

# Miyaad tahay 60 jir ama ka weyn oo daggan Maine



**Public Health**  
Prevent. Promote. Protect.  
**Portland Public Health Division**  
City of Portland, Health and Human Services Department

*Waxaad hadda mutaysatay  
inaad hesho talaalka COVID-19*

## Goob tallaal oo kuu dhow raadi

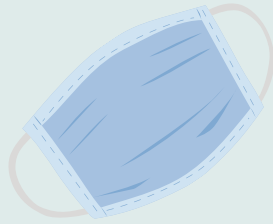
Halkan riix: <https://www.maine.gov/covid19/vaccines/vaccination-sites>

## Inta aad joogto goobta tallaalka

Ka fogow dadka kale  
ugu yaraan 2 mitir



Xidho Af-xirkaaga



U sheeg dadka ku  
tallaalaya haddii aad  
tallaal aleerji xun horey  
ugu yeelatay



U sheeg bukshada kake  
inaad tallaa qaadatay



Waxa lagu siin doonaa kaarka tallaalka

- Sawir ka qaad, xafid oo la imo ballantaada talaalka qaybta labaad



Waxa lagu siin doonaa warqad ka hadlaysa nooca tallaalka aad qaadatay



Tallaalka COVID-19 waa kuu bilaash haddii aadan caymis lahayn

- Haddii aad leedahay caymis (mid khaas ah ama Medicare): Keen kaarka caymiskaaga



Waxa lagu weydiin doonaa inaad sheegto isirkaaga

- Taasi waxay xaqiijinaysaa in tallaalka si xaq ah loo qaybiyo
- Xogtaas adiga wax laguguma yeeli doono

### Ilo muhiim ah

Raadi su'aalaha soo noqnoqda  
<https://www.maine.gov/covid19/vaccines/public-faq>  
Dooro luqadaada

Maxaad filan kartaa marka aad qaadato tallaalka COVID-19:  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>  
Dooro luqadaada

Warbixin loogu talagalay dadka leh MaineCare  
<https://www.maine.gov/dhhs/sites/maine.gov.dhhs/files/inline-files/Vaccine-Info-Sheet-January2021-Somali.pdf>