

Amanar n ugzzay mgal COVID-19

Tamazight

Asakud 23/04/2021



**Generalitat
de Catalunya**



Ibrir

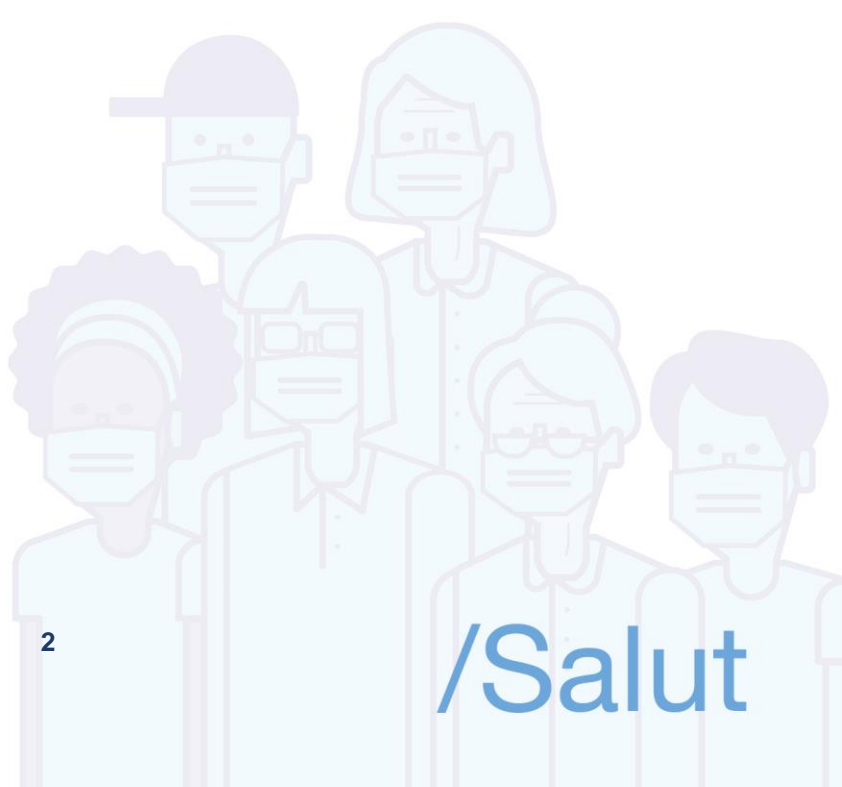
Amanar n ugzzay mgal COVID-19

Žr amanar ad s tutlayin yađni:

[XID](https://canalsalut.gencat.cat/vacunacio-info): canalsalut.gencat.cat/vacunacio-info

Tafliw t n tumayin

1. Dat n ad tskrd agzzay
2. Ass n tktut n ugzzay nnk
3. Tigira n ugzzay
4. D y tgira...
5. Is tsyawsad uggar n umlan?



Arra yad guis lblayş Ƴ llan isywan. Kraygatt ayyaw n tumayin ar-k ittawi s wayyaw d-dar tazdayt Ƴ warra lliƳ rad tafd isqsitn d tmrarurin Ƴf-snt.

Tazwurt

Agzzay mgal COVID-19 illa bac ad nawđ taswarđnit n wulli niƳdd tamatayt lli rad ig ttmi yewbayyur.

Ƴikan s-a ttigut-nt tgzzayin lli isul, ray ttigut-n midden lli ddar asadf s ugzzay.

Tamawast n tdusi takađalanit d tnafut n tdusi takađalanit skr-nt amanar ad bac ad ak aws-nt ad tlmdd manik s-a yezray ugzzay.

Is rad aƳ-d tlkmd?

