

Si taxadar leh u akhri hagahaan oo dhan kahor intaadan bilaabin baaritaanka. Baaritaankani wuxuu ka duwanaan karaa kii aad hore u isticmaashay.

Hagahaaga tallaabo-tallaabo ah ee Covid-19 ka Degdega ah ee Orient Gene (Unugyada difaaca jirka) Is-Baarida



Tilmaamahan adeegsiga waxay la xiriiraan Covid-19 ka Degdega ah ee Orient Gene (Unugyada difaaca jirka) Is-Baarida (GCCOV-502a-H7OGE) kaliya.

Hagahaan wuxuu sharxayaa sida naftaada ama qof kale loogu baari karo COVID-19, oo natiijooyinka loogu soo sheego NHS.

Noocyo luqad kale ah oo ay ku jiraan Welsh iyo bandhigyo muuqaal ayaa laga heli karaa gov.uk/covid19-self-test-help

Waxa aad u baahan tahay inaad sameyso

Hagahaaga tallaabo-ka-tallaabada ah

Akhri tilmaamaha oo raac tallaabooyinka siday u kala horreeyaan. Baaritaan kasta wuxuu qaataa qiyaastii 15 daqiiqado in la dejiyo natiijaduna waxay diyaar noqon doontaa 15 daqiiqado oo dheeraad ah kadib.



Nuxurka buug -yarahan

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Ku dhawaad 1 kiiba 3da qof ee qaba COVID-19 ma oga inay qabaan.

Is-baarida joogtada ah waxaan yareyn faafitaanka oo waxaan gacan ka geysan karnaa ilaalinta kuwa ugu nugul qoysaskeena iyo bulshooyinkeena.

Talo ku saabsan qaadashada baaritaanka

Waxaa jira talooyin waxtar leh, talo iyo sanduuqyo digniin ah oo ku baahsan hagaha, si ay kuu caawiyaan. Adigoo raacaya tilmaamahan si taxaddar leh tallaabo-ka-tallaabo, waxaad yeelan doontaa fursad aad u fiican oo aad ku hesho natiijo lagu kalsoonaan karo.

Tilmaamo iyo digniino guud ah

- Haddii aad dareento dhiig san dareer ah markaad ku jirto nadiifinta, fadlan jooji baafinta. Suufka lama baari karo.
- Badeecada laguma samayn cinjir caag oo dabiici ah si kastaba ha ahaatee joogitaanka ama raadadka cinjirka caagga dabiiciga ah ee badeecada sida loo geeyay isticmaalaha dhammaadka ah gebi ahaanba lagama saari karo.
- Xirmada baaritaanka ka fogee carruurta.
- Dhammaan qaybaha xirmada waa shay adeegsi oo keliya marka laga reebo hayaha tuubooyinka soo -saaridda. **Dib ha u isticmaalin** wax kasta oo ka mid ah waxyaalaha xirmada ee la isticmaalay sida suufka ama tuubooyinka wax soo saaridda, marka laga reebo haya tuubada soo saarista.
- **Ha isku** darin qaybaha sanduuqyada xirmada ee kala duwan. Kaliya isticmaal qaybaha xirmada ee lagugu siyay xirmadaan.
- **Ha isticmaalin** cajaladda baaritaanka haddii ay u baylahday alaabta guriga lagu nadiifiyo (gaar ahaan nadiifiye) maxaa yeelay tani waxay keeni kartaa natiijo aan sax ahayn.
- **Ha ku** samayn baaritaanka qorraxda tooska ah maxaa yeelay tani waxay keeni kartaa natiijo aan sax ahayn.
- Xirmooyinkan waxaa loogu talagalay oo keliya isticmaalka aadanaha.
- **Ha tuurin** haayaha tuubada soo saarista, tan waxaa dib loogu isticmaalayaa baaritaannada dhammaan.

