

**Qabsashada ballanta qaadashada tallaalka cudurka**

**COVID-19 ee gu’ga**

Waxaan kugu martiqaadaynaa inaad qabsato ballanta qaadashada tallaalka COVID-19 ee gu'ga. Waxaad ku jirtaa dadka la siiyay mudnaanta qaadashada tallaalka sababtoo ah waxaad tahay **75 jir ama ka weyn** (ama waxaad 75 sano jirsan doontaa 30-ka Juun 2024).

**Sida loo helo tallaalka cudurka COVID-19**

* Ballan ka qabso khadka **www.nhs.uk/get-vaccine**
* 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**.

**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   
 