**Aqoon kororsiga 201 ee Talaalka COVID19**

Waxaa diyaariyey Qaybta Caafimaadka Dadwaynaha IsmaamulkaMultnomah, 9/27/2001. Wixii su’aalo ah, fadlan kala xariir Beth Poteet [beth.poteet@multco.us](mailto:beth.poteet@multco.us) ama 503-314-3136.

**Wakhtiga:** 2 saacadood

**Ujeedooyinka Aqoon kororsiga:** Dhamaadka aqoon kororsiga, ka qaybqaatayaashu waxa ay awood u yeelan doonaan in ay:

* Sharaxaad ka bixiyaan aasaaska talaalada COVID19: sida ay u shaqeeyaan, hawsha ogolaanshiyaha talaalka, kiisaska soo kabashada, iyo ku dhufashada talaal xoojiyaha
* Uu yaqaan habka loo maro baarista COVID19 iyo goorta ay tahay in la is gooni yeelo ama la is karantiilo
* Uu sheegi karo hababka loo gaarsiiyo bulshada talaal qaas ah iyo in uu gaarsiin karo bulshada fariin ku saabsan wax ka qabashada walaaca laga qabo talalada COVID19
* Ay u sameeyaan qorshe sidii ay macluumaadkaan ula wadagi lahaayeen

