

**Waraqaha
Macluumaadka
Talaalka Covid-19**



US TOGETHER
www.ustogether.us



US TOGETHER
www.ustogether.us

US Together, Inc. waxaaw eeye hay'ad samo fal oo ah 501(c)(3) oo shaqadeedu tahay inay isku duba rido, habayso, oo ay u bilawdo adeegyada dadka soo galaytiga ah iyo qaxootiga. Qayb kamid ah taageerada, waxa aanu diirada saaraynaa waxbarashada caafimaadka, gaarka ahaan Covid-19.

Mid kamid ah yoolasheenu waa in aanu bixino waxbarasho iyo khayraad si aanu ugu dhiiri gelino qofkasta talaalka Covid-19. Waxa aanu u aragnaa in talaalka in la baahiyaa uu u yahay daruuri soo afjarista safmarka oo waxa uu nasiinayaa dhamaan nabsoonida, amaanka iyo caafimaadka wanaagsan. Markaa, waxa aanu doonaynaa in qof kasta, oo ay ku jiraan dadka soo galaytiga iyo qaxootigu, inay kusoo biiran ololaha. Laakiin, waxa aanu ognahay in dadka qaxootiga iyo soo galaytigu inay caqabad gaar ah ka haysato is talaalida.

Markii aanu la sheekeysanay bulshada, waxa aanu ogaahay inuu jiro baqi badan iyo su'aalo badan oo ay qabaan oo ku degaaman talaalku, sida caqabado helitaanka gaadiidka ilaa xarunta talaalka ay u raacaan.

Sidaad darteed waxa aanu samaynay waraaqo lagaga jawaabayo walaacyada oo bixinaya macluumaad guud.

Waxa aanu rajaynaynaa in kani uu noqdo khayraad rajo badan oo loo adeegsan karo oo lana wadaagi karo bulshada.

- 1 Gunooyin
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Marka aynu isku duubnaano bulshadeena waanu hormarin karnaa

Gunooyinka

inaad qaado Covid-19, oo xadiga ugu badan ee uu kaa ilaalin karaa waa 95%

- Talaalku sidoo kale waxa uu ilaalinayaa dadka kugu xeeran, gaar ahaan dadka aad ugu xanuunsada Covid-19

- Talaalka Covid-19 waxa uu kaa ilalainayaa in aanad si wayn ugu xanuunsan xataa hadii aad qaado Covid-19



Sida lagu sheegey warbixin ay dhawaan soo saartay CDC (Xarunta Xakamaynta Xanuunada), hadii badannaa dadka la talaalo oo lagu xoojiyo sii wadista taxadirka, xaaladaha ugu daran, ku dhimashada Covid-19 waxay hoos ugu dhici kartaa 100 todobaadka Agoosto, iyo toban todobaad todobaadkii Sebteember.

Isha

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>

https://www.cdc.gov/mmwr/volumes/70/wr/mm7019e3.htm?s_cid=mm7019e3_w

Marka aad si buuxda u wada qaadato talaalka, waxa aad bilaabi kartaa inaad samayso waxyaabaha qaar aad joojisay safarmaka dartiis. Waxa aad awood u yeelan kartaa inaad gudaha iskugu timaadaan dadka adiga oo aan xidhmayn waji gashad dadka talaalka wada qaatay

Amaanka

-Sida ay sheegeen CDC, dhamaan talaalada Covid-19 ee wakhtigan laga heleyo Ohio waa AMAAN oo Waa WAXKU OOL kahortaga Covid-19

-Talaaladan waxay mareen oo ay sii mari doonaan la socodka ugu badan ee taariikhda Maraykanka

-Talaaladan waxaa lagu eegey tijaabada caafimaadkooda wax ka badan 40 ruux oo waxay buuxiyeen shuruudaha lagu ogolaanayo in loo isticmaalo xaalad degdeg ah



Su'aalaha Caamka ah

Ma amaanbaa hadii aan doonayo in aan maalin ilmo dhalo?

--Haa! Ma jirto wax cadaymo ah oo sheegaya in talaalka Covid-19 uu ku keeni karo mushkilad uurka

Miyaa talaalku wax ka badalayaa DNA-gayga?

--Maya! Talaaladu ma badali karaa ama lama fal geli karaan DNA-gaaga sinaba

Miuaad ka qaadi karaa Covid-19 Talaalka?