Talo

- Ku kaydi xirmada baaritaanka heerkulka qolka caadiga ah ama meel qabow oo qalalan (2°C to 30°C).
- Ha ka tagin qorraxda tooska ah oo ha ku kaydin qaboojiyaha.
- Xirmadu waa in lagu isticmaalaa heerkulka qolka (15°C to 30°C). Haddii xirmada lagu keydiyey meel ka yar 15°C, ku dhaaf heerkulka qolka caadiga ah 30 daqiiqado ka hor intaadan isticmaalin.

Ku saabsan baaritaankan

Sababta ay tahay inaad is-baarto

Xirmadan is-baarida degdegga ah ee COVID-19 (Unugyada difaaca jirka) waa baaris suuf ah oo sanko si loo hubiyo haddii aad caabuqaysan tahay. Waxaa loogu talagalay dadka leh astaamaha iyo sidoo kale kuwa aan lahayn astaamaha. Si kastaba ha ahaatee waa inaad raacdaa tilmaamaha qaranka si aad u hubiso nooca baaritaan adiga kugu habboon.

Haddii laga helo COVID-19 waa inaad:

- ka caawisaa inaad xaddido faafinta cudurka, adiga iyo qoyskaagu waa inaad raacdaa tilmaamaha dawladda ee hadda jirta: [nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/)
- la talisaa dadka aad si dhow ugu dhawaatay iyo goobihii aad booqatay 48kii saac ee la soo dhaafay ka hor intaan astaamahaagu bilaaban, ama laga bilaabo maalinta la arko natiijada baaritaanka togan haddii aysan jirin astaamo, si loo baaro caabuqa COVID-19 ee suurtogalka ah. Had iyo jeer raac tilmaamaha maxalliga ah iyo kuwa qaranka.

Haddii aad tijaabiso diidmo COVID-19

Waxay u badan tahay inaad caabuqsanayn markii baaritaanka la qaadayay. Natiijada baaritaanka taban, si kastaba ha ahaatee, ma aha dammaanad in aadan qabin caabuqa koroona. Waa inaad sii wadaa inaad raacdo tilmaamaha dawladda.

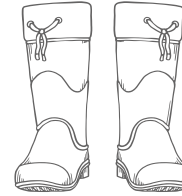
Talo

Haddii adiga ama ilmahaaga/carruurtaadu ay qabaan astaamaha caabuqa koroona (COVID-19) ama uu ku dhacay caabuqa koroona (COVID-19), fadlan tixraac tilmaamaha NHS onlayn: [nhs.uk/conditions/coronavirus-COVID-19](https://www.nhs.uk/conditions/coronavirus-COVID-19)

Haddii adiga ama ilmahaaga/carruurtaadu aad qabtiin astaamaha caabuqa koroona (COVID-19) oo xaaladdu ka sii darto, ama adiga/ilmahaaga/carruurtaadu aysan fiicnaa 7 maalmood ka dib, booqo NHS **111** ee adeegga internetka: 111.nhs.uk. Haddii aadan haysan isticmaal internetka, wac NHS **111**. Waxii ku saabsan xaalada degdega ee caafimaad garaac **999**.

Ha daahinin inaad caawimaad heshid haddii aad welwelsan tahay. Ku kalsoonow dareenkaaga.

Yuu ku habboon yahay baaritaankaani



Dadka waaweyn ee jira 18+

Is-baar oo soo sheeg, adigoo le caawimaad haddii loo baahdo.



Dhalinyaradada da'doodu tahay 12 – 17

Is-baar oo u sheeg kormeerka dadka waaweyn. Qofka weyn ayaa samayn kara baaritaanka haddii loo baahdo.



Carruurta ka yar 12

Carruurta da'doodu ka yar tahay 12 sano waa in qof weyn baaro. Ha samayn baaritaanka haddii aadan ku kalsoonayn baarida ilmaha. Ha sii wadin baaritaanka haddii ilmuhu dareemaayo xanuun.

- Dadka araga naafada ka ah ayaa wali isticmaali kara xirmooyinka baaritaanka laakiin waxay u baahan karaan caawimaad.
- Baaritaankani kuma habboona dadka u nugul dhiig -baxyada sanko, ama dadka lagu sameeyay qalliinka wajiga ama madaxa ah 6 -dii bilood ee la soo dhaafay.

