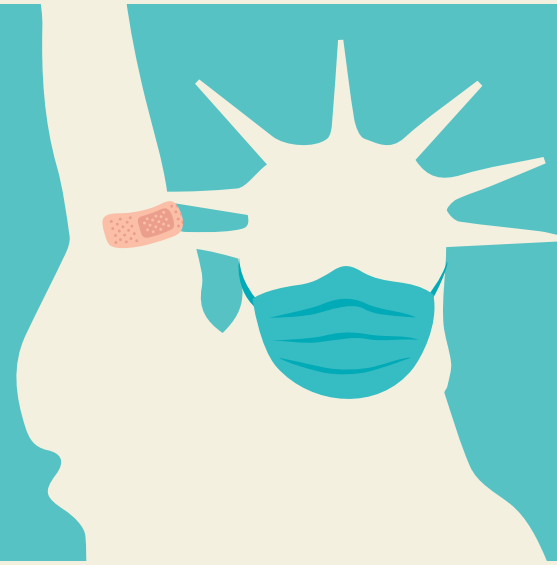


Magungunan rigakafin cutar COVID-19: Abin da Tsoffafin 'Yan New York ke Bukatar Sani

Mutane masu shekaru 60 zuwa sama sun cancanci karbar magungunan rigakafin COVID-19. Magungunan rigakafi guda uku ne ke samuwa: Pfizer-BioNTech, Moderna, da Johnson & Johnson/Janssen.



Me yasa yake da mahimmanci ga tsofaffi suyi rigakafin COVID-19?

Duk da yake kowa na iya yin rashin lafiya daga COVID-19, hadarin tsananin rashin lafiyan na karuwa da shekaru. Tsananin rashin lafiya daga COVID-19 na iya haifar da zuwa asibiti, kulawa na musamman, amfani da na'urar iska ko ma mutuwa. Wadansu takamamman yanayin kiwon lafiya, kamar ciwon daji, cututtukan koda mai tsanani, ciwon sukari da cututtukan zuciya, suma suna kara hadari mai tsanani na COVID-19.

Shin magungunan rigakafin COVID-19 suna da aminci kuma suna aiki?

Ee. Masana kimiyya sun bada shekaru dayawa na bincike don sauran magungunan rigakafi yayin habaka magungunan rigakafin COVID-19. Magungunan sun bi ta manyan bincike asibiti wadanda suka shafi dubun dubatan mutane masu shekaru, jinsina da kabilu daban-daban. Ba za ku iya samun COVID-19 daga magungunan rigakafin ba.

A binciken asibiti, dukkanin alluran rigakafin guda uku an same su da zama masu aminci da tasiri sosai wajen kare mutane daga mummunan cutar COVID-19, kwanciya a asibiti da mutuwa.

Shin akwai sakamako masu illa daga magungunan rigakafin COVID-19?

Yawancin mutane suna ba da rahoton sakamako mai sauki zuwa matsakaici, gami da ciwo a hannu, ciwon kai, ciwon jiki, gajiya da zazzabi. Illolin galibi suna wucewa tsakanin kwana biyu zuwa uku kuma ba su cika yawa ba a tsofaffi. Kira mai ba da kulawar lafiyarka idan kana da wata illa da ta shafe ka ko kuma ba ta tafi ba bayan kwanaki kadan, ko kuma idan jan ko ciwon a inda aka yi allurar ya karu bayan awa 24.

Shin ina bukatar maganin rigakafin COVID-19 idan na sami rigakafin mura?

Ee. Maganin rigakafin mura ba ta kare ka daga COVID-19 ba. Tunda tsofaffi suna cikin hadarin rikitarwa daga mura da COVID-19, yakamata su karbi duka magungunan rigakafin. Ya kamata ka karbi magungunan rigakafin ka na COVID-19 da rigakafin mura akalla kwanaki 14 tsakani.

Shin yana da aminci a gare ni in bar gida don yin rigakafi?

