

## Iska diiwaan geli GP

Inaad iska diiwaan geliso rugta GP-ga waxay kaa caawin doontaa inaad hesho daryeelka saxda ah markaad u baahan tahay. Qof kasta oo England jooga wuu isdiiwaangelin karaa isla markaana uu daryeel ka heli karaa rugta GP-ga - uma baahnid inaad sheegto/caddeyso ciwaankaaga ama aqoonsigaaga qaxootinimada socdalka, aqoonsigaaga ama lambarka NHS.

Si aad u ogaato sida la iskaga diiwaan geliyo, booqo [nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery](https://nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery)

## Iskululeey

Cimilada qabow waxay sii xumayn karaan qaar ka mid ah dhibaatooyinka caafimaadka waxayna xitaa kuu horseedi karaan dhibaatooyin aad u daran, gaar ahaan haddii aad jirto 65 ama aad ka weyn tahay, ama haddii aad qabto xaalad caafimaad oo waqti dheer soo jireen ah.

Aad bay muhiim u tahay hadda in ka badan sidii hore inaad si fiican isku kululayso. Halkaan waxaa ku qoran qaar ka mid ah talooyinka ugu fiican ee la raaco bilaha soo socda:

- Kululeey gurigaaga ugu yaraan ilaa 18°C (65°F), haddii aad awooddo - waxaa laga yaabaa inay kuu fiican tahay in qolkaaga fadhiga uu ka yara kululaado qolalka kale.
- Dareere badan cab – cab cabitaanno kulul iyo biyo badan maalintii oo dhan
- Si fiican wax u cun - cun cunto diirran, oo nafaqo leh
- Firfircooni ku joog – dhaqdhaqaaq sameey si aad u xaqiijiso inaad dhaliso diirimaadka jirka ee kugu filan
- Lebiska saxda ah waa muhiim - xirashada dhawr lakab oo dhar khafiif ayaa ka diirimaad badan inaad xirato hal lakab oo dhar culus ah, maaddaama lakabyadu ay dabin geliyaan hawada diiran.

Waxa laga yaabaa in aad xaq u yeelato kaalmo dawladeed si ay kaaga caawiso kharashaadka diirimaadda. Wixii macluumaad dheeraad ah oo ku saabsan qorshayaasha kaalmo ee dawladda, booqo [simpleenergyadvice.org.uk](https://simpleenergyadvice.org.uk) iyo [gov.uk/browse/benefits/heating](https://gov.uk/browse/benefits/heating)

## Hubi kabarka daawooyinkaaga

Diyaargarow jiilaalkan oo buuxso kabarka daawooyinkaaga. Waxaad cudurrada fudud ee ugu badan, sida qufaca iyo cune xanuunka, ku daweyn kartaa guriga adigoo isticmaalaya dawooyinka laga soo iibsano karo farmashiyaha.

Waxaad dalban kartaa dawooyinkaga soo noqnoqda adigoo u baahnayn inaad aado xarunta caafimaadka ama farmashiyaha adigoo isticmaalaya Ablikeeshinka NHS, [nhs.uk/nhs-app](https://nhs.uk/nhs-app) ama adeegyada GP-ga ee onlaynka ah [nhs.uk/nhs-services/gps/using-online-services](https://nhs.uk/nhs-services/gps/using-online-services).

## Ka taxadir dadka kale

Deriska, asxaabta iyo xubnaha qoyska ee waayeelka ah, waxa laga yaabaa inay u baahdaan xoogaa caawimaad oo dheeraad ah xilliga jiilaalka. La xiriir oo hubi inay haystaan sahay ku filan iyo daawada dhakhtarka u soo qorey, haddii ay dhacdo inaysan dibadda u bixi karin ilaa dhawr maalmood.

Haddii ay u baahan yihiin caawimaad inta lagu guda jiro maalmaha ciidaha marka rugta GP-ga ama farmashiyaha la xiro ama aysan hubin waxa ay tahay inay sameeyaan, NHS 111 ayaa ku caawin karta.

Booqo [111.nhs.uk](https://111.nhs.uk) ama wac 111.



# Caafimaad ku joog jiilaalkan

Macluumaad iyo adeegyo loogu talagalay dadka degan Barnet, Camden, Enfield, Haringey iyo Islington

## NHS 111

Marka ay tahay jiro ama dhaawac degdeg laakiin aanay ahayn mid nafta halis gelin karta, booqo [111.nhs.uk](https://www.nhs.uk) ama wac 111 oo bilaash ah marka laga soo wacayo moobilada iyo taleefanada guryaha. Adeegga waxaa la heli karaa 24 saacadood maalintii, toddobo maalmood usbuucii.

La-taliyayaal tababaran ayaa kaa caawin doona inaad hesho daryeel caafimaad oo kugu habboon markaad si degdeg ah ugu baahan tahay waxayna kugu xiri karaan xirfadlayaasha daryeelka caafimaadka ama kuu tilmaami karaan xarunta daawaynta degdega ah, adeegga ilkaha ee degdega ah, GP, farmashiyaha ama adeegyo kale oo badan oo laga helo deegaanka.

