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Su'aalaha Badanaa La Is Weydiyo: Tallaalka COVID-19 & Xaaladda Socdaalka

S. Ayaa heli kara tallaalka COVID-19?

J. Qof kasta oo jira 12 ama ka weyn wuxuu xaq u leeyahay inuu helo tallaalka COVID-19. Si kastaba ha noqotee, shakhsiyaadka ka yar 18 waxay xaq u leeyihiin oo keliya tallaalka Pfizer.

S. Ma la i weydiin doonaa xaaladdeyda socdaal si aan u helo tallaalka?

J. Maya. Lagama codsan doono inaad siiso xaaladdaada socdaal ee Gobolka Minnesota [goobaha](https://mn.gov/covid19/vaccine/find-vaccine/community-vaccination-program/index.jsp) tallaalka bulshada ee COVID-19 (<https://mn.gov/covid19/vaccine/find-vaccine/community-vaccination-program/index.jsp>). Bogaggan waxaa maamula Gobolka Minnesota oo dhammaan shaqaalaha waxaa loo tababaray in aysan cidna weydiin xaalada socdaalka. Waa inuusan kaa codsan inaad bixisid xaaladdaada socdaal mid kale oo bixiya tallaalka sidoo kale.

S. Sideen iskugu diiwaangeliyaa ballanta tallaalka ma ubaahanahay inaan bixiyo macluumaadkeyga shaqsigaa ah on? Yuu macluumaadkeyga la wadaagi doonaa?

J. Dhammaan dadka reer Minnesota ee aan weli la tallaalin waxay iska diiwaan gelin karaan cusboonaysiinta iyo ballamaha Gobolka Minnesota. Adiga ama [midkoodna waxaad ballan ka sameysan kartaa si toos ah goob Barnaamijka Tallaalka Bulshada ee Gobolka Minnesota](#); ama [iska qor aaladda isku xira Tallaalka Gobolka ee khadka tooska ah](#). Markaad isdiiwaangelisid, waxaa lagaa rabaa inaad bixiso macluumaadka soo socda (ama khadka tooska ah ee loo maro Isku xiraha Tallaalka ama taleefan):



*Supporting families and strengthening
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- Magaca
- Cinwaanka Minnesota
- Lambarka taleefanka
- Email (ikhtiyaari)
- Jinsiga / jinsiyada / jinsiyada / u janjeedha galmada (waxaad dooran kartaa inaad ka jawaabin su'aalahan)
- Taariikhda Dhalashada
- Macluumaadka caafimaadka, oo ay ku jiraan xaaladaha hoose, cudurada jira, iyo xasaasiyadda (waad dooran kartaa inaad ka jawaabin).
- Macluumaadka caymiska (waa ikhtiyaari - uma baahnid caymis si aad u hesho tallaalkaaga)
- Macluumaadka ku saabsan warshadaha aad ka shaqeyso (tusaale ahaan, ma ka shaqeysaa daryeelka caafimaadka ama iskuulada).

Gobolka Minnesota ku weydiin maayo inaad bixiso macluumaad ku saabsan xaaladdaada socdaal.

Waxaad sidoo kale ballan la sameysan kartaa si toos ah rug caafimaad, dhakhtar, ama farmashiye oo bixinaya tallaalka. Bixiyeyaasha kale ama goobaha tallaalku waxay dalban karaan macluumaad shakhsi ah, markaa waa inaad ka xaqiijisaa bixiyahaaga ama goobta wixii macluumaad dheeraad ah. Bixiyeyaashu ma weydiin karaan macluumaadka ku saabsan xaaladdaada socdaal.

S. Yuu lala wadaagi doonaa macluumaadkeyga?

J. Markaad isqorto Xiriiriyaha Tallaalka ama aad ballan la dhigato barnaamijka tallaalka bulshada ee Gobolka Minnesota, Gobolka Minnesota wuxuu la wadaagi karaa macluumaadkaaga:

- Wakaaladaha gobolka ee ku lug leh qorshaynta tallaalka, jadwalka, iyo maamulka;



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- Wakaaladaha caafimaadka dadweynaha ee deegaanka (magaalada ama gobolka);
- Bixiyeyaasha daryeelka caafimaadka (takhaatiirta, kalkaaliyayaasha caafimaadka);
- Dadka kale, ururada, ama ganacsiyada ku lug leh jadwalka qorshaynta tallaalka COVID-19, ama maamulka; iyo
- Dadka kale ama hay'adaha uu sharcigu oggol yahay.
- **MDH ma bixiso macluumaad ka socda Barnaamijka Talaalka Bulshada ee Socdaalka iyo Dhaqan-gelinta Kastamka (ICE).**

Macluumaadka tallaalka qaarkood waxaa la gelayaa Xiriirka Macluumaadka Tallaalka ee MDH (MIIC). MIIC waxay ururisaa magacyada dadka la tallaalay, taariikhaha dhalashada, cinwaanada, lambarrada taleefannada, iyo macluumaad kala duwan oo ku saabsan tallaalka laftiisa (taariikhda la bixiyay, nooca tallaalka iyo lambarrada alaabta).

