

Talada dadka caafimaad ahaan aad u nugul (CAN) laga billaabo 1 dii Abriil 2021

Work



Haddii aad awooddo guriga ka soo shaqee. Haddii aadan awoodin in guriga aad ka soo shaqeyso. Marka shaqada ku soo noqo.

Xagga halista dhimisteedana kala hadal cidda aad u shaqeyso. Haddii aadan qorshayaal kale aadan sameyn Karin, waxaa laga yaabaa ciddii aad u shaqeyso inay ruskhsad (furlough) ku siin karto.

School



Caruurta CAN laga billaabo 1dii Abriil 2021 waa inay iskoolka tagaan iyo iney raacaan baaritaanka halisaha.

Caruurta la joogta qof CAN waa iney sii wataan tagidda iskoolkooda.

Shops & Pharmacy



waxaa lagugula talinayaa inaad sii wadatid dukaameysiga Khadka tooska ah Meesha kaaga habboon. Booska mudnaanta dukameynta Khadka weli waa la heli karaa.

Haddii adigu aad tagi rabto, tag xilliyada deggan-haddii aadan wax khaas ah dooneyn, mar walba maskaraatada xiro.

Daawooyinka dakhtarku kuu qoro si otomaatika ah bilaash laguugu geyn maayo- farmasigaaga ka hubso iney geynta sii wadayaan.

Taakulada maxalligu CAN wey u sii jireysaa kuwa ka murugeysan iney u noqdaan dukaamada iyo farmasiyayaasha.

Socialising



Guuud ahaan, waxaa lagula talinayaa inaad xaddiddo tirada is dhexgalkaaga bulshadeed.

Marka sharcigu kuu oggolaado la kulanka dad ka baxsan gurigaaga, Halista qaadidda COVID-19 wuu ka yar yahay haddii aad kula kulanto guriga dibaddiisa.

Marka lagu oggolaado dadka kale in gudaha aad kula kulanto, neecow soo geli adoo dariishad fureysa.

Travel



waxaa lagula talinayaa inaad safar aan muhiim heyn gelin iyo taxaddir markaad isticmaaleysid gaadiid dadweyne-ilaali fogaanta, marwalba maskaraatada xiro, haddii baahi khaas ah qabin.

Care & Support



waa inaad sii wadata isticmaalka daryeelka iyo taakulaadda aad u baahan tahay—oo ay ku jiraan isbitaalka ama taakulaadda aad caadiyan aad u aaddo.

Vaccine



CAN oo idil ee jira 16+ hadda waxay xaq u leeyihiin tallaalka. Haddii aadan weli qaadan tallaalkaagii ugu horreeyey, wac 119 ama Khadka toos uga ballanso xagga www.nhs.uk/covid-vaccination.

Haddii aad taakuleyn u baahan tahay, na gala soo xiriir:



Online

leeds.gov.uk/shielding



Phone

0113 376 0330



SignLive Directory

Select LCC Covid19



Text Number

07480632471

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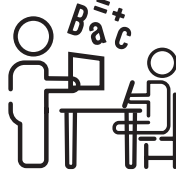
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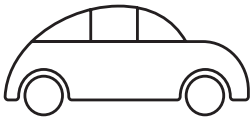


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