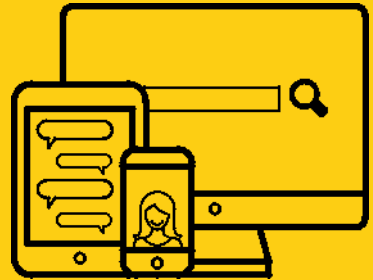


Isku xirnaansho lahaaw inta lagu jiro COVID-19

Waxaan rabnaa inaan kaa caawino helida onleenka, si nabad ah ku joog onleenka kana faa iideyso waxbadan internetka.

Waxaad internetka kaga gali kartaa telefoonka casriga, tablet, laptop ama kumbuyuutar.



Taageer waa la heli karaa

Haddii u baahan tahay caawinaad iyo taageer iyo taageerida inaad onleenka gashid, wac Khadka Caawinaadka ee Bulshada Community COVID-19 Support Helpline lambar **0800 234 6123**, ama iimeel noogu soo dir digitalinclusion@manchester.gov.uk

Wax kasta aqoontaada dijitalka ay tahay, waan kaa caawin karnaa.

Haddii aa bilaabayso, waxaanu kaa caawin karnaa inaad:

- shidid aaladaada iyo gelid onleenka
- baaritaanka warbixinta iyo talo
- helid adeegyada dadweynaha onleenka, sida GP iyo golaha degaanka.

Waxaynu kaa caawin karnaa inaad:

- onleenka ka iibsatiid cunta iyo wixii muhiim ah
- onleenka la xiriirto asxaabtaada iyo qoyskaaga
- daawato barnaamijyada telefishinnka
- onleenka ka dhegeysato raadiyaha, muusig iyo baloogyada
- marin uhel maktabadaha iyo ururada dhaqanka.



Badbaad ahaaw

Waxaa jira khiyaanooyin badan oo COVID-19 ah iyo emayl khiyaano ah oo hadda socda. Waa kuwan tabaha kaa badbaadin kara:

- Ha taabanin xiriirinnada ama lifaaqayda iimeelada laga shakiyo.
- Haka jawaabin farriimaha qoraalka ee aan lagaala tashan ama telefoonka ku weydiinaya faahfaahintaada shaqsi ama maaliyeed.
- Haddii aad wax ka iibsaneyso shirkad ama qof aadan aqoon oo aadan ku kalsoonayn, samee xoogaa baaritaan marka hore talo weydiiso saaxiib ama xubin qoyska ka hor intaadan dhameystirin iibsashada.
- Haddii aad mid leedahay, isticmaal kaarka deynta si aad ku bixiso lacagta, maadaama inta badan kaararka deynta waaweyn waxay bixiyaan caymis waxa internetka laga soo iibsado.

Adeegyada Golaha Degaanka Magaalada Manchester

Booqo www.manchester.gov.uk/coronavirus si aad ku heshid warbixinta ugu dambaysa ee adeegyada Golaha, sida qaadasha binka qashinka, isbedelada kaalmada lacagta, iyo warbixin cusub ee COVID-19.

Caafimaad qab

Dilaaca koronafayrus (COVID-19) macnaheedu waa inaad gurigaaga aad ka soo baxdaa oo keliya haddii ay daruuri tahay, laakiin weli way fududahay inaad NHS ka heshid caawinaad adoo adeegsanaya taleefankaaga casriga ah, tablet ama kombuyuutarka.

Bogga [nhs.uk/health-at-home](https://www.nhs.uk/health-at-home) waxay leeday warbixin kaa caawin doonto:

- xiriirinta dhaqtarkaaga (GP)
- dib u dalbatid warqada daawooyinka
- maareynta xaaladaha mudada-dheer
- dhowrida caafimaadkaaga maskaxda iyo jirka.

Isku xirnaansho

Sameynta wicitaanada fiidiyaha halkii laga wici lahaa taleefanka waxay noqon kartaa hab fiican ee aad kula xiriirto haddana aad dareento wax yar ee go'doon ah, maadaama aad arki karto wajiyada kuwa aad la hadlayso.

Telefoonka casriga midan waxaad ku sameeyn kartaa isticmaalka **Whatsapp** ama **Facetime**.

Tablet, waxaad isticmaali kartaa **Zoom** inaad hal mar la hadashid dad badan.

Isku saxeex isticmaalka shabakadaha bulshada sida

Facebook, **Instagram** ama **Twitter** xiriirin iyo wadaagid.



Is madadaali

Goobaha aad caadi ahaan jeceshahay inaad booqato waxay onleenka ka bixinayaan wax badan in la sameeyo.

Bogga Facebook ee Maktabadaha Manchester

www.facebook.com/manchesterlibraries

Manchester Art Gallery's digital gallery

www.manchesterartgallery.org

Matxafka Manchester aruurida digital

www.museum.manchester.ac.uk

Tiyaatarka Qaranka waxay bixinaysaa show waqti-buuxan Khamiis kasta.

www.nationaltheatre.org.uk/whats-on

Bogga BBC sidoo kale waa meel wanaagsan oo laga helo waxbadan in la sameeyo. www.bbc.co.uk

Maalin kasta laga bilaabo 7galabnimo, United We Stream waxay bixisaa kooxo si toos ah, DJ, heesaa iyo bandhigeyaal ku madadaaliya qofkasta guryahooda.

unitedwestream.co.uk

