

# Way fiicantahay in wax laga ogaado tallaalka



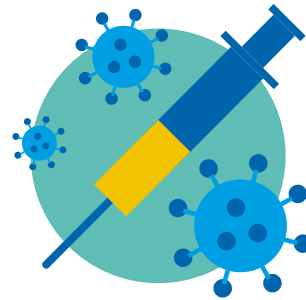
**1.** Tallaalku wuxuu yareyn karaa halista ah in si daran loo bukoodo ama loo dhinto covid-19.



**5.** Tallaalka ka hortagga covid-19 waxaa la siiyaa qof kasta oo jira 18 sano ama ka weyn. Tallaalku waa lacag la'aan.



**2.** Tallaalka ka dib, habka difaaca jirka wuxuu dhisaa kahortag ku saabsan covid-19.



**6.** Xitaa adiga oo dalbaday magangalyo ama aad Iswiidhan ku joogtid ogolaansho la'aan waxaad heli kartaa tallaalka.



**3.** Haddaadan jiranayn, halista caabuqa dadka kale way yaraataa.



**7.** Waa lagu tallaali karaa xitaa haddii aadan haysan dukumenti aqoonsi ah, lam-barka amniga bulshada ama nambarka isuduwidada. Waxaad ka heli doontaa lambar ku meel gaar ah nidaamka daryeelka caafimaadka.



**4.** Talaalida shaqsiyeed waxay yareysaa faafitaanka caabuqa bulshada oo dhan.



**8.** Kuwa halista ugu jira inay si daran u jiran yihiin waxaa la siiyaa tallaalka marka hore.

Faahfaahin dheeraad ah ka akhriso [folkhalsomyndigheten.se](http://folkhalsomyndigheten.se) ama wac 08-123 680 00 si aad u hesho faahfaahin ku qoran luqado kala duwan.

Faahfaahin ku saabsan goorta aad is tallaali karto, booqo [www.1177.se](http://www.1177.se)

**Si wadajir waxaan ujiheesanahay waqtiyada ifaaya**



Folkhälsomyndigheten

Xitaa haddii aad qaadatay tallaalka waa inaad sii wadataa raacitaanka talooyinka maamulka.