

# Hollojum Baatal COVID-19

Fulbe

Nyalde 23/04/2021



**Generalitat  
de Catalunya**



Afrilu

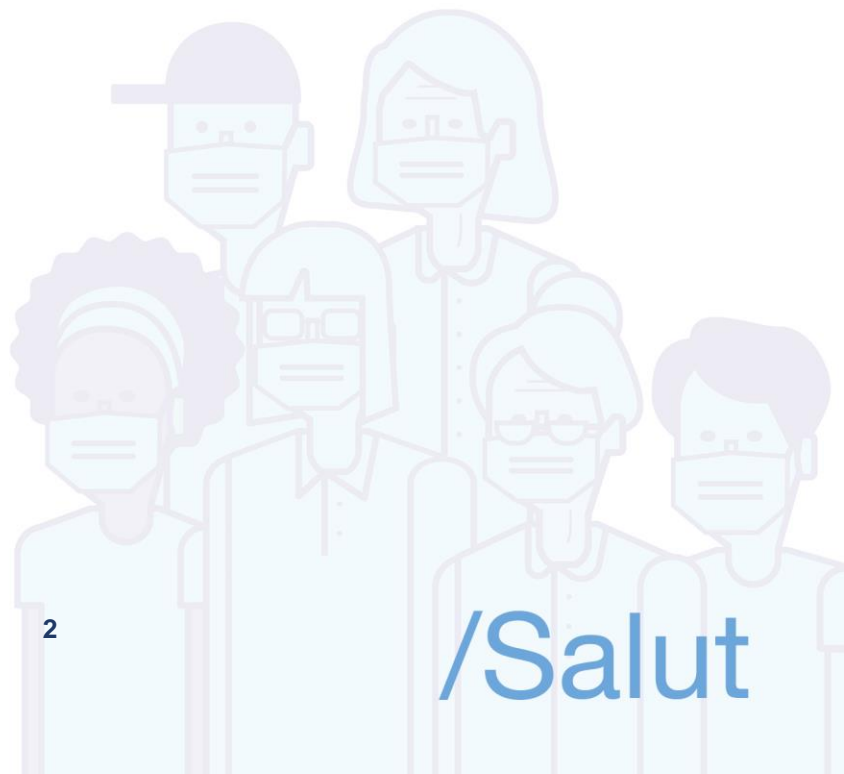
## Hollojum Baatal COVID-19

Ndaaru holloojum ɗu'um nder lungaaɗi godɗi:

[DO'O](https://canalsalut.gencat.cat/vacunacio-info): [canalsalut.gencat.cat/vacunacio-info](https://canalsalut.gencat.cat/vacunacio-info)

### Ko won haa nder

1. Bako ɗun tufuma
2. Nyalde ɗun hokkuma ngam tufukima baatal ngal
3. Baawo tufuki baatal
4. Bou timmol...
5. A yidu ɗum bedda bayano?



Darewol ngo'o won felleeji 'e hautooje. Fellee fu won ko woni nder majum hollotoojum felleeji yaaliji nder darewol ngol'e hebata 'yami 'e amsaaji.

## Artireedum

Baatal ngam COVID-19 tagaama ngam hebanki sembideeki gelle fu ngam timmuki nyawu ngun.

To baate dudde hebake, yimbe dudde fu hebai dama tufeeki.

Ardinoobe Shanu njamu Catalan 'e Huwobe Njamu Catalan hokki holloojum du'um ngam dun walla'on anduki no tufuki baatal ngal huwrata.

A hautai e' amin?