Ilaa aad u sheegto MIIC haddii kale, macluumaadka tallaalkan waxaa heli kara hay'ado gaar ah, oo ay ku jiraan bixiyeyaasha daryeelka caafimaadka, shirkadaha caymiska, xarumaha daryeelka carruurta, dugsiyada, hay'adaha caafimaadka dadweynaha ee deegaanka, iyo MDH. Waxaad dooran kartaa inaad ku xadido wadaagida macluumaadkaaga talaalka kaliya bixiyahaaga daryeelka caafimaadka, ama waxaad u sheegi kartaa MIIC inaysan la wadaagin macluumaadkaaga qof kale laakiin MIIC. Xitaa haddii aad u sheegto MIIC inaysan la wadaagin macluumaadkaaga, MDH waxaa looga baahan yahay inay la wadaagto oo keliya xogta "tallaalka aqoonsiga" COVID-19 xarumaha dowladda federaalka ee Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC) maalin kasta. Waa la aqoonsaday macnaheedu waa macluumaadku ma laha magaca qofka ama macluumaad kale oo lagu aqoonsan karo, dibna looma raadin karo qof gaar ah. **MDH lama wadaagto wax macluumaad ah — xitaa macluumaadka la aqoonsaday - ee Socdaalka iyo Fulinta macaamiilka (ICE).**



*Supporting families and strengthening
communities for more than 20 years*

See Minnesota Immunization Information Connection (MIIC)

(<https://www.health.state.mn.us/miic>) for more information about MIIC and how to contact MIIC.

S. Miyaan heli karaa tallaal xitaa haddii aanan bixin **macluumaadkeyga gaarka ah?**

J. Bixiyeyaasha daryeelka caafimaad waxay ubaahanyihiin xoogaa macluumaad shaqsi ah si ay uxusiyaan inaad bixisay ogolaansho wargal ah iyo inay siinayaan talaalka qofka saxda ah Bixiyeyaasha sidoo kale waxaa laga yaabaa inay sharci ahaan u soo ururiyaan macluumaadka qaarkood si ay u abuuraan diiwaanka caafimaadka ee tallaalka. Ka hubso bixiyahaaga ama goobta tallaalka wixii faahfaahin dheeraad ah ee ku saabsan macluumaadka aad u baahan tahay inaad bixiso si aad u hesho tallaal.

S. Farqi ayaa u dhexeeya magaca aan u adeegsado shaqada iyo magacayga dhabta ah. **Magacee ah inaan adeegsado si aan u helo tallaalka?**

J. Waad isticmaali kartaa waana inaad u adeegsan kartaa magaca aad u isticmaashay shaqada haddii aad ka qaadaneyso tallaalka goobta tallaalka bulshada ee Gobolka Minnesota. Waxaad awoodaa inaad u isticmaasho magacaaga saxda ah ama magacaaga shaqo bixiyeyaasha kale ee tallaalka, laakiin waa inaad ka xaqiijisaa takhtarkaaga wixii faahfaahin dheeraad ah.

S. Haddii aan isticmaalo magac ka duwan magacayga dhabta ah si aan u qaato tallaalka, miyaa layga horjoogsan karaa helitaanka xaaladda socdaal ama kaarka cagaaran ama noqoshada muwaadin?

J. Maya. Waa inaan lagu diidin waxtarrada socdaalka sababtoo ah waxaad isticmaashaa magac ka duwan magacaaga dhabta ah si aad u hesho tallaal. Si kastaba ha noqotee, **waligaa dhihin inaad tahay muwaadin Mareykan ah ama adeegsanin dukumiintiyoo sheegaya inaad tahay muwaadin Mareykan ah haddii aadan aheyn muwaadin Mareykan ah.**



*Supporting families and strengthening
communities for more than 20 years*

S. Ma u baahanahay aqoonsi (ID) si aan u helo tallaalka? Hadday haa tahay, qaabab aqoonsi nooc ee ah ayaa la aqbalaa?

J. Uma baahnid aqoonsi si aad uga hesho tallaalka goobta tallaalka bulshada ee Gobolka Minnesota. MDH sidoo kale waxay kula talineysaa goobaha kale ee talaalka iyo bixiyayaasha inaysan u baahnayn aqoonsi si loo helo tallaalka, laakiin waa inaad kala shaqaysaa bixiyahaaga wixii faahfaahin dheeraad ah

S. Magaca ku qoran Aqoonsigayga (ID) wuu ka duwan yahay magaca aan ku isticmaalo shaqada. Maxaan sameeyaa?

J. Waa inaad aadaa goobta tallaalka bulshada ee Gobolka Minnesota, taas oo aan kaaga baahnayn inaad muujiso aqoonsi si aad u hesho tallaalka. Goobaha kale ee tallaalka waxay u baahan karaan ama laga yaabaa inaanay kaaga baahnayn inaad muujiso aqoonsi si aad u hesho tallaalka — ka hubi bixiyahaaga ama goobta tallaalka wixii faahfaahin dheeraad ah.

