

## **Wajiga 2-aad ee qorshaha Biritish Kolombiya ee tallaalka caabuqa KOOFID-19 waa sii ballaaranayaa.**

Naga caawi in waayeeledeena laga tallaalo caabuqa KOOFID-19. Gaarsiiya warka dadka waayeeelkaa ee bulshada in dhawaan loo soo jeedin doono in ay qabsadaan ballantooda tallaalka ugu horreeya ee caabuqa KOOFID-19.

Dadka waxaa loo soo jeedin doonaa in ay ballan qabsadaan ayadoo lagu saleynayo da'da ay noqonayaan sanadka 2021 (tusaale, haddii da'daadu noqaneyso 90 jir sanadkaan dhexdiisa, waxaa lagu soo jeedin doonaa in aad ballanta la qabsato kooxda 90 jirka iyo ka weyn ah, iyo sidaas oo kale.)

Ballamaha tallaalka waxaa lagu qabsan karaa telefoon ama toos khadka internet-ka, oo bilaabmaysa Isniin, 8-da Maarso (fadlan ha isku dayin in aad taariikhdaas ka hor wacdid ama ballanta ku qabsatid khadka internet-ka).

Nambarka khadka telefoonka Caafimaadka Fareysar ee Ballan qabsashada Tallaalka caabuqa KOOFID-19: 1-855-755-2455

Haddii aad ku nooshahay degaanada Caafimaadka Fareysar\*, waxaad kaloo ballanta toos uga qabsan kartaa bartan: [Fraserhealth.ca/vaccinebooking](https://fraserhealth.ca/vaccinebooking)

Fadlan xusuusnow: Adeegyadaan waxaa loogu talagalay qabsashada ballamaha tallaalka ugu horreeya, waxaana adeegsan kara degaanka Caafimaadka Fareysar\* dadka deggan kaliya oo hadda da'doodu tahay 80 sano iyo ka weyn, iyo Dadka Waddaniyiinta Asalka ah (First Nations, Métis, Inuit) oo hadda da'doodu tahay 65 sano iyo ka weyn.

*\*Bulshada degaanada Caafimaadka Fareysar waxaa ka mid ah:*

*Abbotsford, Anmore, Burnaby, Belcarra, Chilliwack, Coquitlam, Delta, Fraser Valley Regional District, Harrison Hot Springs, Hope, Kent, Langley, Maple Ridge, Mission, New Westminster, Pitt Meadows, Port Coquitlam, Port Moody, Surrey iyo White Rock.*

## **Rugaha tallaalka caabuqa KOOFID-19 ee Dadka Waddaniyiinta Asalka ah**

Iyadoo lala kaashanayo Hay'adda Caafimaadka First Nations, Métis Nation ee Biritish Kolombiya, Xarumo Saaxiibtinimo iyo ururro bulsho oo kale, rugaha tallaalka caabuqa KOOFID-19 oo leh taageerooyin dhaqan ayaa loo diyaariyey dadka isku yaqaan in ay yihiin Waddaniyiinta Asalka ah (First Nations, Métis, Inuit) kuwaas oo da'doodu tahay 65 sano ama ka weyn, iyo Waayeelada Waddaniyiinta Asalka ah.

## **Sida loo qabsado ballantaada tallaalka KOOFID-19**

Ka hor inta aadan wicin khadka telefoonka, fadlan diyaarso:

- Qalin iyo warqad
- Nambarkaaga caafimaadka gaarka ah
- Magacaaga oo saddexan
- Taariikhda dhalashada
- Nambarka furaha boostada

Nambar telefoon laguugu soo diri karo farriimo qoraal ah ama cinwaan iimeyl oo adiga ama qoyskaagu badanaaba hubiyo, haddii aan u baahanno in lagu soo diro xogo muhiim ah.

Wakiilada xarunteena wicitaanku marnaba kuma weydiin doonaan xogahaaga dhaqaalaha, oo ay ku jiraan xogaha kaarka amaahdu.

Haddii aad qabtid su'aalo caafimaad oo ku saabsan tallaalka, fadlan la hadal dhakhtarka qoyskaaga, kalkaaliye caafimaad ama ka wac kooxda Daryeelka Khadka Internet-ka ee Caafimaadka Fareysar nambarka 1-800-314-0999 saacadaha 10 a.m. ilaa 10 p.m., toddobada beri ee asbuuca, ama wac nambarka 8-1-1 xilliyada saacadahaas ka baxsan.

