your child needs a second dose their next appointment will be in about 8 to 12 weeks' time. The second dose will give them longer lasting protection. | Kadib qaadashada tallaalka ee ilmahaaga, waa in lagu siiyaa kaarka diiwaanka. Haddii ilmahaagu u baahan yahay qaadashada qiyaas/doos labaad, ballantooda xigta waxay noqon doontaa qiyaastii 8 ilaa 12 toddobaad gudahood. Qiyaasta labaad waxay siin doontaa difaac waara oo dheer. |
| Keep your child's record card safe. If your child needs a second dose, don't forget to keep your next appointment. | Xafid kaarka diiwaanka ilmahaaga. Haddii ilmahaagu u baahan yahay qaadashada qiyaas/doos labaad, ha ilaawin inaad ilaaliso ballantaada xigta. |
| If your child is not well for their appointment | Haddii ilmahaagu uu xanuunsan yahay xilliga ballantooda |
| If your child is unwell, it is better to wait until they have recovered to have their vaccine. | Haddii ilmahaagu aanu caafimaad qabin, waxa fiican inaad sugto ilaa ay ka bogsanayaan si ay u qaataan tallaalkooda. |
| Your child should not attend a vaccine appointment if they are self-isolating or waiting for a COVID-19 test. Ideally you should wait 12 weeks after your child has had a positive COVID-19 test or at least | Ilmahaagu waa inaanu imaan ballanta qaadashada tallaalka haddii ay is karantiilayaan ama ay sugayaan natiijada baaritaanka COVID-19. Sida ugu fiican waa inaad sugtaa 12 toddobaad kadib |

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| 4 weeks if your child is at higher risk. | marka ilmahaaga baaritaan looga helay COVID-19 ama ugu yaraan 4 toddobaad haddii ilmahaagu halis sare ku jiro. |
| Will the vaccine protect your child? | Tallaalku ma difaaci doonaa ilmahaaga? |
| The COVID-19 vaccine that your child has had has been shown to reduce the chance of them suffering from COVID-19 disease. | Tallaalka COVID-19 ee ilmahaaga uu qaatay ayaa la muujiyey inuu yareeyo fursadda ay ku qaadi karaan cudurka COVID-19. |
| Millions of doses of the vaccine have been given worldwide. The vaccine is highly effective in children and young people. | Malaayiin qiyaasood/doos oo tallaalka ah ayaa lagu bixiyey adduunka oo dhan. Tallaalka aad buu waxtar ugu leeyahay carruurta iyo dhallinyarada. |
| It may take a few weeks for your child's body to build up some protection from the vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid your child picking up the infection. | Waxa laga yaabaa inay qaadato dhawr toddobaad si jirka ilmahaaga uu xoogaa difaac ah uga samaysto tallaalka. Si la mid ah dhamaan dawooyinka, ma jiro talaal si dhammaystiran waxtar u leh, marka waa inaad sii waddaa ku dhaqmida taxaddarrada lagu taliyey si aad uga fogaato in ilmahaaga uu qaado caabuqa. |
| Some children may still get COVID-19 despite having a vaccination, but this should be less severe. | Carruurta qaarkood ayaa laga yaabaa inay weli qaadaan COVID-19 iyagoo xitaa qaatay laakiin wuxuu noqonayaa mid aan aad u darnayn. |
| What your child can do after they've had the vaccine | Waxa uu ilmahaagu samayn karo kadib qaadashada tallaalka |
| The vaccine cannot give your child COVID-19 infection, and it will reduce their chance of becoming ill. | Tallaalka ilmahaaga kuma ridi karo caabuqa COVID-19, wuxuuna ka yaraynayaa fursadda ay ula xanuunsan karaan caabuqa. |
| It is still important to continue to follow current national guidance. Your child can continue going to school, after they have had the vaccine. | Wali waa muhiim in la sii wado ku dhaqanka tilmaamaha qaranka ee hadda jira. Ilmahaagu wuu sii wadan karaa inuu aado dugsiga, kadib marka la tallaalo. |
| To protect yourself and your family, friends and colleagues, you must still: | Si aad u ilaaliso naftaada iyo qoyskaaga, saaxiibadaada iyo asxaabtaada, waa inaad wali: |
| <ul style="list-style-type: none"> • think about social distancing | <ul style="list-style-type: none"> • ka fakartaa kala fogaanshaha bulshada |

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| <ul style="list-style-type: none"> • wear a face covering where advised | <ul style="list-style-type: none"> • xirataa maaskarada wajiga hadba meeshii lagula taliyay |
| <ul style="list-style-type: none"> • wash your hands carefully and frequently | <ul style="list-style-type: none"> • Si taxadar leh oo joogto ah u dhaqdaa gacmahaaga |
| <ul style="list-style-type: none"> • open windows to let in fresh air | <ul style="list-style-type: none"> • furtaa dariishadaha si ay hawo cusub u soo gasho |
| <ul style="list-style-type: none"> • follow the current guidance www.nidirect.gov.uk/coronavirus | <ul style="list-style-type: none"> • raac tilmaamaha hadda jira www.nidirect.gov.uk/coronavirus |
| <p>How COVID-19 is spread</p> <p>COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.</p> | <p>Sida COVID-19 uu u faafo</p> <p>COVID-19 wuxuu ku faafaa dhibco ka soo baxa sankaa ama afka, gaar ahaan marka qofka uu hadlayo ama qufacayo. Waxaa sidoo kale laga qaadi karaa taabashada indhahaaga, sankaaaga iyo afkaaga kadib markaad soo taabato walxaha iyo sagxadaha wasakhaysan.</p> |
| <p>Further information</p> <p>Please read the product information leaflet for more details on the vaccine, including possible side effects, on the Coronavirus Yellow Card website.</p> | <p>Macluumaad dheeraad ah</p> <p>Fadlan akhriso buug-yaraha macluumaadka tallaalka si aad u hesho tafaasiil dheeraad ah oo ku saabsan tallaalkaaga, macluumaadkaas oo ay ku jiraan waxyeellooyinka suurtagalka ah, buug-yerahaas oo laga helayo websaydhka Coronavirus Yellow Card.</p> |
| <p>You can also report suspected side effects on the same website or by downloading the Yellow Card app. Further information is available from www.nidirect.gov.uk/covid-vaccine</p> | <p>Waxaad ka warbixin kartaa wixii waxyeello ah oo laga shakiyo adigoo isticmaalaya websaydhka ama adigoo soo degsanaya ablikeeshinka Yellow Card Wixii macluumaad dheeraad ah waxaa laga heli karaa www.nidirect.gov.uk/covid-vaccine</p> |
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| <p>Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website www.publichealth.hscni.net</p> | <p>Macluumaadka wuxuu sax yahay wakhtiga daabacaada. Si aad u hesho nuqulkii ugu dambeeyay ee buug-yarahaan iyo macluumaadkaan oo u qoran qaabab kale booqo websaydhka</p> |

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