Inta jeer la baaro

Inta jeer aad is-baarayso way kala duwanaan kartaa iyadoo ku xiran duruufahaaga iyo tilmaamaha qaranka ama deegaanka ee hadda jirta.

Xagee laga helaa taageero dheeri ah

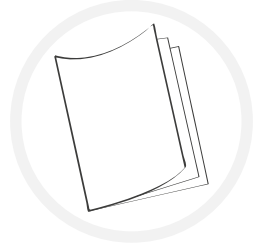
Ka hel macluumaad badan oo is-baarida ah: [gov.uk/covid19-self-test-help](https://www.gov.uk/covid19-self-test-help)

1. Diyaarso aagga baaritaanka

Hubi waxa ku jira xirmadaada

Waxaad u baahan doontaa:

- waqti sheegto sida saacada gacanta ama saacada derbiga
- marooyin
- muraayad
- nadiifiyaha dusha
- gacmo nadiifiye ama saabuun iyo helitaanka biyaha diiran



1 Si taxaddar leh u akhri hagaha tilmaamaha. Waxaad sidoo kale ka daawan kartaa muuqaalka baarida suufka onlaynka haddii aad u baahan tahay caawimaad dheeraad ah: [gov.uk/guidance/covid-19-self-test-help](https://www.gov.uk/guidance/covid-19-self-test-help)



2 Isla markiiba intaadan bilaabin baaritaanka ka hor, cadeey, nadiifi, oo qallaji sagxad siman si aad u xirto xirmada baaritaanka. Tani waa si looga fogaado wasakheynta baaritaanka.



20
ilbiriqsiyo

3 Si fiican u dhaq gacmahaaga 20 ilbiriqsiyo, adiga oo isticmaalaya saabuun iyo biyo diiran, ama gacmo nadiifiye. Haddii aad baarayso wax ka badan hal qof ama aad ku celcelinayso baaritaanka maran, nadiifi dusha sare oo mar kale gacmaha iska dhaq inta u dhexeysa baaritaan kasta. Tani waa si looga fogaado wasakheynta baaritaanka.

4 Sanduuqa baaritaankaaga waa inaad haysataa:



Suufka jeermiska aan lahayn oo ku jira dabool shaabadeysan (x7)



Cajalada baarida ee ku jirta kiish shaabadeysan (x7)



Boorsada qufulka sinyeerka leh (x7) u isticmaal sida bacda qashinka



Tuyuubka soo saaridda oo leh gaashaan (x7)



Daboolka tuubada (x7)



Haayaha tuubada soo saaridda (x1 dib loo isticmaali karo) (Ha tuurin)

Talo

Waxa la sameeyo haddii wax dhaawacmaan, jabaan ama maqan yihiin

Haddii aad aragto wax burburay, jabay ama maqan, fadlan ha isticmaalin xirmada baaritaanka. Waxaad ku bixin kartaa jawaab celinta adiga oo wacaaya xarunta xiriirka macaamiisha. Khadadka ayaa furan maalin walba, 7 -da subaxnimo ilaa 11 -ka fiidnimo.

Wac: **119** (ka madax bannaan mobeelada iyo khadadka dhulka).

Waxaan taageero ku bixinnaa 200 oo luqadood iyo sidoo kale Luqadda dhagoolaha Ingiriisiga.

Haddii ay waxyeello ka soo gaarto qalab soo sheega waxay caawin kartaa dadka kale, fadlan tag: [coronavirus-yellowcard.mhra.gov.uk](https://www.coronavirus-yellowcard.mhra.gov.uk)

2. Diyaarso baaritaankaaga



Digniin

Ha qaniinin qeybta kore shaabadda ee tuyuubka soo saaridda. Ka fogow tuubada soo saaridda ee taabanaysa maqaarkaaga.

- 5 Adigoo ka fageenaya tuyuubka wejigaaga, si tartiib ah uga soo saar filimka wax lagu xiro ee ku jira tuyuubka soo saaridda si aad uga fogaato daadinta wax dareere ah.

