

Maxaan soo iibsana karaa?

Miraha iyo khudaarta

✓ Kuwani waxay noqon karaan:

- walxaha cusub, faranjeerka la galiyay ama la gasacadeeyay
- cadadka aad rabto ama kuwo xiray
- kuligeed, dhululuq ama kuwa la jarjaray
- cabitaanada miraha ah ama miraha ama khudaarta biyaha ku jira

✗ Waa inaysan:

- ku darin subag, saliid, cusbo, sokor, sharroobo ama wax dhadhan loogu yeelayo
- ahaanin casiiir ama mid la shiiday

Ahayn caano markaas laga lisay lo'

✓ Tani waxay noqon kartaa mid cimri dheer, la karkariyo, ama lagu daaweeyo kulayl aad u sarreeya (UHT).

✗ Waa inay ahaadaa:

- mid la buriyay
- mid la isku soo yareeyay
- mid dhir ku salaysan
- ama lagu daray dhadhan, midab ama kiimiko

Caanaha carruurta oo laga sameeyay caano lo'

✓ Midani waa inay ahaataa mid la siin karo ilmaha markuu dhasho.

Badar

✓ Kuwani waxay noqon karaan kuwo cusub, la qalajiyay ama la gasacadeeyay.

✗ Waa inaysan ku darin subag, cusbo, sokor ama waxyaabaha dhadhanka loogu yeelo.

Fitamiinada Healthy Start (Bilowga leh Caafimaadka)

Waxaad ku heli kartaa si lacag la'aan ah fitamiinada Healthy Start adigoo qorshaha ku jira.

Haddii aad ku nooshahay England ama Wales, ka raadso goobaha fitamiinka NHS Healthy Start lagu qaybiyo ee kuugu dhiga websaydka: www.healthystart.nhs.uk ama weydiiso kalkaalisadaada ama dhakhtarka ku soo booqday.

Qaado kaarkaada horey lacagta loogu shubay markaad alaab soo qaadanyso.

Haddii aad ku nooshahay Waqooyiga Ireland, waxaan kuu soo diri doonaa warqada ama iimayl lagugu sharaxayo sida loo codsado fitamiinadaada.

Wixii macluumaad dheeraad ah iyo si aad u codsato barnaamijka NHS Healthy Start, booqo: www.healthystart.nhs.uk

Ama naga soo wac lambarka **0300 330 7010**. Xarunteena lala soo xiriir wuxuu furan yahay Isniin – Jimco, 8am – 6pm (marka laga reebo maalmaha fasaxyada).

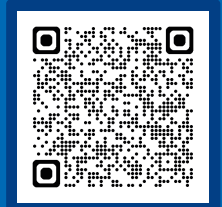


Kaarka horey lacagta loogu shubay ee allpay waxaa bixisa allpay Ltd iyadoo la raacayo laysinka Mastercard International Incorporated. allpay Ltd waa shirkad ay maamusho HFinancial Conduct Authority (FRN 900539) si loo bixiyo lacagta elektaroonigga ah. Xafiiska guud iyo ciwaanka diwaangashan: Fortis et Fides, Whitestone Business Park, Hereford, HR1 3SE (Lambarka Shirkada 02933191). Mastercard waa shirkad ganacsi oo diiwaangashan oo ay leedahay Mastercard International Incorporated.



NHS Healthy Start (Bilowga leh Caafimaadka)

Ka caawinta qoysaska dakhligoodu hooseeya inay helaan cunto, caano iyo fitamiino caafimaad leh.



Waa maxay NHS Healthy Start (Bilowga leh Caafimaadka)?

Haddii aad leedahay uur ka weyn 10 usbuuc, ama uu kuu joogo cunug da'diisu ka yar tahay afar sano, waxaad heli kartaa lacagta aftii usbuuc kasta si aad ugu kharash gareyso:

- caano lo'
- miro
- khudaar
- badar
- caanaha carruurta

Waxaad sidoo kale heli kartaa fitaaminada Healthy Start oo lacag la'aan ah.

Marka lagugu daro barnaamijka waxaad heli doontaa:

- £4.65 usbuuc kasta inta aad uurka leedahay (usbuuca 10aad ee uurkaada kadib)
- £9.30 usbuuc kasta carruurta markay dhashaan ilaa ay ka gaarayaan da'da hal sano
- £4.65 usbuuc kasta carruurta da'doodu u dhaxaysa hal sano iyo afar sano

Lacagaha lagu siiyo waa la joojin doonaa marka ilmahaaga uu gaaro afar sano, ama haddii aad u qalmi weydo dheefta.



Yaa u qalma?

Waad u qalmi kartaa NHS Healthy Start haddii aad leedahay uur 10 usbuuc ka weyn ama uu kuu joogo ugu yaraan hal imo oo da'diisu ay ka yar tahay afar.

Intaas waxaa sii dheer, waxaa khasab ah inaad qaadato mid kamid kuwan soo socda:

- Deeqda dawlada ee Bilaha ah (haddii qoyskaaga lacagta nadiifta ah ee uu ka qaato shaqada ay tahay £408 ama wax ka yar bishii)
- Lacagta dawlada ay siiso dadka hawlgabka ah (taas oo ay weheliso lacagta dheeraad oo ilmaha loogu talagalay)

Sidoo kale waad u qalmi kartaa haddii aad ka yar tahay 18 oo uurkaadana uu ka weyn yahay 10 usbuuc, xitaa haddii aadan qaadanin dheefaha.







Ku soo biir Best Start in Life iimaylka barnaamijka

Iska diwaangeli inaad hesho iimaylada gaarka ah ee joogtada ah si aad u hesho NHS talo, muuqaalo iyo talooyin lagu kalsoon yahay oo ku saabsan uurkaada, dhalmadaada iyo inta aad ilmaha korsanayso:

www.nhs.uk/best-start-in-life/signup/



Sida ay u shaqayso

-  Ka codso onlayn barta: www.healthystart.nhs.uk
-  Ku hel boostada kaarkaaga horey lacagta loogu shubay
-  Waxaad u baahan doontaa inaad ka shaqaysiiso kaarkaada ka hor inta aadan isticmaalin. Wac 0118 338 5810
-  Ka soo iibso cunto iyo caano caafimaad leh dukaamada tafaariiqda intooda badan kuwaas oo gada alaabaha cuntada iyo caanaha la oggol yahay oona aqbala inay lacagta ka jartaan Mastercard®
-  Gali kaarkaada aalada akhriso kaarka kadibna gali lambar sireedkaada marka ugu horeysa ee aad isticmaasho kaarkaada
-  Meel amaan ah dhigo kaarkaada - lacagtaada waxaa lagu soo shubi doonaa afartii usbuuc kasta inta aad u qalanto
-  Hel fitamiinada Healthy Start oo lacag la'aan
-  Noogu soo sheeg haddii xaaladahaagu isbeddelaan barta: www.healthystart.nhs.uk/update-your-details