

Coronavirus - talo iyo taageer

Healthwatch Oxfordshire iyo Oxford Community Action

ayaa isu yimid si ay macluumaad kugu filan luqaddaada kuugu Turjumaan iyagoo taageero ka helaanya tarjumida bulshada luqada Afsomaliaga taqaana waxaan isku dayeynaa inaan ka dhigno mid si fudud loo fahmi karo intii suurtagal ah. Waxaan ku siinaynaa ilo lagu kalsoonaan karo oo aad ka heli kartid macluumaad iyo taageero inta lagu guda jiro Caabuqa **coronavirus**.

Dhammaan adeegyada NHS ee loogu talagalay coronavirus waa bilaash. Isbitaalada NHS-waxuu ku talinaa in cidkasta ay u imaan karto, baritaan iyo daweyn **coronavirus**. Anan lagu weydinaynin sogalotinimo /Qaxootinimo

Ka taxaddar xogaha aad helayso ee caabuqa **coronavirus**. Kaliya raac taloyinka lamaha caafimaadka iyo dowladu ay bixiso

Healthwatch Oxfordshire shaqaalaheena caafimaadka waxy diyaar kuula yihiin inay kaa caawiyaan kana Haqabtiraan wixii su'aalaha ama ay ku siiyaan macluumaad ku saabsan adeegyada caafimaadka iyo daryeelka bulshada ee **Oxfordshire**. Hadaad ubaahantahay macluumaad iyo talooyin dheeri ah soo wac **No Tell 01865 250 250** laga bilaabo **9-4 p.m/fiidnimo . Isniinta ilaa Jimcaha**

Booqo boggan website : www.healthwatchoxfordshire.co.uk (si aad uga bogatto) wixi talo ah noogu soo dir Emailka:-

hello@healthwatchoxfordshire.co.uk.

Macluumaadka Dowladda UK ee qof walba waa:

Joog gurigaaga - waad faafin kartaa fayraska xitaa haddii aadan lahayn astaamaha /calamadaha **coronavirus**

Kaliya waxd banaanka ubixi kartaa cuntada, jimicsiga, ama sababo caafimaad (kaliya haddii aadan guriga kusameyn karin)

Haddii aad ka fursan weydo bixida, ka dheerow **2 mitir dadka kale marwalba**

Dhaq gacmahaaga isla marka aad guriga kusolabatid(intadan taban alaabta guriga amma albaabka guriga

Gacan Hakusalaamin dadka kale, xitaa asxaabta ama qoyskaga Haduu yahay .

Calaamadaha Caabuqa Corona/fayraska .

Ha ka bixin guriga hadaad leedahay:mid kamid Calamadahaan...

Hadaad Dareento Qandho /kulel (uma baahnid inaad cabbirto heerkulkaaga)

Qufac badan oo aadan Horey isku arag ama 3 ama inbadan oo qufac ah 24 saac (haddii aad qufac leedahay, khatartu way kasii badan tahay ogow

Haddii aadan calamadihii isku aragto mudo 7 malmood gudohood kana ronaan weyso laxiriir **NHS Amma (wac 111)** Ama booqo bogeena Wacyigalinta

ah: <https://111.nhs.uk/service/COVID19/>

Xaladaha kale oo dag dag ah Ama shil /Emergency accident hadad Gasho-

Wac Dhakterka/Qalinka GP-gaaga ama wac **111** si aad ula hadashid dhaqtar, ha booqan ispiital amma goob caafimaad ilaa Dhakhtarku kaa codsado .

Marka ay jirto xaalad deg deg ah Ama shil wac Tell. **999** ama Tag qeybta kugu dhow .ee .lagu Qaabilo shilalka / isbitaalka sida **JR , Oxford** ama **Horton Hospital ee kuyaal Banbury**

Macluumaadka Coronavirus

Cafimaadka ilaah ba bixiye Taxadarkuna waa muhiim waxaad kahelikirtaa Bogga Hos ku lifaaqan Talooyin ku saaba Caabuqaan Safmareenka .

<https://www.gov.uk/coronavirus> oo ay ku jiraan taloyin ku Diyaarsan Afsomaliga

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Heyada NHS waxay kaa caawinaysaa inay kaala taliso ee macluumaadka ugu dambeya iyo hadad u baahatto gargaar caafimaad taas lagu diyariye 45 luqadood ee addunka.

<https://www.doctorsoftheworld.org.uk/coronavirus-information/#>

Wasaaradda Shaqada iyo guryeynt ee Midowday (UK) waxay kaacawinaysa in aad - macluumaad hesho ku saabsan kaalmooyinka iyo , taageerada guryeynta, shaqaleysiinta , ama shaqadaada weyso booqo Bogaan si ad u hesho Caawimaad dheeri ah.

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

Ma u baahan tahay caawimaad? Ma dooneysaa macluumaad dheeri ah? Haday Haa tahay wac Tell. **01865 249 811** 9:00 am subaxnimo ilaa 5:00pm galabnimo ama Golaha Magaalada Oxford

Ama booqo Boggeena www.oxford.gov.uk/CommunityAssistance si lagaaga caawiyo bixinta kirada,Dhakhtarka amma sigooni ah aad rabtid in lagu caawiyo .

<https://www.oxford.gov.uk/coronavirus>

Oxford sidawadajir ah waxay ka caawnaysa isku xirka bulshada deegaka iyo xaafadaha Hadaad ubaahantahay wac . **Telefoon 07957 105129** 9:00am subaxnimo ilaa 5:00pm galabnimo

Hadaad ku nooshahay meel ka baxsan Oxford? Una bahatid caawimaad? Wac **01865 89 78 20** ama Emailka. garee@oxfordshire.gov.uk

Oxfordshire iyo Buckinghamshire 24/7 ee Caawinta Caafimaadka Maskaxda.

Dadka waaweyn Wac Tell **01865 904 997**

Caruurta iyo dhallinyarda wac Tell **01865 904 998.**

Marka qof uu si daran u jiran yahay ama xaalad kacsanaan ay jirto wac 999

Warbixin amma Macluumaad caafimaad ee Oxfordshire wac Tell **01865 247788** si aad u hesho macluumaad wanaagsan

Caawinta Adeegga Ku-xadgudubka Guriga kadhaca ee **Oxfordshire** wac Tell **0800 731 0055** waxay furan tahay **10:00 am** ilaa **7:p.m.** Isniinta ilaa Jimcaha

Xafiiska La-Talinta Muwaadiniinta ee 'Oxford Citizens Advice Bureau' (CAB) wac Tell **0300 3309 054** si aad uga hesho talo ku saabsan gargaarka , deynta guud, ee guriyeynta, shaqada iyo deynta. Hadad ubahatto Tarjumaad luqadada ayaa ka heli doontaa hadaad codsato. Ama waxaad talo ka heli kartaa khadka tooska ah ee <https://citizensadviceoxford.org.uk/advice/>

Xarunta Agnes Smith ee La-talinta telefoonka Tell **01865 770206** haddii aad ku nooshahay ama ku agdhowd Blackbird Leys / Greater Leys oo aad u baahan tahay talo iyo caawin bilaash ah. Lambarkaaga ino reeb dib ayaan kuso soo waci doonaa. Ama Emailka inoso dir asac.reception@agnessmith.co.uk

