## Qabsashada ballanta qaadashada tallaalada jiilaalka ee NHS

Gacaliye ((fullName)),

Waxaad ballansan u qabsan kartaa tallaalada NHS ee bilaashka ah ee hargabka iyo COVID-19 sabab la xiriirta da'daada. Waxaa fiican in lagu tallaalo sida ugu dhakhsaha badan ee aad awoodid ka hor intaan la gaarin bilaha qabowga.

## Sida loo qaato tallaalka hargabka A qr code to read more online.

* La xiriir xarunta GP-gaaga.
* Ballan farmashi ka qabso ablikeeshinka NHS ama khadka [www.nhs.uk/book-flu-jab](https://www.nhs.uk/book-flu-jab)
* Farmashi ka raadi [www.nhs.uk/flu-pharmacy](http://www.nhs.uk/flu-pharmacy)

## Sida loo qaato tallaalka cudurka COVID-19

* Ballan ka qabso **Ablikeeshinka NHS**
* Ballan ka qabso khadka [www.nhs.uk/get-vaccine](http://www.nhs.uk/get-vaccine)
* Goobta ballan la’aan la iska tagi karo ka raadi [www.nhs.uk/covid-walk-in](http://www.nhs.uk/covid-walk-in)

Waxaad qabanqaabisan kartaa tallaalada ifilada iyo COVID-19 **labadaba** inaad ku wada qaadato hal ballan adiga oo ballan ka qabsanaya Ablikeeshinka NHS ama khadka.

## Haddii aad u baahan tahay caawimaad

Haddii aadan geli karin khadka, wac **119**. Turjumaano 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](http://www.signvideo.co.uk/nhs119) **.**

Haddii aad daryeelkaaga ku hesho guriga, la xiriir GP-gaaga si uu kuugu soo booqdo guriga.

Si aad u hesho macluumaad ku qoran qaab si fudud loo akhrin karo iyo qaabab kale ama ku qoran luqado kale, booqo [www.england.nhs.uk/seasonal-invites](http://www.england.nhs.uk/seasonal-invites).

## Waa maxay sababta NHS ay u bixinayso tallaalada jiilaalka

Ifilada iyo COVID-19 waxay si fudud u faafaan xilliga jiilaalka wayna adkaan kartaa in laga fogaado. Jiilaal kasta, kumanaan carruur ah ayaa u baahda isbitaal jiifin sabab la xiriirta cudurka ifilada iyo COVID-19. Waa muhiim inaad labada tallaalba qaadato sannad kasta si aad u yarayso halista inaad la kulanto astaamo daran. Difaaca ayaa luma waqti kadib waxaana isbedela noocyada fayraska. Booqo [www.nhs.uk/wintervaccinations](http://www.nhs.uk/wintervaccinations).

## Tallaallada kale ee NHS

Haddii aanad horeba u qaadan, waxa laga yaabaa inaad awoodo inaad qaadato tallaalada ‘pneumococcal’, RSV iyo cambaarta. Si aad u hesho faahfaahin buuxda, booqo [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations).

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 tallaalada. Waxaad ogeysiiskeena qarsoodinimada xogta ka akhrisan kartaa [www.england.nhs.uk/privacy-notice](http://www.england.nhs.uk/privacy-notice).Si aad uga baxdo: [www.nhs.uk/covid-invite-preferences](http://www.nhs.uk/covid-invite-preferences).