

Qofka lagala xiriirayo daraasadda (England): IQVIA **0800 085 6807**
Qofka lagala xiriirayo daraasadda (Wales): IQVIA **0800 917 9323**
Qofka lagala xiriirayo daraasadda (Northern Ireland): IQVIA **0800 917 5825**
Qofka lagala xiriirayo daraasadda (Scotland): IQVIA **0800 917 5824**

Sahanka caabuqa COVID-19

Ka qeybqaado sahanka ugu weyn ee qaranka oo dhan ee caabuqyada COVID-19 kuwii la soo dhaafey iyo kuwa hadda jiraba. **Taageeradaada waxay naga caawineysaa in ay hagto ka falcelinta musiibadan, si ay dhammaanteen noogu celiso noloshii caadiga aheyd.**

Sahanku muxuu ku saabsan yahay?

- Ulajeedada sahanka waa in la ogaado inta qof ee qabta COVID-19, ama leh amaba aan laheyn wax astaamo ah.
- Arintani si gaar ah ayay muhiim u tahay marka ay dad ka sii badan qaadanayaan tallaalka COVID-19. Inkasta oo ay tallaaladu si aad u wanaagsan u shaqeeyaan, haddana si buuxda ugama joojiyaan in uu dadka mar labaad fayrasku ku dhaco, sidoo kalena inuu qofka hore ugu dhacay COVID-19 ka joojin mayso inuu mar laaad ku dhaco. Waxaan u baahannahay in aan la soconno in tallaalku waaqica dhabta ah si wanaagsan ugu shaqeeyo, iyo sida ugu wanaagsan ee isugeynta dadka uu horey ugu dhacay COVID-19 iyo qaadashada tallaalka ay u joojiso faafitaanka fayraska.
- Sahanka waxaa kale oo looga danleeyahay in lagu ogaado inta qof ee laga yaabo in uu horey ugu soo dhacay COVID-19. Arintan waxaa lagu sameeyaa iyada oo la cabirayo heerka unugyada la dagaalanka cudurka (antibodies) ee dhiigga ku jira.
- Ilaa iyo bishii April 2020, Xafiiska Tirokoobka Qaranka iyo Jaamacadda Oxford ayaa ka shaqeynayey sahanka iyagoo u qabanayey Dowladda UK.



Guudmarka daraasadda

Sahanka caabuqa COVID-19 | Nooca 7.0 taariikhda: 1 Febraayo 2021
Tixraaca Anshaxa: 20/SC/0195 | **IRAS Aqoonsiga Mashruuca:** 283248
Madaxa Baarayaasha: Professor Ann Sarah Walker

Maxaa la ii weydiyey in aan ka qeybqaato?

- Si looga caawiyo la dagaallanka hadda socda ee coronavirus waxaan u baahanahay qoysaska sidaadoo kale ah in ay ku biiraan kumannaanka qoys ee hadaba ka qeybqaadanaya Sahanka Caabuqa COVID-19.
- Ma aan baareyno oo keliya dadka leh astaamaha fayraska, sida qandhada ama qufaca, sababtoo ah waxaan ognahay in dadka mararka qaarkood ay qabi karaan iyagoon wax astaan ah laheyn.
- Ka qeybqaadashada sahankan gebi ahaanba waxay ku xiran istikhiyaarkaaga. Dhammaan macluumaadka aad na siisid waxaa dhowraya sharciga waxaana loola dhaqmayaa mid xafiddan.
- Qof kasta oo sahanka ka qeyb-qaata waxaa uu heli karaa tallaalka COVID-19 marka ay xaqa u leeyihiin in ay helaan - sidoo kale dadka qaatey tallaalka COVID-19 ayaa ka qeyb-qaadan kara sahanka.

Maxaa sahanku ka kooban yahay?

