



# TALLAALADU WAXAY BADBAADIYAAN UURKA IYO SIRTAADA - WAX KA OGOW SIDA

## PROJECT HEALINGS COVID-19 SERIES - QODOBKA #3: Interviews with Dr. Rodolfo Gutierrez

Jaaliyadaha Latin America ee Minnesota waxay safka hore kaga jireen COVID-19 tan iyo markii uu bilowday. Qaar badan ayaa ka shaqeeya warshadaha muhiimka ah, oo ay ku jiraan beerashada, hilibka oo la baakadeeyo, makhaayadaha, daryeelka caafimaadka, iyo dhismaha. Ganacsiga ay leeyihiin Laatiin ee bixiya adeegyada bulshada ee muhiimka ah ayaa sidoo kale waxaa si ba'an u saameeyay xiritaankii in ka badan labo sannadood hadda. [1]

Shaqooyinkan muhiimka ah ayaa naga caawiyay dhammaanteen inaan sii wadno hawlaheena inta lagu jiro musiibada laakiin sidoo kale waxay shaqaalaha galiyeen khatar sare oo COVIDka ah. Tallaaladu way ku caawin karaan.

Tirakoobka 2020 wuxuu muujinayaa in 6.1% dadka Minnesota loo aqoonsaday inay yihiin Laatiinka iyaga oo ka kala yimid asalyo kala duwan. Tallaaladu kuma cusba bulshooyinka Laatiinka Wadamo badan oo ku yaala Latin America waxay leeyihiin barnaamijyo talaalo adag oo lagaga hortagayo qaaxada (TB), dabaysha, iyo cudurada kale.

Laga bilaabo Abriil 27, 2022, 72.9% dadka Hispanic ee Minnesota ayaa mar hore qaatay tallaalka COVID, sida ay sheegtay Waaxda Caafimaadka ee Minnesota. [2] Qiyaastaa sare oo talaalka ah ayaa gacan ka geystay dhimista cudurrada waaweyn iyo dhimashada. Bishii Abriil 2021 [3], shakhsiyaadka Hisbaaniga ah waxay 1.3 jeer uga dhowaayeen inuu ku dhaco cudurka, 3 jeer ayay uga dhawaayeen in isbitaal la dhigo, iyo 2 jeer ayay uga dhawaayeen inay u dhintaan COVID marka loo eego kuwa aan Hisbaaniga ahayn ee Caddaanka ah. Xogta laga helay Abriil 2022 [4] waxay muujineysaa in dad yar ay hadda la il daran yihiin Covid-19 waana faa'idada tallaalku leeyahay.



## Ilaalinta qoyska iyo uurka

Qoysasku waxay udub dhexaad u yihiin bulshooyinka Laatiinka. Qoysasku waa ilo adag oo taageero iyo talo caafimaad, iyo daryeel. Sababtoo ah COVID-19 wuxuu ku fidaa si fudud, go'aamada caafimaadka shakhsi ahaaneed waxay saameyn weyn ku leeyihiin qoyska oo dhan. Marka ay qoysasku bataan, waxaa muhiim ah in laga fikiro siyaabaha qof walba loo ilaalin karo.

Tani waxay si gaar ah run ugu tahay haweenka uurka leh iyo dhallaanka. Markaad uur leedahay, caafimaadka ilmaha ayaa inta badan mudnaanta leh. Waa dabiici inaad ka walwasho waxa aad jidhkaaga geliso inta aad uurka leedahay oo aad su'aalo ka qabto tallaalka COVID.

Tallaalku wuxuu caawiyaa caafimaadka hooyada iyo dhallaanka. Cilmi-baaris ayaa waxay muujinaysaa in tallaalku Amman yahay. Tallaalku ma dhaawici karo awoodda haweeneydu u leedahay dhalmada mana keeno dhibaatooyin inta ay uurka leedahay. Haweenka uurka leh waxay halis sare ugu jiraan in isbitaalka la dhigo ama ay u dhintaan COVID-19. Fayrasku waxa kale oo uu kordhiyaa khatarta ah in ay dhashaan Ilmo mayd iyo Ilmo dhicis ah. Tallaalku wuxuu kaa caawin karaa ka hortagga khatarahaas.

Rodolfo Gutierrez, oo ka tirsan Minnesota iyo Agaasimaha Fulinta ee kooxda cilmi-baarista ee HACER, ayaa ku daray, "Cilmi-baadhistu waxay muujinaysaa in dhallaanka xitaa tallaalku qaato marka hooyadood la talaalo inta ay Uurka ku jiraan."

Daraasad ay samaysay ururka dhakhaatiirta Maraykanka ayaa lagu sheegay in marka dumarka uurka leh la talaalo ay xoogaa difaac ah siiyaan dhallaanka uurka ku jira, kaas oo ka ilaalinaya cudurrada. [5] Xogta kale waxay muujineysaa in tallaalka buuxa ee xilliga uurka uu ka hortagi karo dhallaanka in isbitaal loo dhigo COVID. [6]

## Badbaadada tallaalka iyo Arimahaaga qaaska ah

Tiknaloojiyada loo isticmaalo tallaalka ayaa la tijaabiyay tobanaan sano ka hor inta uusan COVID-19 imaanin. Intaa waxaa dheer, tallaalka ayaa horay loo isticmaalay in ka badan hal sano. Tan iyo markii tallaalka la ansixiyay dabayaaqadii 2020, mas'uuliyiintu waxay ururiyeen xog badan iyaga oo sii wadey kormeerka badbaadada tallaalka. Cilmi-baadhistu waxay xaqiijinaysaa in tallaalku yahiin kuwo badbaado iyo waxtar leh.