|  |  |  |  |
| --- | --- | --- | --- |
| **Mawduuca &**  ***Habka*** | **Geedi socodka** | **Agabyada** | **Fududeeyaha &**  **Wakhtiga** |
| Soo Dhawayn aan Rasmi ahayn | * *Furitaanka aqoon kororsiga 10 daqiiqadood ka hor. La ogolaado in ay dadku ku soo biiraan ayna isi salaamaan si aan rasmi ahayn.* |  | 10 daqiiqo ka hor inta uu san bilaaban aqoon kararsigu |
| Soo dhawayn & hordhac  *Dooda koox wayn* | * *Soo dhawayn ka qaybqaatayaasha aqoon kororsiga 201 ee talaalka COVID19.* * *Isbarashada fududeeyayaasha.* * *Ku biloow mahadnaqa dhulka iyo shaqaalaha ee PPT Islaaydhka 2. Si aad u hesho hagitaanka, fiiri* [*Mahadnaqa Dhulka*](https://native-land.ca/resources/territory-acknowledgement/)*.*   + Wadanka Maraykanka waxaa dhistay dad africaan ah oo laxaday oo ka dhisay dhulka asal ka ah ee laxaday. Xatooyadan iyo adoonsigaan waxaa sameeyey dadka cadaanka ah ayakoo gacan ka helaya doowlada. Ismaamulka Multnomah waxa uu ku yaalaa dhulalka la xaday ee Tualatin Kalapuya; Molalla; kooxda ku hadasha Chinookan Multnomah, Kathlamet, iyo Clackamas; iyo kuwo kale oo badan oo ku teedsan Wabiga Columbia. In badan oo ka mid ah dadkaan iyo dhaqankooda wali waa ay noolyihiin wayna adkaystaan ayada oo ay jirto isku dayada ula kaca ah ee socda si loo burburiyo. Dadka ka soo jeeda kooxahaan waxa ay qayb ka noqdeen isbahaysiga qabiilada Grand Ronde, Isbahaysiga qabiilada ee Siletz Indians, sidaas si lamida qaruumaha Chinook iyo qaruumaha Cowlitz ee ku yaala gobolka Washington. Waxaan maamuusnaa qaruumaha qabiiladan iyo xubnaha in ka badan 400 bulshooyinka qabiilada kuwaas oo waqti xaadirkan ku nool ismaamulka Multnomah. * *U jihee ka qaybqaatayaasha masraxa bandhiga tiknoolajiga aad isticmaalayso. Tusaale ahaan, isticmaalka cod ka xirista, muuqaalka, wada sheekaysiga iyo hawlaha falcelinta.* * **Dheh**: Waxaan jeclaan lahayn in aan agaano yaa jooga aqoon kororsiga. Waxa aan idunku casuumayaa in aad nala wadaagtaan magac yadiina, macac uyaalka jinsigiina (hadii aad isticmaasho mid), iyo halka aad ka shaqayso.   + *Fududeeyayaashu waxa ay qaab xuruufta alifbetada ah ugu wici doonaan ka qaybqaatayaasha ayaka oo isticmaali doona xarafka magaca ugu horeeya (isticmaal tab-ka ka qaybqaatayaasha si aad u aragto liiska).* * *Dib u eegista ujeedooyinka iyo ajendaha PPT Islaaydhada 3-4.* * Aqoon kororsigeena, waxa aan ku isticmaalnaa qaab loo yaqaano waxbarashada caanka ah. Waxbarashada caanka ah waxa ay maamuustaa xigmada iyo qibrada dadka ka midka ah kooxda. Waxa aan codadkiina ku casuumaynaa aqoon kororsigaan. * Si aad noogu caawisaan wada shaqayn waxtar leh saacadaha yar ee soo socda, waxa aan jeclaan lahayn in aan soo bandhigno Xeerka Daryeelka ee aanu leenahay. *Dib u eegista Xeerka Daryeelka PPT Islaaydhka 5.*    + Ma jiraan wax heshiisyo ah oo ka maqan oo ay tahay in aan ku darno?   + Ma jiraa qof qaba walaac ku saabsan wax ka mid ah heshiisyada? Hadii ay saas tahay, fadlan u soo dir fariin qaas ah fududeeyaha. *[Sug daqiiqad si aad u aragto hadii uu jiro qof qaba walaac].*   + Hadii aad aqbasheen Xeerka Daryeelka, fadlan isticmaala calaamada “suulasha la taago” ee badhanka falcelinta. * Wax su’aalo ah ma jiraan ka hor inta aanaan u gudbin wax qabadka xiga? * Waxa ay u badan tahay in aad hayso su’aalo badan. Fadlan ku qor qaybta wada sheekaysiga. Waxa aan inta karaan keena ah isku dayi doonaa in aan kaaga jawaabno su’aalahaaga dhamaadka. Hadii uu waqtigu naga dhamaado, waxa aan la socon doonaa jawaabta iyo/ama hadii aanaan garanayn. Ma nihin xeeldheerayaal daryeelka caafimaadka. | * PPT: Ciwaanka aqoon kororshiga * PPT: Mahadnaqa Dhulka iyo Shaqaalaha * PPT: Ujeedooyinka * PPT: Ajendaha * PPT: Xeerka Daryeelka | 15 daqiiqo |
| Dinamica/Icebreaker  *Fakar, labolabo & gudbi* | * *Fududeeyaha - u deji qololka kooxaha yaryar labolabo.* * **Dheh:** Maanta, waxa aan si qoto dheer u guda gali doonaa COVID19 iyo talaalka COVID19. Waxa aan jeclaan lahaa in aan ku biloowno diiradsaarida awoodaha aan leenahay bulsho ahaan. Waxa la idin qaybin doonaa labolabo qololka kooxaha yaryar ugu yaraan 3-4 daqiiqadod si aad uga doodaan su’aashan:   + **Maxaad samaysaan si bulshadiinu isku daryeesho?** * *Beth ayaa furaysa qololka kooxaha yaryar. U ogolow 3-4 daqiiqadood dooda. Kusoo celi qof kasta kooxda wayn.* * **Dheh:** Waxaan jeclaan lahayn in aan wax ka ogaano waxa aad wadaagteen. Fadlan ku wadaaga Wadasheekaysiga.   + *Ka aqri wada sheekaysiga adigoo kor u qaadaya.* * **Dheh:** Dhamaantiin waad ku mahadsan tihiin ka qayb qaadashadiina. |  | 10 daqiiqo |
