

# Talaalka Cagaarshow A

Talaalka Cagaarshow A waa 2 kuuro oo loo dhaxeysiiyo 6 bilood.

**Qaadashada 2 kuuro ee cagaarshoowga A ayaa ka dhigan inaad:**

Qaadashada talaalka buuxa ee cagaarshoowga A.

K difaacan tahay xanuunka dabo dheeraada ee Cagaarshoowga A.

Inay u badan tahay inaad qadin aadana faafin cagaarshoowga A oo aad ku rido dadka kale.

Shaqsiyaadka ayaa qabsan kara balan si ay u qaataan talaalka cagaarshoowga A ayagoo la xariiraaya dhakhtarka, ama wacaaya 2-1-1 haddii aysan haysan dhakhtar.

Wixii xog dheeraad ah, booqo:  
[www.sandiegocounty.gov/hepa](http://www.sandiegocounty.gov/hepa)



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