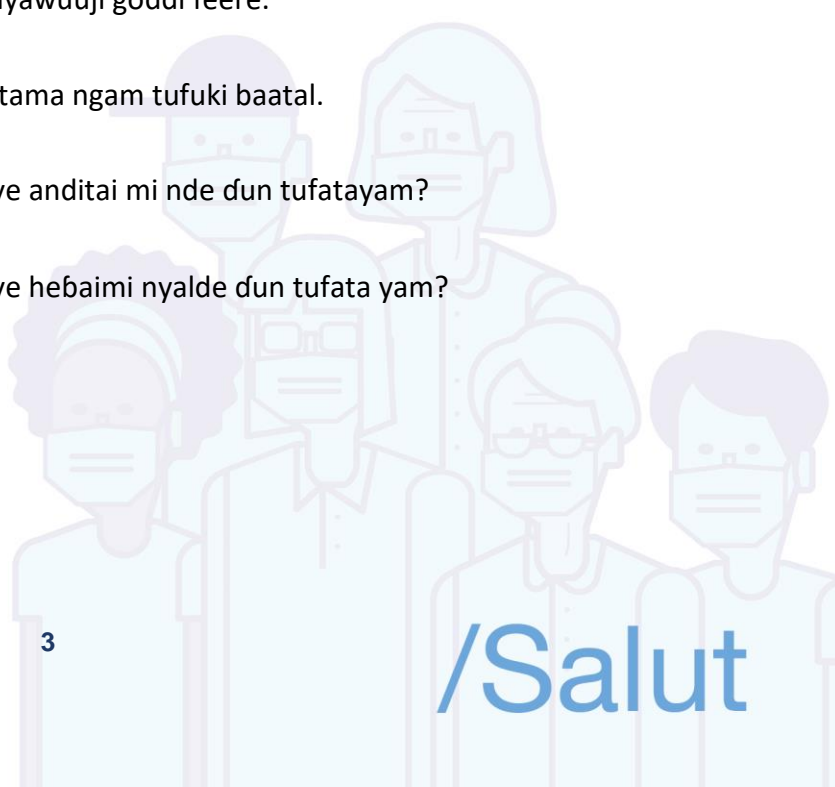
### 1. Bako dun tufuma

#### 1. Baate den.

1. Baatal ngale dun hokkatayam?
2. Iri nyawuuji godfi feere.

#### 2. Nyalde dun hokkatama ngam tufuki baatal.

1. Noye anditai mi nde dun tufatayam?
2. Noye hebaimi nyalde dun tufata yam?



Ndaaru bayaanu feere dou haala tufuki baatal ['e do'o](https://canalsalut.gencat.cat/vacunacio-info): canalsalut.gencat.cat/vacunacio-info

## 1.1. Baate

Jooni kam, baate buri ngam maguki COVID-19.

Dum kaandum sembiduki gelle ngam ustuki nyawuji, wallineeji e' soytuki.

Ngam gasdum andidaagi maude, jooni min won baate jabaade haa European Medicines Agency (EMA), ko ngole bilama dou nyawuji fere dum wawai hokkuki de go'o ko de didi.

Dum don yela baate kesi beddan nder lebbi waroode.

Baate den fuu shahu ngam yimbe Catalonia en fu. Dun hauti haa yimbe be ngala seda deppaaki, nder haalu dun jabaaka ko be ngala kaati hoore mu'en.

### / Baatal ngale dun hokkata yam?

Dum bili do shaani je dudde ba hefki iri-iriji baate den bo iri diye jabata duubi ma e' bandu ma.

Burtingo baatal dum wi'uki moftal huwoobe hautudum e' mbawube gomnati, kantal bawube 'e andube ko haani yonki 'e huwoobe godfi.

Bawbe Catalan ben yimbe moftal nga'al.



Ardingo hokkama dou ndaretedi di'i:

- / Hulki nyaɗuki naude COVID-19 'e waade.
- / Hulki hautaaki e' nyawu ngun.
- / Nafuki gelle e' rizku kuude yimbe.
- / Hulki sankutuki nyawu ngun.

Ngaɗa haa bernde ma baaye den heboto e' hakkilo, wai ɗun shiryaaki European Union, wai bo baate godɗi fu yiɗu sigaaki 'e hakkilaneeki feere ko hokki yaruki ɗe, saakuki ɗe 'e huwruki ɗe.

