



Sida loogu helo caawinta caafimaadkaaga Waqooyi Bari London



Ku saabsan hagahan

Stop Hello Eat
Words
 Person Day Open

Tilmaan-bixiyahan waxa aanu ku isticmaalnay ereyo aanu qof walba fahmi doonin. Erayadan waxaan u qornay si **bilic-dheer** leh, waxaanan sharxi doonaa waxay u jeedaan.



NHS CARE

Adeegga Caafimaadka Qaranka (NHS) wuxuu siinayaa qof kasta oo ku nool UK adeegyo caafimaad oo bilaash ah.



Tan waxaa ku jira qof kasta oo ka yimid waddan kale si uu ugu noolaado UK.



Macluumaadkan ayaa kuu sheegi doona halka aad ka heli karto caawimo haddii aanad ladnaan dareemayn.

Sida loo isticmaalo NHS-ta

Si aad u isticmaasho adeegyada NHS si ka sii wanaagsan waxaad u baahan tahay inaad iska **diwaan geliso** xarunta dhakhtarka deegaankaaga.

Diiwaangelinta macnaheedu waa in la bixiyo macluumaadka adiga kugu saabsan oo foom ah oo lagu daro liis.



Waa bilaash inaad isdiiwaangeliso uma baahnid ciwaan.



Waxa aad u baahan tahay oo kaliya in lagu diwaan galiyo haddii aad u baahan tahay in aad aragto dhakhtar (GP).



Si aad u hesho caawimo dheeraad ah oo ku saabsan sida la iso diwaan geliyo booqo:
[www.nhs.uk/nhs-services/gps/
 how-to-register-with-a-gp-surgery/](http://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/)

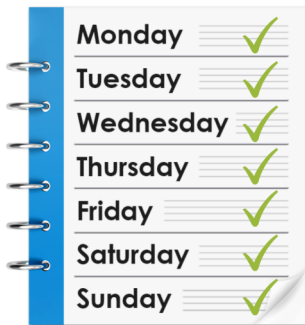
Xarunta dhakhtarka



Dhakhtarkaaga (GP) badanaa waa meesha ugu horeysa ee aad tagi karto haddii aad ka welwelsan tahay caafimaadkaaga ama caafimaadka ilmahaaga.



Waxaad ballan ka qabsan kartaa boggooda internetka ama NHS Appka taleefankaaga ama tablet-kaaga, ama taleefanka iyaga kawac. Ballamoho waxay noqon karaan qof ahaan ama taleefan.



Waxay ku heli karaan ballamaha fiidkii, maalmaha fasaxa ah ama fasaxa bangiga.



Haddii aadan ku hadlin Ingiriisi, dhego la'aan aad tahay, ama ay kugu adag tahay inaad fahamto, waxaad ballantaada la kulmi kartaa qof kaa caawin doona inaad fahamto. Xarunta dhakhtarkaaga ayaa kuu xalin kara tan.

Farmashiyaha



Farmashiyeyaashu waa dadka ku siinaya daawo iyo talo haddii adiga, ama ilmahaaga, aadan fiicneyn.



Waxay kaa caawin karaan welwelka caafimaadka sida qufaca, hargabka, calool xanuun, cuncun iyo xanuun.



Farmashiyo badan ayaa furan ilaa dabayaaqada iyo maalmaha fasaxa ah. Uma baahnid ballan.



Waxaad ka heli kartaa farmashi agtaada ah markaad booqato: www.nhs.uk/service-search/pharmacy/find-a-pharmacy

La kulanka dhakhtarka fiidkii iyo maalmaha fasaxa ah



Inta badan GP-yadu way xidhan yihiin fiidkii iyo maalmaha fasaxa ah laakiin adiga, ama ilmahaaga, wali waxaad heli kartaa ballan aad ku aragto dhakhtar wakhtiyadaas.



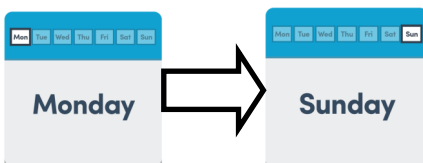
Wac xarunta dhakhtarkaaga, ama haddii uu xiran yahay, wac NHS 111 si aad u qabsato ballamahan.



Gudaha Barking iyo Dagenham, Havering iyo Redbridge waxa kale oo aad ka heli kartaa caawimo dhaawacyo fudud iyo xanuuno, xarumahayada daawaynta degdega ah Isbitaalka Bulshada Barking iyo Kiliinikada Harold Wood.



Kuwani waxay furan yihiin 8 subaxnimo ilaa 9 galabnimo todobada maalmood ee usbuuca. Waxaad wici kartaa NHS 111 si aad ballan u qabsato ama u gasho oo aad u sugto in lagu arko. Uma baahnid in aad iska diiwaan geliso GP.



NHS 111



Haddii adiga ama ilmahaagu u baahan tahay talo daryeel caafimaad oo **degdeg** ah waxaad aadi kartaa www.111.nhs.uk ama wac 111.

Degdeg macnaheedu waa inaad u baahan tahay in si dhakhso ah lagu arko.



NHS 111 waxay awood u leedahay:

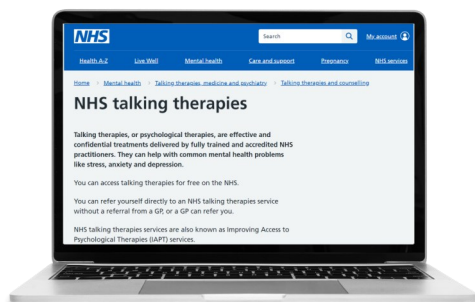
- Ku sheegto meesha aad caawimo ka heli karto
- Ka Caawiso inaad hesho macluumaad dheeraad ah
- Ku sheegto meesha aad dawo ka heli karto
- Talo ku siiso
- Ku qabato ballan dhakhtarka ama dhakhtarka ilkaha ee degdega ah
- Waxa laga yaabaa inay ku dirto xarun la galo balan la'aan ama cisbitaal



Way fiicantahay inaad booqato www.111.nhs.uk ama wac 111 ka hor inta aanad isbitaalka tagin haddii xanuunkaagu aanu **nafta halis galinayn**.

Nafta halis geliya waxay la macno tahay inaad dhiman karto haddii aanad helin gargaar.

Caafimaadka maskaxda



Si aad qof kala hadasho caafimaadkaaga dhimirka waxaad wici kartaa dhakhtarkaaga ama booqo: www.nhs.uk/talkingtherapies



Marka ay jirto xaalad degdeg ah oo caafimaadka dhimirka ah wac mid ka mid ah lambaradan:

Barking & Dagenham - 0800 995 1000

City & Hackney - 0800 073 0006

Havering - 0800 995 1000

Newham - 0800 073 0066

Redbridge - 0800 995 1000

Tower Hamlets - 0800 073 0003

Waltham Forest - 0800 995 1000

999 iyo xaaladaha degdegga ah ee isbitaalka



Waa inaad wacdaa 999 kaliya ama aad cusbitaalka tagtid haddii qof si xun u buko ama u dhaawacmo oo ay noloshoodu khatar geli karto.



Waa inaad si degdeg ah u wacdaa 999 haddii adiga ama qof kale uu kugu dhaco wadne qabad ama istar oog, ama aad shil halis ah gashay.

