

DARYEEL CAAFIMAAD



1 DHAKHTARKA QOYSKA/FARMASHIGA

Wixii degdeg ah, walaacyada halista yar ee caafimaadka

- Soo wac ama booqo dhakhtarka qoyskaaga (GP)
- Hel talobixinta iyo daaweyn xanuunada yar caadiga oo farmashiistaha bulshadaada
- Sida ugu dhaqsiiha badan marka aad uuraysato, iska diiwaangeli umulisada

2 SHILKA IYO RUGTA CAAFIMAADKA (RUGTA DARYEELKA DEGDEGA)

Wixii degdeg, walaacyada caafimaadka halista yar markii aadan arki karin dhaqtarka qoyskaaga ama saacado kadib

- Soo wac dhaqtarka qoyskaaga si aad u heshid Rugtaada Shilka iyo Caafimaadka (Rugta Daryeelka Degdega)

3 WAAXDA GURMADKA ISBITAALKA

Si dhab ah aan u wanaagsaneyn oo u baahan daryeelka degdega

- Aad Waaxda Gurmada Isbitaalka ama soo wac 111

Ma u baahan tahay 24/7 Taleefonka talo bixinta caafimaadka ee kalkaalisooyinka diiwaan gashan oo lacag la'aan ah

0800 611 116

Si aad u heshid dhakhtarka qoyskaaga kuugu dhow, farmashiga ama Shilka iyo Rugta Caafimaadka (Rugta Daryeelka Degdega) ama umulisada, booqo www.healthpoint.co.nz.

www.arphs.health.nz/covid-19-information-for-our-communities

Free health advice
when you need it
Healthline
0800 611 116
www.healthline.govt.nz

health point
INFORMATION MATTERS

Te Whatu Ora
Health New Zealand

www.yourlocaldoctor.co.nz

This resource is available from healthed.govt.nz or your local Authorised Provider

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