--Talaalada la ogolaaday ee lagu taliyaa midna ma wato fayras nool oo keeni kara Covid-19

Isha

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>

Saamaynta Caafimaad Daradu

Waxa aad yeelan kartaa saamayn caafimaad daro kale oo waa calaamado caadi ah oo muujinaya in jidhkaagu difaacii dhisayo. Waxa uu kaaga baaba'i karaa dhawr maalmood

*Hadii aad leedahay jawaab celin xasaasiyadeed oo talaalada ah oo hore ama aad leedahay xasaasiyad aad u daran la xidhiidh dhakhtarkaaga hadii si aad u ogaato in talaalku amaan kuu yahay

150 milyan oo talaal ayaa la bixiyay

Waxaa lagu arkay kaliya 75 kiis 10,000 ee ruux ee la talaalay!

Saamayn daran waa naadir...

**Abriil 2021

.005% ayay ku keentay saamayn caafimaad daro kale

Saamaynta caafimaad darada caamka ah

**La xidhiidh dhakhtarkaaga hadii casaanka ama daalku aad ka qaaday talaalku uu kasi daro 24 saacadood kadib, ama hadii saamaynta caafimaad darada aad ka warwarto ama hadii ay kasoo rayn waydyo

Isha

<https://www.latimes.com/projects/covid-19-vaccine-safety-side-effects-risks-reactions/>

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.htmls_cid=10509:side%20effects%20of%20covid%20vaccine:sem.ga:p:RG:GM:gen:PTN:FY21

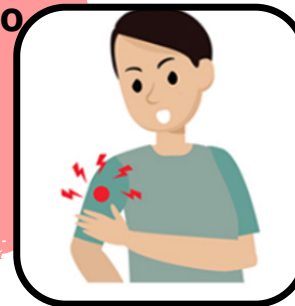


Jidhka oo dhan:

- daal
- madax xanuun
- murqo xanuun
- qadhqadhyo
- xumad
- yalaalugo

Gacanta

- damqasho
- casaan
- barar



Pfizer- Biontech

- Waxaa lasiin karaa dadka 12 jir ilaa
- 2 jeer, 3 todobaad u dhaxayso
- 95% wax ayuu taraa
- Talaalka dhamaystay 2 todobaad kadib talaalka 2aad

Isha

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/janssen.html>



Noocyada Talaalka

**Dhamaan talaaladu
waa amaan, wax ayay
taraan
oo waxa ay kaa
ilaalinayaan Covid-19**

Johnson & Johnson

- Waxaa lasiin karaa dadka 18 jir iyo wixii ka wayn
- 1 mar
- 66.3% wax ayuu taraa
- Talaalka dhamaystay 2 todobaad kadib talaalka

Moderna

4

- Waxaa lasiin karaa dadka 18 jir iyo wixii ka wayn
- 2 talaal, oo 4 todobaad u dhaxeeyo
- 94.1% wax ayuu taraa
- Talaalka dhamaystay 2 todobaad kadib talaalka 2aad

***Waxa aad weli qaadi kartaa Covid-19 hadii aad is talaasho. Laakiin talaalku waxa uu si wayn uga hortagi karaa inaad qaado xanuun daran. Macluumaadka la helayo dhawaan waxay muujinayaan in dadka qaaday Covid-19 afar todobaad kadib markii ay qaateen talaalka J&J aan la dhigin midna isbitaalka**

Helitaanka Talaalka

Talaaladu waa 100% **BILAASH** qof kasta oo degan Maraykanka, iyada oo aan la eegeynin xaaladooda caafimaadka ama hadii uu leeyahay caymis

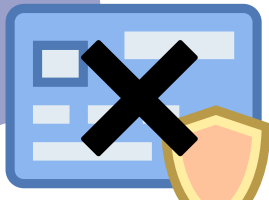


Shaybaadhka iyo daawaynta talaalka waxaa bixinaya dawlada **MA** saamayn doonto qofka xaaladiisa soo galaytiga ama lalama wadaagayo hay'adaha laanta socdaalka

*Hadii aanad haysan waraaqahaaga laanta socdaalka, fadlan qabo xarunta la iska imanayo adiga oo u sheegaya tan



Lambarka amaanka qaran iyo/ama aqoonsiga dawlada ayaa loo baahan karaa laakiin **MAAHA** waajib



Isha
<https://www.hhs.gov/sites/default/files/uninsured-patient-covid-services-poster.pdf>

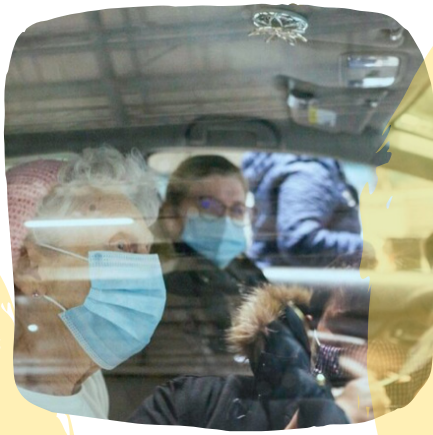
Gaadiidka

BILAASH!