- **Marka ugu horeysa waxaad u baahan tahay in aad is diiwaangeliso si aad uga qeybqaadato (fadllan eeg dhabarka warqaddan),** markaa ka dib ayaa lagula soo xiriiri doonaa si loo qabto ballan.
- Ballantan marka la gaaro, mid ka mid ah kooxda sahankan ayaa iman doona gurigaaga. Waxaa ay weydiin doonaan su'aalo qof kasta oo da'diisa ka weyn tahay 2 sanno jir oo doonaya in uu ka qeybqaato.
- Waxaa ay tusi doonaan kuwa jira 12 sanno jir amaba ka weyn sida la isaga qaado saamiga sanku iyo cunaha oo looga baaro fayraska. Saamiga waxaa lagu qaadayaa isbuunyo jilicsan oo qori ku dheggan xanuuna ma laha. Waalidiinta iyo daryeelayaasha ayaa caawin kara kuwa ka yar 12 sanno jir.
- Waxaan kaloo dooneynaa in aan qadar saami dhiig ah ka qaadno qof kasta oo da'diisu tahay 16 sanno jir amaba ka weyn. Kuma khasbanid in aad arintan ogolaatid. Dhiigga ama waxaa si toos ah uga qaadayaa xidid qof tababaran oo ka tirsan kooxda sahanka oo gashan qalabka PPE, ama durid farta ah oo ay dadka iyaga lafaahantooda iska qaadaan. Xubinta ka tirsan kooxda sahanka sooma galayo gurigaaga ilaa uu u baahdo in uu dhiiga ka qaado xidid.

Waxaad ogolaan kartaa:

- A** booqashada koowaad oo keliya
- B** booqashada koowaad iyo booqasho todobaad kasta ah ee soconeysa hal bil (5 booqasho isu geyn)
- C** booqashada koowaad, booqasho todobaad kasta ah ee soconeysa hal bil, iyo booqasho bille ah oo soconeysa ilaa iyo bisha Abriil 2022 (ugu yaraan 16 booqasho isu geyn, iyadoo ku xiran marka aad ku soo biirtey sahanka)


Waa maxay sababta aan uga qeybqaadanayo?


- Coronavirus ayaa weli dhammaanteen saameyn nagu leh. Si wadajir ah ayaan u heli karnaa macluumaad muhiim u ah in ay ka caawiso hagidda ka falcelinta musiibadan, si ay dhammaanteen noogu celiso noloshii caadiga aheyd.
- Sawir lagu kalsoonyahay si degdeg ahna loo helo ee caabuqa xaafaddaada ayaa ka caawinaya in la hubiyo ka falcelinta maxalliga ah in ay tahay mid munaasab ah oo wax ku ool ah.
- Sanadka soo socda ee 2021 iyo 2022, kumannaan qoys ayaa ka qeybqaadan doona sahanka. Waaxaana arintan loo yeelayaa in aan aragno sida uu noqdo fayraska mudadan, gaar ahaan marka ay dad ka sii badan qaataan tallaalka.
- Natiijada ayaa hadaba la wadaagayaa si qof walba u ogyahay waxa aan hadaba heleyno (www.ndm.ox.ac.uk/covid-19/covid-19-infection-survey/results). Wax ka mid ah macluumaadkan oo ku tilmaamaya adiga amaba qoyskaaga ma ay jiraan.


Sida looga qeybqaato:


Si aad uga qeybqaadato waxaad u baahanaysaa in aad iska keen diiwaangeliso sida ugu dhakhsaha badan:

- 1 Ka wac kooxda diiwaangelinta **0800 085 6807 (England), 0800 917 9323 (Wales), 0800 917 5825 (Northern Ireland), 0800 917 5824 (Scotland)**. Haddii aadan awoodin in aad taleefoonka adeegsato, tusaale ahaan in ay ku haystaan dhibaato maqalka ah amaba hadalka ah, waxaad email u soo diri kartaa iqvia.covid19survey@nhs.net.


