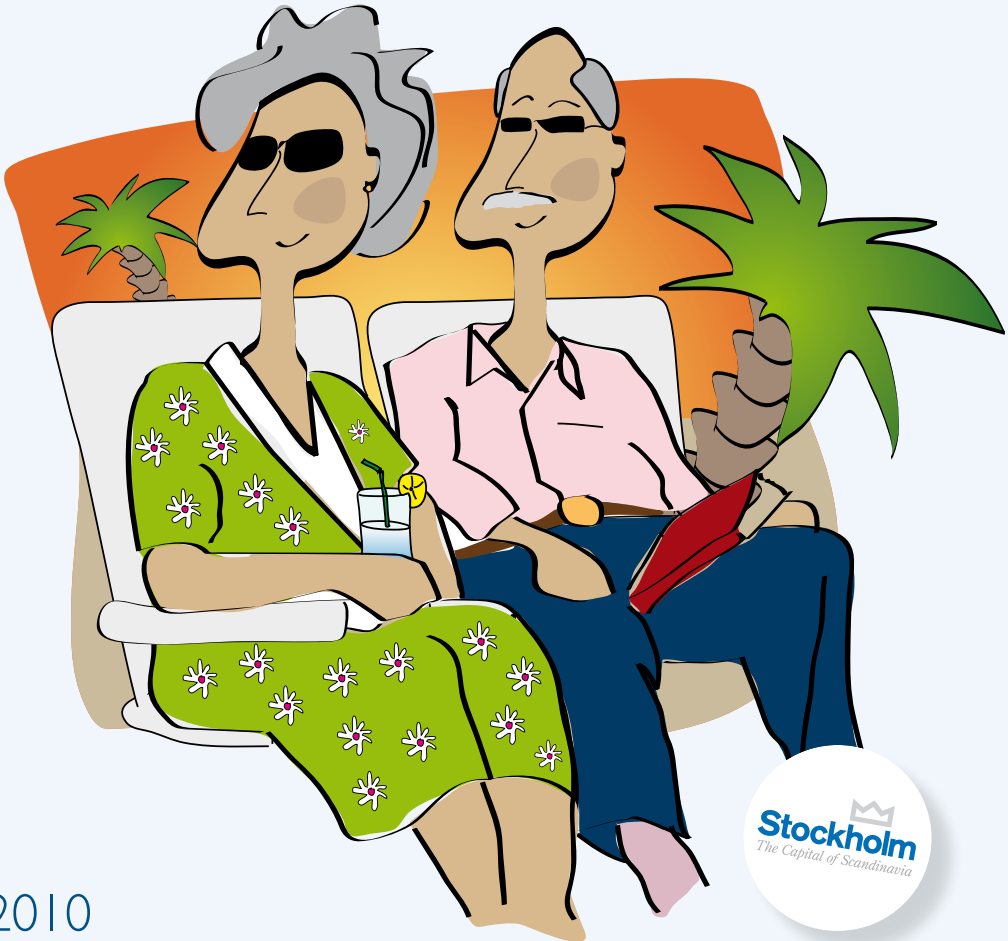


# Qofka ugu safraayo Teneriffa daryeel waqti gaaban



2010

# Diyaargorowga safarka ka hor

## **Baasaboore**

Waxaad hubisa in aad heeysato baasaboore ansax ah iyo in uu dhamaaystiran yahay. Haddii aad uu baahantahay baasaboore cusub waa inaad habeeyso ugu yaraan laba isbuuc, safarka ka hor.

## **Kaar ceeymis oo Yuurubiyaan ah (kaar yuribiyaan ah)**

Marka aad uu safreysid Teneriffa, waxaad waddaneysaa kaar yurubiyaan ah oo ansax ah. Kaarka-Yurubiyaanka waxuu xaq kuu siina in aad hesho daryeel deg deh ah marka aad joogto dalkale oo yurub ka tirsan. Kaarka-Yurubiyaanka, waxaa soo saara qasnada ceeymiska, waxaana laga dalba karaa internetka, [www.forsakringskassan.se](http://www.forsakringskassan.se) ama telefoonka 0771-524 524. Kaarka-Yurubiyaanka, waa in la dalbadaa labo isbuuc ka hor inta aan la safrin.

