

Hagid Dhakhso leh oo loo xulan karo Shilka iyo Imerjansiga

U garaac Dhakhtarkaaga (GP) - haddii rugta cafimaad la xiray taleefankaaga ayaa loo duwi doonaa Adeegga GP-ga ee Saacadaha Caadiga ah ka Baxsan.

NHS 111 - Taleefanka 111

La-heli karo 24 ka saacadood maalintii 365 maalmood sannadkii

Xarunta La Iska-Iman Karo ee Sheffield NHS (Dadka qaan-gaarka ah iyo carruurta)

Taleefanka: **0114 241 2700**

Rockingham House, 75 Broad Lane
Sheffield, S1 3PB

Furan 8 am - 10pm, 365 maalmood ee sannadka.

Qaybta Dhaawaca Sahlan ee Sheffield NHS (Dadka qaan-gaarka kaliya)

B Floor (Dabaqadda B), Royal Hallamshire Hospital,
Glossop Road, Sheffield, S10 2JF

Furan 8am - 8pm maalin kasta - looma baahna ballan.

Adeegga imerjansiga daryeelka isha (Dadka qaan-gaarka kaliya)

Taleefanka **0114 271 2495** (dhaawaca indhaha ama isha) oo la heli karo Isniinta - Jimcaha 8am - 4.30pm

Laga reebo Arbacada oo ah 9am - 4.30pm

Royal Hallamshire Hospital, Glossop Road,
Sheffield, S10 2JF

Carruurta (ka hooseysa 16 jir) ee u baahan daaweynta imerjansiga ah ee indhaha ayaa ah in la geeyo Waaxda Imerjansiga ee Sheffield Children's Hospital.

Daryeel Caafimaad Dhakhso ah (Dadka Waaweyn iyo carruurta)

Taleefanka **111**

Waxa la heli karaa maalin iyo habeen, 365ka maalmood ee sannadka si loo helo daryeelka degdegga ah ee ilkaha.

XUSUUSNOW!

Waaxda Shilka iyo Imerjansiga ayaa loogu talagalay dadka u baahan wax-ka-qabasho caafimaad oo imerjansiga (degdegga) ama shil galay ah.

Imerjansigu waa xaalad qof u

la kulmo miyir beel, dhiig-bax badan, jabitaanka lafaha looga shikiyo, laab xanuun, neefsiga ku adkaada, duroogo siyaada ah qaadasho, qofka oo liqay shey wax-u-dhin leh, sumowga ama dhaawac weyn leh.

Kahor intaadan tagin Waaxda Imerjanisga (A&E) FIKIR!

- Kani ma imerjansibaa/ma shilbaa?
- Ma sugi karaa oo markaa ma u tagi karaa dhakhtarkayga (GP)?
- Dhakhtar kale wax ma ii qaban karaa?
- Adeeg kale oo ka duwani ma kaaga fiican yahay? oo ma ka dhakhso badan yahay?

Adeegyada ka duwan ayaa ku qoran waraaqdan.



www.nhs.uk

www.sheffieldccg.nhs.uk

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Kuwee adeegyada aniga aad iigu fiican?

Hagitaanka xulashada adeegga NHS ee habboon haddii aad adigu xanuunsato ama waxyeello ku timaad.

Isu-Daryeelka	
Farmashiistaha	
GP	
NHS 111	
Adeegyada La iska-Iman Karo ee NHS	
A&E ama 999	



Jiro khamri.
Jilib xaquuq.
Cune xanuun.
Qufac.



Shubanka.
Sanka oo da'a.
Qufac damaq
Madax xanuun.
Fayoobi la'aan.



Matagitaan.
Dhag xanuun.
Dhabar-xanuun.



Ma hubtid?
Jahawareer?
Caawimo ma
rabtaa?



Jeexmad.
Kalabax.
Furuuruc.
Murgacad.



Margasho.
Laab xanuun.
Dhiigbax daran.
Miyir-doorsoon.