| Quraafaadka & walaacyada ku saabsan talaalka COVID19  *Cod bixin* | * **Dheh:** Inta aanan si qoto dheer u gudo galin talaalka COVID19, waxaan rabnaa in aan idinla wadaagno qaar kamid ah quraafaadka iyo walaacyada aan ka maqalnay Shaqaalaha Caafimaadka Bulshada si aan u aragno in aad sidoo kale ka maqasheen midaan bulshadiina. * *Samee codbixinta zoom-ka. Ka dib marka uu qofkasta dhiibto codkiisa, dib ula wadaag kooxda natiijoooyinka soo baxay.*    + 1. Talaalka COVID19 wuxuu bedelaa dheecaankaaga hida sidaha(DNA). Tan ma ka maqashay bulshadaada?     - Jawaabta: Haa/maya   + 2. Marka aad is talaasho, kuguma dhici karo COVID19. Tan ma ka maqashay bulshadaada?     - Jawaabta: Haa/maya   + 3. Waxaan leeyahay difaac dabiici ah marka uma baahni in aan istalaalo. Tan ma ka maqashay bulshadaada?     - Jawaabta: Haa/maya   + 4. Dadka da’da ah kaliya ayaa u dhinta COVID - anigu waan yarahay waana caafimaad qabaa marka uma baahni in aan is talaalo. Tan ma ka maqashay bulshadaada?     - Jawaabta: Haa/maya   + 5. Waxa aad talaali kartaa cunug 11 sano jir ah kaas oo dherer/culays ahaan ah 12 sano jir. Tan ma ka maqashay bulshadaada?     - Jawaabta: Haa/maya   + 6. Talaalka waa la boobsiiyey mana aha mid bedqaba. Tan ma ka maqashay bulshadaada?     - Jawaabta: Haa/maya   + 7. Talaalku waxa uu keenaa in aadan uur qaadin. Tan ma ka maqashay bulshadaada?     - Jawaabta: Haa/maya   + 8. Marka aad qaadato talaalka, uma baahnid in aad xirato afka gabi ahaanba. Tan ma ka maqashay bulshadaada?     - Jawaabta: Haa/maya   + 9. Waan faafin karaa fayraska si kastaba xataa hadii aan talaalnahay iyo hadii kalaba markaa wax macna ah ma samaynayso in aan talaalnahay iyo in kale. Tan ma ka maqashay bulshadaada?     - Jawaabta: Haa/maya   + 10. Talaalka ayaa sababaya fayrasyada kala duwan. Tan ma ka maqashay bulshadaada?     - Jawaabta: Haa/maya * **Maxaa kale oo aad ka maqashaa bulshada oo ku saabsan walaacooda ku aadan is talaalida?** * *Uga mahad celi qof kasta ka qayb qaadashadiisa. U sharax in aan uga hadli doono quraafaadkaan wax qabadkeena xiga.* | * Cod bixin: Quraafaadka & walaacyada ku saabsan talaalka COVID19 | 15 daqiiqo |
| Talaalka 201 COVID19  *Jeopardy Game (ciyaar khatar ah)* | * **Dheh:** Si aan dib u eegis ugu samayno qaar ka mid ah macluumaadkii ugu danbeeyey ee ku aadan COVID19 iyo talaalka COVID19, waxaan ciyaaraynaa Jeopardy! * Iskugu aadi kooxaha ka qayb qaatayaasha adigoo macacyadooda u isticmaalaya xuruufta alifbeetada (5-6 ka qayb gale kooxdiiba). U sheeg in koox kasta ay doorato qayb iyo su’aal. Waxa ay yeelan doonaan 30 ilbiriqsi si ay uga jawaabaan su'aasha. Marka ay tahay tookada kooxdooda, ka dalbo inay aamusnaanta iska qaadaan. * *Ciyaarta Jeopardy. [ka fiiri COVID19 Jeopardy PowerPoint boga ciyaarta. Su’aalaha iyo jawaabaha waxaa sidoo kale laga heli karaa* [*hoos*[*. Waxaa dhici karta in aad u baahan tahay in aad cusboonaysiiso macluumaadka.]*](#e06ui0rtizyt)](#e06ui0rtizyt) * **Dheh:** Waad ku mahadsantihiin ka qayb qaadashadiina. | * PPT: Jeopardy Game (ciyaar khatar ah) | 40 daqiiqo |
| Ka hadlida Walaacyada Bulshada  *Kooxo Yaryar* | * *Fududeeyaha ayaa u diyaariya qolalka kooxaha yaryar koox dadwayne ah.* * **Dheh:** Waxa aan ognahay in aan ka midaysanahay midaan. Cadawga aan rabno in aan ka rayno waa fayraska, ma aha qaab-fekerka ah yaa is talaalay iyo yaan istalaalin. * Waxa kale oon ognahay kala hadlida xubnaha bulshada walaacyada ku saabsan fayraska in ay ka baaxad wayn tahay wadaagitaanka macluumaadka. Waxa ay qaadataa awooda in la dhagaysto loolana xariiro qaabab xushmad ku dheehan tahay dhaqan ahaana u haboon. * *JerMichael waxa uu la wadaagaa eedadiis/habaryartiis tusaalihiisii sheekada.* * **Dheh:** Waxaa aad hada haysataa illaa 20 daqiiqo si aad kooxo dadwayne oo wada jira ugu shaqaysaan ugana hadashaan **maxay yihiin xeeladaha wacyi galinta iyo fariimaha aad gacanta uga geesan kara wax ka qabashada walaacyada talaalka ee dadka ka socda bulshada/dadka aad la shaqayso.** Waxa aad awood u yeelan doontaa in aad ku biirto kooxda aad jeceshahay. Hada waxa aad ku kala biiri kartaan qololkiina kooxaha yaryar. Waxa aan dib idinkugu soo celin doonaa kooxda wayn 20 daqiiqo gudohood. Hadii hal qof kaligiis qol kooxaha yaryar ah ku soo aaday, waxa laguu kaxayn doonaa qolka kooxaha yaryar ee dhaqamada kala duwan. * Waxaa dhici karta in aad rabto in aad ka fakartid maxa si fiican u shaqeeyey iyo maxaan u shaqayn marka aad xubnaha bulshada wada sheekaysi kala yeelato talaalka. Sidoo kale waxaa dhici karta in aad ka hadasho nooca qaababka waxbarasho oo ugu wanaagsan bulshadaada - taas oo ah. wadaagista macluumaadka ee hogaamiyaha bulshada, aqoon kororsi, kulamada macluumaadka oo ay la socoto xeeldheerayaal caafimaad, iyo wixii la mid ah. * *Hadii koox ay noqoto hal qof, fududeeyeyaasha ayaa ku biiri doona kooxdaas.* * *U kala baxa kooxo 20 daqiiqadood.* * *Dib ugu soo celi ka qayb qaatayaasha kooxda wayn. U sheeg ka qayb qaatayaasha in ay la wadaagaan xeel kasta ama dhaqan kasta oo gacan ka gaysan kara in aan yeelano wada sheekaysigaan.* * Istalaalidu waa go’aan shaqsiyadeed. Ayada oo aan la fiirinayn go’aanka la qaatay, midaan waan ka midaysanahay. Waxa aan dhamaantiin idinka mahad celinaynaa in aad waxbarteen aadna taageerteen bulshada waqtiyadan adag. |  | 35 daqiiqo |
| Tallaabooyinka Xiga  *Shaqo Shaqsi* | * **Dheh:** Waxa aan qof kasta siin doonaa nuqul ka mid ah qorshaha casharka iyo bogaga kuwaas oo aan maanta isticmaalnay. * Marka aan soo gunaanadno, fadlan qaado daqiiqadooyin yar si aad dib ugu milcsato su’aalahan. Hadii aad rabto, si xor ah u qor xoogaa qoraal ah nafsad ahaantada. Waxa aad haysataa ilaa 5 daqiiqadood. * *Kula wadaag dardargalinta wada sheekaysiga:*    + **Waa maxay qorshahaaga ku aadan sida aad u gaarsiin doonto macluumaadkaan bulshadaada? Ka fakar dad khaas ah oo aad doonayso in aad gaarto ama dhacdooyin waxbarasho oo aad doonayso inaad qabato.** * *Hadii uu waqtigu kuu ogolaado, u sheeg 2-3 qofood in ay war bixiyaan.* * Dhamaantiin waad ku mahadsantihiin ka qayb qaadashadiina maanta! |  | 5 daqiiqo |

