

**Qorshaynta tallaalladaada xilliyeed**

Waxaad ka mid tahay dadka mudnaan u leh tallaallada xilliyeed ee ifilada ama hargabka iyo cudurka COVID-19. Waxaa tan sabab u ah in aad tahay 65 jir ama ka wayn tahay (kama dambays maalinta 31 Maarso 2024).

Qaadashada talllaalladaada ifilada iyo cudurka COVID-19 waxay kaa yarayn doontaa halista cudurka ama jirrada daran waxayna kaa caawin doontaa in aad si ka dhakhso badan u bogsato haddiii aad qaaddo fayrusyada.

Waxaad qorshaysan kartaa adigoo isticmaala mid ka mid ah fursadaha hoose haddii aadan hore u helin ama u habaysanin tallaalkaaga.

**Sida aad u helayso tallaalkaaga cudurka COVID-19**

* Ku qorshayso internetka halkan [**www.nhs.uk/book-covid**](http://www.nhs.uk/book-covid) (waxaa lagu weydiin karaa haddii aad rabto tallaalka ifilada ama hargabka isla ballantaas)
* Isticmaal **Abb-ka NHS**
* **Kiliniigga ama rugta caafimaadka ee la iska tago** ee tallaalka cudurka COVID-19 ee kuugu dhow ka hel halkan **www.nhs.uk/covid-walk-in**.

**Sida aad u helayso tallaalkaaga ifilada**

* La xiriir **xafiiska Takhtarkaaga Guud (GP)**
* **Farmashiida kuugu dhow** ee ku deeqda tallaalka ka hel halkan [**www.nhs.uk/flu-pharmacy**](http://www.nhs.uk/flu-pharmacy%20(18)
* Farmashiiyada qaarkood ayaa ballamo ku bixiya internetka halkan **www.nhs.uk/book-a-flu-vaccination** ama ku bixiya **Abb-ka NHS**.

**Haddii aad taageero u baahan tahay**

* Haddii aadan geli karin internetka, wac **119** si aad gargaar uga hesho habaynta ama diyaarinta tallaalladaada.

Haddii aad caadi ahaan daryeelkaaga ku hesho guriga, fadlan la xiriir xafiiska Takhtarkaaga Guud si aad u habaysato **booqashada guriga** ee laga helo adeeg NHS oo xaafadda ama degaanka ku yaalla. Haddii xafiiska Takhtarkaaga Guud uusan ku caawin karin, tag halkan **www.england.nhs.uk/local-covid-19-vaccination-contacts**.

**Macluumaad dheeraad ah**

Tallaallada xilliyeed ayaa loo caddeeyey in ay badbaado leeyihiin. Waxay adiga ku siiyaan difaac ama badbaadin ka fiican difaaca dabiiciga ah ee laga helo caabuqyadii ama cudurradii hore.

Fayrusyadu waxay si ka fudud u fidaan xilliga jiilaalka. Xataa haddii adiga hore laguu tallaalay, waxaa muhiim ah in aad hesho badbaadinta ama difaaca aad u baahan tahay maxaa yeelay fayrusyada ayaa is beddela, waxaana waqti ka dib yaraata badbaadinta.

Si aad u hesho nuqulka akhris fudud ee martiqaadkan, tag halkan [**www.england.nhs.uk/seasonal-invites**](http://www.england.nhs.uk/seasonal-invites/).

Daacad kuu ah,

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Dr Nikita Kanani MBE

Takhtar Guud (GP) iyo Hoggaamiye Ku-xigeen (Deputy Lead)   
Barnaamijyada Tallaalka Xilliyeed ee adeegga NHS  
NHS England  
  
**Dhawrista Xogta**: Hay'adda NHS England ayaa masuul ka ah ka shaqaynta xogtaada shakhsi ahaaneed ee loogu talagalay barnaamijyada tallaalka qaran. Si aad war dheeraad ah u hesho, ogaysiintayada sirta ayaad ka eegi kartaa halkan: [**www.england.nhs.uk/contact-us/privacy-notice**](http://www.england.nhs.uk/contact-us/privacy-notice), ama raadi “NHS England Privacy Notice” (Ogaysiinta Sirta ee NHS England) oo ka raadi daalacdahaaga barta internetka. Si aad uga baxdo martiqaadyada tallaalka cudurka COVID-19, fadlan booqo [**www.nhs.uk/covid-invite-preferences**](https://www.nhs.uk/covid-invite-preferences) ama wac 119.