

# Haddii aad si dhakhso ah ugu baahan tahay gargaar caafimaadeed, laakiin aanay naftu khatar ku jirin – soo wac



## Waa maxay ?

Haddii aad si dhakhso ah ugu baahan tahay gargaar caafimaadeed laakiin aanay taasi ahayn xaalad nafta khatar gelinaysa, waxaad iminka soo wici kartaa lambarka cusub ee NHS 111. Marka aad soo wacdo 111, lataliye tababbaran ayaa su'aalo ku weydiin doona si uu u ogaado dhibaataada jirta, si uu kuu siiyo talobixin caafimaadeed oo uu kuugu gudbiyo qof ku caawin kara, sida takhtar saacadaha aanan la shaqaynin ama kalkaaliye caafimaad oo bulsheed (community nurse).

Haddii lataliyuhu uu u arko in xaaladdaadu ay sidaas ka daran tahay, waxuu kuu gudbin doonaan isbitaalka ama waxuu kuu soo diri doonaa anbalaas. Haddii aadan af Ingiriisiga ku hadlin, lataliyaha u sheeg luqadda aad rabto in aad kula hadasho waxuuna kuugu yeeri doonaa turjumaan. Waxaad 111 soo wici kartaa waqti kastoo maalinta ka mid ah. Wicistu waa bilaash, marka laga soo diro telefoonnada guryaha iyo kuwa gacanta.

## Goormeen isticmaali karaa?

Waa in aad 999 soo wacdo marka ay xaalad degdeg ahi jirto – tusaale ahaan, marka qof naftiisu ay khatar ku jirto ama qof uu qabo dhaawac daran ama cudur aad u daran.

Soo wac 111 haddii aad si dhakhso ah ugu baahan tahay gargaar caafimaadeed, laakiin aanay naftu khatar ku jirin – tusaale ahaan, haddii:

- aad u aragto in aad u baahan tahay in aad isbitaalka tagto
- aadan ogayn cidda aad wici karto si aad gargaar caafimaadeed uga hesho
- aadan lahayn Takhtar Guud (GP) oo aad wici karto
- aad u baahan tahay talobixin caafimaadeed ama in niyadda lagu dejiyo oo lagu sheego waxa xiga ee aad samayn karto .

Wixii khuseeya baahiyaha caafimaadeed ee aanan dhakhso badnayn, waa in aad wacdo Takhtarkaaga Guud.

Haddii xirfadle caafimaadeed uu ku siiyey lambar aad wici karto oo loogu talagalay xaalad caafimaadeed oo gaar ah, waa in aad lambarkaas sii isticmaasho.

## Yaa isticmaali kara?

Lambarka NHS 111 waxaa iminka laga heli karaa uun qaybo gaar ah oo ka mid ah England.

Haddii aad qaybahaas ka baxsan tahay, waa in aad adeegga NHS Direct (NHS Toos ahaan) ka wacdo 0845 4647.



when it's less urgent than 999

## Warbixin dheeraad ah

Si aad u hesho warbixin dheeraad ah oo ku saabsan halka laga heli karo adeegga NHS 111 ama si aad buugyarahan ugu hesho luqado kale, booqo [www.nhs.uk/111](http://www.nhs.uk/111)