

MUHIIM

Kaliya dadka balanta leh ayaa helaya tallaalka.
Fadlan ha imaan kaliiniga ballan la'aan.

COVID-19 udiyaar garowga



3.



4.

Ballamaha # Tallaalka:

habraaca talaabooyinka

XAQ MA U LEEDAHAY?

Booqo [WEVax.ca](https://www.wevax.ca) si aad u ogaato.

Xarunta caafimaad ma aqbasho dadka iska yimaada.

U DIYAAR GAROOW INAAD ISDIWAAN GELISO

Si aad isku diwaan geliso, waxaad u baahan tahay:

- Xogta lagaala xiriiri karo iyo adeeskaaga
- Kaarkaaga caafimaadka (haddaa mid qabto)

ISDIWAAN GELI

Haddii aad xaq u leedahay, iska diiwaangeli khadka tooska ah ee internetka [wechu.org](https://www.wechu.org).

Haddii aad caawinaad u baahan tahay, wac **226-773-2200**.

U DIYAAR GAROOW BALANTAADA

- Qaado dawooyinkaaga oo cun raashin sida caadiga.
- Hasoo marsan waxyaabaha la carfiye.
- Soo xiro maro fudud oo kore ama funaanad si fudud gacantaada looga isticmaali karo.
- Ku dadaal in aad toban daqiiqo kahor balantaada aad timaado, kahor maya.

Ogoow: Haddii aad qabto astaamaha COVID-19, ha imaan xarunta caafimaad, fadlan wac Telehealth Ontario nambarka bilaashka 1-866-797-0000





5.

ee
ballantaada



Wali ma
su'aallo ayaa
qabtaa



WEVax.ca

WAX YAABAHA AAD BALANTA USOO QAADANEYSO

- Kaarkaaga caafimaad ama kaarka aqoosiga dowlada bixiso sida leesinka darawalka, baasboorka, kaarka xaalada, ama kaararka caafimaad ee gobollada
- Agabka ku caawinaya ee loo baahan yahay (tusaale; iskuutar, gaariga cuuryamiinta, ama ul)
- Okiyaalaha aqriska iyo/ama agabka maqalka caawiya haddii loo baahan yahay
- Af-xirka
- Qof ku caawiya, hadii loo baahan yahay (tusaale; saaxiib, qof qoyska kamida, ama turjamaan iwm.)

MARKAA AAD TIMAADO ISBITAALKA

- Filo in aad joogto ugu yaraan 30-60 daqiiqo.
- In aad dhameystirto habka baaritaanka intaa wado gaariga, baakin (bilaash) horayna usoco sida lagu faro.
- Halagu tallaalo!
- Joog 15 daqiiqo qeybta qiimeynta.

Ogoow: Dhamaan xarumaha caadimaad gaariga

MA U BAAHAN TAHAY CAAWINAAD?

Su'aallaha guud ee COVID-19 la xiriira, marka lagu daro su'aallaha tallaalka, booqo [WEVax.ca](https://www.wevax.ca)

ama wac **211**, 24/7 si aad xog dheeriya u hesho ama bulshada laguugu wareejiyo, bulshada, caafimaadka ama adeegayada dowladda.

**TTY/Teletypewriter (Adeegyada Dhawaqa):
Garaac 711 oo shaqaalaha lahadal ama
wac 1-800-855-0511.**