

## Tallaaladaadu ma yihiin kuwa cusub?

### Are your Immunizations Up-to-Date?

Ardeydu waxay hubin karaan diiwaankooda tallaalka mid ka mid ah siyaabahan:

- Iisticmaal QR kood-kan
- Inaad online u aaddo [HealthGateway.gov.bc.ca](https://HealthGateway.gov.bc.ca)
- Iisticmaalka App-ka Caafimaadka



#### Haddii aad u baahan tahay tallaal: If you need an immunization:

Ballan ka qabso qaybta caafimaadka dadweynaha ee xaafaddaada, dhakhtarka qoyska, ama farmashiyaha xaafaddaada. Si aad u heshid liiska farmashiyasha bixiya talaalka, isticmaal koodka QR-kan ama tag [FraserHealth.ca/howtogetimmunized](https://FraserHealth.ca/howtogetimmunized).



#### Haddii diiwaanka tallaalkaaga uu ka maqan yahay tallaallo aad qaadatay:

##### If your immunization record is missing immunization that you received:

La xidhiidh bixiyaha xanaanada caafimaadka eek u siiyay talaalka. Weydiiso nuqulka diiwaanka tallaalka.

Marka aad haysato nuqulka diiwaanka, u dir Caafimaadka Dadweynaha adiga oo isticmaalaya koodka QR-ga ama tag [FraserHealth.ca/immunizationform](https://FraserHealth.ca/immunizationform). Marka ay Caafimaadka Dadweynuhu kaa helaan, waxay ku dari doonaan diiwaannada tallaalkaaga.



#### Hadii aad u baahato xog dheeri ah: If you need more information:

Tag [FraserHealth.ca/immunize](https://FraserHealth.ca/immunize) ama wac qaybta caafimaadka dadweynaha ee degaankaaga.



| Qaybaha Caafimaadka Dadweynaha Public Health Units |                             |                              |                             |                                 |  |
|--|-----------------------------|------------------------------|-----------------------------|---------------------------------|--|
| Abbotsford<br>604-864-3400                         | Agassiz<br>604-793-7160     | Burnaby<br>604-918-7605      | Chilliwack<br>604-702-4900  | Cloverdale<br>604-575-5100      | Guildford<br>604-587-4750              |
| Hope<br>604-860-7630                               | Langley<br>604-539-2900     | Maple Ridge<br>604-476-7000  | Mission<br>604-814-5500     | New Westminster<br>604-777-6740 | TriCities (Port Moody)<br>604-949-7200 |
| Newton<br>604-592-2000                             | North Delta<br>604-507-5400 | North Surrey<br>604-587-7900 | South Delta<br>604-952-3550 | White Rock<br>604-542-4000      |  |

Warqad u socota Ardayga Dugsiga Sare Letter to High School Student

[www.fraserhealth.ca](http://www.fraserhealth.ca)

Maclumaadkani ma beddelayo talada u uku siiyo bixiyaha xanaanada caafimaadkaaga.

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