Isu-Daryeelka

Cudurro ama calaamado badan ayaa lagu daaweyn karaa gurigaaga adiga oo isticmaala khaanad daawo si fiican u camiran iyo adiga oo nasasho badan hela.

Goorma iyo sabab?

Isku-daryeelka ayaa ah dariiqa ugu wanaagsan ee loo doorto in daaweeyo cudurrada iyo waxyeellooyinka fudud.

Farmashiistaha (Kemistaha)

Farmashiistaha xaafaddaada ayaa ah xirafd-yaqaan daryeel-caafimaad tababaran, oo wuxuu ku siin karaa talo ku saabsan jirrooyinka caadiga ah iyo dawwooyinka aad kugu baahan tahay inaad ku daweyso.

Badidood hadda leeyihiin meel asturan oo aad ugula hadli karto farmashiistaha si gaar ah.

Si aad u hesho farmasiga kuugu dhaw booqo NHS Choices www.nhs.uk/service-search ama wac **111**.

Goorma iyo sabab?

Booqo farmasiyaha xaafaddaada markay dhibaato caafimaad oo caadi ahi ku haysato oo aan u baahnayn inaad ugu tagto kalkaaliye ama dhakhtar

GP (Dhakhtarka)

Rugaha dhakhtarka guud (GP) ayaa laga heli karaa maxalli ahaan. Waxaad ballan uga qaadan kartaa rugtaada caafimaad si aad u hesho talo caafimaad, baaritaannada iyo daawo qoritaankaba.

Gp-yada ayaa waliba bixiya adeegyo saacadaha caadiga ah ka baxsan - kaliya u garaac lambarka caadiga ee GP-ga.

Goorma iyo sabab?

Ballan ka qaado GP-ga deegaankaaga markaad bukooto ama waxyeello kaa dhibaataadeedu kaa tagi weydo.

NHS 111

NHS 111 waa adeeg telefon bilaash ah oo kaa gargaari doona helitaanka gargaar caafimaadka jirka iyo ilkaha si dhakhso ah laakiin aan ahayn xaalad degdega.

Waxa la heli karaa 24ka saacadood, 7 maalmood toddobaadkii si ay kaaga gargaarto helitaanka adeegyada daryeelka caafimaadka dhakhsaha ah ee degaankaaga. Wac **111** khadka bilaashka ah ama mobilka.

Si aad textphone ugu hesho adeega NHS 111 wac **18001 111**.

Iska Imaadka NHS adeegyadooda

Adeegyada iska-imaanshaha ayaa daaweeya cudurrada iyo waxyeellooyinka fudud ee aan u baahnayn tagitaanka Imerjansiga iyo shilka (A&E).

Adeegyada iska-imaanshah Sheffield ayaa furan 365ka maalmood ee sannadka. Uma baahnid ballan oo waxa ku arki doona kalkaaliye ama dhakhtar khibrad leh.

Goorma iyo sabab?

Xarunta NHS ee Iska-Imaadka

Broad Lane, Sheffield S1 3PB Open 8subaxdii - 10habeenkii.

Qaybta Dhaawacya Sahlan ee Sheffield NHS
Isbitaalka Royal Hallamshire (Dadka qaan-gaarka kaliya)
Furan 8 subaxdii-8fiidkii

A&E ama 999

Shilka iyo Imerjansiga waaxyadooda ayaa siiya daryeel dhakhso leh dadka muujiya calaamadaha jirrooyinka daran ama sida xun u dhaawacma.

Haddii aad u wacdo 999 oo aad u sheegto hawl-wadaha (obereetarka) inuu jiro xaalad imerjansi caafimaad ah, baabuur gurmada ah ayaa loo soo diri goobtaada.

Goorma iyo sabab?

Adeegyada imerjansiga ayaa aad u mashquul ah. Waa in keliya loo isticmaalo xaaladaha aadka u daran ama Noloshaha halista galinaya.

Sheffield waxa jira A&E (Shilka Iyo Imerjansiga) dadka qaan-gaarka kaliya loogu talagalay Isbitaalka Northern General iyo A&E carruurta si gaar ah loogu talagalay Isbitaalka Sheffield Children's.