Waxaad hubisa in ceeymiskaada guriga uu daboolaaayo safar dhici karo oo guriga ku sacdo - kaaso ka socdo dibada oo lala soo raacaayo SOS international ama hey'ado la mid ah ey shirkada ceeymiska isticmaasho. Tani waa sida ka cad warqada-ceeymiska. Inta aada uu safrin Teneriffa waxaa laga rabaa in aad tusi karto gacanyaraha-lacagta kaalmada in in uu ceeymiskada guriga uu daboolaaayo safar-guri ku socdo.

Ceeymisyada guriga ugu badan waxeey lee daboolaaayaan safar-guri ku sucdo oo uu sabab yahay dhacdo ded deg ah oo aan la filaneen inta uu safarka bilaaban. Haddii aad maro nuuc baaritan oo loogu shaki qabo cudur oo aan la ogaan nuuca cudurka wali ama haddii la daryeelaayo cudur dhab ah, waa in aad la tashato shirkadaada ceeymiska haddii uu ceeymiska daboolaaayo baahi loo qabi karo safar guriga ku socdo, marka uu sababta uu yahay calaamadaha cudurka ama cudurka uu sii darnoodo inta la jooga booqashada daryeelka gaaban. Haddii aada heeysan ceeymis guri waa in aad sida ugu dhaqsiyaha badan la xariirto gacanyaraha-kaalmada dhaqaalaha.

## **Daawo**

Haddii aad si joogto ah uu qaato hal ama hal daawo ka badan, waxaa wadaneysaa liis-daawo oo uu qaadaneey-sa degmada daryeelka waqtiga gaabdan ee Casa Solsken. Haddii aada guriga ku heeysan liis nuucaas ah, waxaa ku sii karo dhakhtarkaada ama rugtaada caafimaadeed.

Waxaad sidoo kale wadaneysaa dhamaan daawoyinka aad istimaali doonto inta aad joogo Teneriffa. Sababtaas ka la soo bax farmashiyaha daawoyin kuugu filan. inta aad safrin. Haddii aad uu baahantahay warqad daawo oo cusub, waa inaad la xariirtaa waqti fiican inta aan la safrin, dhakhtaarkada guriga ama dhakhtar kale oo daryeeleed.

Haddii aad da'wadaada si gooni ah adiga uu maamulato/istimacsho oo adna rabtid in aad rantid in aad saas sa-meeysid waqtiga aad joogtid daryeelka waqtiga gaanam, waxaad sameeynee sida aad sameeysid, waxaad, baakadyada dawada, sidoo uu qaadane ama waxaad qeeybinee daawada.

Haddii ee dhakhtar-degmadeeda kugu caawiso qeeybinta daawada, waxaad dawoyinka soo qaadane ayagoo ku jira baakatooda ee asalka ah si eey daryeelka caafimaadka iyo bukaanka jooga Casa Solsken kuugu caawiyaan qeeybinta daawada. Ma soo qaadaneysid baakadka-qeeybiyaha ah (doserter) oo dhakhtarka-degmada qeeybiyay.

Haddii daawoyinkaada lagu qeeybiyo farmashiyaha, ayadoo lagu cawinaayo waxa loo yaqaan ApoDos, waxaad soo qaadane inta woxogaa aad jooga ku isticmaali doontid. Haddii aad daawadooyinka uu heeysato bakadyo asal waa in aad soo qaadataa. Waxaad xatta soo qaadataa daawoinka loo baahan karo oo kadib la isticmaali karo markii loo baahdo.

Waxaad xasuusataa in aad ku ridatid daawoyinka loo baahan karo boorsadagacanta inta diyaarada safreeyso. Haddii aad uu baahato daawad biyo-biyo ah inta diyaarada safarka lagu jiro, waxaa muhiim ah in aad ka qeeyb qaadato sharciyada-amniga oo ku saabsan waxa lagu qaadan karo boorsada gacanta.

## **Qalab kaalmeed**

Haddii aad heeysato qalab kalmeed oo si gooni ah laguugu tala galay, oo aad uu baahan doonto inta safarka lagu jiro iyo inta la joogo Teneriffa, waa in aad soo qaadataa. Qalab/wax kalmeedka qaarkood, sidii, kursiga curyaaminta, waxaa loo amaaha kara si kumeel gaar oo wuxuu yaal Casa Solsken. Dhacdooyinka aad ku isticmaamaasho qalab/wax kalmeedka ee inkontinens, waxaad soo qaadane inta xisaabsan oo lagu istimaali doono joogida. Sababtaas

darteed, waxaad hubaalisa intaada safrin, in aad aad guriga ku heeysato qalab/wax kalmeedka inkontinens, in kuuga filan .