S. Goobta tallaalka ee aan aaday ma aqbali doono aqoonsikeyga, sida baasaboorkayga ajnabiga ah ama kaarka aqoonsiga ee dalkeyga laga bixiyo. Maxaa samayn karaa?

S. Goobaha tallaalka ee u baahan aqoonsi waa inaysan diidin aqoonsiyo sax ah. Haddii Aqoonsigaaga aan la aqbalin, kala xiriir Waaxda Xuquuqda Aadanaha ee Minnesota lambarka 1-833-454-0184, oo samee warbixin. Waxaad sidoo kale xareeyn kartaa cabasho khadka tooska ah:

<https://mn.gov/mdhr/intake/consultationinquiryform/>.

S. Ma waxaa la iga raba inaan lacag bixiya si aan tallaalka u helo? Ma u baahanahay caymis caafimaad?

J. Maya, tallaalka waa u lacag la'aan qof walba, laakiin fadlan u soo qaado kaarkaaga caymiska goobaha tallaalka bulshada ee Gobolka Minnesota haddii aad



*Supporting families and strengthening
communities for more than 20 years*

mid leedahay. Gobolka Minnesota iyo bixiyeyaasha kale ayaa laga yaabaa inay biil ku soo galaan caymiskaaga haddii aad caymis caafimaad leedahay, laakiin waa inaad masuul ka noqon wixii kharash ah ee tallaash ah. Haddii sabab kasta ha noqotee caymiska uusan daboolin qaar ama dhammaan kharashka tallaalkaaga, Gobolka ayaa daboolaya farqiga u dhexeeya. Haddii aadan haysan caymis caafimaad, weli waad heli kartaa tallaash bilaash ah

S. Haddii aan helo tallaash bilaash ah, miyaa la ii tixgelin karaa lacag-bixin guud oo la xiriirta ujeedooyinka socdaalka?

J. Maya. Helitaanka tallaash bilaash ah looma adeegsan karo sabab qof loo helo waa lacag laga qaado dadweynaha oo la xiriirta socdaalka.

S Ma lihi caymis caafimaad, ma jiraa qof iga caawin kara helitaanka caymiska caafimaadka?

J. Haa. <https://www.mnsure.org/>. Waxaad sidoo kale wici kartaa 651-539-2099 si aad uga hesho caawimaad dalbashada caymiska caafimaadka. Waxaa lagu weydiin karaa xaaladaada socdaal si aad u go'aamiso inaad xaq u leedahay caymis. Jawaabaha aad bixisay waligood lama wadaagi doonaan sharci fulinta ama Socdaalka iyo Ku Dhaqanka Canshuuraha (ICE).

S. Haddii aan ka helo caymis caafimaad Gobolka Minnesota, miyaa la ii tixgelin karaa lacag-bixin guud oo la xiriirta ujeedooyinka socdaalka?

J. Maya. Helitaanka caymiska caafimaadka iyadoo loo marayo gobolka looma isticmaali karo sabab kale si loo helo qof waa khidmad guud oo la xiriirta ujeedooyinka socdaalka.

S. Waxaan haystaa Caawinaad Caafimaad. Caawinta Caafimaadka ma waxay iga bixineysaa lacag si aan u helo tallaalka, mise ma inaan bixiyaa qaar ama dhammaan kharashka tallaalka?



*Supporting families and strengthening
communities for more than 20 years*

J. Tallaalku waa bilaash iyadoon loo eegin inaad caymis leedahay iyo in kale. Haddii aad leedahay Gargaarka Caafimaadka, waxaa lagu weydiin karaa macluumaadkaaga caymiska si kilinikada tallaalka dib loogu soo celiyo kharashka tallaalka. Waa inaad helin biil ama lagaa rabin inaad wax ku bixiso tallaalka.

S. Waxaan haystaa Daryeelka Minnesota. Miyuu Minnesota Care kharash iga bixin doonaa si aan u helo tallaalka, mise waxaan bixin doonaa qaar ama dhammaan kharashka tallaalka?

