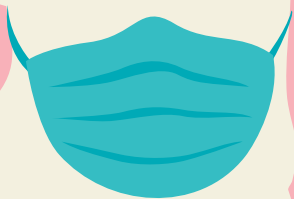


**Abinda Kake
Bukatar Sani Bayan
Karban Rigakafin
COVID-19 na
Johnson & Johnson/
Janssen dinka**



**NYC VACCINE FOR ALL:
SAFE, FREE, EASY**

nyc.gov/covidvaccine

Kafin ka bar wurin rigakafin:

Tabbata ka sami katin rigakafi. Zai fadi wane irin rigakafi ka samu da kuma ranar da ka karba.

Shin ina bukatan dawowa don yin allurar rigakafin na biyu?

A'a. Allurar rigakafin Johnson & Johnson karba daya ce tak.

Menene illolin rigakafi?

Abubuwan illa na yau-da-kullum sune ciwo ko kumburi a hannu inda ka karbi alluran, ciwon kai, ciwon jiki, gajiya da zazzabi. Sakamakon masu illa ba su da yawa a cikin tsofaffi kuma yawanci:

- Marasa ta da hankali ne zuwa matsakaita
- Farawa cikin kwanaki ukun farko bayan rigakafin (kashegari bayan rigakafin shine yafi nunawa)
- Na karshe kusan kwana daya zuwa biyu bayan sun fara

Me ya kamata in yi idan na sami illa?

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. Yi magana da mai baka kulawa game da shan magani sayen-dakin magani, kamar su acetaminophen (Tylenol) ko ibuprofen (Advil).

Bada rahoton illolin ta hanyar Manhajjar salula ta V-safe na Cibiyoyin Kula da Kare Cututtuka (Centers for Disease Control and Prevention's - CDC). Don karin koyo da zazzage aikin, ziyarci **[vsafe.cdc.gov](https://www.cdc.gov/vsafe)**. Hakanan zaka iya bayar da rahoton illolin zuwa Tsarin Rahoto na Raunin Rigakafin (Vaccine Adverse Event Reporting System -

VAERS), wanda CDC da Food and Drug Administration ke gudanarwa. Ana iya bada rahotanni a vaers.hhs.gov/reportevent.html ko ta kiran 800-822-7967. Bayaninda ka bada za'a asirta shi.

Shin zai yiwu jiki ya sami martani na dabam akan rigakafin?

Martanonin jiki ba sanannu bane kuma suna fara tsakanin mintuna kaɗan zuwa sa'a guda na karban allurar. Alamomin martani mai tsauri sun hada da wahalar numfashi, kumburin fuskarka da makogwaro, bugun zuciya da sauri, kurarraji a duka jikinka, jiri da kasala. Idan kana tsammanin kana fama da martani mai tsauri, kira **911** ko je asibiti mafi kusa.

Yaushe rigakafin yake fara aiki?

Ba za ka sami cikakkiyar kariya daga rigakafin ba har sai mako biyu bayan ka karba.

Zan iya dakatar da wadansu matakan kiyayewa na COVID-19 bayan anyi mani rigakafi?

A'a. Dole ne har yanzu ka dauki matakan kiyayewa bayan rigakafin:

- Zauna a gida idan baka da lafiya.
- Kasance a kalla kafa 6 daga wadansu.
- Sanya rufuwar fuska.
- Wanke hannayenka kuma yi amfani da sabulun hannu kodayaushe.

Yayin da rigakafin Johnson & Johnson ta kasance tana kare mutane daga COVID-19, ya kamata mu kara sani game da tsawon lokacin kariya da kuma idan rigakafin yana hana yaduwa.

Shin zan biya kudin rigakafin ko ziyarar kula da lafiya?

A'a. Za'a iya biyan kudin ta inshorarku, amma ba za'a caje ka ko kuma wani kudin don magani ba.

Shin ana kare mani kebabun bayanai na?

Kebabun bayananka sirri ne kuma an kare su. Bayanan asali game da kai (kamar sunanka, adiresinku, lambar waya, ranar haihuwa, jinsi da kabila, ranar rigakafi, da rigakafinda aka karɓa) za'a sada shi ga Ma'aikatar Kiwon Lafiya da Tsabtar Kwakwalwa ta Birnin New York (NYC Health Department) kamar yadda doka ta bukata.

Yaya kuma idan ina da wadansu tambayoyi?

Zaka iya kiran mai baka kulawa ko **311**.





AMINCI

KYAUTA

SAUKI

A ina zan sami karin bayani?



Ma'aikatar Lafiya ta NYC:
nyc.gov/covidvaccine

Ma'aikatar Lafiya ta Jihar New York:
covid19vaccine.health.ny.gov

CDC:
cdc.gov/covidvaccine



Ma'aikatar Lafiya ta NYC na iya canza sharrudan yayin
da yanayin ke canzawa. **3.8.21**