Digniin

Tuubada soo saaridda waxaa ku jira waxyaalaha ilaaliya oo laga yaabo inay dadka qaarkood u kiciyaan fal-celin xasaasiyadeed. Haddii dareeruhu taabto maqaarka ama isha, ku dhaq biyo badan. Haddii cuncun maqaarka uu dhaco raadso daryeel caafimaad.



- 6 Ku rid tuyuubka soo saaridda oo ay ku jirto keydka hayaha tuyuubka soo saaridda.

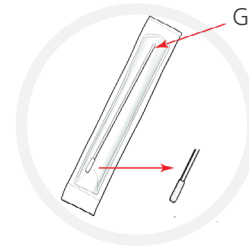


- 7 Si tartiib ah sankaa ugu afuuf warqad oo ku tuur qashinkaaga guud ee guriga. Tani waa si aad u soo saarto xabka xad dhaafka ah. Haddii aad baarayso canug/ku tiirsane ka caawi inay sankooda ka afuufaan, sida loo baahan yahay.



20
ilbiriqsiyo

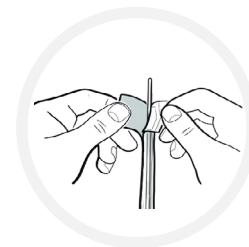
- 8 Si fiican u dhaq gacmahaaga 20 ilbiriqsiyo kadib markaad sankaa afuufto, adigoo isticmaalaya saabuun iyo biyo, ama gacmo nadiifiye. Tani waa si looga fogaado wasakhaynta baaritaanka. Haddii aad ka caawiso cunug/ku tiirsane sankooda afuufaan, **labadiinaba waa inaad gacmahiina si fiican u dhaqdaan** 20 ilbiriqsiyo ama isticmaal gacmo nadiifiye.



Gacanta suufka

Cirifka suufka

- 9 Ka raadi suufka jeermiska aan lahayn daboolka shaabadaysan. Soo saar cirifka, dharka jilicsan ee suufka.



- 10 Diirka ka fur xirmada suufka oo si tartiib ah uga soo saar suufka.

Digniin

Weligaa gacmaha ha ku taaban cirifka dharka ee suufka ama ha taaban meel kasta.

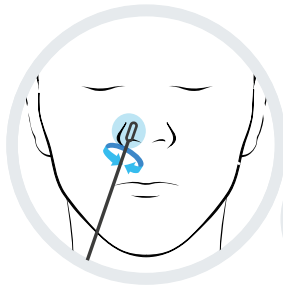
3. Qaado saamiga suufkaaga

Digniin

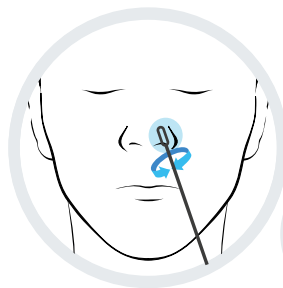
Fadlan xaqiiji in dhammaan dalooliyaha sanko ama la midka ah dahabka laga saaro ka hor intaadan lumin.

Haddii aad baarayso ilmo ka yar 12, ama qof u baahan kaalmo, raac tallaabooyinka bogga 11.

Isbaaridda naftaada



- 10 San qororka hore**
Ku rid cirifka dharka ee suufka kaliya hal san qoror (qiyaastii 2.5 cm), xaqiiji in cirifka dharka ee suufka la dhigo 2.5 cm gudaha sanko hore. Si tartiib ah u masax suufka ku wareegsan gudaha sanko si **dhaqaaq wareeg ah 5 jeer**. Xaqiiji inuu jiro xiriir wanaagsan oo u dhexeeya caarada dharka ee suufka iyo gudaha sanko. Xoog looma baahna, mana aha inaad si aad ah ugu riixdo sanko.