BILAASH!

Columbus Stand up!

La hadal, fariin qoraal ah u dirin ama waxa aad onleyn ahaan ku buuxisaa foomka si aad u balansato gaadhi marka aad balanta qabsato talaalka



Ride Sharing Apps

Uber iyo Lyft ayaa bixiya gaadiid bilaash oo lagu yimaado/ lagaga tago goobaha talaalka. Soo dejiso app-ka oo waxa aad qaabataa websaytyada soo socda. Geli cinwaanka goobtaada talaalka iyo goorta lagu qaadayo

Uber: <http://z.uber.com/free-rides>

Lyft: <http://lyft.com/vax>



La hadal/
Fariin qoraal
ah u dirin
614-259-7391

Booqo
<https://columbusstandup.org/vaccine>

Waxaa jira xarumo badan oo talaalka ah oo ku yaal khadka uu maro baska COTA

Si aad u aragto xarumaha talaalka ee ku yaal khadka uu maro baska COTA qabo:<https://www.cota.com/vaccines/>



North

Kroger Pharmacy

199 Graceland Blvd.
Columbus, OH 43214
(614) 410-1108

Khadka baska-- N High St. &
Graceland Blvd.:
002, 001, 0333, 034, 102

Celest Center (drive-up)

717 E 17th Ave.

Columbus, OH 43211

(614) 645-1519

Isniin, Khamiis, Jimce 9s-3g; Sabti 9s-1d
Talaata, Arbaca 11:30d-5:30g

CVS Pharmacy

933 Bethel Rd.

Columbus, OH 43214

(614) 459-9521

Isniin-Jimce 9s-8h; Sabti 10s-6g; Axad
10s-6g

Walgreens Pharmacy

4890 N High St.

Columbus, OH 43214

(614) 261-9013

Isniin-Sabti 9s-1:30d, 1:30d-9h;
Axad 10s- 1:30d; 2d-6g

Khadka baska-- Morse Rd & N High
St.: 11, 34

Goobaha

North

Walgreens Pharmacy

2150 E Dublin Granville Rd.

Columbus, OH 43229

(614) 523-1165

furan 24 saacadood

Khadka baska-- State Rte 161 &
Maple Canyon Ave.: 4

Northwest

Kroger Pharmacy

2525 Hilliard-Rome Rd. Hilliard, OH

43026 (614) 771-4172

Isniin-Jimce 9s-9h; Sabti 10s-7g; Axad
10s-6g

Khadka baska-- Hilliard Rome Rd. &
Roberts Rd: 21, 71

Walgreens Pharmacy

5383 Cemetery Rd

Hilliard, OH 43026

(614) 771-7493

Isniin-Jimce 9s-1:30d, 1:30-9h; Sabti
9s-1:30d, 1:30d-6g; Axad 10s-1:30d,
1:30d-6g

Khadka baska-- State Rte 161 & Maple
Canyon Ave.: 4

Northeast

OSU East Hospital (appt only)

181 Taylor Ave.

Columbus, OH 43203

(614) 688-8299

Isniin-Jimce 8s-5g

***Ula hadla si aad balan u qabsato ama
booqo:***

[https://wexnermedical.osu.edu/features/
coronavirus/patient-care/covid-19-vaccine/
schedule-your-vaccine](https://wexnermedical.osu.edu/features/coronavirus/patient-care/covid-19-vaccine/schedule-your-vaccine)

Khadka baska-- Taylor Ave. & Clifton Ave.: 11

Equitas Health- Columbus King- Lincoln Pharmacy (appt only)

736 E Long St.

Columbus, OH 43203

(614) 300-2334

Isniin-Jimce 8s-7h

***Ula hadla si aad balan u qabsato ama
booqo:***

[https://equitashealth.com/coronavirus-
covid-19-updates/covid-19-vaccination/](https://equitashealth.com/coronavirus-covid-19-updates/covid-19-vaccination/)

Khadka baska-- E Long St. & Hamilton Ave.: 11

Iyada oo sida kale loo
sheego moojee, dhamaan
goobaha ku qoran waa la
iska tagayaa. La hadal si aad
u ogaato noocyada talaalka
la heli karo maadaama oo
ay isbadalaan