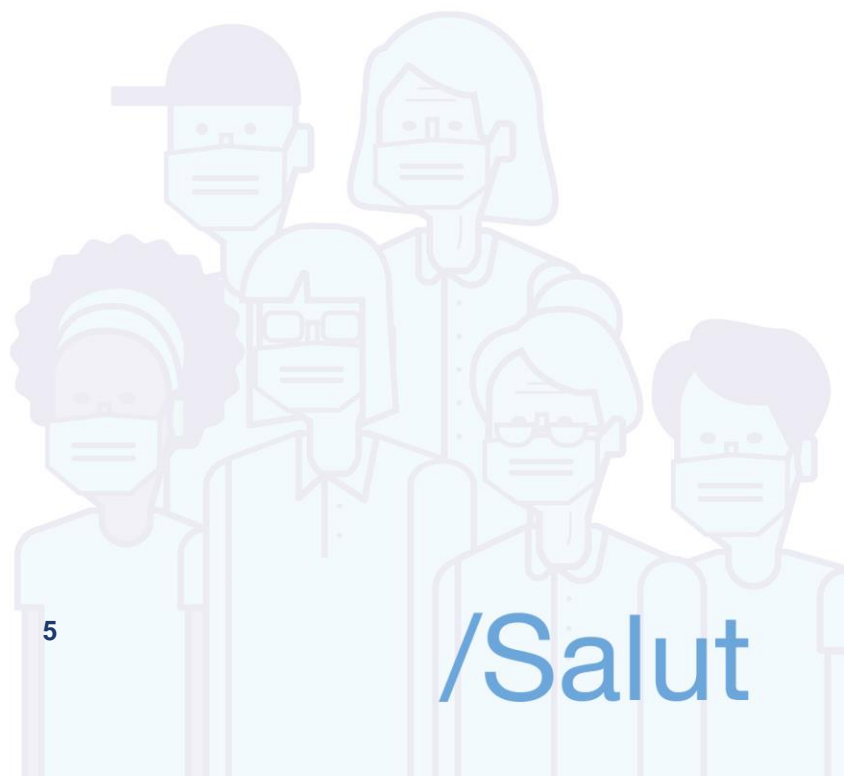
/ Nyawuuji godɗi feere

Nyawuuji godɗi ba sadaure, hulnijum ko redu, haani ɗun laara bako tufuki.

Lekkiji ɗudɗe fu memata hokkuki baatal ngal, seini to andudo shaanu njamu holli non.

E' shaani feere, baate COVID-19 holli ɗi holdiniri ɗi huwi dou nyaube ɗudɗe gonbe nyawuuji godɗi bo dou yimbe gelle fuu.

Seini, haani ɗum sembidira haa jooni, bacci be heutayi duubi 16 tufatake bou jabuki baate ɗen bacci e' sukaabe ɗon jarriba haa jooni.



## 1.2. Hokkukima nyalde tufuki

### **/ Noye andai mi ndeye haani dun tufatayam?**

Min andinai ma nde dun wawata tufuki yimbe moftal mon haa felleji hollugo (ba tibi, rediyo, ko shoshal midiya).

Tefu ko bayanu hore ma kesnama haa [La Meva Salut](#) ngam a wawai hefki lilal diga Ministry of Health.

Dun dertoo nafojum ngam a wawai jippinki bayanu baatal COVID-19 mada.

To a waday rejista haa jotta, a' wawai waduki jooni haa [lamevasalut.gencat.cat/alta](https://lamevasalut.gencat.cat/alta).

### **/ Noye ngadaimi nyalde tufuki?**

To a yidu dun tufuma, sei to 'a arti a' wadi rejista nyalde ma haa fellere [vacunacovid.catsalut.gencat.cat](https://vacunacovid.catsalut.gencat.cat), 'e tefataa nyalde, wakkkati 'e fellere dum tufatama bou wattita nyalde tufuki ma to 'a yidu.

