

# Tallaalka covid-19

Gobalka Stockholm ayaa siinaya tallaalka covid-19 dhammaan dadka ay da'doodu ka weyn tahay 18 sanno iyadoo loo eegayo sida uu tallaalku gobalka u soo gaaro. Tallaalada ayaa innaga caawinaya sidii aynu hoos ugu dhigilahayn faafida cudurka iyo khatarka ka iman karta in aad loogu xannuunsado oo loogu dhinto covid-19. Sidaa darteed waxaa muhiim ah inay intii macquul ah dad badani door-taan inay is tallaalaan.

## Dhowrka tallaabo ee tallaalka

Tallaalku waa habka ugu waxtarka badan ee looga hortagikaro in qofku aad u xannuunsado. Tallaalku wuxuu Iswiidhan u dhacayaa tallaabo tallaabo waxa-ana marka hore la siinayaa dadka baahida ugu badan u qaba. Taas macnaheedu waxay tahay in dad badan oo waayeela ah iyo dadka uu cudurku halista ku yahay iyo shaqaalaha daryeelka iyo kuwa caafimaadka ay horay u heleen fursad ay isku tallaalaan. Laga bilaabo bisha meey/maajo ayay dad badani heli doonaan fursadda tallaalka taasina waxay ku xiran tahay sida uu noo soo gaaro tallaalku. Waxaa sidoo kale xaq u leh inay is tallaalaan dadka magangalyo doonka ah ama kuwa aan heysan lambarka aqoonsiga shaqsiga ee Iswiidhan (peronnummer).

## Dhowr tallaalka oo kala duwan

Halkan gobalka Stockholm ayaa isticmaalaya tallaalo dhowra oo kala duwan kuwaas oo la ansixiyey oo lagu sameeyey kaantaroolo taxaddar leh oo la hubiyey. Tallaalada ugu badan ee covid-19 ayaa laba gojjo/tallaal laga qaataa iyada oo qofka laga mudayo qeybta sare ee gacanta/cududda. Waxaad heleysaa difaac wanaagsan si aadan aad ugu xannuunsan covid-19 saddex toddobaad kadib markaad goojada/tallaalka koowaad qaadato, balse waxaa muhiim ah inaad dhameystirato labada gojjoba/tallaalka. Marka aad is tallaaleyso ayaad ogaan doontaa nooca tallaalka lagu siinayo iyo goorta aad qaadaneyso gojjada/tallaalka labaad.

## Ballan qabsashada tallaalka

Waxaa jira siyaabo kala duwan oo loo qabsan karo ballanta tallaalka. Bogga 1177.se ayaad ka daalacan kartaa goorta dadka da'daada ah la tallaalayo iyo meesha - waxaanu marwalba furnaa xarumo tallaalka si aanu dadka oo dhan u caawino. Haddii aadan laheyn internet waxaad wicikartaa lambarka telefoonka 1177 si aad u ogaato goorta aad is tallaali karto.

- **Haddii aad leedahay bank-id iyo lambarka aqoonsiga shaqsiga (personnummer)** waxaad ballan ka qabsan kartaa app-ka Alltid öppet (iswiidhish/ingiriis).

**Haddii aad leedahay lambarka aqoonsiga shaqsiga (personnummer) laakiin aadan hay-san bank-id** waxaad ballanta ku qabsan kartaa telefoon adiga oo isticmaalaya telefoonadan:

Iswiidhish	08-428 429 30
Ingiriis	08-428 429 20
Carabi	08-428 429 01
Finska	08-428 429 03
Farsi	08-428 429 08
Polska	08-428 429 09
Ruush	08-428 429 11
Af soomaali	08-428 429 02
Isbaanish	08-428 429 12
Tigrinja	08-428 429 04

**Haddii aadan lahayn lambarka aqoonsiga shaqsiga (personnummer), la xiriir rugta caafimaadka si lagu caawiyo.**

**Faahfaahin dheeraada ka akhriso 1177.se**

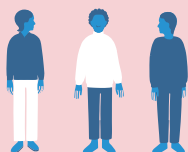
# Waxaad hoos u dhigi kartaa faafka cudurkaspridningen

Faafka cudurka covid-19 ayaa sii socda xataa marka dad badan la tallaalo. Sidaa darteed waa inaan dhammaanteen gacan ka geysannaa sidii hoos loogu dhigi lahaa faafka cudurka iyadoo la raacayo tallooyinka xataa markuu qofku is tallaalo kadib. Waxaad markaa ka hortagi kartaa inaad cudurka ku faafiso dadka kale isla markaana ka qeyb qaadan kartaa difaaca hareerahaada.

1

## Yaree dad la kulanka

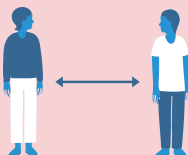
La kulan dadka kugu dhow oo keliya.



2

## Ka fogow dadka kale

Ka fogow meelaha ay ka jirto qatarka ciriiriga.



3

## Guriga joog

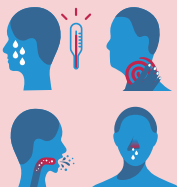
Ma qabaa qofka qoyskaada ah covid-19? Jooga guriga dhammaantiin.



4

## Is baar markaad calaamadaha isku aragto?

Dalbo baaritaanka guriga oo lacag la'aana.



5

## U safar si ammaano leh

Iska ilaali inaad la kulanto dad cusub xilliga safarka.



## Tallooyinka hadda jira ayaad ka heleysaa 1177.se

Bogga 1177.se ayaad ka heleysaa faahfaahin dheeraada ee covid-19, sida uu cudurku u faafo iyo waxa la sameyn karo si loo yareeyo halista adiga iyo reerkaada u iman karta. Warbixinta oo ay la socdaan filimo ayaad ku heleysaa afaf badan.

Su'aalaha guud ee covid-19 waxaad wici kartaa 113 13.

Waxaad kalood wici kartaa 08-123 680 000 si aad warbixin ugu hesho afafka ingiriis, carabi, af soomaali, farsi, dari, tigrinja, amarinja, ruush, bosniska, kroatis-ka, serbiska iyo isbaanish. Qadka telefoonka ayaa laga jawaabayaa maalmaha shaqada saacadda 09.00-15.00 laakin haddii aad wacdo waqti kale waxaad reebi kartaa farriin kadibna waa lagula soo hadli doonaa.

Isticmaal illo warbixin oo xaqiiqa ah isla markaana la hubiyey oo keliya markaad raadsaneyso warbixinta tallaalka: 1177.se, folkhalsomyndigheten.se, krisinformation.se

Faahfaahin dheeraada ka akhriso 1177.se