

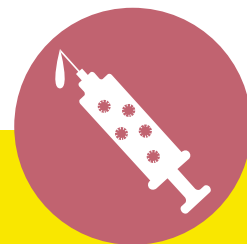
Sidee tallaalku u shaqeeyaa

Source: World Health Organisation (WHO), 2018



1

Tallaalku wuxuu ka kooban yahay nooc fayras ama bakteeriya la beddelay oo aan cudur keenin, laakiin wuxuu nidaamka difaaca jirka uu "baraa" wixii uu sameyn lahaa haddii waligaa uu ku soo weeraro fayraska dhabta ah, ee halista ah ama bakteeriyada



2

Markaad is tallaasho, nidaamkaaga difaaca ayaa ka jawaabaya sida uu uga falcelin lahaa wax kale oo "farogelin ah" isagoo abuuraya unugyada difaaca jirka si looga hortago fayraska gaarka ah ama bakteeriyada.



3

Cudurrada qaarkood, in kabadan hal xidhmo oo tallaalka ah, ama xidhmo xoojin xili dambe ah, ayaa loo baahan karaa si loo xaqiijiyo difaac buuxa oo waara



4

Tallaalka ka dib jirkaaga ayaa xusuusanaya ku soo xadgudbahan gaarka ah. Haddii aad waligaa u bandhiganto fayraska dhabta ah ama bakteeriyada, unugyada difaaca ee saxda ah ayaa si dhakhso leh u baabi'inayaan- ka hor intaanay u helin fursad ay kugu xanuunjiso.



Difaac Wadareed

Marka adiga iyo ku dhowaad qof kasta oo kale oo bulshadaada ka mid ahi ka difaacmo cudur faafa, si fudud uma faafi karo. Si wada jir ah ayaad uga hortageysaan fayraska ama bakteeriyada si eyna u gaarin kuwa aan laga tallaali karin, oo ay ku jiraan carruurta aadka uga yar yar tallaalka iyo shakhsiyaadka qaba xaalad caafimaad ama kuwa qaadanaya daaweyn taas oo sii daciifinaysa nidaamkooda difaaca.



Xasuusnow tallaalku wuxuu u shaqeeyaa inuu ku badbaadiyo adiga iyo dadka kugu xeeran

Note: UNHCR Malta is not the official source of this information. UNHCR Malta has translated this information, to make it available to you in a language you understand, and to share it among refugees and asylum-seekers in Malta. This information was adapted from a poster by World Health Organisation (WHO).