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AWOODA TALLAALKA: SIDA TALLAALKU UGA CAAWIYO WAALIDIINTA INAY CARRUURTOODA KA ILAALIYAAN CUDURADA FAAFA.

PROJECT HEALINGS COVID-19 SERIES - QODOBKA #6

oo si wadajir ah isaga kaashaday Asian
Media Access, Rugta Ganacsiga Shiinaha
Mareykanka - MN iyo Spitfire.

Qaar badan oo ka mid ah dadka Afrikanka ah ee ku nool Minnesota waxay ugu soo guureen Mareykanka inay carruurtooda helaan mustaqbal wanaagsan, laakiin COVID-19 ayaa fursadaas halis galijiy. Waalidiinta haysta carruurta yaryar muddadii uu cudurka COVID-19 socday waxay la kulmeen dhibaatooyin laba nooc ah. Marka hore, waxaa jiray dhibaato dhaqaale oo ay keentay shaqo la'aan iyo walwal joogto ah oo ku saabsan sidii aad nolol maalmeedkii qoyskaaga ku heli lahayd. Marka labaad, waxaa jira dhibaatooyinka taageerida carruurta iyada oo uu socdo isbedelka COVID-19ku sameeyay nolol maalmeedka.

Markii loo gudbay waxbarashada guriga waxa ay ku reebtay carruur badan in ay dareemaan go'doon iyo walaac keenay in qaar ka mid ah qoyskooda ay arki waayaan. Khabiirkka caafimaadka bulshada Fred Ndip ayaa sharaxay, "Waxay ahayd wax laga naxo. Wuxaan weynay xubno badan oo bulshada ka mid ah labada dhinacba halkan Mareykanka iyo Dhulkii Hooyo, iyada oo abuurtay walaac badan."

Ka sokow cabsida ay u qabaan qoyskooda, ardaydu waxay ka walaacsan yihiin inay dib u dhacaan dugsiga. Carruurta bulshada soogalootiga ah waxay la kulmeen caqabado dheeraad ah oo ku saabsan waxbarashada guriga. Marka waalidiintu aanay si fiican ugu hadlin luqada Ingiriisiga ama aanay aqoon u lahayn nidaamka dugsiyada Maraykanka, way ku adag tahay inay ka caawiyaan carruurtooda inay la qabsadaan casharrada casriga ah. Helitaanka Internetka oo xadidan iyo maktabadda oo la xiray ayaa sidoo kale ku adkeeyay ardayda inay helaan wax caawimaad ah.

Laakiin bulshooyinka soogalootiga ah ayaa ah dad u bartay isbedelka, iyo ka go'naanta Afrikaanka ee bulshanimada ayaa kobcisay adkeysiga. Melissa Nambangi, oo ah Agaasimaha guud ee Fulinta Ururka Haweenka Afrikaanka ee Minnesota ([MAWA](#)) waxay aqoonsan tahay, "Waxaa jira faraqyo badan oo u dhexeeya bulshooyinka ka kala yimid dalalka kala duwan ee Afrikaan ah. Laakiin waxaan leenahay wax qurux badan oo naga dhexeeya: dhammaanteen waxaynu qiimaynaa bulshada. Had iyo jeer waxaa jira qol dheeraad ah guryaheena oo loogu talagalay dadkeena. Had iyo jeer dadka waanu soo dhawaynaynaa, waxaanu siinnaa cunto guriga lagu kariyey, waana is taageernaa.

Bulshadu waxay muhiim u tahay marka ay timaado korinta carruurta. Maahmaah baa tidhaahda, waxay u baahan tahay tuulo si ay ubad u koriso. Ndip wuxuu yidhi, "Faafida cudurka ayaa naga fogaysay dhinacaas wadaagga ah, laakiin tallaaladu waxay naga caawin karaan inaan soo ceshano." Xakamaynta faafida COVID ee tallaalada waxay naga caawin kartaa inay ka dhigto mid badbaado leh si aan dib ugu soo celino xiriirkii bulshada oo aan sii wadno taageerada midba midka kale si aan u mustaqbal wanaagsan ugu abuurno jiilka soo socda.



Nabadda iyo Qoyska oo Awood leh.

Waxaan marnaba qarsoodi ahayn in hooyooyinku ay wax kasta u qabtaan si ay carruurtooda u helaan Nabad iyo caafimaadka. Nambangi wuxuu la wadaagaa in dareenkani uu xoog ku leeyahay hooyooyinka Afrikaanka ah sida iyada oo kale: "Ma u oggolaan karno carruurteenna inay Bukoto. Waxaan rabnaa inay dareemaan xanuunka ugu yar ee suurtogalka ah. Laakiin dumar ahaan, waxa naloo soo koriyey si aan nafteena ugu dambeysiino".

Daryeelka carruurta waxay u baahan tahay xoog. Waxaa muhiim in waalidku sidoo kale daryeelo naftooda si ay xoog u yeeshaan. Cudurka COVID waxa uu waalidka iyo carruurta u yeelan karaa cawaaqib caafimaad oo halis ah iyo caafimaad daro ah mid fog. COVID ayaa ah sababta shanaad ee ugu badan ee dhimashada inta u dhaxaysay 2020 iyo 2022 ee carruurta da'doodu tahay 1 ilaa 4. [1] Laakiin tallaaladu waxay caawiyaan yareynta khatarta ah inay si xun u Bukoodaan. [2] Dadka la tallaalay waxay 10 jeer ka yar yihiin dadka aan la tallaalin inay u dhintaan COVID.

