

## Flu campaign video - Somali

1	Hi my name is Shiren, I live and work in Bristol
	Haye Magaceyga waa Shiren, Waxaan ku noolahay oo aan ka shaqeeya Bristol
2	I'm a part of the Bristol Muslim Strategic Leadership Group
	Waxaan ka mid ka ahay Kooxda Hogaanka Istarajiyada ee Muslimiinta Bristol
3	I'm really passionate about public health
	Dhab ahaani Anigu waxaan jaclahay wax ku saabsan caafimaadka dadweynaha
4	which is why i joined the NHS Health Task Group
	Taasi waana sababta aan ugu biiray Kooxda Hawsha Caafimaadka NHS
5	and today I'm here with Ade Williams. Haye Shiren waan fiican tahay inaan kula kulmo
	Maantana waxaan la jooga halkaan Ade Williams.
6	What do you do Ade?
	Maxaad qabtaa Ade?
7	I'm the lead pharmacist at Bedminster Pharmacy which is in south Bristol
	Waxaan ahay maxada farmashiistaha Bedminster Pharmacy kaas kuyaala koonfurta Bristol
8	So, Ade I was wondering why is the flu vaccine important
	Marka, Ade waxaan isweydiinayay sababta talaalka hargabku muhiim u yahay
9	especially for people across different communities in Bristol this year?
	gaar ahaan dhammaan dadka bulshooyinka kala duwan ee Bristol sanadkan?
10	One of the things that we sometimes forget is that flu itself kills and hospitalises people
	Mid ka mid ah waxyaabaha marmarka qaar aan ilaawno ayaa ah in hargabka laftiisa uu dilo oo isbitaal dhigo dadka
11	we lose thousands of people sadly to flu every year
	waxaa murugo ah inaan sanad walba ku wayno kumanaan dad ah
12	we also know just like we've seen with the coronavirus, that
	waxaan sidoo kale ognahay sida aan ku aragnay fayraska korona, in

13	people who are in minority ethnic groups; black, Asian, and also people that have
	kooxaha dadka laga tira badan yahay; madawga, Asian, iyo sidoo kale dadka
14	underlying health conditions like diabetes and also the over 65s are vulnerable to flu
	Xaaladaha caafimaadka daran sida macaanka iyo sida kale dadka ka weyn ayaa 65aad ayaa nugul hargabka
15	and we are concerned actually that the combination of flu and covid which we know
	dhab ahaantii waxaan ka walacsanahay isku darmista hargabka iyo covid kaas oo aan ognahay
16	increases the [risk] to have both of them at the same time poses a big risk to those groups
	inay kordhinayso [khatarta] inuu labadooda kugu dhaco hal mar waxay khatar weyn ku tahay kooxahaan
17	as well, so what we then know
	sidoo kale, marka waxaan ogaanayna
18	is that in light of this risk the flu vaccine which is a safe and effective way
	Inay taasi tahay sababta khatartan tallaalka hargaabka taas oo ah hab badqab ah oo wax ku ool ah
19	to protect yourself from flu just makes a lot of sense to have it to protect you, your family
	si aad uga ilaaliso hargabka naftaadu waxay sameeynaysa micno badan si aad u yeelato difaac adiga, qoyskaaga
20	and also, your community as well.
	iyo sidoo kale, bulshaada sidoo kale.
21	I completely agree with you
	Anigu gabi ahaanba waan kugu raacsanahay
22	So is the flu vaccine effective, does it actually work?
	Marka tallaalka hargabka wax ku ool, dhab ahaantii ma shaqeeyna?
23	Yes, it is effective, the flu vaccine offers a very effective way of
	Haa, waa wax ku ool, tallaalka hargabka wuxuu bixiya qaab aad wax uga ool ah
24	delivering protection to yourself, it doesn't give you the flu because it doesn't have any

