

Qaabka ay NHS u shaqeyso: hagaha dadka soo-galootiga ah

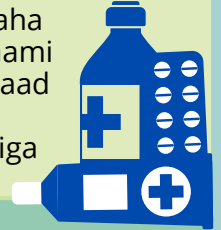


Waxaad la xiriir kartaa adeegga 24-ta saac ee khadka taleefanka bilaashka ah ee NHS adiga oo garaacaya 111 si aad u hesho macluumaad iyo talo caafimaad oo bilaash ah. Waxaad dalban kartaa turjubaanka luqadaada adigoo dhahaya "interpreter please" ("fadlan turjubaan.")



Farmashiyaha → **Daawooyinka aasaasiga ah**

Farmashilayda waxay ku siin karaan talo caafimaad iyo daawooyinka jirrooyin yar-yar oo kala duwan, sida qufaca, hargabka, cuno xanuunka, calool xanuun iyo xanuunada. Farmashiistaha ayaa ku ogeysiin doona haddii aad u baahan tahay inaad booqato dhakhtar ama kuu tilmaami doono xirfadlayaasha kale ee daryeelka caafimaadka si loo hubiyo inaad hesho gargaarka aad u baahan tahay. Waxaad sidoo kale ka iibsan kartaa daawooyinka jirrooyinka yar-yar ama alaabaha gargaarka degdegga ah farmashiyaha ama dukaamada; si aad u ogaato farmashiga kuugu dhow, booqo: www.nhs.uk/service-search/pharmacy/find-a-pharmacy.



Dhakhaatiirta Ilkaha iyo Dhakhaatiirta → **Daryeelka ilkaha iyo isha**

Indhaha

- Hel dhakhtarka ilkaha www.nhs.uk/service-search/find-a-dentist
- Hel dhakhtarka indhaha www.nhs.uk/using-the-nhs/nhs-services/opticians/

Haddii iliggu uu ku xanuunayo waa inaad wacdaa 111 si aad u hesho Adeegyada Daryeelka Ilkaha ee Degdegga ah



Dhakhtarka guud (GP) ama xarunta caafimaadka

Maamulka caafimaadka, iskudubaridka daryeelka muddada-dheer iyo helitaanka takhasuslayaasha isbitaalka

GP wuxuu bixiyaa talo caafimaad, wuxuu sameeyaa cudur ogaansho wuxuuna qori karaa dawooyin. Waxay noqon karaan meesha ugu horeysa ee aad kala xiriiri kaarto walaacyo badan oo xaga jirka iyo maskaxda ah. Dhakhtarka GP wuxuu sidoo kale mas'uul ka yahay isku-dubbaridka iyo maareynta daryeelkaaga caafimaad ee muddada-dheer waxayna kuu diri karaan adeegyo isbitaal oo gaar ah haddii aad u baahan tahay. Waxaa fiican inaad iska diwaangeliso GP si aad u dabsoosho baahiyahaaga caafimaad ee socda. www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/



Adeegyada caafimaadka ee bulshada

Uurka, caafimaadka ilmaha, adeegyada ka hortagga uurka

Qaar ka mid ah adeegyada caafimaadka ayaa laga helaa bulshada dhexdeeda, oo lagama helo isbitaallada. Kuwaas waxaa ka mid ah caafimaadka dhimirka, caafimaadka carruurta iyo adeegyada dhalmada iyo caafimaadka galmada iyo xarumaha qorshaha xakamaynta dhalmada.



Xarumaha La Tago Balan La'aan ama Daawaynta Degdegga ah

Dhaawacyo yaryar ama talo caafimaad oo degdeg ah

Haddii aad u baahan tahay daryeelka caafimaad ee degdegga ah ee dhaawacyada yaryar sida jeexdimaha, murgacashada iyo jabka yar, ama talo caafimaad oo degdeg ah, waxaad si toos ah u tagi kartaa xarunta la tago balan la'aanta ama daryeel degdeg ah adiga oo aan balan qabsanin. Xarumahani waxay badanaa furan yihiin saacadaha maalintii.