**Khatarta COVID19**

**Xanuunka**

* 10: Dadka la nool xaaladaha daba dheeraada sida sonkorowga ama cudurka sanbabka waxa ay khatar \_\_\_\_\_\_\_\_\_\_\_\_ ugu jiraan xanuun daran oo aad u badan hadii ay qaataan fayraska COVID19 laftirkiisa.
* a. khatar ma jirto
* b. khatar aad u hoosaysa
* **c. aad u saraysa**
* Macluumaad: Xaaladaha wadnaha ee halista ah, cudurka daba dheeraada ee kalida, cudurka yaraanta unugyada dhiigga cas cas, Nooca 2 ee sonkorowga, cudurka sanbabka, waqti xaadirkaan caba ama horay sigaarka u cabi jiray, iyo ku sugnaanshiyaha xaalad difaac la’aan ah dhammaan waxa ay ka dhigayaan in qofku aad ugu xanuunsado COVID19. [Fiiri liiska oo dhamaystiran](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html).
* 20: Hadii uu hal mar kugu dhacay COVID19, Markale kuguma dhici karo.
  + A. Run
  + **B.** Macluumaad **been ah:** [Cadaymaha waqti xaadirkaan](https://www.nih.gov/news-events/nih-research-matters/lasting-immunity-found-after-recovery-covid-19) waxa ay sheegayaan dib u qaadista caabuqa fayraska COVID19 waa mid aan caadi ahayn 6-8 bilood ka dib caabuqii hore. Si kastaba, khuburadu ma hubaan inta uu difaacaan sii jiri karo waana macquul in la qaado COVID hal mar wax ka badan. Suuragalnimada dib u qaadista caabuqa waxa ay u badantahay kuwa aan talaalnayn.
* 30: Calaamadaha COVID19 waxa ay jiri karaan todobaadyo iyo xataa bilooyin.
  + **A. Run**
  + B. Been
  + Macluumaad: [COVID Dheer](https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html) waxaa ku jira calaamado kala duwan kuwaas oo jiri kara todobaadyo ama bilooyin ka dib caabuqii hore ee COVID. Calaamadaha waxaa ku jiri kara daal, wareer, urka oo luma, niyada oo isbedesha, iyo isgooysyada ama murqo xanuun.
* 40: Antbody-yada Monoclonal waxaa dhici karta in ay diyaar u yihiin sida dawada COVID19 ee loogu talagalay dadka laga helay COVID19 iyo:
  + A. Waa kuwo ka koreeya 12 sano jir oo kana koreeya 88lbs
  + B. Leh calaamadaha fudud ama kuwo dhexdhexaadka ah ee COVID
  + C. Waxaa loo tixgaliyaa khatar aad u saraysa inay ugu jiraan in isbitaalka loo jiifiyo COVID
  + **D. Dhamaan kuwa kore**
  + Macluumaad: [Daawooyinka antibody-ga monoclonal](https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le3897.pdf) waxa ay isku ekeysiiyaan jawaab celinta hanaanka difaaceena ee ku aadan fayraska sababa COVID19. Marka laga soo tago in loo isticmaalo dadka laga helay COVID, antibody-yada monoclonal sidoo kale waxaa loo isticmaalaa dadka jira 12 iyo ka wayn iyo dadka u baylahay ama khatar aad u saraysa ugu jira in ay u baylahaan (sida meelaha la is kugu yimaado) waana kuwo: aan talaalnayn ama talaalka qaar qaatay AMA kuwa sida buuxda u talaalan laakiin la rajeeynayo in uusan lahayn falcelin xoog leh ee difaaca jirka sababo la xariira xanuunka difaacyarida ama in uu yahay mid qaata daawooyinka difaaca jirka.

