

Salaam!

Hadda waa waqtigii la iska tallaali lahaa Covid-19 iyo hargabka. Ku cusub xilliga 2023-2024 ayaa ah in labadan tallaali la bixiyo isku mar ilaa inta ugu badan ee suurtoogalka ah. Waan kula soo xidhoodhnay sababtoo ah waxaan aaminsanahay inay muhiim tahay inaad hesho macluumaadka ku saabsan Covid-19 iyo tallaalada hargabka.

### **Salaadada 7 Noofeembar, 2023, talaalka ayaa ka bilaaban doona Gävleborg.**

Waa kan sida loo sii wado, haddii aanad hore u helin martiqaad wakhti iyo goob leh:

- Boos qabsi, dib u qabsi, baajin waxa lagu samayn karaa si dhijitaal ah [1177.se/Gavleborg.se](http://1177.se/Gavleborg.se) ama taageerada telefoonka 026-150300.
- Waxaad sidoo kale booqan kartaa soo-gelinta, waqtiyadana waxaad ka heli kartaa [1177.se/Gavleborg](http://1177.se/Gavleborg)

Covid-19 iyo hargabku waa cudurro fayras ah oo lagu garto qandho, qufac iyo jir xanuun. Cudurku aad buu u sarreeyaa oo qaar baa cudurka qaaday waxay halis ugu jiraan inay si daran u bukoonadaan. Qaadashada tallaalku waxay kaa ilaalin doontaa xanuun halis ah - tallaaladu waxay badbaadiyaan noloshu.

### **Dadka lagula talliyay in laga tallaalo Covid-19:**

- 65 sano iyo ka weyn
- 50-64 jir aan la tallaalin
- Ka tirsan tahay kooxda halista ah
- Uur leh
- 50 jir iyo ka weyn, kuwaas oo aan la tallaalin.
- Nidaamka difaaca jidhka oo aad u liidato wuxuu yeelan karaa jadwal u gaar ah.
- Caafimaad si wayn u hoos ugu dhacay waana in si gaar ah loola socdaa xaalada caafimaad.

### **Dadka lagula talliyay in laga tallaalo hargabka:**

- 65 sano iyo ka weyn
- Ka tirsan tahay kooxda halista ah
- Uur leh
- Cida lagala xidhiidhayo qofka leh nidaamka difaaceedka daciifka ah ayaa lagula talinayaa in la tallaalo.
- Shaqaalaha daryeelka iyo daryeelka bulshada.
- Caafimaad si wayn u hoos ugu dhacay waana in si gaar ah loola socdaa xaalada caafimaad.

Kuwa aan saameyn ku yeelan tallooyinka sare, tallaalka Covid-19 ayaa lagu heli karaa lacag la'aan, tallaalka hargabkana waxaa lagu bixin karaa lacag.

Fursada lagaga tallaalayo pneumococcal ayaa laga heli karaa xarumaha caafimaadka sanadka oo dhan. Weydii macluumaad dheeraad ah xaruntaada caafimaadka.

Si diiran ugu soo dhawoow inaad is tallaalto!

Faahfaahin dheeraad ah ka sii akhri bogga [1177.se/Gavleborg](http://1177.se/Gavleborg)

Halkan waxa aad ka heli kartaa macluumaad ku saabsan sida ballan loo sameeyo, kuwaas oo lagula talliyay tallaalada iyo turjumaada luqado kala duwan.

Tixgalin,

Shah Jalal, dhakhtarka cudurrada faafa, gobolka Gävleborg

Maria Larsson, isuduwaha tallaalka, Gobolka Gävleborg.