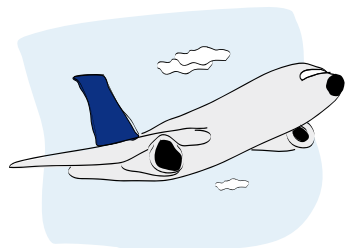
## **Lacag**

Dhamaan qarashka dagmada, cuntada, daryeelka aad ka heleeysid shaqaalaha iyo wax raacida iyo dalxiiska oo la qabanqaabinaya inta safarka socdo, waxee ku jirta lacagta oo lo go'aamiyay in aad adiga ku dhiibto daryeelka waqtiga gaaban. Tani mar dambe ayaa xisaabteeda lagu soo diraa. Waxaa ku soo diraa taasi maamulka degmadaada.

Waxaad adiga qarash ku bixineeysid waa cabitaan iyo cunada aad ka gada-neeysid ayroboorka (maddarka) iyo diyaarada gudaheeda, dalxiiska aad uu baxeeysid in taad joogtid Teneriffa iyo waxa aad adiga uu gadato isticmaalid. Haddii aad rabto in aad lacag sariftid inta aad safrin, lacagta hadda laga isticmaalo Teneriffa waa Euro. Waxaa xatta fiican, in aad lacag kala soo baxdo adigo isticmaalaayo kaar-banki (tusaale ahaan, Visa, Master Card), iyadoo wax yar taasi kaaga baxeeyso.

## **Safar ku/ka socdo Arlanda**

Maalinta safarka, adiga kaliga ayaa masu'aliyada imaashada Arlanda ku saaran tahay. Ugu dambeeys 09.30 ayaa lagaa rabaa terminal 2, miiska-hubaalida (incheckningsdisk) ee Norwegians. Haddii aad lee dahay tigid gaariga ee khaaska (färdtjänst), waa in la sii balansadaa waqti hore, safarka ku socdo Arlanda. Haddii aad raaceeysid Tagsi xatta weey fiican tahay in aad sii balansatid. Shaqaale ka socdo, Casa Solsken ayaa lagula kulmaa miiska-hubaalida (incheckningsdisk) ee Arlanda ku yaal, kuwaasina, safarka dhan weey kula socdaan.



Markii guriga loo soo safraayo isla arinta ayaa jirta, waxaad la safreeysaa shaqaalae laakin waxad adiga si gooni ah uga masu'ul tahay safarka ka socdo Arlanda oo ku socdo guriga. Diyaarada waxeey soo dagee qiyaas 23.30.

Badana in badan oo laga fakaro ayaa jira inta aan la safrin! Warqadaan warbixineed waxaa loogu tala galay in eey adiga iyo dadka kuugu dhow ugu shaqeeeyso sidii liis-hubin, inta aad uu safrin Casa Solsken oo ku taal Tenerif-fa.



## Liiska-hubinta

### Waa in aad wadato:

- Baasaboor
- Kaarka-yurubiyaan ah oo ka socdo Qasnada ceeymiska
- Warqad ceeymis (SOS International ama wax la mid ah)
- Liis daawo
- Daawo
- Qalab sii gooni ah loo tijaabiye, iyo sido kale qalab caawinaad ee inkontinens oo loo baaho karo.

# Marka aad guriga imaato

Jirada, Meticillin Resistentta Stafylokoocker (MRSA), waxeey ku badan-tahay dalka Isbayn markii loo bardhigo Iswiidhan. Sababtaas darteed ayaa uu wargalinee daryeel caafimadka iyo bukaanka inaad joogtay daryeelka-waqtiga-gaaban oo dibada ku yaal - hadii aad lixda bilood oo ku xigto booqashada daryeelka gaaban, laguugu daryeelo isbitaalka ama degmada daryeelka ee waayeelka.

## **Äldre direkt**

Äldre direkt waxaad ulu jeeso kartaa dhamaan su'aalooyinka ku saabsan daryeelka waayeelka ee ma-gaalada Stockholm.

Telefoon: 08-80 65 65

E-mail: [aldredirekt.service@stockholm.se](mailto:aldredirekt.service@stockholm.se)



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