



Su'aalaha Rugta Caafimaadka ee Tallaalka

Yaa u qalma?

Guddoomiyaha gobolka Jay Inslee wuxuu ballaariyay liiska shaqsiyaadka ee xaq u leh inay qaataan tallaalka COVID-19 oo qayb ka ah Wajiga 1B, Tier-ka 2 shaqaalaha aad muhiimka u ah ee ka shaqeeya isku meelhad dadka ku kulmaan (koox), oo ay ku jiraan gaadiidka dadweynaha sida ceel boorada, oo aan awoodin inay telefoonka ka shaqeeyaan. Shaqaalaha ceel boorada xun ee la shaqeeya tiro aad badan oo la ama dadweynaha guud ahaan waqti dheer, sida in ka badan seddax saacadood, ayaa hadda xaq u leh inay qaataan tallaalka.

Waxaan rajeynaynaa inaan tallaalo in ta badan sumadaha ama shaqaalaha duulimaadka calaamadaha shaqaalaha ka shaqeeya SEA sida ugu suurtagalsan. Xaruntan caafimaad uma banaan dadweynaha ama kuwa ka shaqeyn kara meel fog ama xafiis aan ku celcelin karno iyadoo jidh ahaan ay fog tahay.

Waxaan layaab ku nahay helitaanka ballanta si aan mudnaanta u siinno safka hore iyo shaqaalaha muhiimka ah ee ah kooxaha ugu nugul. Qof ku shaqaaleeyey ayaa kula soo xiriiri doona marka aad xaq u leedahay inaad ballan ka sameysato rugta tallaalka ee ceel boorka.

Haddii aad xaq u leedahay tallaalka uma baahnid inaad ballan ka sugto rugta caafimaadka ee garoonka. Shaqaalaha u qalma ayaa ballan ka heli kara goob kasta oo la aqoonsan yahay. Wax dheeri ah baro [halkan](#).

Mxaan keenaa/maxaan la imaadaa?

Maaskarada wajiga ee sanko iyo afka laga xidho waa qasab. Fadlan la imaw kaarkaaga ceel boorka iyo kaarka caymiska. Markaad diyaarinayso ballankaada, waxaad heli doontaa sahan caafimaad iyo oggolaansho ah. Fadlan soo qaado nuqul adag oo dhameystiran oo foomamka ballanta ah. Xidho gacmo gaab ama gacmeedyo si fudud u duuban.

Aaway rugta caafimaadka ee talaalka?

Rugta talaalka waxaa lagu ballamiyaa oo keliya Xarunta Shirka @ SEA. Xarunta Shirarka waxay si ku habboon ugu dhex jirtaa garoonka diyaaradaha heer mezzanine, oo ka sarreeya TSA Checkpoint 1 oo ku taal dhammaadka koonfureed ee garoonka diyaaradaha oo u dhow shirkadaha caalamiga ah. Isha ku hay calaamadaha tilmaamaya jidka, ama isticmaal [khariidada is-dhexgalka](#) ama [soo degso FlySEA App](#) si ay kaaga caawiso raadinta jidka.

Waqti intee le'eg ayay qaadan doontaa?

Fadlan imow shan daqiiqo kahor ballantaada. Tallaalkaaga wuxuu qaadan doonaa 30-45 daqiiqo, oo ay ku jiraan soo galitaanka, tallaalka, iyo 15-30 daqiiqo oo kormeer ah.

Talaal nooc ee way?

Helitaanka tallaalka, kaydinta iyo maaraynta waxay mari doontaa Albertsons / Safeway. Waxay kuxirantahay qoondaynta la helay, talaalka wuxuu noqon karaa Pfizer, Moderna, ama Johnson & Johnson. Hadafkeenu waa inaan maamulno ilaa 2,000 qiyaasood usbuucii inta laga helayo helitaanka tallaalka.

Ma bilaashbaa? Ma leedahay caymis?