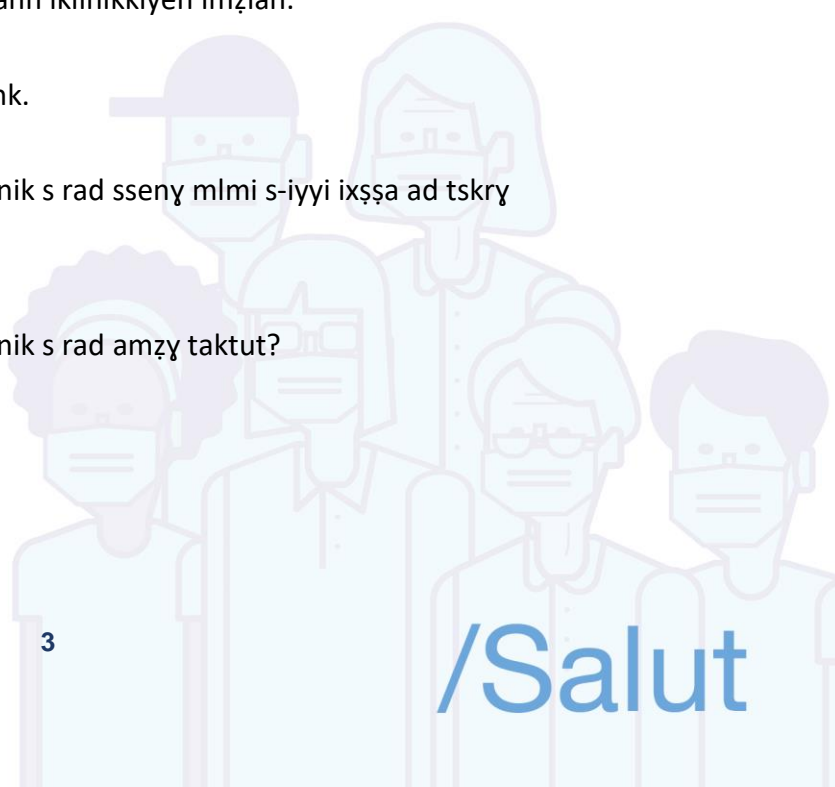
1. Dat n ad tskrd agzzay

1. Tigzzayin.

1. Man tagzzayt ar ad-iyyi yettikfa?
2. Ađđann iklinikkiyen imđlan.

2. Taktut n ugzzay nnk.

1. Manik s rad sseny mlmi s-iyyi ixşsa ad tskry agzzay?
2. Manik s rad amđƳ taktut?



Zř umlan izlin yf tzigzt n ugzzay [vid](https://canalsalut.gencat.cat/vacunacio-info): canalsalut.gencat.cat/vacunacio-info

1.1. Tigzzayin

Ar yıl-ad, tigzzayin ad igan tayawsa tamafayt lli yur-ny mgal n COVID-19.

Iga axatar ad nawđ aswarđn amatay bac ad nessidrus imuđan d willi yeftun s isgnafen d willi ittemtaten.

Am tayafut n twwuriwin n urzzu tixatarin, llan-t yur-nny tura mnct n tgzzayin lli tssiyžan Tsnurayt n lsaferen n Uřubba (EMA), kraygatt yat gi-s-nt ttisylaf i yemdyatn imžlan d tzmř tg yat tassmi mid snat.

Ar nettqql ad ttirna-nt tgzzayin timaynutin g yiren ad d-yuckan.

Mařra tigzzayin gan-t fabuř i mařra yemzday n Kařalunya. Ula midden lli d-dar ur tlla turagt n tduyt, d willi yellan y waddad arlugnan d willi d-dar ur tlla tkařda n tedusi tanimant.

/ Man tagzzayt ar ad-iyyi yettikfa?

Ma-yad izdi d mnct n tyawsiwin am tasuli n wanawn naħya n tgzzayin d man tagzzayt ifulkin i trabbut n uwtay nnk d willi d-dar ařan am ařan nnk.

Asizwer n ugzzay ar-t tıtyas yat trabbut n twuri y llan imuzayen zg tsnuray n tnbađt d imunen imassanen d n tyariwin tıbyulujiyin d tmaddasin yađni.

Imuzayen ikařalanan gan igamamen n trabbut ad.

