

**HA ILLAWIN INAAD HAD IYO JEER KALA SOCOTID
MACLUUMAADKA CUSUB meelahaan rasmiga ah!**

Macluumaadka dhan iyo sidaad ballan tallaal u heli lahayd, ka fiiri bogga loogu tala galay Gobolka Lazio:
www.salutelazio.it/campagna-di-vaccinazione-anti-covid-19



Ballanso tallaal:
<https://prenotavaccino-covid.regione.lazio.it/main/home>



Ka hubso wixii cusub bogga AIFA:
www.aifa.gov.it/domande-e-risposte-su-vaccini-covid-19



Facebook: Salute Lazio
Twitter: @SaluteLazio
Instagram: salutelazio

Macluumaadkaan waxaa iska kaashaday:



iyadoo ku mahadsan maalgelinta, Fondazione TIM



mashruuca “Leave no one behind” (Cidna gadaal ha u reebin)
iyo Sanità di Frontiera Onlus.
Waxaana turjumay Medici Senza Frontiere

**AAN ISLA
JOOJINO CAABUQA.
SI WADAJIR AH!**

AAN ISLA JOOJINO CAABUQA. SI WADAJIR AH!

Si loo baddalo faafidda aafadaan, waa inaan isticmaalnaa dhammaan hababka aan heli karno si aan uga hortagna:

- Dhaqan wacan oo na badbaadinaya iyo nadaafadda ka hortagga: maa-skarada oo si sax ah loo isticmaalo, nadaafadda joogtada ee gacmaha iyo in qofka kale laga fogaadaa ugu yaraan 1 meter;
- Tallaalo

Tallaalo

Tallaalladu waxay saacida-ayaan oo xoogeynayaan difaacaada dabiiciga ah : si uu jirkaadu diyaar ugu noqdo la dagaalka fayruska ama caabuqa.

Hadda waxaa jira dhowr nooc oo tallaalo ah oo laga oggolaaday ama laga fasa-xay Yurub, inkastoo ay si kala duwan u shaqeeyaan, **KULLIGOOD way ku difaacayaan!**

Tallaalladu waa:

●**Wax ku ool ah:** Daraaso saynis ah oo cilmiyeysayn waxay muujinayaan tallaallada COVID-19 ka hortagga, inay aad wax ooga taraan ka hortagga noocyada daran ee infekshanka.

●**Lacag la'aan: qof walba ayaa xaq u leh!**

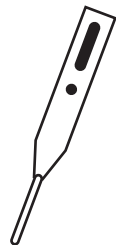
Qasab ma ahan, laakiin waa lagama maarmaan, si dadweynaha badidiisa loo badbaadiyo.



Sidey u shaqeeyaan?

Tallaallada COVID-19 ka hortagga waxay kaa caawimayaan difaaca jirka inuu aqoonsado oo xayiro qeybta fayruska COVID-19 keenta, iyagoo u diidaaya iney ku farcamaan jirkeenna dhexdiisa.

Tallaalku jirkeenna ayuu saameynayaa isagoo ilaalinaaya oo ku beeraya xusuus unogyada difaaca ka hortagga COVID-19 waqtiga ugu dheer oo uu awoodo. Tallaallada badankooda waxaa la isku durayaa 2 qeybood, oo ay u dhexeeyaan dhowr toddobaad. Si difaacu u dhammeystirno, waa muhiim in labada qeyboodba la helaa!



Tallaalka kaddib, maxaa dhacaya?

Markii lugu tallaalo kaddib waxaa lugu leeyahay sug 15/30 daqiiqo si loo habsado ineysan kugu soo bixin falcelin ama xasaa-siyad. Maalmaha ku xiga tallaalka waa caadi in lala kulmo saameyn, waxayna taa muujineysa in difaaca jirka u shaqeynayo.

●Saameyntaas badanaaba waa khafiif oo 1 ama 2 maalmood gudahooda ayay ba'ayaan: guduudasho ama aag ku dhaca meesha la duray, daal, madax wareer, murqo xanuun, qandho ama xummad.

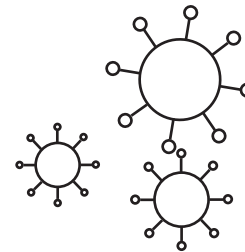
●Haddii saameyntaas ay 3 maalmood kaddib weli ku hayso ama aad dareento waxyeello daran, wac takhtarka familka ama kan xarunta caafimaadka ASL (oo ay maamulaan Medici del Mondo ama Takhtartiirka Dunida) +39 3510221390.

●Haddaad la kulanto xaalad caafimaad oo daran, wac 112 ama tag gurmada deg degga ah.



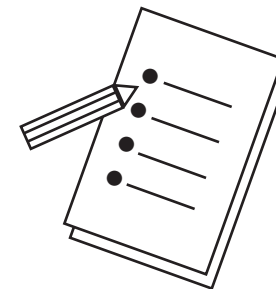
Islamarkii miyuu ka hortagayaa?

Maya: waxtarka buuxa waxaa la tixgalinaya 2 toddobaad kaddib marka la isku duro qeybta labaad (haddey yihiin 2 qeybood)



Tallaalka kaddib

Dadka tallaalan iyo kuwa xiriirka la leh waa iney sii wadaan shuruudaha ka hortagga COVID-19: si sax ah u xirtaan maskarada daboolaysa sanko iyo afka, ka fogaadaan qof kasta ugu yaraan 1 meter, nadaafadda ku dadaalaan, iskana ilaaliyaan meelaha lugu shiraayo.



MACLUUMAAD KALOO WAXTAR LEH...

Qof kasta ma heli karaa tallaalka?

Haa, qof kastoo daggan Gobolka Lazio: waxaa laga bilaabay dadka ugu waaye-elsan iyo kuwa halista u ah cudurrada ama shaqada ay qabtaan awgeed.

Dadka talyaaniga ah keliya miyaa la tallaalayaa?

Waxaa la tallaali doonaa qof kasta ee jooga dhulka talyaaniga: kuwa deggan iyo kuwaan haysan dagga-naansho, kuwa sharciga leh iyo kuwaan heysan.

Fiiro Gaar ah: xitaa hadduu horay kuugu dhacay COVID-19 waad is tallaali karta, laakiin waa inaad sugtaa ugu yaraan saddex bilood markaad biskooto kaddib.

Haddaad uur leedahay ama aad nuujineysid cunuggaada, la hadal shaqaalaha caafimaadka si loo darso haddaad is tallaali kartid.

Haddad dhib kala kulanto inaad hesho tallaalka, weydiiso takhtarkaada ama rugta caafimaadka STP/ENI iney ku caawiyaan ama mid ka mid ah hay'adaha aad taqaan.