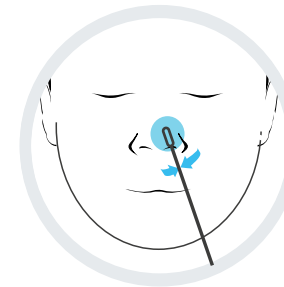
- 11 San qororka labaad**
Isticmaal isla suufkii, ku rid cirifka dharka ee suufka kaliya gudaha san qororka kale (qiyaastii 2.5 cm), xaqiiji in cirifka dharka ee suufka la dhigo 2.5 cm gudaha san qororka labaad. Si tartiib ah u masax suufka ku wareegsan gudaha sanko si **dhaqaaq wareeg ah 5 jeer**. Xaqiiji inuu taabasho wanaagsan oo u dhexeeya cirifka dharka ee suufka iyo gudaha san qororka.

Digniin

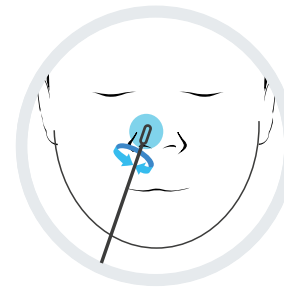
Haddii aad dareento sankoo dhiiga inta lagu jiro gelinta suufka, fadlan jooji gelinta suufka. Suufka lama baari karo. Waxaa lagugula talinayaa inaad la tashato dhakhtarkaaga haddii dhiiggu sii socdo.

Sameynta baaritaan qof kale

Carruurta ka yar 12 jir waa in uu baaro qof weyn. Raac tilmaamaha hoose ee ku saabsan sida loo diyaariyo oo loo baaro ilmo ama qof u baahan caawimaad. Waxaad ka daawan kartaa muuqaalka muujinta ee: [gov.uk/guidance/covid-19-self-test-help](https://www.gov.uk/guidance/covid-19-self-test-help)
Haddii aad ilmo baarayso, tus xirmada baaritaanka oo kala hadal waxaad samaynaysa. Hadday suurto gal tahay, ku fadhiiso qof dhabtiisa ama lahow qof gacanta ku qabto. Weydii cunugga inuu sanko ku afuufo marada. Marada ku rid weel xiran.



- 10 San qororka hore**
Ku rid cirifka dharka ee suufka kaliya hal san qoror ee ilmaha/qofka aad baarayso. Si tartiib ah u tirtir suufka ku wareegsan gudaha san qororkooda si **dhaqaaq wareegsan 5 jeer**. Wax xoog ah looma baahna, mana aha inaad si aad ah ugu riixdo dulalka sanko, hubso inuu jiro xiriir wanaagsan oo ka dhexeeya caarada suufka iyo gudaha san qororka hore.

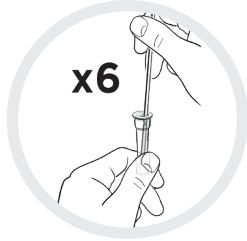


- 11 San qororka labaad**
Isticmaal isla suufkii, ku rid caarada dharka ee suufka gudaha sanko kale ee ilmaha/qofka aad baarayso. Si tartiib ah u tirtir suufka ku wareegsan gudaha sanko si **dhaqaaq wareeg 5 jeer ah**, hubi inuu jiro istaabasho wanaagsan oo u dhexeeya caarada dharka suufka iyo gudaha san qororka labaad.

Digniin

Haddii qofka aad buufineyso uu sanko dhiig ka dareemayo, fadlan jooji buufinta. Suufka lama baari karo. Waxaa lagugula talinayaa inaad la tashato dhakhtarkooda haddii dhiiggu sii socdo.

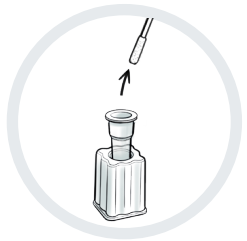
4. Habee saamiga suufka



- 12** Ku rid caarada dharka ee suufka dareeraha tuyuubka soo saaridda.
Xoog ugu riix cirifka tuyuubka soo saaridda, adigoo ku wareejinaya tuyuubka **ugu yaraan 6 jeer.**



- 13** Kaga tag suufka tuyuubka soo saaridda, **saacad qabso** oo ka tag **1 daqiiqo.**



- 14** Ka saar suufka tuubada soosaarka.



- 15** Ku rid suufka bac-qufulka caaga ah.