Asizwer ittiskar s uswar yf ma-yad d-yuckan:

- / Imizi n tmađunt ihrcen s usrag n COVID-19 d tmттant.
- / Imizi n ufsar i wefirus.
- / Tayti n wamun d tdmsa n twuriwin n midden.
- / Imizi n umsiyi n tmađunt.

Issan mas rad ttili-nt tassmiwin imikk s imikk, mas-dd Amun Uṙubban ad yiwzn yf ma-yad, d kra n tgzzayin ar syawsa-nt aḥbbu d usmkl iḗlin, aylli iglayen talujistit d uzuzr d usmrs nns-nt.

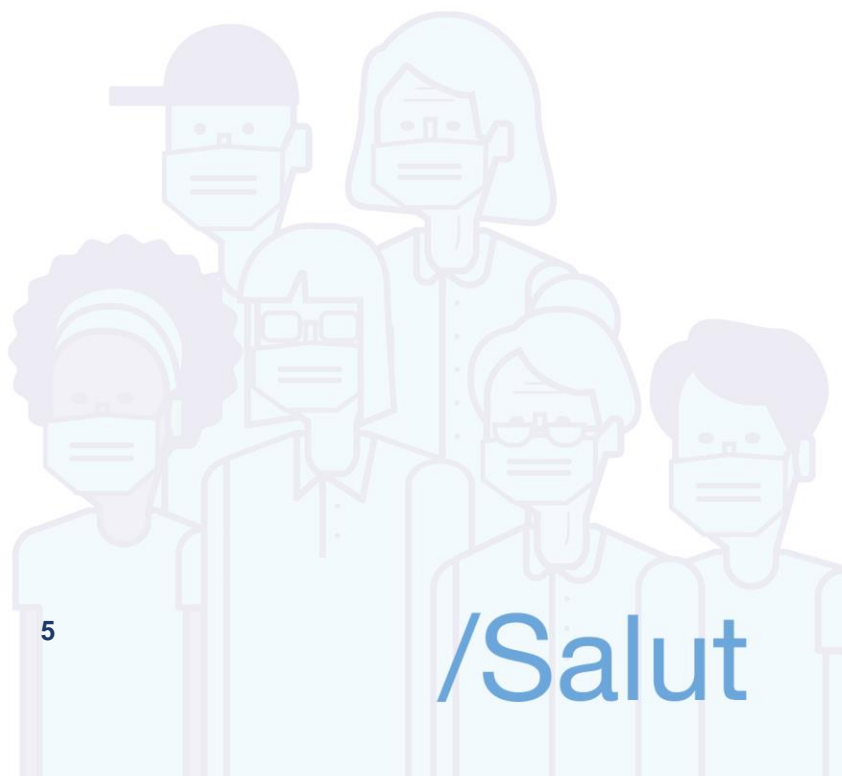
/ Aṡṡann iklinikkiyen imḗlan

Kra n waṡṡann, am lḥasasiyya, imgiyen n imizi niḗ adis, ixṡṡa ad-tn ig yan y ixf nns tizi n ugzzay.

Tugt n isafarn ur-a ttggrn i tayti n tgzzayt, bla iy am inna umsgnaf nnm kra yađni.

Afla n wawal, ittismal mas gan-t tgzzayin n COVID-19 tussidin d tmun dis-nt sslamt d ar akka-nt tayafut y tugt n imuđan lli tti-nn ikkan uđenn ula midden yađni.

Mac, ixṡṡa ad nssen mas-dd ar tura, icirran lli d-dar ddaw 16 n usgg^was ur ufan ad skrn agzzay d ussiyḗn n ugzzay i tazzanin d icirran illa sul y irimn iklinikkiyen.



1.2. Taktut n ugzzay nnk

/ Manik s rad sseny mlmi s-iyi ixşsa ad tskry agzzay?

Rad ak nenna managw rad tskr trabbut n uwtay nnk agzzay s ubrid n imidyatn (am ttilifizyun, rrađyu niđ ammkn n umyawađ amunan).

Žr is ttismaynan ifruritn n unyalkam nnk y [La Meva Salut](#) acku izmr akk-in tlkm kra n tbrat zg dar tmawast n tdusi.