**Sida ay Talaaladu u Shaqeeyaan**

* 10: Talaalka COVID19 waxa uu ka kooban yahay:
  + A. fayraska
  + B. Hilibka doofaarka iyo waxyaabha laga sameeyo
  + C. Qalabka yar ee jirka la dhex galiyo (Microchips)
  + D. A, B & C
  + **E. Midna kuwa sare**
  + Macluumaad: [Talaalka](https://www.multco.us/novel-coronavirus-covid-19/how-covid-19-vaccines-protect-you) kuma jiro hilib doofaar, wax soo saarka xayawaanka, qalabka yar ee jirka la dhex galiyo (microchips,) unugyada uur jiifka ama fayras nool. Kuguma ridayo COVID19 ama ma bedelayo dheecaankaga hida sidaha (DNA).
    - * 20: Noocee ayaa u baahan in la isku talaalo hal mar?
        + **A. J & J**
        + B. Pfizer
        + C. Moderna
        + Macluumaad: [J&J](https://www.multco.us/novel-coronavirus-covid-19/how-covid-19-vaccines-protect-you) waxaa looga baahanyahay kaliya hal talaal. Pfizer/Comirnaty iyo Moderna waxaa loo baahanyhay talaal labaad 3 ama 4 todobaad iyo ilaa 6 todobaad ka dib talaalkii koobaad.
* 30: Waa wax aan caadi ahayn in fayraska COVID19 uu yeesho noocyo badan oo kala duwan kuwaas oo soo baxaya.
  + A. Run
    - * **B. Been**
      * Macluumaad: Fayrasyada waxa ay iskugu bedelaan si joogta ah ayaka oo is dhalan rogaya. Mararka qaar [noocyo cusub](https://www.cdc.gov/coronavirus/2019-ncov/variants/variant.html) ayaa soo baxa hadana waa la waayaa. Waqtiyada qaar, noocyada cusub waa sii jiraan. Sida ugu wanaagsan ee hoos loogu dhigikaro noocyada cusub ee xaalada dagdaga ah waa in la yareeyo faafitaanka caabuqa, oo ay ka mid tahay in la is talaalo.
* 40: Sida talaalada kale, talaalka COVID19 waxa uu jirkeena baraa sida\_\_\_\_\_\_\_\_\_\_\_ iyo \_\_\_\_\_\_\_\_\_ karoona fayraska (coronavirus) kaas oo sababa COVID19.
  + a. abuur/korniin
  + b. aqoonso/kordhi
  + **c. aqoonso/la dagaal**
  + Macluumaad: [Talaaladu waxa ay jirkaaga barayaan](https://www.multco.us/novel-coronavirus-covid-19/how-covid-19-vaccines-protect-you) in ay sameeyaan borotiin aan dhibaato lahayn kaas oo u eg borotiinka ku jira fayraska COVID19. Jirkaagu waxa uu jawaab celin ka sameeyaa borotiinka waxa uuna abuuraa unugyada la dagaalanka cudurka iyo antibody-yada kuwaas oo aqoonsan kara lana dagaalami kara fayraska COVID19.