Tallaallada COVID-19 waa bilaash. Wax lacag ah lagagama qaadi doono. Uma baahnid inaad caymis yeelato si aad u ballansatid tallaalka. Haddii aad caymis leedahay, fadlan bixi macluumaadkan oo farmasiga ayaa laga yaabaa inuu fursad u helo dib u bixinada mustaqbalka ee tallaalka.

Waa maxay waqtiyada ballanta la heli karo?

Balanqaadyada waxaa la heli karaa maalmaha Arbacada, Khamiista, Jimcaha iyo Sabtida toddobaad kasta laga bilaabo Maarso 17, 2021. Rugta talaalka waxay furantahay Arbacada iyo Khamiista 7da subaxnimo ilaa 3 galabnimo. Iyo Jimcaha iyo Sabtida 8 subaxnimo ilaa 4 galabnimo.

Ma jiraa caawimaad xagga turjumaadda luuqaddayda ee waqtiga ballantayda?

Haa, waxaan haynaa adeeg turjumaad dalwad ah oo lagu heli karo in ka badan 200 luqadood. Waad codsan kartaa markaad timaado ballantaada. King County sidoo kale waxay ku siisaa ilo COVID-19 luuqado badan oo la heli karo [halkan](#).

Maxaan filan karaa ka dib markaan helo tallaalka COVID-19?

CDC-da waxay qoreysa, "tallaalka COVID-19 wuxuu kaa caawinayaa inuu kaa difaaco qaadista COVID-19. Waxaa laga yaabaa inaad yeelato waxyeellooyin qaarkood, kuwaas oo ah astaamo caadi ah oo muujinaya in jirkaaga dhisayo difaac. Dhibaatooyinkan soo raaca waxay saameyn ku yeelan karaan awooddaada waxqabadyada maalinaha ah, laakiin waa inay ku baxaan maalmo yar gudahood. Dadka qaar wax saameyn ah kuma lahan." Akhriso [tilmaamaha CDC](#) ee ku saabsan waxa laga filayo.

Ma isticmaali karaa Fasaxa Degdegga ah ee Caafimaadka Dadweynaha (PHEL) haddii aan isku arko falcelin xun oo tallaalka ah?

Haddii aad tahay shaqaalaha ka tirsan Dekedda Seattle, maya. Waad isticmaali kartaa waqtigaaga ee xnuunka haddii aad u baahato inaad ka maqnaato shaqada. Haddii aadan ahayn shaqaale ka tirsan Dekedda Seattle, fadlan ka hubi cidda aad u shaqayso.

Sidee baan horey ugu bixin karaa ka dib markaan qaato tallaalka COVID-19?

Waxaan u baahanahay inaan ku taageerno rugta talaalka 12-15 shaqaale caafimaad aan aheyn shifti kastaba. Tabaruceyaal ayaa loo baahan yahay sideedda toddobaad ee soo socota si ay u taageeraan dadaalka kooxda ee tallaalka bulshada garoonkayaga. Is-beddelka tabaruca waa 4 - 5 saacadood (oo fasax ah) gudaha Xarunta Shirka @ SEA. Doorarka waxaa ka mid ah: ka hubinta dadka / jadwalka iyada oo loo marayo iPad, buuxinta kaararka tallaalka, fayadhowrka xarumaha shaqada ee u dhexeeya bukaanada, xakameynta qadka, iyo raadinta jidadka. Tababbarka goobta ayaa la bixiyay. Tabarucidda wareejinta kuma xidhna helitaanka tallaalka.

Qayb ka noqo dadaalkan muhiimka ah! Isku qor adoo adeegsanaya Chelsea Rodriguez (Maamulaha Tabaruceyaasha Garoonka) ee Rodriguez.C@portseattle.org. Waxaan haynaa 30 wareeg oo aan ku buuxinno maalin kasta - saxiixyo badan ayaa la soo dhoweeyay.

Vaccine Clinic @ SEA



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Your employer will contact you when you are eligible to make an appointment at the airport's vaccine clinic.

Find more information online at
www.portseattle.org/VaccineClinic



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