To dun tufaima baate didi, min noddete ngam nyalde ma didabol dou no hakkunde baaye dum hokkuma wa'i.



## 2. Nyalde ɗun hokkuma ngam tufukima baatal ngal

2.1 Yottaki fellere nden.

2.2 Kaaya jabaadum.

2.3 Ko suddata.

2.4 Wakkati baatal.

- Tufaaki kin.
- Baawo tufaaki.
- Baatal ɗifaɓol.

### 2.1. Yottaki haa fellere nden

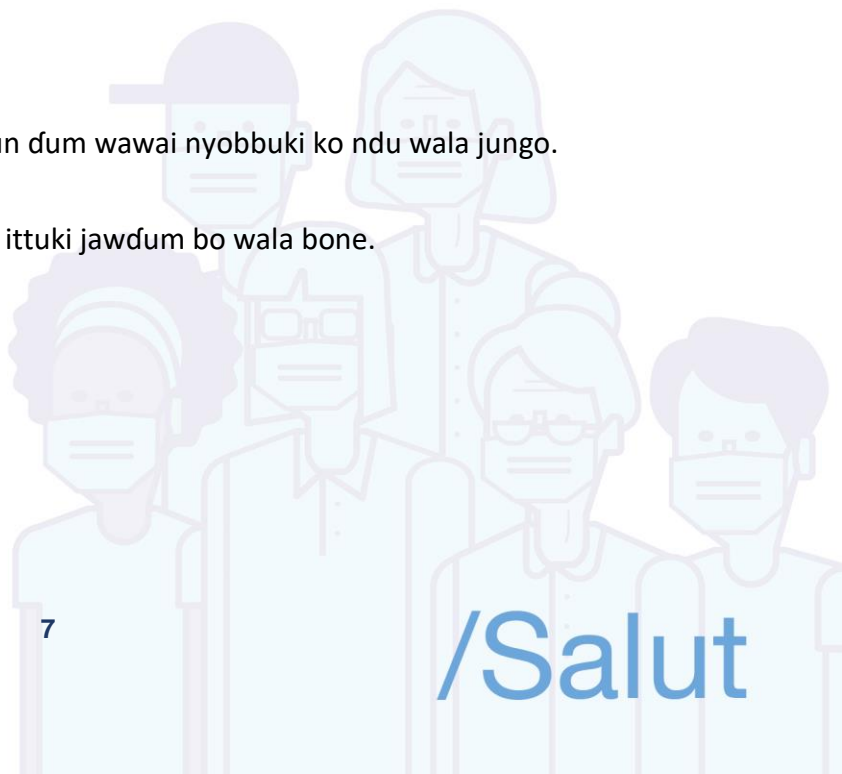
Njaha haa suudu baayal ngol ɗum holli dou kati njamu ma (TSI) 'e DNI, NIE ko foto. Bou haani holla seeda nyalde ɗun hokkuma.

Burai to 'a wari e' hoore ma, sei ni to 'a yeli a tefai wallugo godɗo.

### 2.2. Kaaya jabaadum

Min yidu ngada kaaya du juungo famarun ɗum wawai nyobbuki ko ndu wala jungo.

A wawai watuki jampa ma ɗum wawata ittuki jawɗum bo wala bone.



## 2.3. Ko ðun hooshata ngam suddaaki

Ngam wallinki hakkilo ma, min tabbitini ko suddatama diga COVID-19 fu tokkama e' fellere tufuki kin:

/ Huwuki e' felleeji mabbitaadi marbe hendu.

/ Woddaaki yimbe.

/ Hunde lotuki juude.

/ Waatuki ko suffata yeeso boddum.

/ Hakkilanki nastuki 'e wurtaaki.