South

Kroger Pharmacy

1441 Parsons Av.
Columbus, OH 43207

(614) 445-5734

Isniin-Jimce 10s-9h; Sabti 10s-6g; Axad 10s-6g

Khadka baska-- Parsons Ave. & Sheldon: 8

Giant Eagle Pharmacy

280 E. Whittier St.
Columbus, OH 43206

(614) 443-5232

Isniin-Jimce 10s-9h; Sabti 9s-8h; Axad 9s-3g

Khadka baska-- E Whittier St & Ebner St: 5

Walgreens Pharmacy

3445 S High St.
Columbus, OH 43207

(614) 497-3745

Isniin-Sabti 9s-1:30d, 1:30d-9h; Axad 10s-1:30d; 2d-6g

Khadka baska-- S High St. & Williams Rd: 8

Walgreens Pharmacy

1280 Demorest Rd.
Columbus, OH 43204

(614) 279-1962

Isniin-Sabti 9s-1:30d, 1:30d-9h;

Axad 10s- 1:30d; 2d-6g

West

Goobaha

West

Walgreens Pharmacy

5383 Cemetery Rd

Hilliard, OH 43026

(614) 771-7493

Isniin-Jimce 9s-1:30d, 1:30-9h; Sabti

9s-1:30d, 1:30d-6g; Axad 10s-1:30d, 1:30d-6g

Khadka baska-- Main St. & Scioto Darby Rd:
21,32,71

Kroger Pharmacy

3600 Soldano Boulevard
Columbus, OH 43228

(614) 274-8108

Isniin-Jimce 10s-9h; Sabti 10s-6g; Axad 10s-6g

Walgreens Pharmacy

2770 W Broad St Columbus, OH 43204

(614) 276-9745

Isniin-Sabti 9s-1:30d, 1:30d-9h; Axad 10s-1:30d; 2d-6g

Khadka baska-- S High St. & Williams Rd: 8

East

8

Mount Carmel East Siegel Center

(Appt only)

6001 E Broad St.
Columbus, OH 43213

(614) 234-6000

Isniin, Arbaca, Jimce 8:30s-3:30g; Talaata,
Khamiis 10:30s-6g

Khadka baska-- E Broad St. & Taylor Station
Rd.: 10,25

Columbus Public Health (Appt only)

240 Parsons Ave.
Columbus, Oh 43211

(614) 645-7417

Isniin-Jimce 9s-4g

Khadka baska-- E. Main St. & Parsons St.: 2

Kroger Pharmacy

850 S Hamilton Rd.
Whitehall, OH 43213

(614) 759-2746

Isniin-Jimce 9s-9h; Sabti 10s-7g; Axad 10s-6g

Khadka baska-- S Hamilton Rd & Wright
Ave.: 24

CVS Pharmacy

3955 E Broad St.
Whitehall, OH 43213

(614) 236-1583

Isniin-Jimce 9s-7h; Sabti 9s-5g; Axad 11d-5g

Goobaha

Hadal
1-800-232-0233

Guriga xafiiska dhakhtarka

West

Mt. Carmel Franklinton

775 W Broad St., Suite 200
Columbus, OH 43222
(614) 627-1610

Isniin, Arbaco, Khamiis 8s-5g; Jimce, Talaata 8s-5g

Schedule vaccine: <https://www.mountcarmelhealth.com/health-and-wellness/covid-19/vaccine-scheduling>

Khadka baska-- W Broad St & S Davis Ave.: 10,12

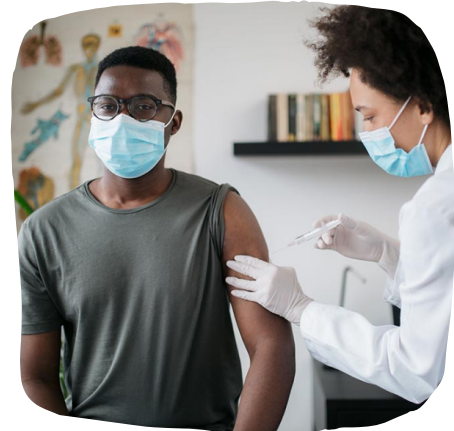
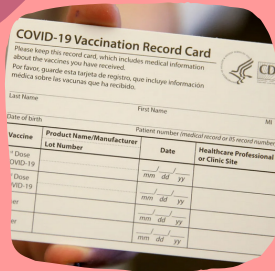
Booqo Vaccines.gov

