



Helitaanka Adeegyada Caafimaadka Xilliga lagu jira Heerka 3 & 4

Accessing Health Services During Alert Level 3 & 4 (Somali)

Daryeelka caafimaadka – MAXAA SAMEEYAA?

Daryeelka caafimaadka – maxaa samayneysaa inta lagu jiro heerka 4?

1. Ma caafimaad qabtaa?

- **Joog** guriga
- **Raac** tilmaamaha heerka 4.

2. Ma xanuunsantahay? Baaritaan ama daryeel maa u baahantahay?

Calaamadaha COVID-19 waxey la midyihiin cuduro badan oo kale (sida hargabka) oo macneheeda ma ahan waxaa ku haayo COVID-19.

Calaamadaha waxey ka koobnaan karaan:

- ✓ Qufac
- ✓ Dhuun (cunnaha) xanuun
- ✓ Diif
- ✓ Wax ma urin kartid
- ✓ Qando/xumad
- ✓ Neeftoo kugu adag. (Tani waxay astaan/calaamad u noqon kartaa oofwareen/qaboow waana inaad raadsataa daryeel caafimaad deg deg ah).

Hadaad isku aragtid mid ka mid ah calaamadahaan?

- ✓ **Wac** dhaqtarkaaga qoyska (GP) AMA Xarumaha caafimaadka, AMA
- ✓ **Wac** Healthline, **0800 358 5453** wixii talo caafimaad.

Iyadoo la fiirinaayo calaamadahaada, safarkii kuugu dambeeyay ama hadaa lakulantay dad qaba calaamadaha COVID, Dhaqtarkaaga qoyska (GP) ama Healthline ama xarumaha caafimaadka weey kula talin doonaan haddii aad u baahatid inaad guriga **kasoo baxdid** si aad isku soo baartid.

- Haddii aad u baahantahy daryeel caafimaad guud, dhaqtarkaaga marka hore **wac**. Dhaqaatiirta (GPs) weey shaqeeynayaan.
- Haddii aad u baahantahay inad qaadatao talaalka hargabka, **wac** dhaqtarkaaga ama farmashiyaha kugu dhaw si eey kuugu sii diyaariyaan si an dhib lahayn. **Inta** kafiiri bandhiga luqadaha kala duwan ee ku saabsan Talaalka hargabka ee 2020 dadka 65 jirka ama ka weeyn

