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Taariikhda: ((date))
Lambarka NHS: ((nhsNumber))

Qabashada tallaalka guga ee NHS ee COVID-19

Gacaliye ((fullName)),

Waxaad ballansan kartaa tallaalka COVID-19 guga NHS oo bilaash ah Tani waxaa sabab u ah in diiwaankaaga NHS uu soo jeedinayo in **laga yaabo** in habdhiska difaaca jirkaaga uu daciifay.

Waxaan u baahanahay inaan xaqiijino tan ka hor inta aadan qaadan tallaalka.

Sida ballan loo qabsado

- Ballan ka qabso **App-ka NHS** ama onlaynka ah **www.nhs.uk/book-covid**
- Ka hel goobta lagu galo **www.nhs.uk/covid-walk-in**

Waa inaad ballan samaysataa ka hor **17 Juunyo 2025**. Tani waa taariikhda ugu dambaysa ee aad qaadanayso tallaalka.

Haddii aad u baahan tahay caawimaad

Haddii aadan geli karin khadka, wac **119**. Turjubaano ayaa la heli karaa. Waxa kale oo aad isticmaali kartaa telifoonka qoraalka ah **18001 119** ama adeegga Luqadda Calaamadaha Ingiriiska ee NHS (BSL) ee **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, taageero ka hel **www.england.nhs.uk/covid-vaccination-contacts**.

Qaababka kale ee martiqaadkan ayaa diyaar ah. Si aad u hesho akhris fudud, maqal, BSL iyo tarjumaad, tag www.england.nhs.uk/seasonal-invites.

Waa maxay sababta NHS ay u bixinayso tallaalka COVID-19 gu'ga

Caabuqa COVID-19 wuxuu dhacaa sanadka oo dhan wayna adkaan kartaa in laga fogaado. Waa muhiim inaad kor u qaaddo ilaalintaada sababtoo ah way sii dhammaanaysaa waqti ka dib, noocyo kala duwanaansana way isbedeli karaan.

Dadka habdhiska difaaca jidhkoodu daciif yahay waxay halis dheeraad ah ugu jiraan inay si xun ugu bukoodaan COVID-19. Qaadashada tallaalka gu'ga COVID-19 waxay yarayn doontaa halista calaamadaha daran. Macluumaad dheeraad ah ka akhriso www.nhs.uk/covidvaccination.

Hubi haddii aad leedahay difaac daciif ah

Waxaa **laga yaabaa** inaad leedahay difaac daciif ah haddii aad:

- uu qabey ama lahaa kansarka dhiiga (leukemia, lymphoma ama myeloma)
- lahaa xubin, dhuuxa lafta ama unug-tallaal
- qaba HIV
- Qabo cillad hidde-side saamaynaysa habka difaacaaga
- lagu qaatay ama dhawaan la qaatay kiimoterabi, daawaynta noolaha ama shucaaca
- Qaado dawooyinka steroids, iyadoo ku xidhan qiyaastaada
- Waxay leeyihiin daawaynta difaaca jirka.

Liiskani waa mid kooban mana koobna wax walba. La hadal farmashiistahaaga, GP-gaaga ama khabiirkaaga haddii aadan hubin.

Anigoo daacad kuu ah,

Kooxda Tallaallada ee NHS England

Ilaalinta Xogta: Hay'adda NHS England ayaa mas'uul ka ah ka shaqeynta xogtaada shakhsiyeed ee loogu talagalay barnaamijka qaranka ee tallaalka cudurka COVID-19. Si aad xog dheeraad ah u hesho, waxaad ogeysiisyadeena qarsoodinimada xogta ka heli kartaa: www.england.nhs.uk/contact-us/privacy-notice. Haddii aad wax su'aalo ah ka qabtid casuumaadan, booqo www.england.nhs.uk/invite-enquiry. Si aad uga baxdo: www.nhs.uk/covid-invite-preferences.