Helida Talaal xarunta caafimaadka

Zib koodhkaaga waxa aad fariin ugu dirtaa 438829 si aad u helo liiska goobaha talaalka ee kugu dhaw. Waxa uu kusiin doonaa lambarada taleefanka, saacadaha shaqada, noocyada talaalka yaala iyo hadii ay aqbalayso dadka iska yimaada goob kastaayi

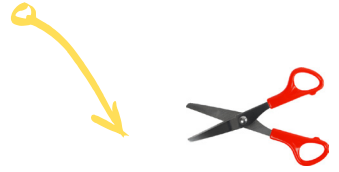
Lagaagama baahna inaad noqoto bukaan iminka iska dawweeya si aad balanta u qabsato

***Waa inaad soo qaadato kaadhkaaga talaalka oo aad lasoo noqoto balantaada xigta, oo aad wixii intaa ka danbeeyana meel dhigayaa**



Cinwaanka VI

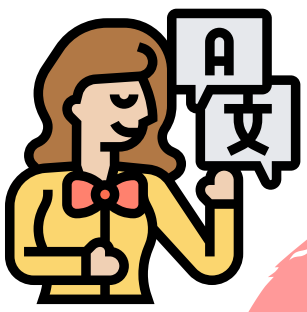
Inta aad soo goosato kaadhkan waxa aad usoo qaadataa balantaada dhakhtarka ee xiga. Waxa aad ku qortaa meesha luuqada aad ku hadasho ee aad ugu baahan tahay turjubaanka



I need an interpreter for Somali




Bixinta loo baahan yahay si aad ugu qalanto adeegyada turjubaada iyo macluumaadka turjuban oo u bilaash ah LEP (Aqoonta Ingiriisga ee Liitada) macmiilka ah



Cinwaanka VI ee Madaniga

Sharciga Xuquuqda 1964

“Qof Maraykanka jooga waa inaan, iyada oo laga duulayo qoomiyadiisa, midabkiisa, ama meesha uu kasoo jeedo, waa in aan laga reebin ka qayb galka, loo diidin gunooyin, ama aan lagula kicin haybsooc, barnaamij kasta ama hawlo hela taageero dhaqaale oo federalka ah (sida, wixii bixinta deeqda lacagta federalka, sida isbitaalka)

US Together

-Hadii aad wax su'aal ah ka qabto US Together iyo adeegyadaayada, la hadal (614) 437-9941 oo waxa aad dalbataa maamule kiis

-Hadii daryeelka caafimaad bixiyahaagu u baahan yahay in laga caawiyo sidii laguugu heli lahaa turjubaan iimeel gugu dir Kristina Brooks (kbrooks@ustogether.us)

Websaytyo

Waaxda Caafimaadka Ohio:
<https://coronavirus.ohio.gov>

Franklin County Public Health:
<https://vax2normal.org>

Xarunta Xakamaynta Xanuunka (CDC):
<https://www.cdc.gov/coronavirus/2019-nCoV/>

Isha

Waraqahan waxa weeye kaliya guudmar khayraadka Covid iyo Talaalka. Hadii aad qabto wax su'aalo ah ama aad doonayso macluumaad dheeraad ah oo faahfaahsan, waxaa jira ilo lagu kalsoon yahay oo aad ka eegi karto

Kala Hadal Caafiimaadka Shacabka Columbus (614-645-1519) si aad u qabsto balan xarumaha talaalka ee kumeel gaadhka ah ee hay'adadaada, kiniisadaada, xaruntaada bulshada, imw.

Xarunta Lala Hadlayo

Waaxda Caafimaadka Ohio:
Usoo hadal dhamaan wixii su'aalo ah ee la xidhiidhka Covid-19 iyo talaalka.
Waxaa la heli karaa 9s-8h, 7 maalmood oo shaqo
1-833-427-5634

Caafimaadka Maskaxda khayraad

Khadka Qaran ee Tooska ah ee SAMSA

1-800-662-4357

365 maalmood sanadkii daawayn ah iyo macluumaadka adeega (Ingiriisi iyo Isbaanish) shakhsiyaadka iyo qoysaska ay lasoo daristo khalkhalka maskaxda iyo/ama balwaduho

National Alliance on Mental Illness (NAMI)

<https://www.nami.org>

<https://www.namifranklincounty.org>

Isha caafimaadka maskaxda ugu wayn qaranka hay'ad ah oo ay ka go'an tahay inay dhisto nololo wanaagsan oo malaayiin ruux oo Maraykan ah oo ay saameeyeen xanuunada maskaxadu.

Khadka Caawimada NAMI
800-950-6264

Can Waxa uu bixiyaa taageero iyo gorowsho oo waxa uu kusiinayaa macluumaad ku saabsan khayraadka bulshada