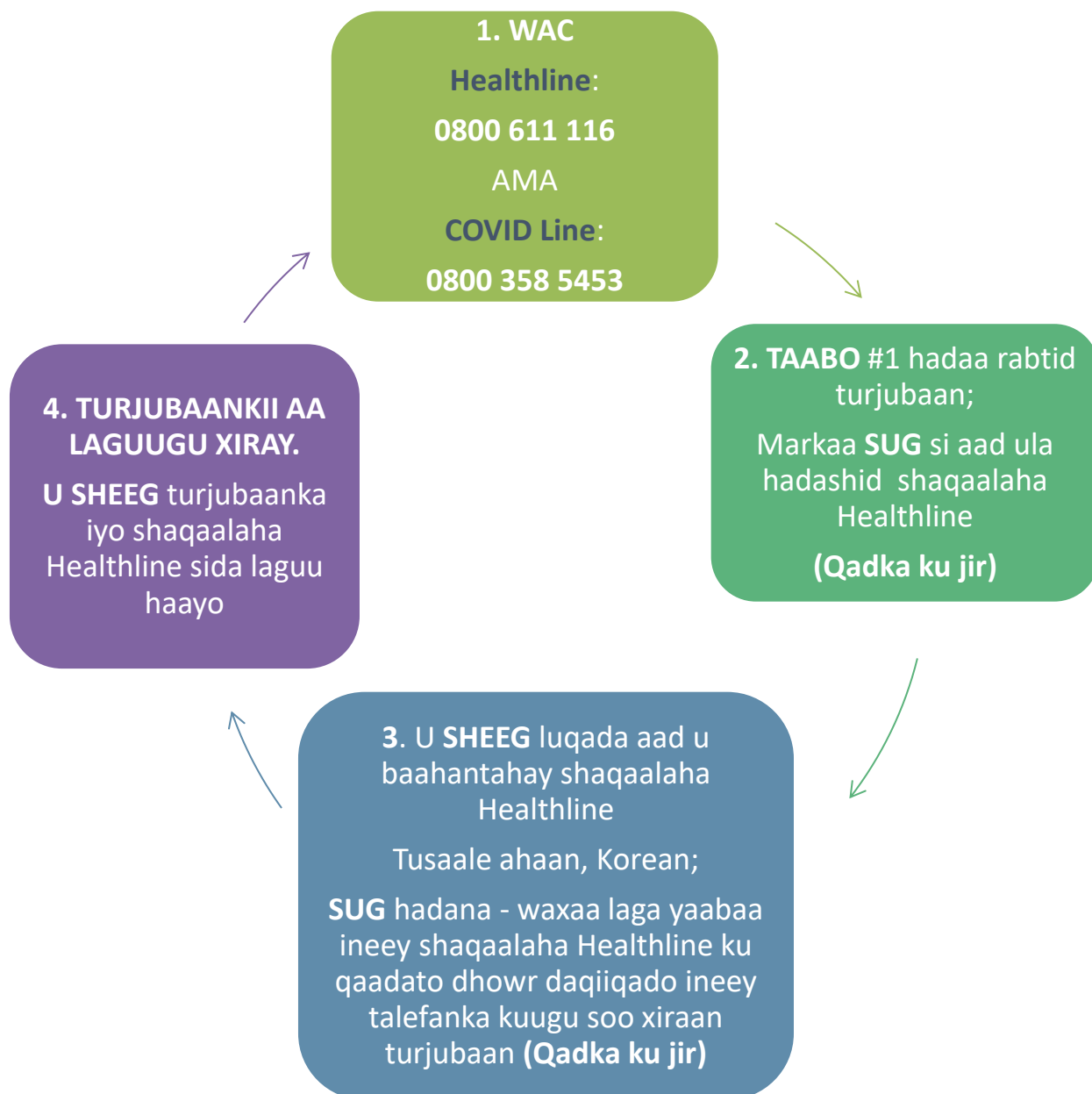
3. Ma deg deg baa?

- **Wac 111**, ama
- **Aad** Isbitaalka kuugu dhaw. Qeebta caafimaadka deg dega wuu furanyahay

HEALTHLINE

Adiga iyo qoyskaada ma xanuunsantihiin?

Ma u baahantahay turjubaan markad soo wacdid Healthline
ama Kooxda COVID-19?



HELPFUL WEBSITES

For translated health & welfare information visit:

- Unite Against COVID-19: <https://covid19.govt.nz>
- New Zealand Red Cross: <https://www.redcross.org.nz/stories/new-zealand/learn-prepare-and-take-action-covid-19/>
- Auckland Region Public Health Service: <https://www.arphs.health.nz/home/covid-19>
- Auckland community COVID-19 testing centres: <http://www.adhb.health.nz/about-us/news-and-publications/latest-stories/covid-19-community-testing-network/>
- RASNZ: <https://rasnz.co.nz/covid-19-resources/>
- Belong Aotearoa: <https://www.belong.org.nz/covid19-resources>
- Immigration New Zealand, Migrant and refugee information: <https://www.immigration.govt.nz/about-us/covid-19/migrant-information>
- Pegasus Health, Community Based Assessment Centre (CBAC) Videos in translated languages: <https://vimeo.com/pegasushealth>

Helplines:

- RASNZ Support & Information Line, **0800 472 769**
- Need to talk? Call **1737**
- Asian Family Services, Asian Helpline **0800 862 342**