

Iska tallaal covid-19

Covid-19 waa cudur uu keeno fayras oo faafa. Inta badan dadka uu ku dhaco cudurka ayaa si fudud u bukooda, balse waxa jira dad aad ugu bukooda. Xaaladda ugu darran ayaa keeni karta in qofku cudurka u dhinto.

Tallaalka ayaa adiga iyo dadka kalaba difaacaya

Tallaalka covid-19 ayaa kaa difaaci kara inaad aad u bukoota ama u dhimato cudurka. Tallaalka ayaa haddana gacan ka geysan kara yareynta faafka covid-19 ee bulshada dhexdeeda. Sidaa darteed, waa muhim inay dad badani doortaan inay is tallaalaan.

Cilmi baarayaal ka socda dalal badan ayaa iska kaashaday inay soo saaraan tallaalka ka hortagga covid-19. Tallaalka ayaa loo kontoorlay si la mida tallaalada kale.

Haddii aad qabto su'aalo la xiriira tallaalka covid-19, waxaad wici kartaa lambarka warbixinta qaranka 08-123 680 00 ama la xiriir rugtaada caafimaad.



Goorma ayaan is tallaali karaa?

Dhamaan dadka jira ama ka weyn 18 sanno ayaa la siin doonaa tallaalka, laakin adiga ayaa go'aan ka gaaraya inaad is tallaasho. Xataa qofka aan aheyn muwaadin iswiidhisha wuxuu heleyaa tallaalka covid-19.

Tallaalka covid-19 waa lacag la'aan.

Dadka u baahan difaaca ugu badan ee ka hortagga covid-19 ayaa ugu horeynta helaya tallaalka. Kala hormarinta dadka la tallaalayo ayaa sidaa darteed afar waji loo qeybiyay. Bogga internetka ee 1177.se/jonkopings-lan/covid-19-other-languages ayaa ka heleysaa warbixinta ku saabsan goorta adiga lagu tallaalayo.

Warbixin dheeraada oo ku saabsan tallaalka covid-19

Bogga internetka ee 1177.se ayaa ka heleysaa faahfaahin dheeraada oo ku saabsan tallaalka covid-19 oo ku qoran afaf kale.



Koodhka QR-ka ku iskaan garee mobiilkaada ama gal bogga internetka.



1177.se/jonkopings-lan/covid-19-other-languages

Sidan ayaad u qabsanaysaa ballanta tallaalka

Hay'adda caafimaadka bulshada ayaa go'aan ka gaartay sida loo kala hormarinayo dadka kala duwan ee la tallaalayo. Dadka u baahan difaaca ugu badan ee ka hortagga covid-19 ayaa marka koowaad la tallaalayaa. Sidaa darteed waxa muhima inaad la socoto goorta ay tahay inaad adigu qabsato ballanta tallaalka.

Faahfaahin dheeraada oo ku saabsan goorta ay tahay inaad qabsato ballanta tallaalka looga hortaggayo covid-19 ka aqriso 1177.se/jonkopings-lan/covid-19-other-languages.

Waxaad ballanta tallaalka ka qabsan kartaa internetka. Markaa uma baahnid aqoonsiga elegtarooniga, laakin waxaad u baahan tahay tobanka lambar ee iswiidhishka.

Haddii aadan laheyn tobanka lambar ee iswiidhishka markaa waa inaad wacdaa rugtaada caafimaad si aad ballan u qabsato.

Haddii aad u baahan tahay turjubaan waxaad taa weydiisan kartaa qof aad garanayso oo afka iswiidhishka yaqaan. Haddii aad u baahan tahay turjubaan marka aad is tallaalayso waa inaad taa u sheegtaa rugta caafimaadka marka aad ballanta qabsanayso.

Sii wad inaad ilaaliso naftaada iyo tan dadka kale

Waa muhim inaad sii waddo ku dhaqanka talooyinka mas'uuliyiinta xataa markaad hesho tallaalka kadib si loo yareeyo faafka cudurka covid-19.

- Dhaq gacmaahaada badanaa.
- Ka fogow oo iska ilaali meelaha ciriiriga.
- Yaree la kulanka dadka kale inti macquula.
- Joog guriga xataa haddii aad xannuun yar dareento
- Iska baar covid-19 xataa haddii aad isku aragto astaamo fudud..