Adeegyada gurmada degdegga ah

Xaalada caafimaad ee gurmada u baahan ama xaalad naf-gooyo ah

Wac 999 haddii uu qof si xun u xanuunsado ama u dhaawacmo oo ay naftiisa khatar ku jirto. Xiriiriyaha taleefanka ayaa kugula talin doona waxaad sameyneyso ama meesha aad aadi karto. Ambalaas ayaa loo diri karaa bukaanka si loo siiyo daawayn ama loogu qaado isbitaalka. Waaxyada Accident and Emergency (A&E) (Shilka iyo Gurmada Degdegga ah) ee isbitaalka waxay furan yihiin 24 saacadood maalin kasta sanadki. Waxaad si toos ah u heli kartaa adeegyadan iyaga oo aan u baahanayn balan. www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-call-999/



Caafimaadka maskaxda ee degdegga ah → **Fikradaha is-dilka ama is-waxyeelaynta daran**

Haddii aad si xun u dhaawacday naftaada ama aad doonayso inaad sidaas samayso, wac 999 si d u hesho ambalaas ama si toos ah u aad A&E. Haddii aad ka fekereyso inaad isdisho, la hadal qof joogo Samamaritans adiga oo wacaya 116 123.

Xuquuqaha aad u leedahay daryeelka caafimaadka: hagaha dadka soo-galootiga ah

Qof kastaa wuxuu xaq u leeyahay inuu iska diiwaan geliyo GP (Dhakhtarka Guud)

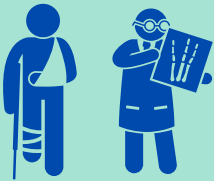
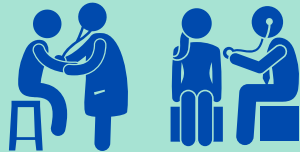
Uma baahnid caddaynta ciwaanka, xaaladda socdaalka, Aqoonsi ama lambarka NHS.

Raadi GP-ga kuugu dhow oo isku diwaangeli hab onleen ah.

www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/

Haddii ay kugu adagtahay inaad iska diwaangeliso GP-ga waxaad:

- Soo dejisan kartaa GP Access Card (Kaarka Dadka aan GP Ka Diiwaangashanayn) oo tus soo dhaweeyaha GP-ga www.doctorsoftheworld.org.uk/gp-access-cards/
- waci kartaa NHS England (0300 311 22 33) ama Doctors of the World (0808 1647 686) si ay kuu caawiyaan



Adeegyadaan caafimaad ayaa qof kastaa bilaash uu ku heli karaa

- Talada iyo daawaynta GP
- Adeegyada lagu bixiyo iyaga oo qayb ka ah khadka talabixinta taleefonka ee NHS 111
- Adeegyada Shilalka iyo Gurmadka degdegga ah ee lagu bixiyo waaxda A&E, xarunta la tago balan la'aan, waaxda dhaawacyada fudud ama xarunta daryeelka degdegga ah
- Ogaanshaha iyo daawaynta qaar kamid ah cudurrada faafa iyo kuwa galmada la isku qaadsiiyo
- Adeegyada NHS ee lagu bixiyo baaritaanka, cudur ogaanshaha, daaweynta iyo tallaalka COVID-19
- Adeegyada qorshaha xakamaynta dhalma (ka hortagga uurka)
- Daawaynta xaaladaha jireed ama maskaxeed ee ka dhasha jirdil, gudniinka fircooniga ah, rabshadaha qoyska ama xadgudubka galmada



Adeegyada caafimaadka ee takhasuslaha waxay sidoo kale bilaash u yihiin:

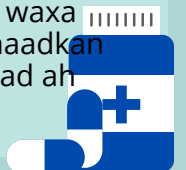
- Dadka qaxootiga ah
- Dadka magan-gelyo doonka ah
- Dhibanayaasha ama dhibanayaasha looga shakisan yahay Addoonsiga Casriga ah
- dadka kuwa kale ku tiirsan

Dadka laga diiday codsigooda magangalyo-doonka ayaa weli sii heli kara adeegyada NHS oo bilaash ah. Hubi inaad xaq u leedahay daryeel caafimaad oo bilaash ah.

www.gov.uk/guidance/nhs-entitlements-migrant-health-guide

Daawooyinka dhakhtarku qoro, daryeelka ilkaha iyo indhaha sida caadig ah bilaash ma ahan Ingiriiska dhexdiisa balse dadka magangalyo-doonka ee dhaqaale ahaan uu taageero Home Office (Xafiiska Arimaha Gudaha) waxa la siin doonaa warqada HC2 si ay kaalmo buuxda uga helaan kharashaadkan caafimaad. Qof kasta ayaa codsan kara taageeradan, eeg talo dheeraad ah oo ku saabsan sida loo codado.

www.gov.uk/guidance/nhs-entitlements-migrant-health-guide



UK Health
Security
Agency

Iskaashi la leh

MAYOR OF LONDON



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