Talo

Boorsada qufulka siinyeerka ah waxaa loo isticmaali karaa bacda qashinka.



- 16** Si adag ugu **riix** daboolka tuubada tuyuubka soo saaridda si aad uga fogaato wax kasta daadanaya.
Dib ugu celi tuyuubka wax soo saaridda hayaha tuyuubka soo saaridda.



- 17** **Ka fiiri taariikhda dhicitaanka (EXP)** jeebka shaabadaysan. Ka soo qaad cajalka baaritaanka boorsada shaabadaysan oo ku rid dusha fidsan ee la nadiifiyey.

Digniin

Cajalada baarida taas oo ku jirtay meel ka baxsan jeebka la shaabadeeyay in ka badan 30 daqiiqado waa in la tuuraa. Si badbaado leh ugu tuur bacda qalajiyaha gudaha iyo kiishka bacda qufulka siinyeerka qashinka.



- 18** **Si tartiib ah** u cadaadi tuyuubka soo saaridda si aad ugu riddo **4 dhibcood** oo dareere ah ee weelka muunada (ku calaamadeysan **S**) cajaladda baaritaanka.

Talo

Hubi inaad ku rido cajalka baaritaanka **meel fidsan oo siman**. Ha dhaqaajin cajalka baaritaanka inta baaritaanka lagu jiro. Si tartiib ah ugu dar dhibcaha muunada. Ha buuxin.



- 19** **Qabso saacad.**
Sug 15 daqiiqo si aad u akhrido natiijadaada.

5. Akhri natiijadaada

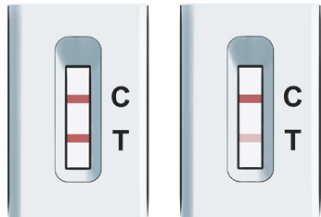
Muhiim ah

Ha ka tagin baaritaanka si aad u horumariso in ka badan 20 daqiiqado maxaa yeelay taasi waxay natiijada ka dhigi doontaa mid aan waxba ka jirin.



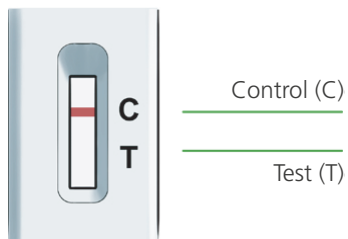
+ Natiijo togan ee wax laga helay

Laba sadar ayaa soo baxaya. Hal xariiq midab leh waa inuu ku yaallaa qaybta xariiqda kontoroolka (C), iyo xariiq kale oo midab leh waa inay ku jirtaa gobolka khadadka baaritaanka (T). Laba xariiqin, mid ku xiga C iyo mid ku xiga T, xitaa khadadka suuxsan, ayaa muujinaya in baaritaanku yahay mid togan oo wax laga helay.



Muhiim ah

Haddii lagaa helo waa inaad isgooni yeeshaa, qoyskaagu waa inuu raaco tilmaamaha dawladda ee ku saabsan isgooni yeynta: nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/

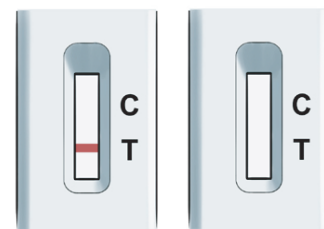


- Natiijo taban oo wax laga waayi

Hal xariiq midab leh ayaa ka muuqda qaybta xariiqda koontaroolka (C). Wax xariiqin kama muuqato qaybta khadadka baaritaanka (T).

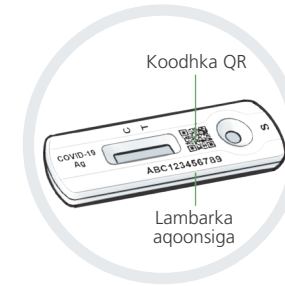
⊘ Natiijo maran oo waxba ka jirin

Xariiqda koontaroolka (C) ayaa ku guuldaraysta inuu soo muuqato.



