



KU SOCOTA KOOXAHA KHATARTA KU JIRA IYO
DADKA DA'DA AH EE 70 SANO KA SARREEYA

Hage xagga caafimaadka ah

Dhammaanteen waxaan iska kaashan karnaa in aan yareyno oo aan xadeyno faafitaanka covid-19, feyruska corona. Gacmaha dhaq, ku qufac laabatada xusulka, masafo dadka u jirso, guriga joog inti ay suurta gal tahay, daryeelna caafimaadkaaga.



RUUTIINNO

Sii wado ruutiinnadaada joogtada ah. Quraac, qado iyo cashaba u cun sidii caadiga ahayd.



ARRIMAHA

Dadka kale u oggolaw in ay kuu soo adeegaan, arrimahaagana kuu qabtaan.



XIRIIR

Waxaa fiican in aad sii wadatid xiriirrada aad maalin walba khadka taleefanka/kombuyuutarka kula leedihiid saaxiibbada iyo xigtada.



HURDO

Isku day in aadan habeenka iyo maalinta kala beddelin. Haddii ay suurta gal tahay, wax cun, dhaqdhaqaaqna maalinti samey, habeenkina hurud.



CUNTADA

Cun cunto caafimaad leh oo kala duduwan. Qudaar cagaaran, qudaar macaan, mallay, loos iyo abuur. Cunto fiican waxay xoojineysaa difaacaaga jirka.



DHAQDHAQAAQ

Yareey fadhiga aan dhaqdhaqaaqa lahayn ee guriga adigoo sameynaya tababarro yar-yar, tusaale ahaan toban jeer istaag ee ku fadhiso kursi.



DIBADDA U BIXIHAAY

Soo lugey, si ay yara wadnuhu kuu garaactamaan oo aad u kululaatid. Dadka kale masafo u jirso. Waxay xoojineysaa awooddaada wax iska celin ee jir- iyo maskax ahaaneed.



SIGAAR IYO TUBAAKO IYO KHAMRI

Yarey ama iskaba daa istcimaalidda sigaarka iyo tubaakada iyo khamriga maadaama ay daciifinayaan difaaca jirka.



HADAL

Haddii aad dareemeysid welwel, baqdin ama aadan wacnaan dareemeyn ama u baahantihid in aad cid la hadashid. Waxaan kugula talineynaa adeegyo taleefan oo fiicfiican oo ku qoran bogga kale.

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Ka soo degso www.norrboten.se/folkhalsa



HADDII AAD KELIGAA TAHAY!

Wac khadka taageerada ee kugu habboon.

Ma murugeysantahay, welwelna ma dareemeysaa ama ma rabtaa in aad cid a hadashid?

KHADKA DADKA

DA'DA AH.....020-22 22 33
Maalmaha shaqada 08.00–19.00
Maalmaha fasaxa 10.00–16.00

BANI'AADANKA HEEGANKA

KU JIRA.....08-702 16 80
Fiid iyo habeen 21.00–06.00

Taleefanka taageerada ee

Laanqeyrta Cas.....0771-900 800
Maalmaha shaqada 12.00–16.00

Kaniisadda Iswiidhan.....0920-26 47 00

Maalmaha shaqada 08.00–12.00 iyo
13.00–15.00

Baadariga heeganka ku jira.....112

Dalbo baadariga heeganka ku jira.
Fiid iyo habeen 17.00–08.00

Palveleva Puhelin,

Ruotsin kirkko.....020-26 25 00
Joka ilta klo 20.00–24.00

هل تشعر بالوحدة؟ هل انت بحاجة لدعم
معنوي؟ بإمكانك أن تكون مجهولاً. اتصل بنا

Islamic Relief.....073-375 84 88
073-375 84 72

Ma dareymeysaa kelinnimo ame
in aad u baahan tahay qof aad la
wadaagto dareenkaada?

Islamic Relief.....073-375 84 88
073-375 84 72

Do you feel lonely and need to talk to
someone?

Islamic Relief.....073-375 84 88
073-375 84 72

Ma laguugu waxyeelleeyay ama in lagu waxyeelleeyo khatar ma ugu jirtaa guriga?

Qaran

Khadka heeganka ee nabadgelyada
dumarka.....020-50 50 50
We speak many languages.

Tantjouren Iris.....0920-22 22 23

Maalmaha shaqada 08.30–16.30 iyo
18.00–22.00 maalmaha oo dhan,
xitaa af-finish wey ku hadlaan.

Are you exposed to domestic
violence?

Terrafem.....020-52 10 10

Waxaan halis ugu jiraa in la i
dhibaateeyo!