J. Tallaalku waa bilaash iyadoon loo eegin inaad caymis leedahay iyo in kale. Haddii aad leedahay Daryeelka Minnesota, waxaa laga yaabaa in lagu weydiyo macluumaadkaaga caymiska si kilinikada tallaalka loogu soo celiyo kharashka tallaalka. Waa inaad helin biil ama lagaa rabin inaad wax kaga bixiso tallaalka.

S. Waxaan ka iibsaday caymiska caafimaadka MNSure. Caymiskaygu ma bixin doonaa kharashka tallaalka mise waxaan bixin doonaa qaar ama dhammaan kharashyada?

A. Tallaalku waa bilaash iyadoon loo eegin inaad caymis leedahay iyo in kale. Haddii aad caymis ku leedahay MNSure, waxaa lagu weydiin karaa macluumaadkaaga caymiska si bukaan socod eegtada tallaalka dib loogu soo celiyo kharashka tallaalka. Waa inaad helin biil ama lagaa rabin inaad wax kaga bixiso tallaalka.

S. Waxaan haystaa caymis gaar loo leeyahay. Caymiskaygu ma aniga ayaa iska bixinaya si aan u helo tallaalka, mise miyaan bixiyaa qaar ama dhammaan kharashyada?

A. Tallaalku waa bilaash iyadoon loo eegin inaad caymis leedahay iyo in kale. Haddii aad leedahay caymis gaar loo leeyahay, waxaa lagu weydiin karaa macluumaadkaaga caymiska si bukaan socod eegtada tallaalka dib loogu soo celiyo kharashka tallaalka. Waa inaad helin biil ama lagaa rabin inaad wax kaga bixiso tallaalka.



*Supporting families and strengthening
communities for more than 20 years*

S. Miyaa la iga rabaa inaan helo tallaalka COVID-19 si aan u ilaaliyo xaaladdeyda socdaal, aan u saxo xaaladdeyda socdaal, ama aan u noqdo muwaadin Mareykan ah?

S. Maya. Waqtigan xaadirka ah, ma jiraan wax shuruud ah oo ah inaad hesho tallaalka COVID-19 si aad u haysato ama u beddesho xaaladdaada socdaal ama aad u noqoto muwaadin Mareykan ah.

J. Asxaabteyda iyo qoyskeyga ee aaday goobaha talaalka bulshada waxay ogaadeen rag iyo dumar labisan dareeska ciidamada oo umuuqda askar. Ma waxay ii gudbin doonaan Hay'adda Socdaalka iyo Dhaqanka (ICE) mise waxay ii xiri doonaan xaaladdayda socdaal darteed?

A. Ilaalada Qaranka ee Minnesota waxaa loo adeegsaday jawaabta COVID-19 laga soo bilaabo Maarso 2020 sida uu faray Gov. Walz iyo taageerada Waaxda Caafimaadka ee Minnesota. Xubnaha adeegga Ilaalada Qaranka oo labisan ayaa laga yaabaa inay joogaan goobaha tallaalka bulshada ee Gobolka. Ciidanka Qaranka waa qayb ka mid ah militariga oo la hawlgelin karo si ay uga caawiyaan hay'adaha gobolka qaybinta gargaarka degdegga ah ama daryeelka caafimaadka dadka. Waxay ku jiri karaan goobaha tallaalka bulshada, laakiin kaliya waxay ka caawinayaan qaybinta tallaalka ama dejinta goobaha. **Ilaalada qaranku uma shaqeeyaan ICE umana banaana inay dadka u xiraan ujeedooyin socdaal. Gobolka Minnesota wuxuu farayaa dhammaan dadka ka caawinaya tallaalka goobaha bulshada ee Gobolka inaysan wax ka weydiin xaaladda socdaalka.**

S. Hay'adda Socdaalka iyo Dhaqanka ee (ICE) ma ku xiraysaa shaqsiyaadka goobaha talaalka?

J. Madaxweynaha wuxuu amar ku siiyay ICE inaysan ku xirin soogalootiga goobaha talaalka.

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Afeef: Su'aashan Had iyo Jeer La Weydiiyo (Xaashida Su'aalaha La Weydiiyo) loolama jeedin inay noqoto talo sharci. Haddii aad su'aalo ka qabtid xaaladdaada gaarka ah, fadlan la xiriir qareenka socdaalka. Dukumentigan waxaa soo saaray Xarunta Sharciga Muhaajiriinta ee Minnesota iyadoo la tashanaya Waaxda Caafimaadka ee Minnesota ("MDH"). Doorarka MDH ee soo saarista dukumintigan wuxuu ku koobnaa bixinta macluumaadka ku saabsan goobaha tallaalka bulshada ee Gobolka Minnesota