6. Soo sheeg natiijadaada

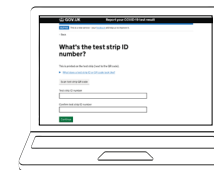
Waa inaad u soo sheegtaa NHS natiijooyinkaaga togan, taban iyo kuwa aan waxba ka jirin.



Diwaangelinta dhammaan natiijooyinka baaritaanku waxay ka caawisaa saynisyahannadu inay ogaadaan caabuuq cusub oo ka soo baxa nasashooyinka waxayna ku taliyaan sida looga jawaabo. Haddii dadku kaliya soo sheegaan natiijo togan, heerarka kiisku waxay u muuqdaan kuwo ka sarreeya sida dhabta ah.

Sidaa darteed xitaa haddii natiijadaadu tahay mid taban ama aan waxba ka jirin, waxaad hubin doontaa in macluumaadka NHS ay sax yihiin.

Waxaad u baahan tahay koodhka QR, ama lambarka aqoonsiga ee hoosta ku yaal si aad u soo sheegto natiijadaada.



Ku soo sheeg onlaynka (ugu dhaqsaha badan)

Haddii aad ku nooshahay England, Wales ama Waqooyiga Ireland booqo: gov.uk/report-covid19-result

Haddii aad ku nooshahay Scotland booqo: covidtest.scot



Ama ku soo sheeg talefoon

Wac **119**

Khadadka waxay furan yihiin maalin kasta, 7 -da subaxnimo ilaa 11 -ka fiidnimo, (oo ka maran moboolada iyo khadadka dhulka)

7. Waxa ay ka dhigan tahay natiijooyinkaaga

Waxaad dhammaysay imtixaankaaga kaliya marka aad soo sheegto natiijadaada

+ Natiijo togan oo wax lagaa helay

Haddii aad hesho natiijo togan, waxay u badan tahay inaad hadda ku qaadday COVID-19 oo aad halis u tahay inaad qaadsiiyo kuwa kale. Waa inaad isgooni yeeshaa. Markaad soo sheegto natiijadaada, waxaa lagu siin doonaa macluumaad dheeraad ah oo ku saabsan tallaabooyinka xiga ee aad qaadi doonto.

Digniin

Adiga, iyo qof kasta oo kula nool, waa inuu raacaa tilmaamaha qaranka iyo deegaanka ee hadda jira. Tan waxaa laga heli karaa: nhs.uk/conditions/coronavirus-COVID-19/self-isolation-and-treatment/

- Natiijo taban oo wax lagu waayay

Haddii aad hesho natiijo taban, waxay u badan tahay inaad caabuqsanayn markii baaritaanka la qaadayay. Natiijada baaritaanka taban, si kastaba ha ahaatee, ma aha dammaanad in aadan qabin COVID-19.

Haddii lagaa waayo, waa inaad sii waddaa raacitaanka sharciyada iyo tilmaamaha qaranka iyo kuwa maxalliga ah, oo ay ku jiraan gacmo dhaqashada joogtada ah, kala fageynta bulshada iyo xirashada waji daboollaha, haddii loo baahdo.

Haddii aad yeelato calaamado, waa inaad isgooni yeeshaa oo aad heshaa baaritaanka hadda lagu taliyay: gov.uk/get-coronavirus-test ama adoo wacaya xarunta xiriirka macmiilka **119**. Khadadka waxay furan yihiin maalin kasta, 7 -da subaxnimo ilaa 11 -ka fiidnimo. Adiga iyo qoyskaagu waa inaad raacdaan tilmaamaha qaranka.

⊘ Natiijo mara naan waxba ka jirin

Haddii aad hesho natiijo maran, tan micnaheedu waa suurtoagal ma aha in la yiraahdo haddii aad lahayd caabuqa markii baaritaanka la sameeyay. Si aad u hubiso haddii aad qabtid caabuqa koroona, qaado baaritaan kale sida ugu dhaqsaha badan. Waxba dib ha u isticmaalin baaritaankii hore oo ha ka bilaabin nidaamka baaritaanka talaabada 1.