Terrafem.....020-52 10 10

فانعلنا ضررعتنا رطخ / ي فانا

Terrafem.....020-52 10 10

Nambarro kale oo muhiim ah

Loogu tala galay adigaaga khatarta
ugu jirta in aad dhaawacdid
qof aad jeceshiid.....020-55 56 66
Isniin iyo arbaco 08.30–20.00
Maalmaha kale 08.30–16.00

Ma ka welwelsantahay

caadooyinkaaga ama caadooyinka
qof kale ee khamrada?

Khadka khamriga.....020-84 44 48
Isn.-kham. 11.00–19.00
jimco 11.00–16.00

Su'aalo guud oo ku
saabsan covid-19,
waxa loogu yeer
feyruska corona.
Wac 113 13.

Ma xanuunsantahay oo caawimaad ma u baahantahay?

Wac 1177 afar iyo labaatanka saac si aad talo u heshid. Haddii ay jirto xaalad degdeg ah wac 112. FG! Wac mar walba inta aadan booqan laamaha caafimaadka! Raac talooyinka Hey'adda caafimaadka bulshada ee warbaahinta lagu soo gudbinayo. www.folkhalsomyndigheten.se

WAAN KU CAAWINEYNAA!

Adigaaga ka weyn 70 sano ama ka tirsan koox khatar ku jirta waxaa lagaa caawin karaa cunto soo iibinta iyo soo qaadidda dawooyinka aan dhakhtar u baahneyn. Si aad macluumaad dheeraad ah uga heshid sida ay wax u dhacayaan, wac degmadaada. Soo dhawaw!

ARJEPLOG

Wac Argentis 070-280 29 79
Maalmaha shaqada ee uusan fasax ku jirin
08.00– 17.00

ARVIDSJAUR

Wac degmada 0960-155 00
Maalmaha shaqada ee uusan fasax ku jirin
inta ay xiriirintu furantahay.

BODEN

Wac adeegga muwaadiniinta... 0921-62 000
Maalmaha shaqada ee uusan fasax ku jirin
inta ay xiriirintu furantahay.

GÄLLIVARE

Wac degmada 0970-818 000
Maalmaha shaqada ee uusan fasax ku jirin
inta ay xiriirintu furantahay.

HAPARANDA

Wac Kaniisadda Iswiidhan 072-241 77 68
Maalmaha shaqada ee uusan fasax ku jirin 08.00–12.00

JOKKMOKK

Wac degmada 0971-170 00
Maalmaha shaqada ee uusan fasax ku jirin
inta ay xiriirintu furantahay.

KIRUNA

Wac adeegga dadka hawlgabka ah. 0980-755 70
Maalmaha shaqada ee uusan fasax ku jirin
inta ay xiriirintu furantahay. 076-134 34 69

KALIX

Wac FRG-ga degmada 0923-651 00
Maalmaha shaqada ee uusan fasax ku jirin 076-210 04 66
13.00– 17.00

LULEÅ

Wac degmada 0920-45 30 00
Maalmaha shaqada ee uusan fasax ku jirin
inta ay xiriirintu furantahay.
Wac Laanqeyrta Cas 076-775 85 57
Maalmaha shaqada ee uusan fasax ku jirin
09.00– 12.00

PAJALA

Wac degmada 0978-120 00
Maalmaha shaqada ee uusan fasax ku jirin
inta ay xiriirintu furantahay.
Wac Laanqeyrta Cas 070-374 59 73

PITEÅ

Wac FRG-ga degmada 0911-69 70 01
Maalmaha shaqada ee uusan fasax ku jirin
09.00– 13.00

ÄLVSBYN

Wac degmada 0929-170 00
Maalmaha shaqada ee uusan fasax ku jirin
inta ay xiriirintu furantahay.

ÖVERKALIX

Wac degmada 0926-740 00
Maalmaha shaqada ee uusan fasax ku jirin
inta ay xiriirintu furantahay.

ÖVERTORNEÅ

Wac degmada 0927-720 00
Maalmaha shaqada ee uusan fasax ku jirin
inta ay xiriirintu furantahay.

FG! Taleefannadaas iyo waqtiyadaas
taleefannadu waa ay is beddeli karaan.

Hage caafimaad oo ka socda gobalka Norrbotten oo ay iskaashanayaan Guddiga maamul gobaleedka Gobalka Norrbotten iyo Kaniisadda Iswiidhiska iyadoo ay sababtu tahay masiibada corona, la isu ururiyay 24 Abriil 2020.

Macluumaad dheeraad ah wuxuu ku jiraa www.norrbotten.se/folkhalsa