Tallaalku waxay dadka ka joojiyaan inay si aad ah u bukoodaan oo u baahdaan inay cusbitaalkaadaan qiyaastii 90%. Tallaalku waxtarkiisu wuxuu socdaa bilo badan. Tallaalku waxa kale oo uu ka caawiyaa dadku hore ugu dhacay COVID-19 inay iska ilaaliyaan inay mar kale bukoodaan. [7]

Gobolka Minnesota wuxuu taageeray in qof walba xaq u leeyahay in laga talaalo lagana ilaaliyo COVID-19. Umana baahnid caymis ama wax dukumeenti ah si lagu talaalo.

Gutierrez wuxuu xasuustaa, "Bilowgii, waxaa jiray kiisas farmashiilayaal waydiistay aqoonsi si ay u diwaan geliyaan bukaannada oo ay u raadsadaan caymis. Tani waxay saameyn xun ku yeelatay bulshadeena sababtoo ah dadka qaar ayaa loo diiday tallaalka. Laakiin gobolka ayaa soo farageliyay si uu u xasuusiyo qaybiyayaasha tallaalka in ay joojiyaan in ay dadka u diidaan talaalka."

Maamulka ayaa ka shaqeeyay in qof walba la talaalo warqad aqoonsi la'aan, farmashiyadana waxay beddeleen dhaqankooda si aysan u weydiin aqoonsi.

Nidaamka tallaalku wuxuu kaloo leeyahay tallaabooyin ammaan oo ilaalinaya sirtaada. Macluumaadka tallaalka waxaa keliya oo loo isticmaali karaa caafimaadka dadweynaha. Maamulka socdaalka ma heli karaan macluumaadka talaalka mana tegi karaan meesha talaalka.



## Daryeelka oo luqadaada iyo beeshaada

Way adkaan kartaa in lagu helo macluumaadka caafimaadka oo Isbaanish iyo luqadaha kale ee asaliga ah ee Latin America. Markaa, bulshooyinka Laatiin waxay isu abaabulayaan si ay isaga caawiyaan helitaanka daryeelka ay u baahan yihiin. Ururada sida Project HEALINGS, HACER, iyo barnaamijyada wararka deegaanka waxay ka shaqeeyaan inay la wadaagaan agabka COVID ee luqada Isbaanishka. Tani waxay waxtar u tahay dadka ku hadla Isbaanishka ee ku nool Minnesota, oo ay ku jiraan shaqaalaha soogalootiga ah ee halkan u soo safray si ay uga caawiyaan shaqaale yaraanta.

COVID-19 wuxuu ka dhigay labadii sano ee la soo dhaafay cabsi iyo walwal badan. Laakiin waad xakameyn kartaa caafimaadkaaga oo aad ilaalin kartaa bulshadaada adiga oo wax badan ka baranaya tallaalka. Dhakhaatiirta iyo kalkaaliyayaasha caafimaadku waxay diyaar u yihiin inay kaaga jawaabaan su'aalahaaga oo ay yareeyaan walwalkaaga. Marka sii wad su'aalo weydiinta oo kala hadal xubnaha qoyskaaga iyo saaxiibada khibraddooda tallaalka. Taasi waxay kaa caawin doontaa inaad go'aansato haddii tallaalkadu kugu habboon yihiin adiga iyo qoyskaaga. Wixii macluumaad dheeraad ah, booqo [projthealings.info](https://projthealings.info).



## Reference

1. Gutierrez, R., Hawkins, J., Higuera, J. P., Linscheid, N., Tuck, B., & Hernandez-Swanson, J. (2020). Impacto del COVID-19 en las empresas de propiedad de latinos en Minnesota. Hispanic Advocacy Community Empowerment through Research, University of Minnesota Extension.
2. COVID-19 Vaccine Data. (n.d.). COVID-19 Updates and Information - State of Minnesota. Retrieved April 28, 2022.
3. Gabilondo-Scholz, A. I. (2021, April 14). Racial inequities faced by MN Latino community during pandemic | Blue Cross MN. Blue Cross Blue Shield MN.
4. Weekly COVID-19 Report 4/28/2022. (2022). Minnesota Department of Health.
5. Shook, L. L., Atyeo, C. G., Yonker, L. M., Fasano, A., Gray, K. J., Alter, G., & Edlow, A. G. (2022). Durability of Anti-Spike Antibodies in Infants After Maternal COVID-19 Vaccination or Natural Infection. JAMA, 327(11), 1087–1089.
6. Halasa NB, Olson SM, Staat MA, et al. Effectiveness of Maternal Vaccination with mRNA COVID-19 Vaccine During Pregnancy Against COVID-19–Associated Hospitalization in Infants Aged <6 Months — 17 States, July 2021–January 2022. MMWR Morb Mortal Wkly Rep 2022;71:264–270.
7. Kimberlee, D. K. D.. (2022, March 31). COVID-19 vaccines reduce hospitalization, death in people with prior infection, study finds. News Center.

## Acknowledgement

This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$4,000,000 with 100 percent funded by CDC/HHS through NNPHI. The contents of this document are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.