

# Kooviid-19 Aftabu Dacayriik lakal

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Gadda Gey Aftabu Beyteemih Isi Hanaawisiyaay, Ku kacnoytot kee ku buxahmari Kooviid-19 aKah cattiiima innah Abteenii.

## Aftabuuk Lakal

Tonnal alarjik(waybo) ceelo kaxxam dagooh, daylaaba kol esserele 15-30 dagiiga fanah aftabu beyteek lakal yasmitoonuh atu alarjik (waybo) litom kee alewaytam.

Tahaak gubal Taniimik kol tabulleem tenek daylaabat ongorow:

- moyya berraay
- dagaar niqnay
- kixaay/kacuwu/

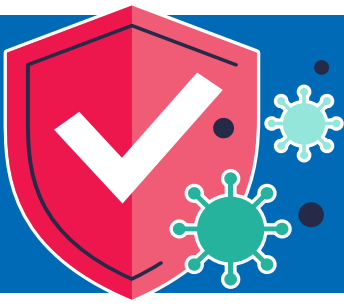
## Tewqeek Lakal

Gammiik tamaateh tan taqabitte ayroh addal hinna immay namma ayrook lakal aftabu beyteek lakal

Maca takkem duddaah	Maca abaanam faxximtaah
<ul style="list-style-type: none"> <li>• foocaa kee afti ufuy beyya gacissa haanamih taqabiyi itaqabi bale cisir kee xirones</li> </ul>	<ul style="list-style-type: none"> <li>• dagaral siinixabcin uun saro hoonay</li> <li>• tamixige elle suga dawaata beyoonay</li> </ul>
<ul style="list-style-type: none"> <li>• moyya berra</li> <li>• ecla</li> <li>• gaboobi lakimaa kee ufkuuqo</li> <li>• niqnaa kee waacitiyya</li> <li>• axaxo</li> <li>• alliyoo kee alliyi fayxi</li> <li>• baggexo</li> </ul>	<ul style="list-style-type: none"> <li>• leeh innah tanim aqubiyaa</li> <li>• tamixxige elle suga dawata beyoonay</li> </ul>

## Ta Telefuun Qafiyat telefuun nebroh Hayisa 1-866-797-0000/TTY: 1-866-797-0007 Hinna immay telefuunuk isi Akam Dacayrih Xayyos:

- fooca kee afti ufuy beyti taqabi cisir kee xirones aftabu geytah tan waqdi 24 saaqat qambalta mafaxximta
- Biyak lem kee alewaytam Dagoo Ayrooraak lakal tamixige



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## Itisil 9-1-1 Ato teellek:

<ul style="list-style-type: none"><li>• sibobi</li><li>• foca kee afti ufuyu</li><li>• ufuy beytih taqabi</li><li>• baleciser kee xirones</li></ul>	<ul style="list-style-type: none"><li>• kaxxa niqna (40°C/104°F Daga)</li><li>• fitqitiyya</li><li>• kalah taniimi</li></ul>
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## Namey hayto DaylaGeyaanah yanin uddur?

Namey hayto daylih maysaqarraah xaganah ta koxut Intifiqaay, wagit [www.regionofwaterloo.ca/VaccineBook](http://www.regionofwaterloo.ca/VaccineBook) hinnna immay Itisila 519-514-1499. Ta oyta illa 28 Ayroora fanah 1-hayto ku dawaataak lakaal.



## Ayyunta Mannal cataah anu aftabu beek lakaal?

- Kot tekkem Keenih Baxxaqis.
- Waris kalah Atu Aftabu macah beytam kee Aytikumus ken Atu abtem akah Aban Innah.
- Keenillih walal Kooviid-19 aftabu buxa maraay Kataysis kee Taamalih tagalen mara liih.
- Ayyunti qaafiyat katatak ah abaninah abtaanama.

## Tawaqdi anu aftabu liyoh, san kee afti saro /mask/ haam yok qambalsimtaa?

Yeey, aftabi Wakti faxa. Namma dawa inkih haytam faximta. Tah beytah 7 - 14 ayrooklakaal kok 2-hayto dawakkdaccarsimak, addah haam fanah. Atu masoolisin San kee afti saro /mask/aftabu geytek lakaal. Aftabu beyaanam dacayri osissam kinni.

## Anu inki waqdi aftabu geek lakaal, inni kataysis kee buxah mara gufam dudda?

Nanu dudale oyti akak Mannu. Baxxaqsa mali hinna immay matamixxiga ta aftabi dayla yekkem kee hinnna immay tabatabsuy aynukusem matamixxiga. Aftabuk lakaal takkemih Kooviid-19 kee kalah tanimbeyaanama, yakkuqenim kee taturanak dudumtah.

## Tah kulli waqdi abeh faxximta katayah yan ayyunti qafiyatih aqakaanek lakaal atu dudaluk aftabu abteh:

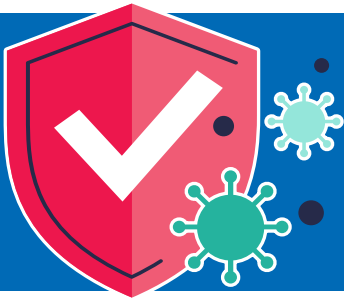
- San kee Afti Saro hayis.
- Buxaak iroh sinamlih madafeyen.
- Buxak Yawqenim maymaggin (groceries, dala kee taaamah tekkeh akewaytek).
- Sitak yaxxerenim Abnis, namma mitir take baxxo isi kee buxah kolih yanmarak fanal.
- Galaqin lee kee shambot hinna immay alkool gabal haak sanitayzerit kaqlis.



200 daga takke afitte 24/7 numma mara lih yaaba 519-514-1499lk  
Tabedm Xadwayta aytimalela (TTY): 519-575-4608  
[regionofwaterloo.ca/COVID19vaccine](http://regionofwaterloo.ca/COVID19vaccine)

#TeamVaccineWR





# Kooviid-19 Aftabu Dacayriik Iakal

- Zaccmatle araccal magacih.
- Isi buxal dafey

Kassisi ku buxah mari physician/ nurse practitioner atuhirigtem kooviid-19 Aftabu nammey heele xaganal geytim.



## **Qokol kooviid-19 Aftabu Ontario**

intifiq ta QR cox hinamay [www.bit.ly/SDOHsurvey](http://www.bit.ly/SDOHsurvey) elacabo sel Qafiyat Malakih kusaq oytih survey tawak.



Region of Waterloo

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