

# Ballansashada Tallaalka COVID-19



Difaaceena ku lidka ah COVID-19 si aan la rumaysan Karin ayay muhiim u tahay iyo helida tallaalkana waa qaab ugu wanaagsan ee aad isugu ilaaliso adiga, qoyska ballaran iyo bulshadaada.

Tallaalku waa lacag la'aan waxaa jira tallaalka ku filan qof walba. Si looga dhigo tallaalku inuu u socdo si debecsan, waxaan ku bilaabaynaa kooxaha da'da ah.

## Marka ay tahay waqtigaaga aad is tallaalayso

### Tallaabada 1: Helida martiqaadka

Marka aad u qalanto, waxaad heli doontaa warqadda marti qaadka si aad uga qaadato ballanta BookMyVaccine.nz

### Tallaabada 2: Sameeyso ballansashadaada

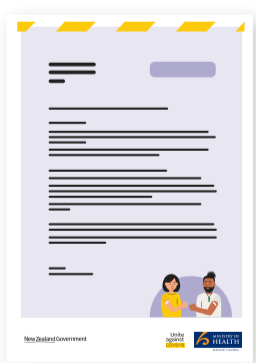
Booqo BookMyVaccine.nz ama wac COVID Khadka caafimaadka tallaalka 0800 28 29 26 si aad u sameeysato ballamahaaga labada kuure.

### Tallaabada 3: Qaado tallaakaaga



Qaado tallaakaagii ugu horeyay. Lix toddobaad ama ka badan kadib, qaado kuurahaaga labaad.

Aad bay muhiim u tahay in la qaato laba kuuro oo tallaalka ah - tani waxay ku siin doontaa ka -hortagga ugu wanaagsan.



*Inta difaaceena xoogan yahay, waa surtagalnimada ugu muhiimsan.*

**Ka ogow wax badan Covid19.govt.nz**



**Te Kāwanatanga o Aotearoa**  
New Zealand Government

**Unite  
against  
COVID-19**