Haddii dhibaataadu sii jirto

Haddii dhibaataadu sii jirto, jooji isticmaalka xirmooyinka baaritaanka markiiba. Haddii aadan haysan baaritaan kale oo la heli karo, waxaad ku qaadan kartaa tijaabo nooc kale ah NHS app-ka COVID-19 ama adigoo booqanaya: gov.uk/get-coronavirus-test ama adoo wacaya xarunta xiriirka macmiilka **119**. Khadadka ayaa furan maalin walba, 7-da subaxnimo ilaa 11-ka fiidnimo.

8 Waxqabadka Baaritaanka

Baaritaanku wuxuu u badan yahay inuu bixiyo natiijo togan haddii qof leeyahay heerar sare oo ah caabuqa koroona (COVID-19). Taas micnaheedu waxaa weeye waxay u badan tahay in la ogaado dadka hadda cudurka qaba oo u baahan inay isla markiiba is-karantiilaan.

9 Si ammaan ah u tuur xirmada baaritaankaaga

Marka baaritaankaagu dhammaado, ku rid dhammaan waxyaabaha ku jira xirmada baaritaanku ee la isticmaalay bacda qashinka ee la bixiyey, marka laga reebo kan haysta tuyuub caag ah, oo tan ku rid qashinkaaga guud ee guriga.

Si fiican u dhaq gacmahaaga tuurida ka dib.

Talo

Boorsada qufulka sinyeerka ah waxaa loo isticmaali karaa bacda qashinka.

Xusuusnow natiijooyinka baaritaankaaga

Tani waxaa loogu talagalay diwaanadaada. Wali waa inaad u soo sheegtaa natiijadaada NHS (eeg bogga 15 wixii macluumaad ah).

Booqo: [gov.uk/report-covid19-result](https://www.gov.uk/report-covid19-result)

Haddii aad ku nooshahay Scotland booqo: [covidtest.scot](https://www.covidtest.scot)

Koodhka QR / lambarka aqoonsiga ee xirmada baaritaanku	Yaa qaaday baaritaanka	Taariikhda	Wagtiga	Natiijada Baaritaanka

Xidhmadaadu waxay ka kooban tahay agabkan soo socda

Alaabta

7-Pack

Tilmaamaha isticmaalka (dukumintigan)	1
Suuf aan jeermis lahayn oo ku jira daboolka shaabadeysan	7
Cajalada baarida ee ku jirta kiish shaabadeysan	7
Tuyuubka soo saaridda oo leh kayd	7
Daboolka tuubada	7
Boorsada qufulka siinyeeriga	7
Haayaha tuubada soo saaridda	1
Shahaadada QC	1
	x

Bixinta qalabkan waxaa loo oggol yahay oo kaliya qayb ka mid ah keenista Waaxda Caafimaadka iyo Daryeelka Bulshada (DHSC) ee hoos timaada barnaamijka Baaritaanka iyo Raad-raaca NHS.



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Astaamaha la adeegsaday



Ku kaydi
2 – 30°C



La jeermis dilay
iyadoo la isticmaalayo
xabagta ethylene



Soo saaraha



Ha isticmaalin
badeecada
marka baakadu
dhaawacantay



Tirada nambarka



Taariikhda
dhicitaanka



Qalab caafimaad
oo lagu garto vitro



Ka fogeey
iftiinka qorraxda



Taariikhda soo
saarida



Dib ha u
isticmaalin



Digniin,
fadlan tixraac
tilmaanta



Qallaji



La tasho tilmaamaha
wixii isticmaal ah



Tirada cutubyada
ku jira xirmada (7)



Qofka Masuulka
ka ah UK



Latex lacag
la'aan



Lambarka
katalooga



Dib ha u
jeermis diin



Wakiilka idman
ee Yurub

Nooca B22088-03 Taariikhda dhaqan galka ah 2021/10/04



GCCOV-502a-H70GE

Buug-yarahan wuxuu kaliya tilmaamayaa Orient Gene Covid-19 ka Degdega ah (Unugyada difaaca jirka) Is-Baarida: GCCOV-502a-H70GE

U soo sheeg dhammaan natiijooyinka baaritaankaaga NHS