

**Abinda Kake
Bukatar Sani
Bayan Karban
Rigakafin
COVID-19 na
Moderna dinka**



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

nyc.gov/covidvaccine

Kafin ka bar wurin rigakafin:

- Idan wannan shine karbarka ta farko, yi ajiyar lokaci don samun karba ta biyu. Dole ne ka karbi na biyu a daidai wurin da ka karbi na farko. Ya kamata kayi ajiyan lokacin karba na biyu kwana 28 zuwa 42 bayan karba na farko.
- Tabbata ka sami katin rigakafi. Zai fadi wanne irin rigakafi ka karba da kuma ranar da ka karbe shi. Kawo wannan katin zuwa ajiyan lokacinka na biyu kuma tabbatar da cewar an sabunta shi don nuna duka karban.

Menene illolin rigakafi?

Sanannun illoli sune ciwo ko kumburi a hannunda aka bada shi, ciwon kai, ciwon jiki, gajiya da zazzabi. Illolin sun fi zama a sarari bayan karba na biyu kuma basu da yawa a cikin tsofaffi. Illolin yawanci:

- Marasa ta da hankali ne zuwa matsakata
- Suna fara tsakanin kwanaki ukun farko bayan daukan rigakafi (ranar bayan rigakafin shine yafi ganuwa)
- Na karshen kusan kwana daya zuwa biyu bayan suka fara

Me ya kamata in yi idan na sami illolin?

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).

● ● ●
Karbi na biyu koda kuwa ka sami illolin bayan karban na farko, sai dai idan mai baka kulawa ya hana ka.

● ● ●
Bada rahoton illolin ta hanyar Manhajjar salula ta Cibiyoyin Kula da Kare Cututtuka na (Centers for Disease Control and Prevention, CDC) V-safe. Don karin koyo da zazzage aikin, ziyarci **vsafe.cdc.gov**. 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 sanannu ne kuma suna fara tsakanin mintuna kadan 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.

Shin na biyun yana bukatar ya zama irin nau'in maganin rigakafi na farko?

Ee. Tunda ka karbi maganin rigakafi na Moderna, karba na biyu dole ne ya zama rigakafin Moderna.

Yaya idan ba zan iya zuwa ajiyar lokaci na biyu na karban ba fa?

Ya kamata ka sake tsara lokacin zuwanka nan-da-nan daga baya. Samun kashi na

biyu naka komai yawan lokacin da ya wuce tun lokacin da ka fara shanka.

Yaushe rigakafin yake fara aiki?

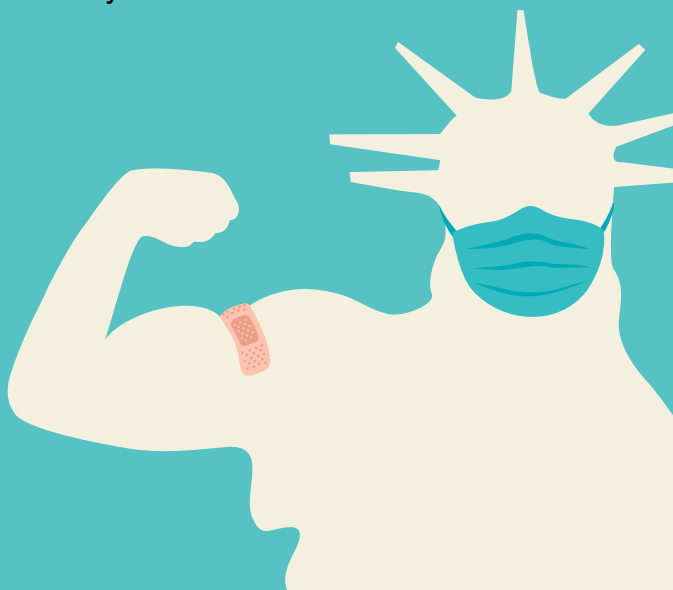
Duk da yake kana iya samun kariya bayan karba na farko, maganin rigakafin ya fi inganci bayan karba na biyu. Ba za ka sami cikakkiyar kariya daga rigakafin ba har sai mako biyu bayan karbarka ta biyu.

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 mfani da sabulun hannu kodayaushe.

Yayin da rigakafin Moderna 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. Bayana na asali game da kai (kamar sunanka, adiresinku, lambar waya, ranar haihuwa, jinsi da kabila, ranar rigakafi, da rigakafinda aka karba) za'a sada shi ga Birnin New York Ma'aikatar Kiwon Lafiya da Tsabtar Kwakwalwa (NYC Health Department) kamar yadda doka ta bukata.

Yaya kuma idan ina da wadansu tambayoyi?

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



A ina zan sami karin bayani?



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

NYC Health + Hospitals:
nychealthandhospitals.org/covid-19-vaccines

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**