

## **Dadka looga shakiyo inay qabaan COVID-19**

Waxa aanu u aragnaa in aanad wakhti xaadirkan u baahnayn inaad qabato isbitaal.

Hadii aad doonayso inaad iska baadho COVID-19, waxa aad shaybaadhka laftaadu ka balansan kartaa [1177.se/Halland](https://www.1177.se/Halland).

### **Si aad isku baadho waa inaad:**

- ahaataa 18 jir ama ka wayn
- aad qabto calaamado COVID-19 ah kuwaas oo aad yeelatay dhawrkii maalmood ee lasoo dhaafay
- aad qabtay calaamadaha ugu yaraan 24 saacadood
- aad awoodo inaad is baadhi karto - sankaaaga iyo cunahaaga adiga oo isticmaalaya masaxaada

Dadka ka wayn 18 jirka oo qaba calaamadaha waxay la xidhiidhi karaan xarunta daryeelka caafimaadka si loo qiimeeyo baahidooda shaybaadhka. Hadii baahida noocaas ah la ogolaado, shaybaadhka ayay samaynaysaa xarunta daryeelka caafimaadku.

### **OGGOW**

Hadii lagu baadhay lixdii bilood ee lasoo dhaafay oo lagaa heley COVID-19, lagaagama baahna inaad shaybaadhka iminka gasho. Calaamadaha aad qabtaa waxay u badan yihiin inay yihiin wax kale oo ayna ahayn COVID-19.

### **Waxaad balansataa shaybaadhka aad iska qaadayso ee COVID-19**

Qabo [www.1177.se/Halland](https://www.1177.se/Halland) (Swedish ah) si aad u balansato wakhtiga iyo goobka aad iskaga baadhayso COVID-19. Halkan, waxa aad sidoo kale ka daawayn kartaa fiidyaw ku saabsan sida aad shaybaadhka laftaadu iskaga qaadayso oo waxa aad akhridaa waxa ay tahay inaad maskaxda ku hayso kahor inta aanad shaybaadhka iska qaadin.

Hadii aad leedahay Aqoonsi Bank, waxaad la hadli kartaa 010-476 19 13, maalmaha shaqada 08.00–15.00 oo iyaga ayaa ku caawin doona.

### **Waxa aad la socotaa calaamadahaaga si aad u eegto inay kasii dareen**

Hadii ay calaamadahaagu ay kasii dareen, oo ay kugu adkaato inaad neefsataayi ama ay kasii daraan, waxa aad la xidhiidhaa xaruntaada daryeelka caafimaadka ama la

hadal 1177 si aad talo u waydiiso. Hadii uu yimaado xanuun aad u darani, calaamadaha nafta khatarta ku ah, la hadal 112.

**Waa inaad gashaa aysoleeshin ilaa inta aad qabto calaamadaha!**

Marka aad caafimaad oo aanad qabin wax kamid ah calaamada mudo laba maalmood ah, waxa markaa ay sheegeysaa in aanad wixii intaa ka danbeeya aanad faafinaynin.

Hadii aad is baadhay oo markaa natijadu ay xaqiijisay inaad qabto COVID-19, waa inaad joogtaa guriga ugu yaraan 7 maalmood oo ka bilaabanta markii kowaad ee aad yeelatay calaamadaha iyo marka ay calaamaduhu kaa baaba'ayaan ugu yaraan 2 maalmood. Waa inaad caafimaadaa oo aanad xumad lahayn.