**Koriinka**

* 10: Talaalada Johnson & Johnson waxa lagu saleeyey cilmibaaris tobonaan sano ah oo lagu sameeyey tallaalada ku salaysan\_\_\_\_\_\_\_\_\_\_\_\_.
* **A. adenovirus**
* B. mRNA
* C. taranka
* Macluumaad: Talaalka J&J waxaa lagu saleeyey cilmi baaris adenovirus, halka talaalada Pfizer/Comirnaty iyo Moderna lagu saleeyey [cilimi baaris](https://www.multco.us/novel-coronavirus-covid-19/how-covid-19-vaccines-protect-you) mRNA.
* 20: Talaalada COVID19 waxa ay mareen dhamaan talaabooyinka tijaabada iyo baarista bedqabka, mana jirto wax talaabo ah oo laga booday.
* **A. Run**
* B. Been
* Macluumaad: Cilmi baaris hore, maalgalinta fadaraalka, iyo heerarka sare ee COVID19 bulshada dhexdeeda ayaa u ogolaanaya talaalada in si dhaqsaa loo soo saaro. Marka talaaladu ka soo gudbeen tijaabooyinka caafimaad, waxaa loo diray Waaxda Maamulka Cuntada iyo Dawada (FDA) si ay u fasaxdo. [Ma jirto wax walaac ah oo lala kulmay](https://www.multco.us/novel-coronavirus-covid-19/vaccine-safety-and-development) inta lagu guda jiray soo saarista, dib u eegista bedqabka, ama hawshii fasixida talaalada.
* 30: Waxaa jiray dadaal qoto dheer oo ah in la qoro\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ si ay uga qayb qaataan tijaabooyinkan caafimaad.
* **A. dadka aan caddaanka ahayn**
* B. Loo shaqeeyayaasha dowlada
* C. shaqaalaha daryeelka caafimaad
* Macluumaad: Talaalada Pfizer/Comirnaty, Moderna iyo J&J ugu yaraan sadex meelood meel (1/3) ee [ka qaybqaatayaasha cilmi baaristsa Maraykanka gudihiisa waxa ay ahaayeen dadka aan caddaanka ahayn](https://www.multco.us/novel-coronavirus-covid-19/diversity-vaccine-studies).
* 40: FDA waxa ay bixisay wax loogu yeero\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_si loo isticmaalo talaal kasta.
* A. Fasaxitaanka Dagdaga ah
* B. Fasixitaan Isticmaalka Dhexdhexaadka ah
* **C. Fasixitaan Isticmaalka Xaalada dagdaga ah**
* Macluumaad: [Pfizer/Comirnaty](https://www.fda.gov/news-events/press-announcements/fda-approves-first-covid-19-vaccine) waxa ay hada fasax buuxa ka haystaan FDA waxaana loogu talagalay dadka da’doodu tahay 16 iyo ka wayn. Wali waxa ay haysataa Fasaxa Adeegsiga Xaaladda Degdegga ah oo loogu talagalay dhalinyarada da’doodu tahay 12-15 iyo talaalada 3 aad oo loogu talagalay dadka difaaca jirkoodu yar yahay.

**Goorta ay tahay in la is talaalo**

* 10: Waxa aad talaalkaaga COVID19 qaadan kartaa adiga oo la xanuunsan COVID19.
* a. Run
* **b. Been**
* Macluumaad: Hadii uu ku hayo COVID, wa in aad sugtaa inta aad ka bogsanayso xanuunkaaga aadna u baahnayn in aad is gooni yeesho ka hor inta aadan qaadan talaalka. Ma qaadan kartid talaalka inta aad isbitaal la jiifto COVID19. Hadii aad ku jirtid karantiil sabab la xariirta ogaanshiyo in aad u baylahday COVID19, waa in aad sugtaa ilaa inta karantiilkaagu ka dhamaanayo [ka hor inta aadan is talaalin](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html).
* 20: Dadka uurka leh iyo kuwa nuujinaya, waa in aydaan is talaalin.
* a. Run
* **b. Been**
* Macluumaad: CDC waxa ay si xoog leh [ugu talisay in dadka uurka leh la talaalo](https://www.multco.us/novel-coronavirus-covid-19/pregnancy-and-breastfeeding-and-covid-19-vaccine). Waqti xaadirkaan ma jirto wax cadayn ah oo muujinaysa in talaaladu noocay dooniba ha ahaadeene, oo ay ka mid yihiin talaalada COVID-19, in ay sababaan dhibaatooyin xaga dhalmada ah (dhibaatooyin ah isku dayga in aad qaado uur) dumar iyo rag ba. Waxa aan qof kasta ku dhiiri galinaynaa in ay latashi la sameeyaan caafimaad bixiyohooda si ay ugala hadlaan su’aalo kasta ama walaacyada laga yaabo in ay hayaan.
* 30: Hada, ma jiro talaal loogu talagalay caruurta ka hoosaysa 12 sano jirka.
* **a. Run**
* b. Been
* Macluumaad: Inkasta uusan jirin jedwal la hubo, OHA waxa ay qorshaynaysaa suurtagal ahaanshiyaha in FDA iyo CDC fasax (EUA) looga helo isticmaalka [talaalka COVID ee loogu talagalay caruurta da’doodu tahay 5-11 xiliga xaalada dagdaga ah](https://www.npr.org/sections/coronavirus-live-updates/2021/09/20/1038832951/pfizer-and-biontech-vaccine-trials-for-kids-show-the-shots-are-safe-and-effectiv) bisha Oktoobar iyo EUA ee loogu talagalay da’da 6 bilood ilaa 4 sanadood bisha Noofeembar ama Diiseembar.
* 40: Qofkasta oo raba waxa uu qaadan karaa talaal xoojiyaha.
  + A. Run
  + **B. Been**
  + Macluumaad: [Talaal xoojiyaha talaalka Pfizer](https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le3898B.pdf) waxaa lagu talinayaa in la qaato lix bilood ka dib talaalka labaad dadka horay u qaatay talaalka Pfizer waa in ay yihiin dad da’doodu tahay (a) 65 iyo ka wayn, (b) ku nool yahay goobaha caafimaadka mudada dheer, (c) ay yihiin 18+ ayna leeyihiin xaalado caafimaad oo hooseeya, (d) ay yihiin da’da 50-64 Khatartooduna sii kordhayso sababo la xariira sinaan la aanta bulshada, ama (e) khatartoodu sii kordhayso sababo la xariira shaqooyinkooda (Macalimiinta, Shaqaalaha dukaanka cuntooyinka, shaqaalaha daryeelka caafimaadka, iyo wixii la mid ah.). Fadlan la xariir daryeel caafimaad bixiyahaaga, farmashiga ama wac 2-1-1 si aad u buukin garaysato balan talaal xoojiye.