Tallaaladu sidoo kale waxay caawiyaan ilaalinta qoyska oo dhan, ma aha oo kaliya shakhsiyadka. Marka waalidiinta la tallaalo, waxay u badan tahay inay yareeyaan inay cudurka halista ah ku faafiyaaan carruurtooda. Marka ay timaado COVID, ilaalinta carruurtaada waxay la macno tahay inaad naftaada ilaaliso.

Tani waa arin run xataa marka aad uurka leedahay. Daraasaduhu waxay muujinayaan in tallaallada COVID ay wax dhib ah u geysanin haweenka uurka leh iyo dhallaanka. Tallalku waa hab caadi ah oo ay hooyooyinku carruurtooda uga ilaalin karaan noocyoo badan oo cudurro ah. Nambangi wuxuu xasuustaa, "Haweeney kasta oo Afrikaan ah oo hooyo noqotay waqtigeyga waxaa xaqiiq ah in markaad uur leedahay, aad qaadato tallaalo gaar ah. Labada sano ee ugu horreeya nolosha ilmaha, waa inaan siinaa tallaaldan... ka hortagga jadecada, dabaysha, iyo TB. Waaan Rabnaa tallaalo sababtoo ah waxaan ognahay si aan u badbaadino ilmaha."

Sida tallaallada kale, tallaallada COVID waxay ilaaliyaan caafimaadka taranka iyagoo ka hortagaya arrimaha caafimaadka ee muddada dheer uu sababay COVID. Tallaaladu waxay si la mid ah u caawiyaan Aabayaasha iyo Wiilasha si la mid ah ay u caawiyaan Hooyada iyo Gabdhaha. Qaadashada tallalka waxay waalidiinta ka Caawisaa inay sii kordhiyaan dadaalkooda intii suurtagal ah si ay halkaas uga warqabaan carruurtooda oo ay u hubiyaan inaysan la xanuunsan COVID. Sida Nambangi u wadaago, "Waa lay tallaalay waxayna iga caawisay inaan caafimaad qabo. Isbadal ayay keenaysaa."



Habka si wadajir ah loogu maro Daryeelka Caafimaadka.

In lagu tallaalo maaha go'aanka keliya ee looga ilaalinayo shaqsiga iyo qoyskaba COVID. Sidoo kale waxaa jira Tixgalimo la taaban karo. Way adagtahay marka aad u safarto waddan cusub, laakiin barashada habka loo maro helitaanka daryeel caafimaad oo adag isla markaana qaalii ah ayaa caqabad weyn ku ah bulshooyinka soogalootiga ah. Waxaa muhiim ah in la ogaado in tallaallada COVID inay bilaash yihiin xitaa caymis la'aan, bulshaduna way isu imanaysaa si ay daryeelka uga dhigaan mid fudud oo ammaan ah.

Ururada sida MAWA iyo Project HEALINGS ayaa loo abuuray si ay u taageeraan bulshooyinka soogalootiga ah si ay u helaan daryeelka ay u baahan yihii. Ururadani waa kuwo ka madax banaan dawlada. Xubnaha bulshada deegaanka, sida Ndip iyo Nambangi, ayaa maamula ururadan isla markaana garan kara baahiyaha bulshada sida [Turjumaada macluumaadka Caafimaad luqadaha kala duwan ee Afrikaanka](#).

MAWA iyo Project HEALINGS waxay Maamulaan rugahooda Caafimaad iyaga oo kaaga Jawaabaya Su'aalahaaga, kaa caawin doona helitaanka Macluumaad Caafimaad iyo Tallaal haddii aad u Baahantahay. Ndip " Waxaan hubnaa in Waalidiinta ay intii Tabartooda ah ay u qabanayaan wax kasta oo ay kari Karaan, si ay u badbaadiyaan Qoyskooda. Wuxaan halkaan u joognaa inaan kaa caawino ka doodista Su'aalahaaga oo aan kuu sharaxno agabyada la heli karo, si Qof walba uu naftiisa uga gaaro go'aano xog'ogaal ah.



VAX TO SCHOOL



Make sure you're up to date on recommended vaccines, including COVID-19 vaccines, before you head to campus.



Reference

- 1.[Dr. Katherine E. Fleming-Dutra. (2022, June 17). COVID-19 epidemiology in children ages 6 months– 4 years. <https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2022-06-17-18/02-COVID-Fleming-Dutra-508.pdf>
- 2.Chatterjee, R. (2022, June 18). CDC clears the way for vaccinations for children 6 months to 5 years old. NPR. <https://www.npr.org/sections/health-shots/2022/06/18/1105929247/vaccinations-for-children-6-months-to-5-years-old-can-begin-after-cdc-clears-the>

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Each are nearly 100% effective against hospitalization.

Each are highly effective against severe illness.

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