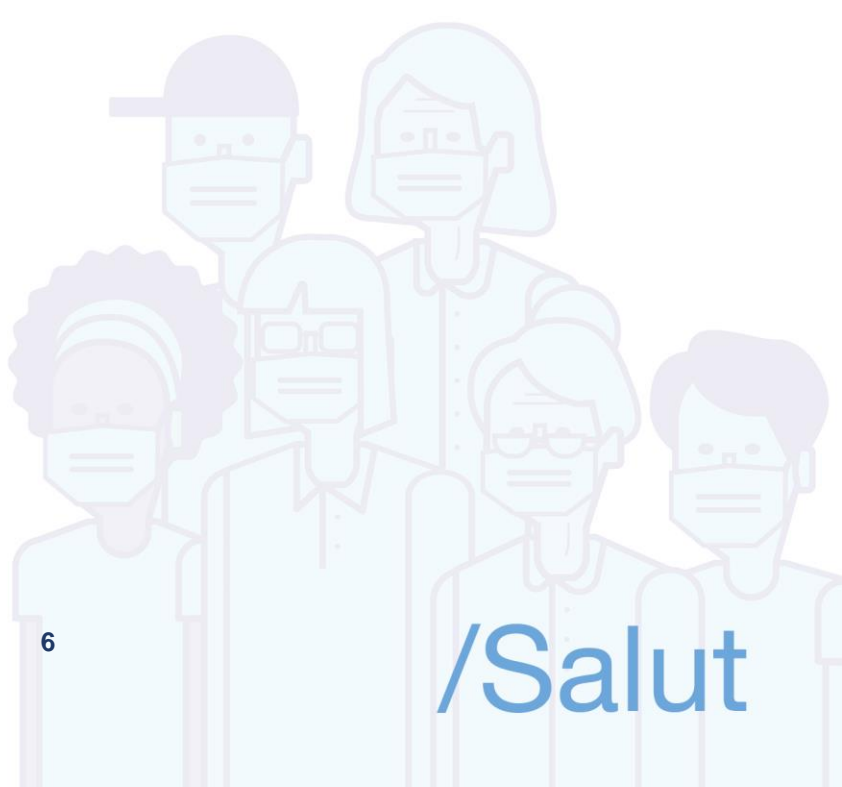
Ma-yad d yan imiss anfrar acku rad tzmrd ula ad-d tzzugzd tanađt n ugzzay n COVID-19 nnk.

Iy urta tzmimid, tzmrd ad tzmimid yil-ad y lamevasalut.gencat.cat/alta.

/ Manik s rad amzy taktut?

Iy trid ad tskrd agzzay, ixşsa k ad zwar tzmimid taktut nnk v wasit wib vacunacovid.catsalutgencat.cat, lliy tzmrd ad tssinfđ kra n usakud, akud d uđyar lliy rad tskrd agzzay d ula ad tssnfld taktut n ugzzay nnk iy trid.

Iy-k ixşsa ad tskrd agzzay s snat tassmiwin, rad dik neyalkam i tktut nnk tis snat s uswar yf tizi gr snat tassmiwin n tgzzayt lli yak ittikfan.



2. Ass n tktut n ugzzay nnk

2.1 Awađ n wammas.

2.2 Timlsit ittisylafn.

2.3 Timggiyin n waray.

2.4 Akud n tgzzayt.

- Tassmi.
- Tigira n tassmi.
- Tassmi tis snat.

2.1. Awađ n wammas

Ixşsa k ad tddud s tnqıđt n ugzzay lli ittismaln y tktut nnk tawid dik takařda n tdusi (TSI) d DNI, NIE niy abaşbbur. Tsyawsad ula ad-nn tawid tugga n tktut nnk.

Rad yaf ad-n tackid wađduk, bla iy rad tsyawsad ad ak yaws kra n yan.

2.2. Timlsit ittisylafn.

Ar nsylaf ad tısd kra n tımsit mu mzzın ifassn lli izmrn ad tıyudun yf iyır niy timlsit akkw ur ilan ifassn.

