

# Tallaalada koronaha ee Tampere: hagitaanada qabsashada ballanta

## Imika waxaa u leh tookada tallaalka Tampere dadka jooga

### **Dadka 50 sano jirka ka wayn (sannadkii 1971 iyo intii ka horaysay kuwa dhashay)**

Tallaalka waxa kale oo helaya daryeelaha xigtada ah dadka ah ee haysta go'aanka daryeelka xigtonimada ah ee guri kula nool qof 70 sano ka wayn.

### **Dadka 16 sano jira ee leh xanuun ama xaalad caafimaad oo aad ugu nugleynaya fayruska koronaha noociisa adag (Kooxda halista ee 1)**

Waxaad ka tirsantahay kooxda tallaalka u leh haddii aad tahay qof ugu yaraan jira 16 sano oo lagugu sameeyay ama aad leedahay:

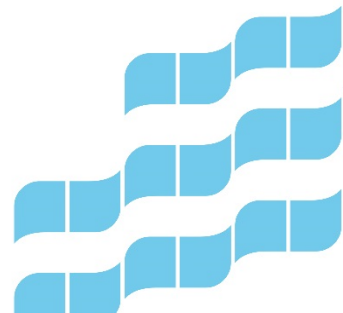
- xubin kale in lagugu wareejiyay ama lix bilood gudahood lagugu wareejinayo unugyada aasaasiga ah ama aad isticmaasho unugyada aasaasiga ah daawada ka hortagta in uu jidhku tufo.
- xanuun kansar ah oo daawayn aay ku socoto (aanan ahaayn kansarka ku dhacaya unugyada aasaasiga ah)
- khalkhalka nidaamka difaaca oo adag
- xanuun kelyaha ah oo adag oo joogto ah
- xanuun sambabada ah oo adag
- sonkorow nooca 2-aad ah daawo lagu daryeelo
- xanuunka Down la yidhaahdo

Macluumaad dheeri ah oo ku saabsan kooxaha nugul (oo ingiriis ku qoran): [Vaccination order for risk groups](#)

### **Dadka 16 sano jir ka wayn ee leh xanuun ama xaalad caafimaad oo aad ugu nugleynaya fayruska koronaha noociisa adag (kooxda halista ee 2)**

Waxaad ka tirsantahay kooxda tallaalka u leh haddii aad tahay qof ugu yaraan jira 16 sano oo lagugu sameeyay ama aad leedahay:

- xiiq ama astma u baahan daawayn joogto ah.
- Xanuun wadnaha ah oo adag, tusaale ahaan wadnaha oo xaalad uu shaqadiisa gabo ah (kuma jiro kaliya xanuunka dhiig karka ah)
- xanuun ama xaalad caafimaad neefsashada khalkhal galinaya oo maskixda ku sal leh.
- Daryeel daawo ah oo daciifinaysa difaaca dabeeciga ah ee jidhka
- xanuun kelyaha ah oo adag oo joogto ah.
- sonkorowga noocisa 1-aad ama howlgab kelyaha dheeraadka ah
- hakad neefsashada ku yimaadda wakhtiga hurddada



- xanuun dhimmirka ah
- Cayil jirro ah (cabirka cayilka oo kor u dhaafay 40)

Macluumaad dheeri ah oo ku saabsan kooxaha nugul (oo ingiriis ku qoran): [Vaccination order for risk groups](#)

## Sidan ayaad u qabsan kartaa ballanta tallaalka

Haddii aay tahay tookadaadii tallaalka, ballan ka qabso wakhtiga tallaalka:

- soo wac lambarka 03 5657 0023 (maalin kasta saacadda 7-22) **ama**
- ka qabso ballanta internetka (kaliya finish ayuu ku qoranyahay, waa in lagugu aqoonsadaa tusaale ahaan macluumaadkaaga isticmaalka bankiga internetka)
  - [Ballantaada netka ka qabso marka aad u socoto waaxda tallaalkada ee Ratina](#)
  - [Ballantaada netka ka qabso marka aad u socoto xarunta caafimaadka](#) (Dadka 65 sano jirka ka wayn)

## Goobaha tallaalka

- [Waaxda tallaalka ee Ratina](#), Hoolalka jimicsiga ee Tampere Stadion (Ratinan rantatie 1).
- Dadka 65 sano jirka ka wayn: [xarumaha caafimaadka ee magaalada](#)

**Fiiro gaar ah u yeelo!** Tallaalkada waa in hore loo sii qabsadaa.

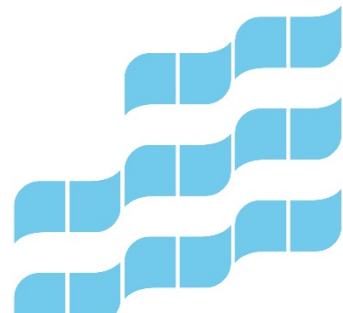
## Hagitaanka ku socda dadka tallaalka u soo socda

- Adiga oo caafimaad qaba oo kaliya kaalay tallaalka oo wakhtiga hore u sii qabsaday. Kaalay goobta tallaalka ugu badnaan 15 daqiiqo kahor wakhtiga kuu qabsoon.
- Isticmaal af iyo san dabool gacmahaagana ku nadiifi daawada jeermiska disha markaa aad imaanayso goobta tallaalka iyo marka aad ka tagaysoba.
- U jirso dadka kale masafo amni ah oo ugu yaraan labo mitir ah.
- Soo qaado kaarkaaga Kela-da soona saaro marka aad sii sugayso.
- Xidho dhar aay fududahay in marada gacanta kor looga laabo.
- Sii joog tallaalka dabadii 15 daqiiqo goobta tallaalka.

Marka aad tallaalka marto waxaad helaysaa ballanta tallaalka ee labaad oo 12 todobaad u jirta maalinta tallaalka hore aad qaadatay.

## Sideen u dhaqmayaa tallaalka dabadii?

Marka aad tallaalka qaadato kaddib waa in aad masafo amni ah u jirsataa dadka kale, waa in aad gacmahaaga marar badan si fiican u dhaqdaa, waa in aad isticmaashaa af iyo san dabool oo aad baadhitaanka koronaha dalbataa haddii ad isku aragto calaamadaha xanuunka waana in aad ilaalisaa talobixinada kale ee jira. Waa in aad sidan u dhaqantaa sababta oo ah tallaalka fayruska koronahu wuxuu kaa difaacayaa calaamadaha xanuunka iyo xanuunka noociisa culus, laakiin wali xog sax ah lagama hayo muddada uu difaac ku haynayao ama inta uu tallaalku cudurka faafidiisa difaac uga yahay dadka.



Latalin luqadaada ku socota oo ku saabsan koronaha iyo tallaadiisa ayaad sidoo kale ka heli kartaa [koronabotti](https://tinyurl.com/coronabottampere) aaladda la yidhaahdo ee ku jirta bogga [tinyurl.com/coronabottampere](https://tinyurl.com/coronabottampere).

Bogagga intrnetka ee luqadaha badan ku qoran ee THL: [thl.fi/koronainfo](https://thl.fi/koronainfo)

Si wadajir ah an uga rayno koronaha - iska ilaali la xidhiidhka dadka, u kaalay tallaalka marka tookadaada la gaadho!