## 2.4. Wakkati baatal

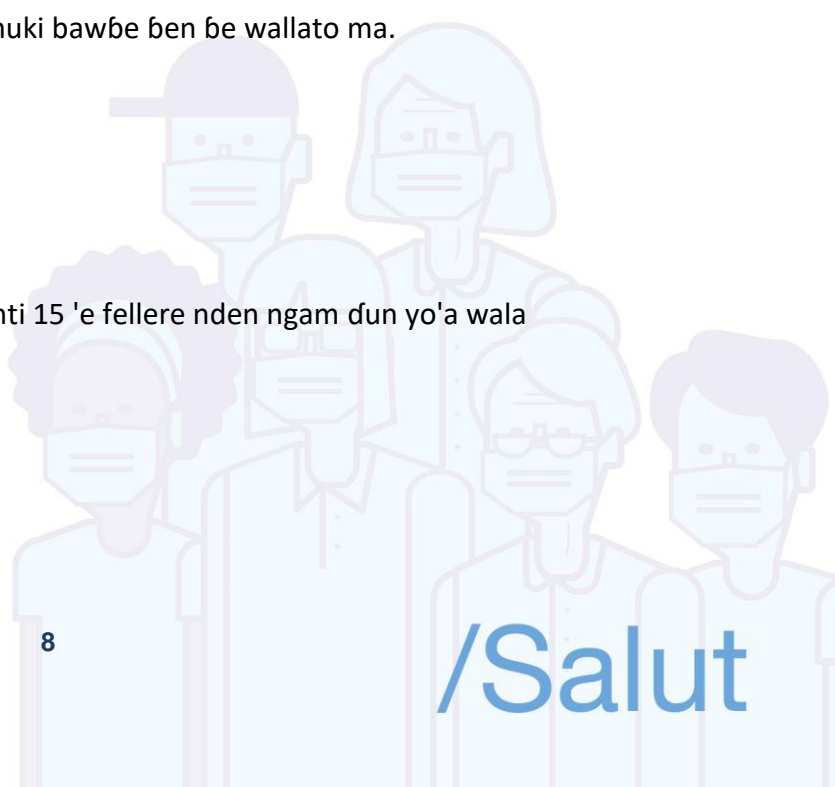
### / Baatal ngol

To a yahi haa fellere tufaaki kin, bawdo shanu njamu renete haa ton. Neddo 'on ekkitinaama baatal ngol ðun tufata ðun masin bou e' hollode jamu e' labbinki ðun tokkata.

Baatal ngal tufan nder wakkati sefdda bou 'e baatal ngol 'e ndiyam ðam fuu famari. Seini, to a yida baatal ngol a wawai 'yamuki bawbe ben be wallato ma.

### / Bawo tufaaki

Baawo jabuki baatal ngal, a renai ba minti 15 'e fellere nden ngam ðun yo'a wala notaaki jawdum.





Wodi tokkol minti 30 baawo tufaki ngam yimbe wonbe tarihol sadaure nyaɗɗum (anaphylaxis). Huwoobe jawɗum 'e hokkoobe bayanu 'e fekkere tufuki kin wallete wakkati tufuki kin fuu.

Ta salu 'yamuki be-be walluma to 'a yidi walleeki.

## / Baatal ɗiɗabol

Na kowa haani baate ɗiɗi. Dun noddete ngam baatal ɗiɗabol dou no shaanu ma hulniri, duubi ma 'e iri baatal ɗun hokkuma.

Min noddete ngam waɗuki nyalde ɗiɗabol ngol ngam ɗum naɗɗum ngam timmuki tufaaki kin.



### 3. Baawo tufuki baatal

3.1 Hallende baatal.

3.2 Noye sembidirki huwata?

3.3 Sembidirki gelle.

3.4 Jutuki sembidirki 'e iri-iri nyawu ngun.

3.5 To mi timmini tufuki baatal ngal: Haa jotta se mi hooshi ko suddata yam diga nyawu ngun?

3.6 Seeda tufuki baatal.

Barkaa ma! Joni ñun hokkima baatal ngal woore ko ñidi.

Seini fa, haa joni se a munyi: sembidirki na sa'i go'o, bou no baaye fuu, wawai yi'uki hallende goddi.

