

Jaamacada Kalsoonida waxbarid iyo cilmi baarista  
firfircoon

Bridge Park Plaza  
Bridge Park Road  
Thurmaston  
Leicester  
LE4 8PQ

[www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)

Sebteembar-Diseembar 2023

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Gacali-ye(so) Waalid / Daryeele,

## Tallaalka hargab xilliyeedka sannadlaha ah ayaa hadda la filayaa

Dhammaan carruurta laga bilaabo soo dhaweynta ilaa fasalka 13 waxaa dugsiga lagu siinayaa tallaalka hargabka taas oo qayb ka ah barnaamijka talalalka qaranka. Hargabku wuxuu noqon karaa xanuun aanan fiicnayn oo dadka qaarkoodna wuxuu ka dhigaa kuwaa aad ugu bukooda. Tallaalku waa **bilaash, badqab oo waxtar leh**. Wuxuu kaa difaacaya hargab xilliyeedka iyo dhibaatooyinka halista ah sida burkiitada, caabuqyada dhegta iyo oof wareenka – waxayna sidoo kale kaa caawin doontaa inay ka hortagto fafitaanka hargabka waxayna ilaalisaa kuwa kale ee nugal. Waxaa jira laba nooc oo kala duwan oo tallaalka ah: la heli karo:

### Tallaalka hargabka ee sanku lagu buufiyo

Wuxuu bixiyaa difaaca ugu fiican ee ka dhanka ah hargabka.

Tallaalka hargabka sanku lagu buufiyo: Waxa loo bixiyaa sidii buufis oo kor loogu seeriya san-dalool kasta. Waa mid dhakhso iyo xanuun la'aan ah.

Carruurta qaarkood buufinta sanku kuma habboona sababo caafimaad awgood. Kooxdeena ayaa dib u eegi doonta macluumaadka caafimaadka ee la soo gudbiyay ka hor intaysan bixin cirbadda tallaalka hargabka.

Tallaalka sanku waxa uu ka kooban yahay raadad qaab si heer sare ah loo warshadeeyey oo ah porcine gelatine.

### Cirbadda tallaalka hargabka

Cirbadda waxaa lagu duraa muruqa ku yaalo cududda sare, taasoo keeni karta xanuun. Fadlan ka fikir bal in ilmahaagu uu awoodi doono in lagu duro dugsiga adiga la'aantaada.

Tallaalkan waxa loo bixiyaa beddel ahaan haddii buufinta sanku aanu ku habboonayn sababo caafimaad awgood.

Tallaalkan kuma jiro porcine gelatine.

Wixii ah carruurta da'da dugsiga hoose, waxaan ilmahaaga tallaalka hargabka siin doonaa kaliya haddii aan oggolaanshahaaga haysano. Fadlan sida ugu dhaqsaha badan u samee tan, adigoo isticmaalaya tilmaamaha hoose. Waxaad u baahan tahay in aad go'aankaaga soo gudbiso **hal mar**.

Si aad wax badan uga ogaato, booqo: [tiny.cc/fluvaccination](http://tiny.cc/fluvaccination)

Si aad wax badan uga ogaato, booqo: [tiny.cc/fluvaccinationsecondary](http://tiny.cc/fluvaccinationsecondary)

Xarunta Dhexe ee Trust: Bridge Park Plaza, Bridge Park Road, Thurmaston, Leicester. LE4 8PQ

Guddomiyaha: Crisni Waring Madaxa Fulinta: Angela Hillery

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Ka eeg ogaysiiskeena asturnaanta barta [www.leicspart.nhs.uk/\\_Aboutus-](http://www.leicspart.nhs.uk/_Aboutus-)

[Whatwedowithyourinformationprivacynotice.aspx](http://Whatwedowithyourinformationprivacynotice.aspx)

## Isbeddel muhiim ah oo ku saabsan hannaanka oggolaanshaha: qofka da'yarta hadda wuxu oggolaansho siin karaa tallaalka.

Haddii aannan helin go'aanka oggolaanshaha waalidka ama daryeelaha ee tallaalka, annagoo adeegsanayna hannaankan hoose, waxa laga yaabaa inaan u oggolaanno qofka da'yarta ah inuu oggolaanshaha tallaalka maalintaas u iskiis u bixiyo. Waxaanu fursadaan siin doonaa oo kaliya dadka da'yarta ah ee da'doodu tahay 8 sano iyo wixii ka weyn, kuwaas oo akhriyay macluumaadka tallaalka ee ku habboon oo uu qiimeeyay xirfadlaha caafimaadku in ay leeyihiin faham iyo karti ku filan oo ay si buuxda ugu mahadnaqaan waxa ku lugta leh. Kaliya kuwa sida cad ugu qanacsan qaadashada tallaalka ayaa heli doona.