	Inuu naftaada difaaco, ma ku siinatso hargab sababtoo ah ma ku dhex noola
25	live vaccines in it and it can take up to 14 days after it to be fully protected from flu
	tallaalada waxayna qaadan kartaa ilaa 14 waxay qaadan kartaa ilaa 14 maalmood kadib si buuxda looga difaaco hargabka
26	Yes, I think that's really important, wanting to protect the people around us because we ourselves
	Haa, waxaan u maleenaya inay dhab ahaantii inay muhiim tahay, rabid si aan uga ilaalino dadka nagu xeeraan sababtoo ah waxaan nahay anaga nefteena
27	might not be at such high risk but [for] the people we love [it] might have a much more disastrous effect so
	Waxaa laga inaan ku jirin sida khatarta sare [ee] dadka aan jacelnahay [waxay] yeelan kartaa saameyn aad u xun oo intaas ka sii badan
28	One thing I was wondering is
	Hal shay oo aan is waydiinayay ayaa ah
29	Does the flu vaccine have any side effects?
	Tallaalka hargabka ma leeyahay wax waxyeelo ah?
30	It's a good question and one of the things that many people will say to you
	Waa su'aal fiican mid ka mid ah waxyaabaha dad badan ay kugu dhihi doonaan
31	is that flu vaccines give you flu and that's completely not true
	tallaalada hargabka ayaa ku siinaya hargab taasna gabi ahaan run maahan
32	the most that you will experience is an aching arm after you've
	Inta ugu badan ee la kulmi doonoo waa cuncun gacanta kadib ah
33	had it and that usually will resolve itself without much incident over a few hours
	Marka aad qadato taasi iyada ayaa ka iska xalismi doontaa iyada waxbo dhicin dhowr sacad kadib
34	if you are allergic to any of the constituents in a flu vaccine because some of them are egg-based
	Haddii aad ku qabto xasaasiyad ah mid ka mid ah tallaalka hargabka sababtoo ah qaar ka mid ah ayaa ku saleysan ukumo
35	you can actually ask the pharmacist or the nurse or the GP that's administering it

	Runtii ahaan waxaad weydiin kartaa Farmashiistaha ama kalkaaliyaha ama GP bixinaya
36	let them know that you do, and they can find you one that does not
	oo ogeysii inaad xasaasiyad ku tahay, waxay kuu heli karaan mid aan
37	have that so the chances of you coming to any harm
	Laheyn taasi marka fursadaha adiga kaga imaan kara waxyeelo ah
38	from a flu vaccine is very very minimal, it's a very safe and effective intervention
	Kasta oo tallaalka hargabka waxay u yar tahay aad iyo aad, waxay ku badqab tahay aad iyo aad iyo wax ka qabasho wax ool ah
39	Ok I think that's really important for everyone to know then because I think that was
	Waayahay waxaan u maleenaya dhab ahaantii inay muhiim tahay in qof walba uu ogaado sababtoo ah waxaan u maleenayay
40	my worry that it would have bad side effects but to know that it's really safe,
	Taasi inay aheyd walacii aan qabay oo ahaa inay leedahay waxyeelo xun laakiim waxaan ogaaday dhab ahaantii inay tahay badqab,
41	there's no live flu in it that's really important.
	ma jiro hargab nool taasina runtii ahaan waa muhiim.
42	One particular worry
	Hal walac oo gaar ah
43	that I had was that I'd be putting myself
	Taas oo aheyd inay nafteyda gelinaso
44	more at risk by coming into a doctor's surgery or pharmacy to
	khatar badan imaantiinka dhakhtarka qaliinka ama farmashiiyaha
45	get the vaccine.
	si aan helo tallaalka.
46	No, you're not and one of the things that you know all of us in the NHS have been
	Maya, ma tihid waxaad ka mid tahay waxyaabaha aad ogtahay in dhammaanteen NHS jogaa inaan nahay
47	really conscious of because we've been planning for the flu vaccination

	kuwa aad u miir qaba sababtoo waxaan qorsheynay tallaalka hargabka
48	this year for over a period of time is to think about
	sanadkan xooga muddo waqti ah ayaa laga fakaraynay wax ku saabsan
49	how do we make it safe for you to come in
	Sida aan uga dhigno inaad badqab ku imaato
50	what I can say is that you will certainly not be putting yourself at risk
	waxa aan dhihi karo waa hubaal inaad khatar galinaynin naftaada
51	that is because all NHS colleagues will be
	taasi waa sababta dhammaan asxaabta NHS ay nafaadiin doonaan
52	sanitizing our hands, will be wearing appropriate protection including
	Gacamaheena, oo ay xiran doonaan difaaca ku haboon oo ay ku jirto
53	mask, gloves, and also [for] each person as well. There will be appointments or time gaps put in place to
	Masgarada, gacmo gashi, sidoo kale [loogu]talagalay qof walba. Waxaa jiri doontaa ballamo iyo waqti u dhaxeya oo loo qoondayay
54	make sure that people are not coming in together, they're not congregating together there and
	Si loo hubiyo inay dadka isla imaanin, inaan halkaas la isugu isugu soo ururin iyo
55	actually if you have a particular need as well that makes you maybe at a higher vulnerability
	Dhab ahaantii haddii aad qabto baahi gaar ah sidoo kale taas oo laga yaabo inay dhigayso nuglaan sare
56	you will also find that there are special clinics being set up sometimes in community locations
	Waxaad sidoo kale ka heli doona halkaas xarumo caafimaad oo gaar ah oo looga sameeyo mararka goobaha bulshada
57	where you can go into a town hall or into a booked community setting to have your vaccination done
	halkaas oo aad ka geli karto xarunta dowladda hoose ama goob loo sameeyay inay bulshada uga qaadata tallaalka
58	quickly, it is something that we're all very conscious of, we want to make sure that in

