

**Qabsashada ballanta qaadashada tallaalka cudurka**

**COVID-19 ee gu’ga**

Waxaan kugu martiqaadaynaa inaad qabsato ballanta qaadashada tallaalka COVID-19 ee gu'ga. Tani waxaa sabab u ah in diiwaankaaga NHS uu soo jeedinayo in **laga yaabo** in **habdhiska difaaca jirkaaga uu daciifay**.

Waxaad guudmarka xaaladaha caafimaad, daawaynta iyo daawooyinka sababi kara in habdhiska difaaca jirka uu daciifo ka eegi kartaa **www.nhs.uk/get-covid-vaccine**.

**Sida ballan loo qabsado**

* Ballan ka qabso khadka **www.nhs.uk/get-vaccine** – ku jawaab 'Haa, habdhiska difaaca jirkayga wuu daciifay' ama 'waxaan jeclaan lahaa inaan hubiyo'
* Ballan ka qabso **Ablikeeshinka NHS**
* Goobta socodka lagu tago ee lagu bixiyo tallaalka COVID-19 ee kuugu dhow ka raadi [**www.nhs.uk/covid-walk-in**](http://www.nhs.uk/covid-walk-in).

Taariikhda ugu dambeysa ee aad awoodi doonto inaad hesho tallaalkaaga waa **30-ka Juun 2024.**

**Haddii aad u baahan tahay taageero**

Haddii aadan khad intarnet heli karin, wac **119**. Turjubaano ayaa la heli karaa. Waxaad sidoo kale isticmaali kartaa taleefanka fariimaha **18001 119** ama Adeegga Luuqadda Farakahadalka/Dhagoolayaasha ee NHS British oo laga helo **www.signvideo.co.uk/nhs119**.

Haddii aad daryeelkaaga ku hesho guriga, la xiriir GP-gaaga si uu kuugu soo **booqdo guriga**. Haddii aysan kuu qabanqaabin karin, xiriirada tallaalka COVID-19 ee degaankaaga ka raadi **www.england.nhs.uk/covid-vaccination-contacts**.

Si aad u hesho martiqaadkan oo u qoran qaab si fudud loo akhrin karo iyo qaabab kale ama ku qoran luqado kale, booqo **www.england.nhs.uk/seasonal-invites**.

**Xilliga ballantaada qaadashada tallaalka**

Waxaan u baahan doonaa inaan xaqiijino inaad weli qabto habdhis difaac oo daciif ah kahor intaanan ku tallaalin. Si loo ogaado xaaladda caafimaad ama daawaynta daciifiyay habdhiska difaacaaga, waxaa fiican haddii aad:

* Keeni karto warqadda ku celinta daawooyinka dhakhtar uu kuu soo qorey ama sanduuqaaga daawooyinka, AMA
* Keeni karto warqadda NHS oo xaqiijinaysa cudurka lagaa helay, AMA
* Na tusi karto diiwaankaaga caafimaadka ama taariikhda daawaynta adigoo isticmaalaya Ablikeeshinka NHS.

Haddii xaaladaada caafimaad ay isbedeshay oo aadan lahayn habdhis difaac oo daciif ah, uma baahnid inaad ballan kale qabsato.

**Macluumaad dheeraad ah**

Inaad qaadato tallaalkaaga COVID-19 ee gu'gan waxa ay yarayn doontaa halista ah inaad qaado jirro halis ah. Waa muhiim inaad kordhiso difaaca jirkaaga sababtoo ah difaaca ayaa lumaya waqti kadib waxaana isbedeli kara noocyada COVID-19. Wixii macluumaad dheeraad ah ee ku saabsan tallaalka, booqo [**www.nhs.uk/covidvaccination**](http://www.nhs.uk/covidvaccination).

Haddi ay jiraan wax macluumaad shakhsiyeed oo ku jira martiqaadkan oo khaldan/khalad ah, waxaad cidda aad kala xiriiri karto ka eegi kartaa **www.england.nhs.uk/covid-invite-enquiry**.

Daacad kuu ah,

Kooxda Tallaallada ee NHS England   
 