Dhaawacyada ama xaaladaha naf-gooyada ah sida wadne qabad ama istaroogga, aad A&E ama wac 999.

## Weydii farmashiistahaaga

Farmashiistaha xaafaddaada ayaa ku siin kara talo saaxiibtinimo, iyo talo khabiirnimo oo ku aadan daawooyinka laga soo iibsado farmashiyaha ee loogu talagalay xaaladaha caafimaad ee caadiga ah, sida shubanka, san duuf leh, ama qufac xanuun leh ama madax-xanuun, iyada oo aan loo baahnayn inaad qabsato ballan.

Si la mid ah bixinta daawooyinka, farmashiistayaashu waxay bixiyaan adeegyo kala duwan, oo ay ku jiraan adeegyada ka-hortagga uurka ee degdega ah iyo sahayda cudurka kaadi-ceshad la'aanta.

Si aad u hesho farmashiitaha kuu dhow, booqo [nhs.uk/find-a-pharmacy](https://www.nhs.uk/find-a-pharmacy)

## Adeegyada GP-ga

Balamaha GP-ga ee habeenkii iyo maalmaha dhamaadka usbuucyada ah waxa todobada maalmood ee usbuuca laga heli karaa xarumaha GP-ga ee ku yaala shanta xaafadood ee Waqooyiga Bartamaha London: Barnet, Camden, Enfield, Haringey iyo Islington.

Xarumhayaga GP-ga waxa ka shaqeeya dhakhaatiir iyo khalkaaliyaal khibrad leh, waxayna adeegyada qiimaynta iyo daawaynta siiyaan dadka waaweyn iyo carruurta qaba dhaawacyada iyo jirrooyinka fudud.

Si aad u ogaato halka ay xarumaheena ku yaalliin iyo sida ballan looga qabsado, fadlan booqo websaydhkeena: [northcentrallondonccg.nhs.uk/my-health/gp-hubs-evening-and-weekend-appointments/](https://www.nhs.uk/my-health/gp-hubs-evening-and-weekend-appointments/)

## Daryeelka ilkaha ee degdega ah

Haddii aad u baahan tahay daawaynta ilkaha ee degdega ah, la xiriir xaruntaada daaweynta ilkaha ee caadiga ah. Waxa laga yaabaa inay ku arkaan ama kuu tilmaamaan adeega daryeelka ilkaha ee degdega ah.

Haddii aanad lahayn dhakhtarka ilkaha ee caadiga ah, la xiriir NHS 111 si aad uga hesho wixii talo ah ee ku saabsan halka aad ka heli karto daryeel degdeg ah.

## Taageerada caafimaadka maskaxda

Haddii aad dareemayso walaac, caajis ama caafimaad daro, la xiriir xarunta GP-gaaga si aad ugala hadasho wax ku saabsan daawaynta hadalka ah. GP-gaagu wuxuu halkan u joogaa inuu ku caawiyo - jir ahaan iyo maskax ahaanba - wuxuuna kuu gudbin karaa adeega saxda ah.

Waxaad talooyin iyo tilmaamo wax ku ool ah oo kaa caawinaya inaad daryeesho caafimaadka iyo badqabka maskaxdaada ka heli karta websaydhka Every Mind Matters: [nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters) Haddii adiga ama qof aad jeceshahay aad la kulmaysaan

dhibaato xagga caafimaadka maskaxda ah, waxaad wici kartaan khadka caawimaadda xagga caafimaadka maskaxda ee NHS ee deegaankaaga kaas oo laga helo talo iyo taageero 24-saac ah. Si aad u hesho macluumaadka xiriirka, booqo: [northcentrallondonccg.nhs.uk/my-health/getting-help-in-mental-health-crisis](https://www.nhs.uk/my-health/getting-help-in-mental-health-crisis)

## Talo loogu talagalay waalidiinta iyo daryeelayaasha

Haddii inta lagu jiro qaboobahan aad ka walaacdo caafimaadka jirka ama maskaxda ee ilmahaaga, waxaad macluumaadka ku saabsan goorta iyo meesha aad caawimaad ka raadsan karto ka heli karta websaydka Kooxda Komishinka Caafimaadka ee NHS North Central London: [northcentrallondonccg.nhs.uk/my-health/covid-19/staywellthiswinter](https://www.nhs.uk/my-health/covid-19/staywellthiswinter)

## Xooji difaaci jirkaaga

In si buuxda looga tallaal qaato COVID-19, iyo qaadashada tallaalka hargabku waxay gacan ka geysanayaan inay ku difaacan adiga iyo dadka kugu xeeran. Taladii ugu dambeysay ee ku saabsan tallaalka waxaad ka heshaa [northcentrallondonccg.nhs.uk/my-health/covid-19](https://www.nhs.uk/my-health/covid-19)