	Si degdeg ah, waa wax dhammaan aad uga warqabno, waxaan rabnaa inaan hubino
59	protecting you we are protecting ourselves and we are also making sure we don't cause you any harm.
	Inaan adiga ku difaacayno nafteena difaacayno waxaan sidoo kale rabnaa inaan hubino inaan wax dhibaato ah kuu geysanin.
60	One thing that's particularly relevant to the Muslim communities in Bristol is
	Hal shay oo si gaarka ah ugu habboon muslimiinta bulshada Bristol waa
61	and I've wondered about this and heard quite a few people ask, is the flu vaccine xalaal, is it safe for
	owaxaanna u maleeynaya wax ku saavsa arrintan inaan maqlay dad aad u tiro yar oo is weydiinaya, waa inuu tallaalka hargabku yahay xalaal, ma badqabu u yahay
62	the Muslim community to get it? The adult flu vaccinations that we're using in our region do
	Bulshada Muslimiinta inay qaatan? Tallaalka hargabka dadka waa weyn ee aan u isticmaalno gobolkeena
63	not contain any traces of pork although it is not halal certified. We do know that the children's
	ma ku jiraan wax qansiiir in kastoo aan la cadeynin inuu yahay xalaal. Waxaan ognahay
64	nasal vaccines will have pork traces in them. Waxaan leenahay waa go'aanka talaalka inuu
	Tallaalada carruurta ee naska inuu ku jiro qansiiir.
65	one that is a personal one, so understand what the risks are, seek appropriate advice to help you
	yahay mid shaqsi ah, marka faham waxaa yihiin khatarada, raadso talo ku haboon si kuu caawiso
66	to make an informed decision and also talk to your Doctor or pharmacist as well. Thank you very much Ade
	si aad u gaarto go'aan la ogyahay sidoo kale la hadal Dhakhtarkaaga ama farmashiistahaaga sidoo kale. Ayaad u mahadsan tahay Ade.
67	that's really useful information, just
	dhab ahaantii taasi waa macluumaad muhiim ah, halka
68	one last thing for people in the community who are

	hhay ee ugu dambeeya ee loogu talagalay dadka ku jira
69	looking to get the vaccine who's eligible for the free NHS vaccine and where can I get one?
	Kuwaas oo raadinaya tallaalka kuwaas oo u qalma tallaalka NHS ee lacag la'aanta iyo halkee ka heli karaa hal?
70	Free NHS vaccination is available for those in the at-risk group, this includes anyone over the age of 65
	Tallaaaka NHS ee Lacag La'aanta waxaa heli karaa kooxda-khatarta ku jirta, tani waa ku jira qof walba oo ka weyn da'da 65
71	people with a long-term health condition such as diabetes and also pregnant women at any stage of
	Dadka qaba xaaladaha caafimaadka mudada-dheer sida macaanka sidoo kale dumarka uurkoodu yahay
72	their pregnancy. If you're eligible for the free NHS flu vaccination you may have already received
	heer walba. Haddii aad u qalanto tallaalka hargabka oo tallaalka hargabka lacag la'aan ah ee NHS
73	a letter from your GP, if not you can go into your community pharmacy or contact your GP surgery and
	Warqad ka socota GP-gaaga, haddii aadan tagi Karin farmashiga bulshadaada ama la xiriir qaliinka GP-gaaga waxay
74	they will be able to advise you on how to book in for your free vaccination, so please go in if you're
	waxay awoodi doonaan inay kaala taliyaan sida loo dalbado tallaalkaaga lacag la'aanta ah, markaa fadlan gal haddii aad tahay
75	entitled to a free NHS vaccination, get it as soon as possible, protect yourself, protect your
	Haddii aad xaq u leedahay tallaalka lacag la'aanta ee NHS, hel sida ugu dhaqsiiyaha badan, difaac naftaada
76	family, protect your community and the NHS as well. Thank you very much for that, that's
	difaac qoyskaaga, difaac bulshadaada iyo sidoo kale NHS. Aad ayaad ugu mahadsan tahay taasi
77	a really important message I think everybody needs to hear that. Thank you for coming in.

	<p>run ahaantii waa fariin muhiimka waxaana u maleeynayaa inay tahay muhiim inuu qof walbo maqlo. Waad ku mahadsan tahay imaatinkaaga,</p>
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