

Tallaaladaadu ma yihiin kuwa cusub? Are Your Immunizations Up-to-Date?

Ardaydu waxay eegi karaan diiwaankooda tallaalka iyagoo ka gala akoonkooda [HealthGateway.gov.bc.ca](https://www.healthgateway.gov.bc.ca).

Haddii aad u baahan tahay tallaalka: If you need an immunization:

Ballan ka qabso qaybta caafimaadka dadweynaha ee xaafaddaada, dhakhtarka qoyska, ama farmashiyaha xaafaddaada. Wixii macluumaad dheeraad ah iyo liiska farmashiyaasha bixiya talaalka, tag [FraserHealth.ca/howtogetimmunized](https://www.fraserhealth.ca/howtogetimmunized).

Haddii diiwaanka tallaalkaaga uu ka maqan yahay tallaalko aad qaadatay:

If your immunization record is missing immunizations that you received:

La xidhiidh bixiyaha xanaanada caafimaadka ee ku siiyay talaalka. Weydiiso nuqulka diiwaanka tallaalka.

U dir diiwaanka Caafimaadka Dadweynaha adoo aadaya [FraserHealth.ca/immunizationform](https://www.fraserhealth.ca/immunizationform).

Hadii aad u baahato xog dheeri ah: If you need more information: Tag [FraserHealth.ca/immunize](https://www.fraserhealth.ca/immunize) ama wac qaybta caafimaadka dadweynaha ee degaankaaga.

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

Gelida Warsidaha Dugsiga Sare High School Newsletter Insert