

## Balanso waqti iska talaalida covid-19 ee Värmland

Waxaad u baahan tahay adiga inaad balansado waqti talaalkaaga. Waxaa lagugu talaalayaa mid ka mid ah (Region Värmlands vaccinationsmottagningar). Talaalkaas waa lacag la'aan.

Qof walba oo degen Värmland waxaa lagu martiqaadayaa talaal. Kuwa halista ugu jira iney aad ugu xanuunsadaan ayaa loogu horeysiinayaa talaalka. Wax badan ka akhri adiga kalkaaga marka ay noqoneyso([www. 1177.se](http://www.1177.se).)

### Balanso waqti adiga talaalkaaga

Adiga balanso waqtigaaga talaalka dhinaca websaytka ([www.1177.se](http://www.1177.se)) ama wac si aad u balansato (tidsbokning för vaccination mot covid-19).

Inta waqti oo jira waxay ku xiran tahay inta talaal aan heyno.

Adiga waqti kama balansen kartid rugtaada caafimaadkaaga(Vårdcentralen) ama (Sjukvårdsrådgivning) lataliyayaasha caafimaadka ([www.1177.se](http://www.1177.se)) xaga talefoonka.

### Balan ka sii balanso websaytka ([www.1177.se](http://www.1177.se))

Gal bogga 1177.se iyo raadi ("Regional vaccinationsenhet covid-19"). Si aad u gasho waxaad u baahan tahay adiga (e-legitimation), midkood (BankID) ama (Freja eID Plus).

### Ka balanso waqti xaga talefoonka 010-831 80 70

Haddii aadan heysan aqoonsi-elektarooniga ah, waad wici kartaa oo aad balan ka dhigan kartaa. Wac (Region Värmlands tidsbokning för vaccination mot covid-19). Talefoon nambarkan: (010-831 80 70).

### Su'aalaha leys wediiyo intaanan leys talaalin

Haddii aad "haa" ku jawaabto su'aalahan mid ka mid ah waxaad waceysaa meesha waqtiga laga balansado (tidsbokning) si aad u balansato waqti oo talaalka ah, talefoon nambarkan (010-831 80 70):

- Marna adiga ma u baahatay cisbitaal markii talaal lagu talaalay kabacdi?
- Marna adiga ma u baahatay cisbitaal xasaasiyad kugu kacday darteed?
- Adiga si sahal ah dhiig makaaga yimaadaa taasoo ay sabab u tahay cudur ama daawo?

Ma qaadan kartid talaal kale hal usbuuc ka hor iyo hal usbuuc kadib maadama lagaa talaalay (covid-19).

Haddii adiga aad uur leedahay isma talaaleysid.

### Meeshaan ayaad iska talaaleysaa markii aad balansatay waqti.

Xarumaha talaalka waxaa laga helaa meelahaan:

- Arvika (Arviika)
- Charlottenberg(Shalotanbargi)
- Filipstad (Filibstaad)
- Hagfors (Hoogfoosh)
- Karlstad (Kaarlistaad)
- Kristinehamn(Kiristiinahaa m)
- Likenäs (Liikanees)
- Sunne (Sune)
- Säffle (Seefle)
- Torsby (Tushbi)

### **Ka hor adiga booqashadaada xarunta leyska talaalo**

- Buux-buuxi warqadahan caafimaadka iyo markaana sii qaado marka aad tageyso xaruntaas. (Hälsodeklarationen) waxaa lagu turjumay luqado kala duwan dhinaca (Folkhälsomyndighetens) websaytka.
- Hore u sii qaado aqoonsigaaga.
- Waa inaad gashataa shey gacma gaab ah si ay ugu sahawo in lagaa duro garabka.
- Waqtigaagii dib u balanso haddii aad hargabsan tahay.
- Ku imow waqtii aad balansatay laakiin waqti ka horeeya ha imaanin si aad isaga ilaaliso safka iyo ciriiriga.
- Ehelka aanan la talaaleyn wuxuu ku sugayaa xarunta leysku talaalo banaankeeda haddii aadan adiga caawinaad khaas ah u baahneyn.
- Markii adiga lagu siiyo daawadii talaalkii ugu horeeyey waxaa kadib lagu siinayaa balan kale waqtigii talaalka kale.

Kadib markii aad is talaashay waxaad sii wadeysaa inaad raacdo talada (Folkhälsomyndighetens råd) si aad isaga ilaaliso faafida iyo isqaadsiinta.

### **Warbixin dheerad ah oo ku saabsan covid-19 ee luqado kala duwan**

Haddii aad u baahan tahay warbixin dheeraad ah oo ku saabsan (covid-19) ee adiga luqadaada, waad awoodaa adiga:

- Gal dhinaca websaytka ([www.1177.se/otherlanguages](http://www.1177.se/otherlanguages))
- Waca telefoonka nambarkan (08-123 680 00).

Ma jiran tahay waa inaad wacdaa (Sjukvårdsrådgivningen) 1177.

---

### **Sidaan ayaad balan waqti uga qabsan kartaa websaytka ([www.1177.se](http://www.1177.se))**

1. Ku qor ([www.1177.se](http://www.1177.se)) ee meesha banaan dhinacaaga aad gashay ee raadinta.
  2. Riix oo gal meesha ugu koreysa ee dhinaca midigta websaytka ([www.1177.se](http://www.1177.se)).
  3. Riix oo gal.
  4. Dooro habkii aad ku geli lahayd. Adiga waxaad ku geli kartaa (BankID), (Mobilt BankID) ama (Freja eID plus). Raac sida lagugu tilmaamay habkii adiga aad dooratay oo aad ku geli lahayd.
  5. Ciwaanka hoostiisa (Regionen rekommenderar) wuxuu farta kugu fiiqayo riix adiga (Regional vaccinationsenheten covid-19).
  6. Cinwaanka hoostiisa adeegeena-elektroniga (Våra e-tjänster) riix adiga oo balanso talaalka (Boka tid för vaccination mot covid-19).
  7. Riix oo sii wad meesha hoose oo dheer (Forsätt) ee midigta kana jawaab su`aalaha. Su`aalahaas waxay ku qoran yihiin iswedhish.
  8. Riix oo balanso waqti (Boka tid).
  9. Liiskan waxaad ka dooraneysaa (vaccinationsmottagning) oo aad rabto in lagaa talaalo.
  10. Dooro maalin iyo waqti buuga taariikhaha iyo raac sida lagu tilmaamayo. Ka taxadar inaad si fiican u fuliso habka loo balansado oo dhan.
-

Markii adiga aad fuliso sida loo balansado waxaad ka heleysaa waqtigii aad balansatay bogga ugu horeeya (Startsida) ee dhinaca laga galo (Inkorgen).

Su`aalaha aad ka jawaabeyso waa (Hälsodeklaration). Waxaa ku jira luqado kale iyagana websaytka (Folkhälsomyndigheten.se) (<https://www.folkhalsomyndigheten.se/publicerat-material/publikationsarkiv/h/halsodeklaration--vuxna--vaccination-mot-covid-19/>).

---