Haddii aad qabtid su'aalo guud oo ku saabsan caabuqa KOOFID-19, fadlan wac nambarka 1-888-COVID19 (1-888-268-4319) ama booqo bartan: [www.bccdc.ca/covid19](http://www.bccdc.ca/covid19)

Waxyaabaha aad u baahan tahay in aad sameysid si aad isugu diyaarisid ballantaada tallaalka:

- Akhriso Galka Caafimaadka Tallaalka KOOFID-19:  
<https://www.healthlinkbc.ca/hlbc/files/documents/healthfiles/hfile124.pdf>
- Soo qaado Kaarkaaga Adeegyada Biritish Kolombiya/Nambarkaaga Caafimaadka Gaarka ah iyo Aqoonsi masawir leh, haddii aad leedahay.
- Soo xiro af iyo san dabool. Haddii aadan haysan af iyo san dabool, ankaa mid ku siin karna.

Ballantaadu waxay qaadaneysaa qiyaastii 20 ilaa 25 daqiiqo. Fadlan ha aadin haddii aad dareemeysid xanuun, leedahay calaamadaha KOOFID-19 oo kale (sida, qufac, neefta oo ku dhibta, xummad, qarqaryo, madax-xanuun), ama haddii lagu faray in aad is-karantiishid.

## **Ku mahadsanid fulinta qeybtaada si aad gacan uga geysatid in bulshadeena laga tallaalo KOOFID-19!**

Tallaalada caabuqa KOOFID-19 oo Wasaaradda Caafimaadka Kanada ay ansixisay waa ammaan, waxtar leh oo dadka badbaadinaya. Tallaaladu waxay leeyihiin waxtar ka badan badbaadinta dadka la tallaalayo, waxay kaloo badbaadiyaan qof kasta oo ka ag dhow. Mar kasta oo ay badato dadka bulshada laga tallaalay oo laga badbaadiyey caabuqa KOOFID-19, way uga sii adkaaneysaa in KOOVID-19 uu sii fido.

Xusuusin: Amarrada iyo hab-raacyada Sarkaalka Caafimaadka Gobolka waa qabanayaan qof walba haddii ay tallaalka qaateen iyo haddii kaleba. Fadlan sii wad ku dhaqanka dabeecadaha badbaadada KOOFID-19, sida, ka fogaanshada kulamada, xirashada af iyo san daboolka gudaha goobaha dadweynaha, dhaqidda gacmaahaaga oo aad badisid, qufaca iyo hindhisada oo aad ku dabooshid suxulka gacantaada iyo dadka kale oo aad u jirsatid labo-mitir.

Xarunta la Dagaalanka Cudurada Biritish Kolombiya (BCCDC) waa halka ugu wanaagsan oo laga helo xogaha tallaalka KOOFID-19.

## **Goorma iyo sidee ayaa kooxaha kale isu diiwaangalin karaan si loo tallaalo?**

Faahfaahinta habka is-diiwaangalinta kooxaha kale waxaa la soo saarayaa asbuucyada soo socda. Wixii faahfaahin dheeraad ah booqo barta internet-ka Gobolka Biritish Kolombiya.

## **Maxaan isu tallaalayaa?**

Bulsho tallaalan waxaa la heli karaa marka dadka ku nool Biritish Kolombiya intooda badan laga tallaalo caabuqa KOOFID-19. Marka aad go'aansatid in lagaa tallaalo KOOFID-19, waxaad gacan ka geysaneysaa badbaadinta dadka ayadoo aad qoyskaaga iyo bulshadaada oo dhan ka badbaadineysid fayraska KOOFID-19.

Waxaan dhammaan u baahan nahay in aan sii wadno badbaadinta qof walbaa qofka kale anakoo qaadayna tallaabooyinka aan ognahay in ay shaqeeyaan si looga hortago isu gudbinta fayraskaan, sida dhaqidda gacmaheena, joogidda guriga marka aan xanuunsan nahay, ka fogaanshada dadka kale oo aanan aqoon, iyo xirashada af iyo san dabool marka aan joogno gudaha goobaha dadweynaha.

Tallaalka caabuqa KOOFID-19 waa u lacag la'aan qof walba oo ku nool Biritish Kolombiya.

Wixii xogo guud ah oo ku saabsan tallaalka booqo bartan: [gov.bc.ca/covidvaccine](http://gov.bc.ca/covidvaccine) ama [bccdc.ca/covid19](http://bccdc.ca/covid19).