Dudde maaje fuu sedaa, to be holli ma.

Jangu fellere nde boddum ngam anda ñum bou tefa nde noddata anduño shanu njamu maña, hakkilanowo njamu maña famarum ko nodda 061.

#### 3.1. Hallende baate

Hallende ko buri:

- Wannaaki 'e jungo 'e fellere baatal ngal tufa.
- Shomri.
- Nawki hoore 'e/ ko nauki bandu.



- Fiyowre sedfa.

To hallende burde holli, a yi'ai de baawo a jabi baatal didabol. De naawa sosai bou be booyata ko buri nyalande ko balde didi.

Ko 'e shanu dume ma, neddo fuu won no nototo feere. To dun haani, ko to andufo shanu njamu wi'i, a wawai yarki faddobe naudum ba paracetamol ngam ustuki nyafulki alamje den.

To alamje den buri balde tati, wi'aaka andufo shanu njamu ma ko nodda 061.

Hallende nyafulki di yeccata:

Nodda andufo shanu njamu ma ko hakkilanowo njamu fammarum ma jooni ko nodda 061 to a nani go'o nder alamje de'e:

- Billuki foofande.
- Butuki kl nawngol 'e jungo ko kosngal.
- Yi'uki sedfa ko yo''uki diddidi.
- Fiyowre nyafulki.
- Naunarre famari dufulki.
- Tobbon bofeeji ko raneeji dou laral ma.
- Nawki mbernde.

### 3.2. Noye sembidirki huwata?

Sembidirki hoore

Sembidirki bandu hebataako diga dun tufi baatal. Dun hooshai balde sedfa bako dun heba dum fuu bou se baawo baatal gada.



Baawo tufeeki ma ' wawai nanguki COVID-19, seini dɗun wawai wartuki nyawu ngun sedɗa tan 'o sedɗa masin. To a woodi alamje iri di COVID-19 baawo tufeeki baatal, wodɗina hoore ma bou nodda andudo shanu njamu maɗa.

### 3.3. Sembidirki gelle

Sembidirki gelle nufi to dɗun hebi 70% yimbe gelle tufaama ko wodi sembidooɓe bandu baawo hefki nyawu ngun.

Haa jooni dɗun wawata yeluki nde nambaaji dɗin heutata non, bo ko noye ma haɗe-haɗeeki 'yeptoto tan to ardiibe jaribini hulnidum hebi dɗun sedɗa masin.

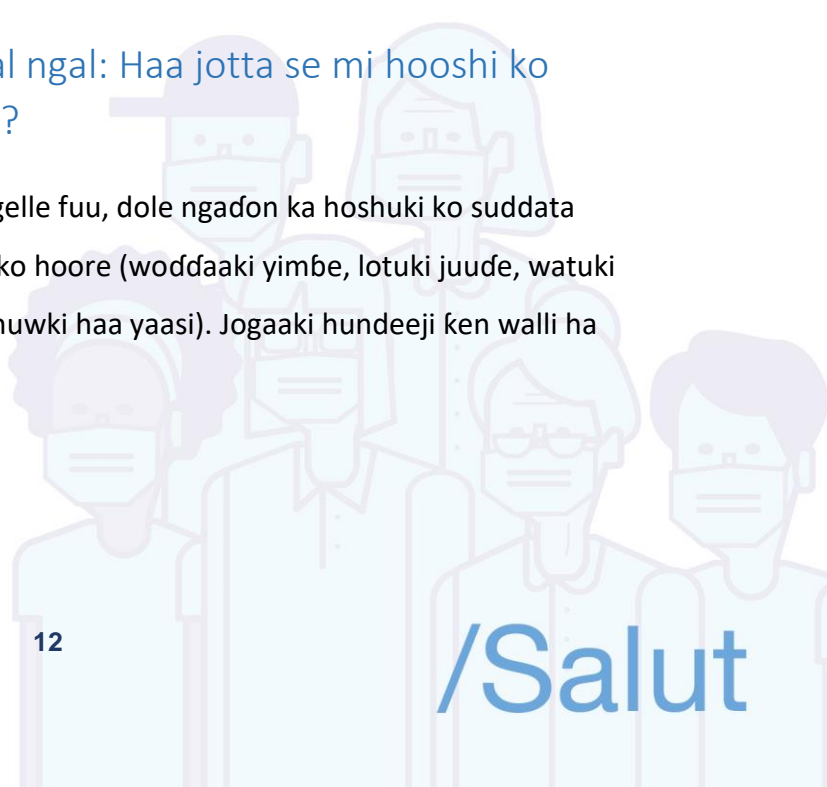
### 3.4. Juutuki sembidirki e iriije nyawu ngun