**Talaalka ka dib**

* + - * 10: Waa maxay calaamadaha caanka ah ee la dareemo ka dib marka la qaato talaalka?

1. Qufac iyo hindhiso
2. Diif
3. **xanuun iyo daal**

Macluumaad: [Dadku waxa dhici karta in ay kala kulmaan](https://www.multco.us/novel-coronavirus-covid-19/you-were-vaccinated-covid-19-what-now) xanuun goobta cirbada looga durayo ama daal ka dib marka ay talaalka qaataan. Quficid, hindhisid, iyo diif waa calaamadaha caanka ah ee caabuqa COVID19.

* 20: Maxaa lagaga baahan yahay inaad samayso ka dib marka aad qaadato talaalka?

1. Biyo badan cab.
2. **Joog goobta talaalka ilaa 15 daqiiqo ka dib marka lagugu dhufto talaalka**
3. jimicso ilaa 10 daqiiqo

Macluumaad: 15 daqiiqo [xiliga la socoshada](https://www.multco.us/novel-coronavirus-covid-19/you-were-vaccinated-covid-19-what-now) talaalka ka dib waxa ay shaqaalaha caafimaadka u ogolaanaysaa in ay hubiyaan in aadan talaalka ka qaadin xasaasiyad.

* 30: Hadii aad talaalan tahay iyo hadii aadan talaalnaynba, qofkasta waa in uu si joogta ah u sameeyaa:

1. In uu joogo guriga inta maalintii lagu guda jiro
2. **in uu gacmaha dhaqdaa, uu afka xirtaa, kala fogaanshiyaha**
3. si caadi ah loo sii wato sababtoo ah safmarkii waa dhamaaday

Macluumaad: [Delta variant](https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html) waa mid aad u faafaya. Xogta qaar ayaa sheegaysa in Delta variant ay aad ula xanuunsadaan dadka aan talaalnayn. Dadka sida buuxda u talaalan oo ka soo kabanaya caabuqa uu sababay Delta variant waxa ay fayraska u gudbin karaan kuwa kale, laakiin waqti ka yar marka loo eego dadka aan talaalnayn. [Qaababka loo joojiyo faafitaanka](https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html) waxaa ka mid ah afxirashada, kala fogaanshiyaha, gacmo dhaqashada, iyo is talaalista.

* + - * 40: Hadii aad is talaasho, sinaba kuuguma dhici karo COVID19.
        + A. Run
        + **B. Been**
        + Macluumaad: [Kiisaska soo kabashadu](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/why-measure-effectiveness/breakthrough-cases.html) waxa ay dhacaan marka dadka talaalka qaatay uu ku dhoco COVID19. Talaalku waa mid waxtar aad ah u leh ka hortagista xanuun daran, isbitaal jiifin iyo dhimasho, laakiin ma jiro talaal 100% waxtar leh.

