## Qabsashada ballanta qaadashada tallaalada jiilaalka ee ifilada

Gacaliye ((fullName)),

Waxaad ballan u qabsan kartaa tallaalkaaga ifilada ee xilliga jiilaalka ee bilaashka ah sababtoo ah waxaad **tahay 65 jir ama ka weyn** (ama waxaad jirsan doontaa da’adaas marka la gaaro 31 Maaro 2026).

## A qr code to book your vaccination onlineSida loo qaato tallaalka 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)
* Farmashi ka raadi [www.nhs.uk/flu-pharmacy](http://www.nhs.uk/flu-pharmacy)

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 waawayn 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 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).