Andoobe don huwa ngam anduki haa ndeye sembidirki heutata, ko dɗun wari diga baatal ngal kl bo diga nyawu aslu. Lamba nangutuki COVID-19 dɗun simdi masin.

Ha jotta baate maraade den hadsi nanguki be iri nyawuji dɗin fuu 'e ko yecca haa nder lesdi dɗin.

### 3.5. To mi timmini tufuki baatal ngal: Haa jotta se mi hooshi ko suddata yam diga nyawu ngun?

Haa sei to wakkati dɗun hebi sembidirki gelle fuu, dole ngadon ka hoshuki ko suddata on ko ardiibe we'iti bou 'e hunde sudduko hoore (wodɗaaki yimbe, lotuki juude, watuki ko sudda yeeso boɗɗum bou 'e ardinki huwki haa yaasi). Jogaaki hundeeji ken walli ha ustuki saakuki nyawu ngun.



### 3.6. Seeda tufeeki baatal

Baatal ngal bilama haa nder bayanu njamu maɗa ɗun saakani hirdineebe njamu fuu bou kun 'a wawai ndaaruki haa [La Meva Salut](#).

'E "Yeccugo 'e gasɗum" a hebai PDF e holla ko ɗum meɗi tufukima fuu diga dayki ma, hauti fuu seeda tufuki baatal COVID-19.

To 'a wadayo rejista haa joni 'e La Meva Salut, 'a wawai waɗuki jooni hs [lamevasalut.gencat.cat/alta](#).

Tabbitina bayaanu maɗa fuu, ba lamba waya 'e adireshi imel, fuu ɗon huwa ngam noddeeki 'e ueeso diga heerdineebe njamu.

### 4. Bou timmol...

Baate ɗen na dole seini ɗe wiccataake ngam sudduki ma 'e walluki nder mahuki sembkɗirki gelle.

Hirdineebe shanu njamu ɗi lesdi yaasi, ba European Medical Agency, jabi huwuki maaje ngam woɗuki 'e rellol ayeebi maaje.

To a tufi baatal, a ɗon rena hore ma 'e jamaaje gaba go'o.

Bo a ɗon haɗa wurtaaki iri nyawuuji ɗin kesi ngam ɗi wurtai jaudum 'e to yimbe tufaaka.



## 5. A yidu dum bedda bayano?

To 'a yidi dun tufu ma:

Wo'ina bayanu hore 'e teftuki ma ha [La Meva Salut](#) ngam min tefu ma to min gidi ko min nodduma ngam tufeeki.

To 'a wadayi rejista haa jooni, 'a wawai waɗuki haa [lamevasalut.gencat.cat/alta](#).

/ Ngam bayanu huwodum:

[Fellere kampen baatal](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/>

[Feller Canal Salut](https://canalsalut.gencat.cat): <https://canalsalut.gencat.cat>

To a yidu yiiki bayanu tufuki baatal ngal tan, mabbutu darewol ngol [haa do'o](#):

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

To a woodi ko 'yamata fuu, usekoni noddu 061.

Tokku'en dow shoshal midiya bou yecca haala tufuki baatal maada 'e #JoEmVacuno #Avancem

