

Sabtida 16ka Oktoobar

Sabti aad u wayn

Is talaal

- Sabti wayn ayaa soo socda waxaan rajeyneynaa dad aad u badan in ay is talaalaan.
- Gaashaanka uugu fiican ee aad adiga, qoyskaada iyo bulshadiina iskaga ilaalin kartiin COVID-19 waa talaalka.
- Xarumaha talaalka maalintii oo dhan iyo fiitkii (habeenki) weey furanyihiin.

Sida aad uuga qeyb qaadan kartid

- ❖ Qoyskaada iyo bulshada aad ka tirsantahay kala hadal cudurka COVID-19 iyo muhiimada talaalka uu leeyahay
- ❖ Weeydii in ay ka warqabaan Sabtida wayn ee soo socda
- ❖ Isku day in aad geeysid xarumaha talaalka ee ayaga u dhaw
- ❖ Xarumaha talaalka inta ayaa ka heleesaa.

[Talaalka COVID-19 • Barta caafimaadka \(Healthpoint\)](#)

<https://covid19.govt.nz/covid-19-vaccines/how-to-get-a-covid-19-vaccination/super-saturday/>

Macluumaadkan waxaa laga soo xigtay mareegaha dawladda New Zealand.

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-vaccines>