Haddii waalidiintu ama daryeelayaashu ay ka soo jawaabeen oo ay diideen oggolaanshaha, go'aanka ma burin karo qof da'yarta ah sidaas darteed, ma siin doono tallaalka. Macluumaad dheeraad ah ayaa laga heli karaa barta: [www.leicspart.nhs.uk/service/schoolagedimms](http://www.leicspart.nhs.uk/service/schoolagedimms)

## Sida loo bixiyo oggolaanshaha ilmahaaga si uu u helo tallaalka hargabka



- U samee qoraal xeerka dugsigaaga. Wixii ah [School name] the koodhka dugsiga [School code] iyo booqo [www.leicsandrutlandimms.co.uk](http://www.leicsandrutlandimms.co.uk) ama iskaangaree lambarka QR-ka adigoo isticmaalaya kaamirada taleefanka casriga ah si aad toos ugu gasho mareegta.
- Dooro **Hargab Xilliyeedka** oo geli koodhka dugsiga. Bogga shaacinta oggolaanshaha waxaad ku oggolaan kartaa mid ka mid ah tallaalka hargabka sanko **ama** tallaalka hargabka ee la isku duro.
- Waxaad heli doontaa iimaylka xaqiijinta marka foomka la gudbiyo.

Haddii aadan awoodin inaad foomka onlayn ahaan ku buuxiso, fadlan naga soo wac: **0300 300 0007** ama iimaylka [lpt.sais@nhs.net](mailto:lpt.sais@nhs.net) oo ay weheliso faahfaahinnada xiriirkaaga. Haddii aad maskaxdaada ka beddesho wax ku saabsan go'aanka oggolaanshahaaga fadlan naga soo wac lambarka kor ku qoran si aad u beddesho.

Dugsigaaga ayaa ku ogeysiin doona goorta kulanka tallaalka hargabku dhici doono. **Nidaamka oggolaanshaha waxa uu xirmi doonaa 1 working day ka hor kulanka tallaalka.** Ma awoodi doontid inaad soo gudbisoo foomka oggolaanshaha waqtiga maalinta.

Daacadnimadaada,

Adeegga Tallaalka ee Da'da Dugsiga

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## Su'aalaha inta badan la isweydiyo ee ku saabsan tallaalka hargabka

Canugayga / Qofkayga da'yarta ah wuxuu qabaa xaalad caafimaad wuxuuna caadi ahaan ka qaataa tallaalka GP-ga.

Waxay sidoo kale awoodaan inay ku qaataan tallaalka dugsiga.

Waa maxay waxyeelooyinka?

Dadka da'yarka ah waxaa laga yaabaa inay yeeshaan diif ama san cabursan, madax-xanuun, daalanaan guud iyo xoogaa cunto xumo ah. Calaamadahani aad bay uga fudud yihiin inay yeeshaan hargabka ama dhibaatooyinka la xiriira hargabka. Waxyeellooyinka halista ah waa kuwa aan caadi ahayn.

Waa maxay sababta ay u jiraan sanad walba tallaalka cusub oo hargab ah?

Fayrasyada hargabku sannad kasta way isbeddelaan, sidaas darteed tallaalka hargabku waa la cusboonaysiiyaa si looga ilaaliyo noocyadii ugu dambeeyay.

Halkee ayaa ka akhriyi karaa buug-yaraha badeecada tallaalka?

Wixii ah tallaalka hargabka sanko, booqo: [www.medicines.org.uk/emc/files/pil.3296.pdf](http://www.medicines.org.uk/emc/files/pil.3296.pdf)

Wixii ah tallaalka hargabka la isku duri karo, booqo:

[www.medicines.org.uk/emc/files/pil.12882.pdf](http://www.medicines.org.uk/emc/files/pil.12882.pdf)

Sidee ayaan ilmahayga ugu diyaarin karaa tallaalka?

Ka daawo animeshoonkeena:

[www.healthforkids.co.uk/staying-healthy/stopping-flu](http://www.healthforkids.co.uk/staying-healthy/stopping-flu)

Canugayga / Qofkayga da'yarta ah waxaa uu ka cabsadaa cirbadaha, ma jiraan wax taageero ah oo la heli karo?