Tzmrđ ula ad fella-as tısd kra lli yerxan ad ittikkas s tazıla.



2.3. Timggiyin n waray.

Bac ad thnnad, ar nsflas mas ttiđfař-nt tmggiyin n waray n COVID-19 ę uđyar n ugzzay:

/ Asmrs n idęarn iręmn ę-a yezray wađu.

/ Angiri gr midden.

/ Tiszuzzar n imsyusn n ufus.

/ Timlsit n tkwmamt istwan d yuckan.

/ Tiđaf n ukccum d ufuy.

2.4. Akud n tgzzayt

/ Tassmi

Akud nna tlkmd adęar n ugzzay, rad-nn tafđ kra n uzzulan n tdusi ar sik ittqql. Uggid ad ilmd s tyarast tamęlit manik s rad ikkat tassmi d tsurifin d tylaf n tdusi d usęus lli rad ittiđfař.

Rad ttut tassmi dęa, imikk n tsina, tassmi ula maggis męęin s sin. Mac, ię tgid zg willi ur uęmiln tassmi, tzmrd ad tnnid i-yezzulann lli rad ęin yili ad ak awsn.

/ Tigira n tassmi

Tigira n mad tskrd agzzay, ixęęa-ak ad tqqlđ 15 n tusdidin ę wammas bac ad ęrn yak ur ad tili kra n tsmirt dęa.



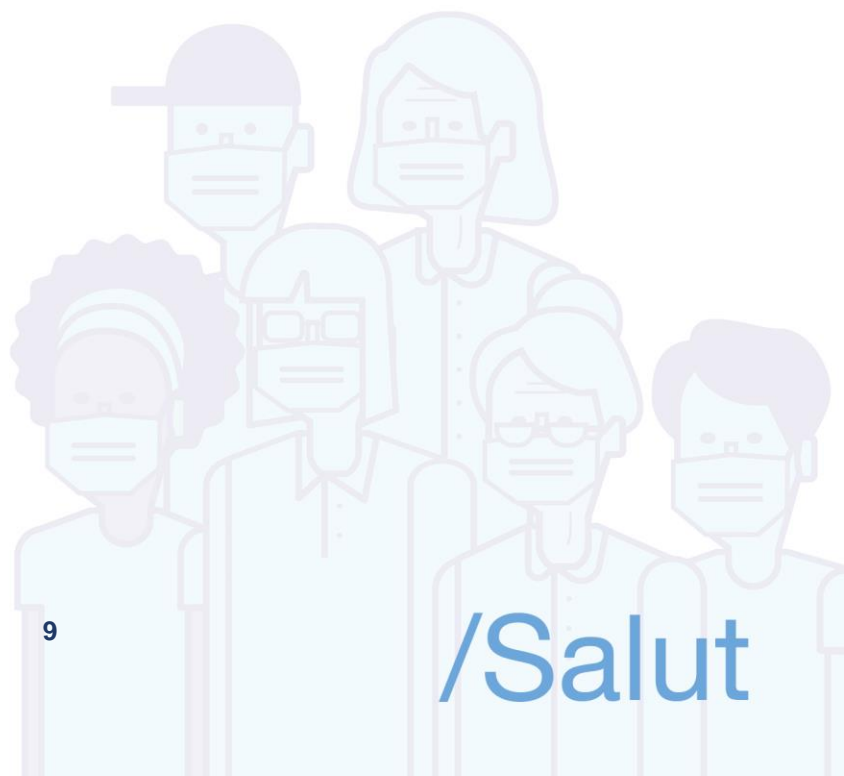
Middn lli ittissann is darsn tasdmirt n lhasasiyya ijhdn (anaphylaxie), rad tili yat tadfrı n 30 n tusdidin tigira n ugzzay. Imswuriyen n uşawl d usnyms ı tnqıđt n ugzzay rad ak awsn arkiy tkmml tzigzt.

Ad ur tıccmd ad tn tsqqsad ad am awsn iy tsşawsad.

