## Qabsashada ballanta qaadashada tallaalada jiilaalka ee ifilada ee NHS

Gacaliye ((fullName)),

Waxaad ballan u qabsan kartaa tallaalkaaga ifilada ee xilliga jiilaalka ee bilaashka ah sababtoo ah diiwaankaaga NHS wuxuu soo jeedinayaa in laga yaabo inaad qabto xaalad caafimaad oo muddo dheer jireen ah. Waxaan u baahanahay inaan xaqiijino arritan ka hor inta aadan qaadan tallaalka.

## A QR code to book onlineSida loo qaato tallaalkaaga cudurka ifilada

* La xiriir xarunta GP-gaaga.
* Ballan farmashi ka qabso ablikeeshinka NHS ama khadka [www.nhs.uk/book-flu-jab](http://www.nhs.uk/book-flu-jab)(keliya 18+)
* Farmashi ka raadi [www.nhs.uk/flu-pharmacy](http://www.nhs.uk/flu-pharmacy)(keliya 18+)

Waxaa fiican in lagu tallaalo sida ugu dhakhsaha badan ee aad awoodid ka hor intaan la gaarin bilaha qabowga.

## Haddii aad u baahan tahay caawimaad

Haddii aadan geli karin khadka, 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](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 macluumaadkan oo u 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 tallaalka ifilada ee jiilaalka

Cudurka ifilada si fudud ayuu u faafaa xilliga jiilaalka wayna adag tahay in laga fogaado. Jiilaal kasta, kumanaan dad ah oo qaba xaaladaha caafimaad ee muddo dheer jireenka ah ayaa u baahda daryeel isbitaal sabab la xiriirta cudurka ifilada. Waa muhiim inaad labada tallaalba qaadato sannad kasta si aad u yarayso halista inaad la kulanto astaamo daran maadaama difaaca uu lumo waqti kadib oo noocyada fayraskana ay isbedelaan. Wax intaas ka badan ka akhriso [www.nhs.uk/flujab](http://www.nhs.uk/flujab).

## Tallaallada kale ee NHS

Haddii aadan hore u qaadan, waxaad qaadan kartaa:

* tallaalka ‘pneumococcal’ (haddii aad halis sare ugu jirto inaad si xun u jirranto)
* tallaalka cambaarta (haddii aad tahay 18 jir iyo ka weyn oo habdhiska difaaca jirkaaga uu daciif yahay)

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).