Waxaad macluumaadkan ku dari kartaa foomka oggolaanshahaaga kooxdeenuna waxay ku dadaali doonaan sida ugu fiican inay kuu taageeraan.

Daawo muuqaalkan, booqo:

<http://tiny.cc/reassurance>

Waxay leedahay cinwaanka iimaylka ma waafaqsana ama ma aqoonsana koodhka dugsiga.

Xaqiiji in aanay jirin meel bannaan ama xarakayn ka hor ama ka dib cinwaanka iimaylka iyo koodhka dugsiga.

Maxaa dhacaya haddii canugayga / Qofkayga da'yarta ah uu maqan yahay ama xanuunsan yahay maalinta kulanka?

Fursad dheeraad ah ayaa loo diyaarin doonaa tallaalka waxaana faahfaahinnada lagu soo diri doonaa barta iimaylka.

Waa maxay barnaamijka tallaalka qaranka?

Booqo: [www.nhs.uk/conditions/vaccinations](http://www.nhs.uk/conditions/vaccinations) si aad wax badan u ogaato.

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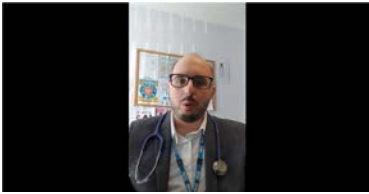
Haddii aad jeclaan lahayd macluumaadkan oo ku qoran luqad kale, booqo:

[www.leicspart.nhs.uk/schoolagedimms](http://www.leicspart.nhs.uk/schoolagedimms)

Carabi	الإنترنيت على موقعنا بزيارة قم أخرى، بلغة الرسالة هذه قراءة في ترغب كنت ذا
Gujarati	જો તમે આ પત્ર ગુજરાતીમાં વાંચવા માંગતા હો તો અમારી વેબસાઇટ પર જાઓ
Polish	Jeśli chcesz przeczytać ten list w innym języku, przejdź na naszą stronę.
Punjabi	ਜੇ ਤੁਸੀਂ ਇਸ ਪੱਤਰ ਨੂੰ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਪੜ੍ਹਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੀ ਵੈੱਬਸਾਈਟ 'ਤੇ ਜਾਓ
Somali	Haddii aad jeclaan lahayd inaad ku akhrido warqadan luuqad kale, booqo boggayaga internetka
Urdu	اگر آپ اردو میں یہ خط پڑھنا چاہتے ہیں تو ہماری ویب سائٹ پر جائیں۔
Yukreeniyaan	Якщо ви хочете отримати цю інформацію іншою мовою, перейдіть за посиланням

You can watch a video in these languages:

Arabic



<https://youtu.be/xy3TNS1rB1I>

Gujarati



<https://youtu.be/TOUXxv2QcmY>

Polish



<https://youtu.be/VIYZwImuHV0>

Hindi



<https://youtu.be/QFfqx2QwkjA>

Farsi



<https://youtu.be/8HHliNhYaJQ>

Spanish



<https://youtu.be/palBzCDQQKw>

Haddii aad jeclaan lahayd inaad buug-yaraha tallaalka hargabka ku akhrido isagoo ku qoran luqad kale, booqo: [www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters](http://www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters)

[Ingiriis](#), [Albanian](#), [Carabi](#), [Bangali](#), [Bulgaariyaan](#), [Shiinees \(la fududeeyay\)](#), [Shiinees \(dhaqameed, Cantonese\)](#), [Istooniyaan](#), [Farsi](#), [Faransiis](#), [Giriig](#), [Gujarati](#), [Hindi](#), [Latvian](#), [Lithuanian](#), [Panjabi](#), [Pashto](#), [Polish](#), [Boortaqiis](#), [Roomaniyaan](#), [Romany](#), [Ruushiyaan](#), [Soomaali](#), [Isbaanish](#), [Tagalog](#), [Turkish](#), [Twi](#), [Yukreeniyaan](#), [Urduu](#) iyo [Yiddish](#).

Nooc [daabacaad weyn oo Ingiriisi ah](#) ayaa diyaar ah si loo dalbado.

A [Nooca Farta Indhoolaha](#) oo xaashidaan ah ayaa diyaar u ah in la dalbado.

Muuqaalka Luqadda Calaamadaha Ingiriiska ee buug-yarahan ayaa la heli karaa [si loola dego](#).

[Nooc maqal ah](#) ayaa la heli karaa si loo dejisto.

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