/ Tassmi tis snat

Maci mařra midden şyawsan snat tassmiwin. Izmr ad ak ırin ad tutd tassmi tis snat acku ıur-k imizi, acku tmqqurd ı ussan niş ı usrag n wanaw n tgzzayt lli tskrd.

Rad dim nenyalkam bac ad ng ass i tktut tis snat lli igan tanfrart bac ad tsmdd tizigzt n ugzzay.



3. Tigira n ugzzay

3.1. Tusurin tsgawanin.

3.2 Manik s-a ttxdam tswarđnit?

3.3 Taswarđnit tamatayt.

3.4 Tiyzi n tswarđnit d tmzarayin n ufirus.

3.5 Akud nna kmmlı tizigt n ugzzay: Is ixşsa ad smdy ar skary timggiyin n waray?

3.6 Aslkin n ugzzay.

Assryud! Tutd ыл-ad yat niy snat tassmiwin n tgzzayt.

Mac, han tsyawsad ad sul tşbrđ imikk: taswarđnit ur-a ttili dirikt d, am mařra tigzzayin, izmr ad dar-k kra n tusurin tsgawanin.

Tugt nns-nt ifssus, niy akkw ur illa yat.

Ыr ma-yad d yuckan s unfa bac ad tsnd uggar ыл-sn, tlmdđ managw s-k ixşsa ad tnyalkamd d umsgnaf nnk, ammas n tdusi amnzu nnk niy ad tyrd i 061

3.1. Tusurin tsgawanin

Tusurin tsgawanin bahra ittjrun d:

- Ařtan n iyil ыл udyar n tassmi.
- Awřal niy řřmuyt.
- Ařtan n ix f d/niy tiksumin.
- Tawla n uşmmiđ ifssusn.



Iy llant tusurin ijhdn, rad ak bay-nt s tyarast talugant tigira n tassmi tis snat. Ar bahra ttifusnt d ur-a bahra ttmaḡal-nt uggar n yan ar sin wussan.

Afla n wawal, kraygatt uggid d nnta. Iy tsyawsad, d iy ak-t ssylfn imsgnaf nnk, tzmrd ad tssmrds imssdrusn n unnukmu am paracetamol bac ad tssdrusd tusurin ijhdn.

Iy yaman-t tmatarin ad uggar n kḗaḡ wussan, snḡms amsgnaf nnk niḡ tyrid i 061

Tusurin ijhn s ixḡḡa ad sis-nt telmd:

Nyalkam d umsganf nnk niv ammas n tdusi amnzu dirikt niḡ tyrid i 061 iy yur-k kra y tmatarin ad:

- Abbay n uncuḡ niḡ unfus.
- Abzag niḡ annukmu y iyil niḡ aḡar.
- Izri amagg^wu niḡ ittggan sin.
- Aḡḡan n ixḡ asulan.
- Ibrrayen imzḡin iggutn.
- Tinqqad tizgg^wayin niḡ tinibiyin yf ilm.
- Aḡḡan n idmarn.

3.2. Manik s-a ttxdam tswarḡnit?

Taswarḡnit tanimant

Ur yur-k ttili Taswarḡnit nican tigira n ugzzay. Ar ttili tigira n manaw wussan d bahra tigira n tassmi tis snat.



Tigira n ugzzay, tzmrd ad sul gik yili COVID-19, mac ur ad ak bahra iskr walu. Iy yur-k timitar irawsn tin COVID-19 tigira n ugzzay, zli ixf-nnk tnyalkamd d umsgnaf nnk.

3.3. Taswardnit tamatayt

Taswardnit tamatayt ar ttili akud nna iskr y mad idrusn 70% n midden kra n tmazirt agzzay niy iy darsn imgaln n tizza tigira n mad zzrin tama dunt.

Urta nzmr ad nsnimal managw ar ad nawd uŧŧun ad, d yikan hlli iga lhal ur ad kks-nt tnbađi niswutta bla akud nna zra-nt mas idrus imizi.

