

Shayarwa da rigakafin COVID-19: Yi la'akari da rigakafin don kiyaye kanku da jaririn ku

Kowa na iya samun COVID, har da yara. Har jarirai na iya yin rashin lafiya daga COVID har sai sun je asibiti.



→ Me yasa ake yin allurar?

Lokacin da kuke da juna biyu, kuna cikin babban hadarin kamuwa da cutar COVID mai tsanani, wanda shine lokacin da kuka kamu da rashin lafiya har sai kun je asibiti. Alurar rigakafin yana sa ku rage yiwuwar kamuwa da COVID da yada shi ga jaririnku. Kuma, zaku iya ba da garkuwar ku daga allurar tare da jaririn ku:

- Ta wurin mahaifa, idan kuna da ciki
- Ta madarar nono, idan kina shayarwa

→ Ta yaya shayarwa ke kare jaririna daga COVID?

- 1 Alurar riga kafi tana koya wa jikin ku ganewa da yakar cutar ta COVID. Tsarin garkuwar jikin ku yana yin kwayoyin rigakafi waɗanda ke yakar cutar COVID.
- 2 Kuna ba da garkuwa ga jariri ta hanyar nono. Kwayoyin rigakafin ku masu yaki da COVID zasu fara shiga cikin madarar nono makonni 1-2 bayan an yi allurar.
- 3 Jaririn ku na samun garkuwa zuwa COVID-19. Magungunan rigakafi a cikin madarar nono na iya taimaka wa jaririn ku yakar cutar COVID. Wannan zai iya taimakawa wajen rage damar da jaririnku yayi rashin lafiya sosai.

→ Yaushe zan yi allurar?

Samu maganin da zaran za ku iya. Samun maganin COVID yana da aminci:

- Yayin da kuke da juna biyu – jaririnku zai sami kariya ta alurar riga kafi
- Bayan an haifi jaririnku – jaririnku zai sami kariya ta nono idan kun basu nono



Ziyarci shafin yanar gizon mu don gano idan zaku iya samun rigakafin COVID-19 kyauta ba ta hanyar shirin Bridge na CDC.

 bit.ly/3QMEI8B



Samun maganin COVID shine mafi kyawun abin da za ku iya yi don kare kanku - da jaririnku

Ta yaya zan iya karin koyo game da rigakafin COVID-19?

- Don karin koyo game da rigakafin COVID-19 a gidan yanar gizon cibiyar CDC, yi amfani da wayar hannu don dubawa anan:



cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/overview-COVID-19-vaccines.html

- Ko kuwa yi magana da likitan ku, likitan magunguna, ko tambaya duk inda kuka sami kulawar lafiya.

