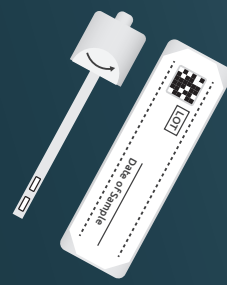


Tilmaamaha xirmada baarista mindhicirka

Waxaad u baahan doontaa...

wax aad ku qabato saxaradada sida weel duug ah oo nadiif ah

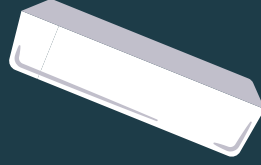
xirmada tijaabada (ku lifaaqan)



qalinka



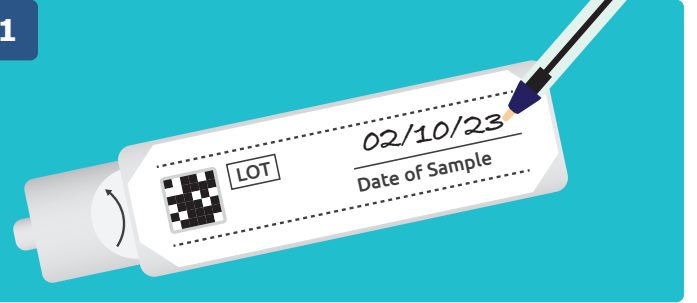
ama warqadda musqusha.



Aad u muhiim ah

Hubi in macluumaadkaaga daabacan ee baaritanka ay sax yihiin. Ku qor taariikhda aad muunada ku qaaday qalabka tijaabada ama waxaa laga yaabaa inaan tijaabin karin.

1

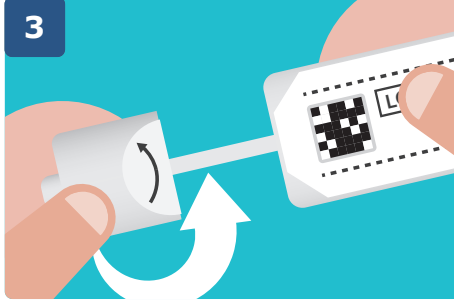


2



Dhig weel ama warqad musqusha gal musqusha si aad u qabato saxaradada. Ha'u ugolaan saxarada inay taabto dhinacyada musqusha ama biyaha.

3



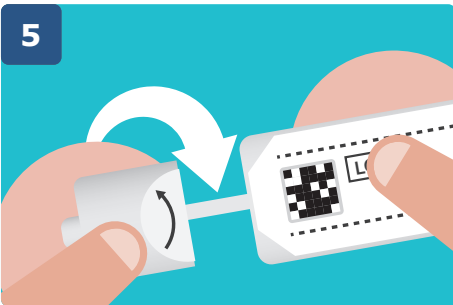
Fur furka tuubada si aad usha ka saarto.

4



Geli dhamaadka usha saxaradada. Kaliya buuxi labada god ee yar yar dhamaadka - ha buuxin.

5



Usha ku celi tuubada. Xir tuubada adiga oo daboolka dib ugu maroojinaya.

6



Haddii aad isticmaashid weel, ku rid bac oo ku rid qashin dibadda ah. Xusuusnow inaad dhaqdo gacmahaaga.

7



Marka la dhammeeyo, xidhmada tijaabada ku rid baqshadda daboolan ee lagu siiyey, xidh baqshadda oo dheji sida ugu dhakhsaha badan.

Khadka Caawinta Bilaashka ah: 0800 015 2514

(Relay UK 18001 0800 015 2514 ee loogu talagalay dadka dhegaha la' ama hadalka naafada ah)

Fadlan la xidhiidh khadka caawinta haddii aad wax su'aalo ah qabtid, ama haddii aad u baahan tahay qalab beddelaadda ama baqshadda. Fadlan ha la xidhiidhin dhakhtarkaaga GP-gaaga si aad u hesho qalab beddela ama si aad u soo celiso tijaabadaada baadhista, maadaama aanay bixin karin ama aqbali karin imtixaanadan.

Warqadan oo ku qoran luqad kale ama qaab fadlan booqo pha.site/mindhicirka-baaritaanka-tijaabada-xirmada-tilmaamaha

La qabsaday iyadoo ogolaansho laga helay Baarista mindhicirka Wales/Caafimaadka Dadweynaha Wales, kaasoo soo saaray nuqulkii asalka ahaa.



HSC Public Health Agency

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Naga hel:

