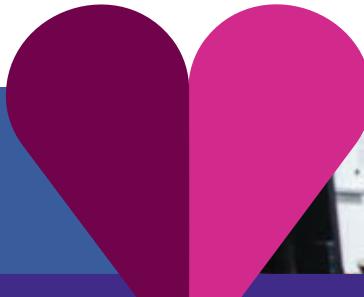




# KOOXDA **CAAFIMAADKA** EE **DEEGAANKAAGA**



Laga soo bilaabo GP ilaa farmashiistaha ilaa iskuduwaha daryeelka - kooxda caafimaadka ee deegaankaaga ayaa halkan u jooga inay adiga iyo qoyskaaga idin ka caawiyaan inaad caafimaad ku joogtaan.

Waxaad xarunta GP-gaaga ula xiriiri kartaa saddex siyaabood: taleefan, khadka, ama qof ahaan.

Buug-yarahaan waxaa ku jira talo iyo tillaaboojin fudud oo aad qaadi karto si aad ugu joogto caafimaad.

# Talooyinka ugu sarreeya ee ku aadan caafimaad ku joogid

## Hel daryeelka aad u baahan tahay

Dhakhtarkaaga GP-ga iyo farmashiistaha labaduba waxay bixiyaan adeegyo caafimaad oo kala duwan. Ablikeeshinka NHS waxa uu kaa caawinayaan inaad si degdeg ah u dalbato dawooyinka ku celiska ah iyo inaad hesho natiijooyinka baaritaanka. Haddii aad ka welwelsan tahay astaamahaaga oo aadan hubin caawimaadda aad u baahan tahay, wac 111 ama booqo 111.nhs.uk.

## Is-ilaali, is tallaal

Gacan ka gayso inaad naftaada iyo qoyskaaga ka ilaalso jirrooyinka halista ah adiga oo xaqiijinaya inaad cusboonaysiiso dhammaan tallaallada. La xiriir xarunta GP-gaaga si aad u ogaato haddii aad u baahan tahay inaad cusboonaysiiso.

## Joogteynta caafimaadka

Xanuunada yaryar waxaa lagu daweyn karaa guriga, laakiin farmashiistaha deegaanka aad u tababaran ayaa sidoo kale ku caawin kara. Uma baahnid ballan si aad u aragto farmashiistayaasha, waxayna kuu sheegi doonaan haddii ay habboon tahay inaad la kulanto GP-gaaga.

## La kulan kooxda caafimaadka ee deegaankaaga

Laga soo bilaabo GP-ga ilaa farmashiistaha waddooyinka ilaa iskuduwaha daryeelka - kooxda caafimaadka ee deegaankaaga waxay ka kooban yihiin xirfadlayaal badan. Wax ka ogow sida ay gacan uga gaysan karaan caafimaadkaaga. Wuxuu xarunta GP-gaaga ula xiriiri kartaa saddex siyaabood – taleefan, khadka, ama qof ahaan.

Ogaanshaha adeegga saxda ah ee aad u raadsan karto caawinaad waxay kaa caawin kartaa inaad si dhakhso leh u hesho daryeel.

Haddii aadan hubin waxaad sameyneso, la xiriir NHS 111 si aad u hesho wixii talo ah adigoo booqanaya [111.nhs.uk](https://111.nhs.uk) ama wac 111. Waxay furan tahay 24 saacadood maalintii, 7 maalmood usbuucii.

Si aad u hesho wixii macluumaad dheeraad ah oo ku saabsan dhammaan mawduuciyada kor ku xusan, booqo [nclhealthandcare.org.uk/localhealth](https://nclhealthandcare.org.uk/localhealth)