Wuraren magungunan rigakafin suna daukan karin mata kai don kare marasa lafiya da ma'aikata, kamar bukatar sa lokaci don rage yawan mutanen da ke wurin. Kowane mutum a wurin rigakafin dole ne ya sa abin rufe fuska koda yausha.

Ta yaya zan iya samun lokacina na rigakafi?

Ana samun sufuri kyauta zuwa da kuma daga wuraren rigakafin don mutane masu shekaru 65 da fiye wadanda ke bukatar sufuri. Za'a bayar da bayanin akan yadda zaka tsara safara idan kun tsara lokaci. Idan zaka shiga motar jigilar jama'a, sami hanya mafi sauki kuma mafi karancin cunkoso don yin tafiya. Duk yadda kake tafiya, kiyaye kafa 6 daga wadansu, sa takunkumin fuska, yi amfani da sinadarin tsaftace hannu kodayaushe kuma guji taba fuskarka.

Nawa ne kudin maganin daukan rigakafin?

Ana bayar da rigakafin ba tare da biya ba. Idan kana da inshora, za'a iya dauka kudin, amma ba za'a caje ka copayment ko wadansu kudi ba.

A ina zan iya yin rigakafin?

Idan kana zaune a gidan kula da tsofaffi ko kuma wadansu wuraren kulawa na rukuni, zaka iya samun rigakafi a can. In ba haka ba, zaka iya yin ajiyar lokaci ta:

- Ziyarci nyc.gov/vaccinefinder don neman wurinda ke kusa da kai.
- Kiran 877-829-4692 don ajiyan lokaci a shafin yanar gizonda NYC ke gudanarwa
- Tuntubar mai kulawarka ko kantin magani don ganin ko suna ba da rigakafin

Shin ina bukatan in kawo shaidar cancantar yin rigakafin?

Ee. Dole ne ka cika fom din rigakafin COVID-19 na Jihar New York (NYS) a vaccineform.health.ny.gov kafin kayi rigakafin. Hakanan kana bukatar kawo shaidar shekaru (kamar fasfo ko takardar haihuwa) da kuma shaidar zama a New York (kamar takardar biyan kudi, sauran wasiku, ko kudin haya ko bayanin jingina). Ana iya amfani da lasisin tuki na NYS ko IDNYC don duka biyun. Don cikakken jerin karbabbun shaidu, ziyarci nyc.gov/covidvaccine.

Shin ma'aikacin kula da gida na ko mai taimaka min na iya karbar rigakafin COVID-19?

Ee. Ma'aikatan kula da gida da mataimaka, da masu kula da marasa lafiya, da masu ba da kulawa ta musamman an bada fiffiko akan su don karbar rigakafin. Suna bukatar yin ajiyar lokaci kuma su kawo shaidar cewa suna aiki a New York.

Shin zan iya dakatar da nisantar jiki da sanya rufuwar fuska bayan an yi mani rigakafin?


A'a. Duk da cewa mun san cewa alluran na da matukar tasiri wajen kare mutane daga kamuwa da cutar COVID-19, har yanzu muna bukatar karin sani game da yadda allurar rigakafin ke kare mutanen da ke kusa da ku waɗanda ba'a yi musu allurar ba. Dole kowa ya cigaba da matakan kariya na kwarai: zauna a gida idan baka da lafiya, ka kasance kafa 6 nesa da wadansu, sa rufuwar fuska sannan ka tsaftace hannayenka.

Don karin sani game da magungunan rigakafin COVID-19, yi magana da mai baka kulawa, kira [311 nyc.gov/covidvaccine](https://www.nyc.gov/covidvaccine).

Don jerin sabis na kyauta da tallafi ga tsofaffi mazaunan New York yayin COVID-19 na gaggawa na lafiyar jama'a, ziyarci [nyc.gov/aging/covid19](https://www.nyc.gov/aging/covid19).

Ma'aikatar Lafiya ta NYC na iya canza sharrudan yayin da yanayin ke canzawa. **3.10.2021**

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