- 2 Marka lagu diiwaan geliyo, marka xiga ee aad wax naga maqli doonto waa marka qof ka mid ah kooxda sahanka uu kula soo xiriir galabta ka horeysa booqashadaada la qorsheeyey. Haddii uusan waqtigan adiga munaasab kuu aheyn, waad bedeli kartaa. Waxaan isku dayi doonaa in aan kula soo xiriirno todobaadka gudahiisa ka dib marka aad is diiwaan geliso.


- 3 Maallinta ballantu jirto, mid ka mid ah kooxda sahankan ayaa iman doona gurigaaga si uu booqashada u dhameeyo. Qof kasta oo ka tirsan kooxda oo dhiigga laga qaado xididka wuxuu ahaan doonaa qof aqoon u leh inuu sidaas sameeyo. Fadllan ha ku casumin gurigaaga xubin ka tirsan kooxda sahankaan ka aheyn in ay dhiig kaa qadayaan.


- 4 Iyadoo ah astaan qiimeyn, **qof kasta oo dhammaystiray sahanka waxaa la siin doonaa foojar ah £50.**



Maxaan ku helayaa ka qeybqaadashada?

- Qof kasta oo dhammaystiray sahanka waxaa la siin doonaa foojar ah £50 iyagoo ku helaya booqasada koowaad oo ay dhameystiraan.
- Booqasho kasta oo ku xigta oo ay dhameystiraana, waxay mid walba ku helayaan foojar ah £25.

Kuwan waxaa loogu talagaley booqashooyinka la dhameystiro; tusaale ahaan, haddii sahanka la joojiyo waxba kuma heleysid booqashooyinka aan dhicin.

Maxaa ku dhacaya macluumaadkeyga?

- Macluumaad kasta oo aad na siisid waxaa dhowraya sharciga waxaana loola dhaqmayaa mid xafiddan.
- Saamiyada dhan ayaa loo ururinayaa Xafiiska Tirokoobka Qaranka iyo Jaamacadda Oxford.
- Baaritaanka dhammaan saamiyadan ayaa sameyneysa Jaamacadda Oxford iyo national Lighthouse Laboratories.
- Waxaa lagu sheegi doonaa natiijada dhammaan baaritaanada aad dhameystirto.
- Shirkadaha ku lug leh maareynta sahanka waxaa ay macluumaadkaaga u adeegsan doonaan oo keliya ulajeedada sahankan - **fadllan ka eeg Waraaqda Macluumaadka Ka qeybqaataha wixii faahfaahin dheeraad ah.**

Macluumaad dheeraad ah & websiteyo waxtar leh:

Turjumaado qaarkood ee guudmarkan iyo macluumaad kale oo ku saabsan sahanka ayaa laga heli karaa <https://www.ons.gov.uk/surveys/informationforhouseholdsandindividuals/householdandindividualsurveys/covid19infectionsurvey/cis/furtherhelp#study-materials-in-other-languages>

Si aad macluumaad dheeraad ah u ogaatid ka eeg waraaqda faahfaahsan ee macluumaadka ka qeybqaataha oo la socota waraaqdan, ama booqo www.ons.gov.uk/cis ama www.gov.wales/covidinfectionsurvey

Haddii ay saameyn kugu yeelatey wax ku saabsan arimaha waraaqdan lagu sheegey ama aad raadineysid macluumaad ku saabsan COVID-19 fadllan booqo:

- Coronavirus oo la sharaxay: coronavirusexplained.ukri.org/en/
- Hagayaasha Dowladda: www.gov.uk/coronavirus (England), www.gov.wales/coronavirus (Wales), <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19> (Northern Ireland), <https://www.gov.scot/collections/coronavirus-covid-19-guidance/> (Scotland)
- Talobixinta NHS: <https://www.nhs.uk/conditions/coronavirus-covid-19/> (England), www.gov.wales/coronavirus (Wales), <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice> (Northern Ireland), <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19> (Scotland)

- Samaritans - qof walba u fidisa taageero caadifadeed: www.samaritans.org
- Mind - Talobixin iyo taageero qof walba oo leh dhibaatooyinka caafimaadka maskaxda: www.mind.org.uk

MUUNNAD