**Isbaarista iyo Karantiilka**

* 10: Baaritaanadan soo socda midkee ayey tahay in loo isticmaalo ogaanshiyaha caabuqa COVID19 ee waqti xaadirkaan?
  + A. Baarista antibody-ga
  + B. Baarista ogaanshiyaha
  + C. Iskaga baarista guriga
  + **D. B & C**
  + Macluumaad: [Baaritaanada ogaanshiyuhu](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html) waxa ay muuqan karaan hadii uu ku hayo caabuqa COVID19 oo faafaya aadna u baahan tahay in aad is gooni yeesho ama aad is karantiisho. BinaxNOW guriga yaala [qalabka la iskaga baaro](https://www.multco.us/novel-coronavirus-covid-19/home-self-testing-covid-19) waa ogaanshiyaha baaritaanada. Baaritaanada antibody-ga waxa uu raadiyaa antibody-yada uu hanaanka difaaca jirkaagu soo saaro falcelin ka dhalatay fayraska sababa COVID19. Baaritaanada antibody-ga looma isticmaali karo in lagu ogaado caabuqa COVID19 oo faafaya.
* 20: Maxaad samaynaysaa hadii aad istalaashay hadana aad ugu baylahday COVID19 adoo jooga shaqada/guriga cibaadada/xubin qoyska ah, iyo wixii la mid ah?
  + A. Isbaar 3-5 maalmood ka dib markii aad u baylahday
  + B. Joog guriga, xataa haddii aadan calaamado lahayn
  + C. Xiro afka meelaha dadwaynaha ee gudaha ah ilaa 14 bari ka dib marka aad u baylahdo ama ilaa natiijada baaritaanku sheegto in aadan qabin
  + **D. A & C**
  + Macluumaad: Hadii aadan talaalnayn oo aad u baylahdo COVID19, waa in aad [isku karantiishaa](https://www.multco.us/novel-coronavirus-covid-19/how-long-should-you-quarantine) ilaa 14 bari guriga ka dib markii u danbaysay eed la kulantay qof qaba COVID19 aadna iska fiirisaa wax caalaamado ah oo laga yaabo in ay soo baxaan. Hadii ay macquul tahay, waa in aad ka dheeraataa dadka aad la nooshahay qaar ahaan dadka khatarta aadka u saraysa ugu jira in ay aad ugu xanuunsadaan COVID19. Waxa aad isbaari kartaa 5 bari ka dib markii ugu danbaysay ee aad u baylahday.
* 30: Hadii aad talaalan tahay lagaana helo COVID19, waxa aad u baahan tahay in aad isku gooni yeesho guriga xataa hadii aadan lahayn calaamado.
  + **A. Run**
  + B. Been
  + Macluumaad: Ayada oo aan laguu fiirinayn in aad leedahay calaamado ama aadan lahayn, hadii aad talaalan tahay lagaana helo COVID19, waa in aad [nafsadada ku gooni yeeshaa](https://www.multco.us/novel-coronavirus-covid-19/how-long-should-you-quarantine) guriga ilaa 10 bari. Kuwa aan talaalnayn, waa in ay is gooni yeelaan ilaa 10 bari laga bilaabo markii ay biloowdeen calaamadihoogii ugu horeeyey ama laga bilaabo markii laga helay COVID19.
* 40: Maxaad samaynaysaa hadii uu cunugaagu leeyahay diif iyo qufac?
  + A. Cunuga ku hay guriga hadii ay si dhaw ula kulmeen qof qaba COVID19 14 kii bari ee ugu danbaysay waana inaad raadisaa qiimayn iyo/ama baartaa
  + B. Cunuga ku hay guriga hadii ay si dhaw ula kulmeen qof qaba COVID19 14 bari ee ugu danbaysay waana inaad raadisaa qiimayn iyo/ama baartaa. Hadii laga waayo xanuunka, waxa ay ku laaban karaan dugsiga xataa hadii ay wali leeyihiin calaamadaha.
  + C. Hadii laga helo xanuunka, waa in lagu gooni yeelaa guriga ilaa 10 bari ka dib marka ay calaamaduhu biloowdaan ayna calaamaduhu soo wanaagsanadaan wax qandhaana aysan qabanin 24 saacadood daawo la aan
  + **D. A & C**
  + Macluumaad: Hadii uusan cunugu layeelan kulan dhaw qof qaba COVID-19 14 kii bari ee ugu danbaysay: [ha joogo guriga](https://www.multco.us/novel-coronavirus-covid-19/how-long-should-you-quarantine) yuusan dugsiga aadin oo baaritaan u raadi
    - Hadii laga waayo xanuunka: ku celi dugsiga ka dib marka ay calaamaduhu soo wanaagsanaadaan oo aan qandho qaban 24 saacadood daawo la aan
    - Hadii laga helo xanuunka: waa in lagu gooni yeelaa guriga ilaa 10 bari ka dib marka ay calaamaduhu biloowdaan ayna calaamaduhu soo wanaagsanadaan wax qandhaana aysan qabanin 24 saacadood daawo la aan
  + Hadii uu cunugu si dhaw ula kulmay qof qaba COVID-19 14 kii bari ee u danbaysay
    - Sii wad in uu joogo guriga; u raadi qiimayn caafimaad iyo/ama baaris
  + Haddii aanad lahayn dhakhtar ama rug caafimaad, waxa aad ka wici kartaa 2-1-1 ama Rugaha Caafimaadka ee Daryeelka Aasaasiga ah ee Ismaamulka Multnomah 503-988-5558
  + [Macluumaad dheeraad ah](https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/COVID-19%20Exclusion%20Summary%20Chart.pdf)