

Talooyin ku saabsan Jiritaanka Xiriirka lala yeesho Qaraabada iyo Asxaabta:

- Si joogto ah u wac qaraabadaada ama asxaabtaada, qaasatan haddii adiga ama ayaga ay kali nool yihiin.
- Sameyso liis qoran oo qaraabadaada / ehelkaaga soke ama saaxiibbadaa oo lagula soo xiriiri karo markay xaalad u degdeg tahay.
Ku dar magacyadooda, lambarrada taleefannada iyo cinwaannada guryahooda.
Ku hayso liiska Xiriirka Degdega ah boorsadaada ama jeebkaaga.
- Hubso in ehelkaaga / xiriiriyahaaga degdega ah inay garanayaan nambarkaaga iyo cinwaanka gurigaaga.
- Haddii aad ku nooshahay meel ka fog qaraabadaada, hayso faahfaahinta xiriirka deriskooda ama qof kale oo xiriir la leh ehelkaaga.
- Caruutaada sii lambarka taleefanka qaraabadaada si ay ula xiriiraan haddii aad xannuunsato.
- Haddaad jirran tahay oo aad u baahan tahay inaad cisbitaalka tagto xusuusnow inaad soo qaadato taleefankaaga iyo baateri booxiyaha.
- Talooyinkan la wadaag dad kale!




Fikradaha kale ee Caawinaad leh:

- Hadaad daawooyin qaadato ama aad xasaasiyad leedahay hubi in faahfahintooda si fudud loo heli karo, tusaale ahaan Liiska xaaladda degdeg ah.
- Miyaadse kala dardarantay waxa aad jeceshahay inaay kuu sameyaan ehelkaaga / xiriirkaaga degdega ah, haddii aad si xun u xanuunsato xanuunka COVID-19 dartiis?

Kaarka Xiriirka Degdega

- Haddii aad xannuunsato oo aadan hadli karin, waxaad u baahan kartaa shaqaalaha daryeelka caafimaadka inay qof u sheegaan.
- Waxaad xor u tahay inaad isticmaasho Kaarka Xiriirka Degdega ah, kaarkaan ku hayso jeebka ama boorsada.
- Ku dar faahfaahintaada iyo faahfaahinta ehelkaaga soke (qaraabadaada, saaxiib ama qof qaraabadaada kale oo aad ku kalsoon tahay oo oggolaansho siiyay in faahfaahintooda lagu qoro kaarkan isla markaana lala soo xiriiro xaaladda degdeg ah). Qofkani ma haysto xuquuq sharci ama xuquuq dhaqaale ama masuuliyado. Way u fududahay shaqaalaha daryeelka caafimaadka haddii mid ka mid ah Xiriirka Degdegaaga uu ku hadlo Ingiriis.
- Foomka ku buuxi Ingiriisi si shaqaalaha daryeelka caafimaadku u akhriyaan macluumaadka. Hadaadan qori karin Ingiriisi, fadlan weydii qof inuu ku caawiyo. Kaarkan oo turjuman ayaa ku yaal bogga xiga.
- Haddii aadan awoodin inaad daabacatid, waxaad isla macluumaadka ku qori kartaa Ingiriisi warqad oo aad ku heysan kartaa jeebkaaga ama boorsada.
- Tani waa macluumaadkaaga. Ha u dirin Laanqayrta Cas.



English Version

CUT	FOLD
  <p>BritishRedCross</p> <p>Emergency Contact Card</p> <p>About you</p> <p>Name.....</p> <p>Date of birth.....</p> <p>Phone number.....</p> <p>Address.....</p> <p>.....</p> <p>Language(s) spoken.....</p> <p>GP / Family doctor.....</p> <p>GP phone number.....</p>	<p>Next of Kin / Emergency Contact</p> <p>Name.....</p> <p>Relationship to you.....</p> <p>(It can be family or a friend)</p> <p>Phone number.....</p> <p>Address.....</p> <p>.....</p> <p>Language(s) spoken.....</p> <p>If under 18 yrs, how old are they?</p> <p>Do they live in UK? (please circle) Yes No</p> <p>If you have no next of kin, please write "No contact"</p>
<p>Additional Emergency Contact</p> <p>Name.....</p> <p>Relationship to you.....</p> <p>(It can be family or a friend)</p> <p>Phone number.....</p> <p>Address.....</p> <p>.....</p> <p>Language(s) spoken.....</p> <p>If under 18 yrs, how old are they?.....</p> <p>Do they live in UK? (please circle) Yes No</p>	<p><i>Have you discussed your wishes with your Next of Kin/ Emergency Contacts, if you were seriously ill due to COVID-19?</i></p> <p>Please keep this card in your wallet or purse</p> <p>redcross.org.uk/trace</p> 

Kaarka Xiriirka Degdega

- Fadlan jawaabahaaga ku qor kaarka ku qoran Ingiriisiga ee Xiriirka Degdega ah.

Kaarka tarjuman

Halkan Jar	Halkan Laab
 BritishRedCross Kaarka Xiriirka Degdega Kugu saabsan Magaca Taariikhda dhalashada Telefoonka Cinwaanka Luqadaha aad ku hadasho Dhakhtarka./ GP Telefoonka Gp	Ehelkaaga soke/ Xiriirka Degdeg ah Magacooda Xiriirka idin ka dhexeeya (saxiib ama qaraabo) Telefoonkooda Cinwaankooda Luqadaha ay ku hadlaan Haddii da'dooda ka yar tahay 18 imiseey jiraan? Ma UK bay ku nool yihiin? (fadlan koobabin geli jawaabtaada) Haa Maya Haddii aada laheyn xubin xigtaada ah, fadlan ku qor "ma lehi"
Xiriir Degdeg ah oo Dheeraad ah Magaca Xiriirka idin ka dhexeeya (saxiib ama qaraabo) Telefoonka Cinwaanka Luqadaha aad ku hadasho Haddii da'dooda ka yar tahay 18 imiseey jiraan? Ma UK bay ku nool yihiin? (fadlan koobabin geli jawaabtaada) Haa Maya	<i>Miyaadse kala dardaarantay waxa aad jeceshahay inaay kuu sameyaan ehelkaaga / xiriirkaaga degdegga ah, haddii aad si xun u xanuunsato xanuunka COVID-19 dartiis?</i> Fadlan Kaarkan Jeebka ama boorsada ku hayso redcross.org.uk/trace 

Halkan Laab