3.4. Tiŧzi n tswardnit d tmzarayin n ufirus

Ar swwuriyen imassanen bac ad ssenn uggar yf mnck ad tettekka tswardnit, iy-d tucka zg ugzzay ula zg tmađunt n kufid. Uŧŧun n tmađunt s COVID-19 yulsn idrus aŧaŧa.

Ar yil-ad ar ffrg-nt tgzzayin lli illan ula mgal n tmzarayin n ufirus lli illan y tmazirt.

3.5. Akud nna kmmlŧ tizigzt n ugzzay: Is ixŧŧa ad smdŧ ar skary timggiyin n waray?

Arkiy tlkm tizi lliy tlla tswardnit tamatayt, illa fell-ak ad tsmdd ar tskard timggiyin n waray lli-s nenna-nt tnbađin yikan d tmggayin n waray tinimanin (angiri gr middn, asird n ifassn, timlsit n tkwmamt ifulkin, asuzwu n idvarn iqqenn, unuf i yemdurrutn d usizwr n imussutn ittilin y bŧŧa). Tađfŧi n tmggiyin ad rad ak yaws ad tssidrusd azuzzr n ufirus.

3.6. Aslkin n ugzzay

Tagzzayt ttiskcam s uzmmem amsnijjan nnk lli ittidrawn gr marra angraw amsnijjan d lli-s tzmrd ad-t tẓrd ȳ [La Meva Salut](#).

Ȳ "Tanađt d tyafutin" rad tafd ȳan ufaylu PDF lli yak immalan igzzayen akkw lli tskrd ȳ marra tudrt nnk, ȳ iga uslkin n ugzzay n COVID-19.

lȳ urta tzmimmd ȳ La Meva Salut, tzmrd ad tzmimmd ȳil-ad ȳ lamevasalut.gencat.cat/alta.

Sfls mas gan ifruritn n unyalkam nnk, am uẗȗn n ttilifun nnk d wansa n limayl, imaynutn i wesyms zg dar ungraw n tdusi.

4. D ȳ tgira...

Tigzzayin ur fell-ak iga bzzizz ad-tnt tskrd mac ga-nt tinfrarin aẗȗa i waray nnk d ulkam n tswarđnit tamatayt.

Tisnuray n uslgn tigraylanin, am Tasnurayt n Isaferen n Uȳrubba, nenna-nt iyyih i-wesmrs nns-nt acku tmu dis-nt sslamt d tnfrut d acku ar akk-nt tayafut.

lȳ tskrd agzzay, han tfrgd tarid ixf nnk d umun lliȳ tdderd.

Ar tssinifd ula ad-d baynt tmzarayin ȳađni n ufirus, acku ar ittbddal s tazla iȳ ur ttifragh midden.



5. Is tsyawsad uggar n umlan?

Iy trid ad tskrd agzzay:

Smaynu umlan inimann nnk d ifruritrn n unyalkam y [La Meva Salut](#) bac ad dik nenyalkam iy nsyawsa niy bac ad ak nyr ad tskrd agzzay.

Iy urta tzmimid, tzmrd ad tzmimid y lamevasalut.gencat.cat/alta.

/ i-yumlan ittismaynan:

[Asit wib n ugzzay](https://canalsalut.gencat.cat/ca/salut-a-z/v/vacuna-covid-19/ciutadania/campanya-vacunacio/): <https://canalsalut.gencat.cat/ca/salut-a-z/v/vacuna-covid-19/ciutadania/campanya-vacunacio/>

[Asit wib n Canal Salut](https://canalsalut.gencat.cat): <https://canalsalut.gencat.cat>

Iy yar trid ad tẓrd yf tzigzt n ugzzay, řzm arra [yid](#):

<https://canalsalut.gencat.cat/web/.content/A-Z/V/vacuna-covid-19/ciutadania/documents/informacio-despres-cita-vacunacio-catala.pdf>

Iy dar-k kra n isqsitrn yađni, yr eafak i 061.

Đfuř ay y wammakn n umyawađ imunanen, tdrud irim nnk n ugzzay y #JoEmVacuno #Avancem

