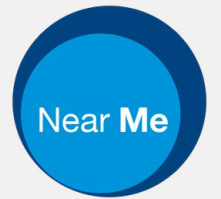


# Imaanshaha balantaada ee fiidiyow ahaan



## Carruurta iyo Dadka da'da yar Adeegga Sonkorowga

### Wicitaanka fiidiyowgu waa mid sahlan oo si fudud loo isticmaali karo

Halkii aad ugu safri lahayd ballantaada, waxaad geli doontaa aagga sugitaanka ee khadka tooska ah, adoo adeegsanaya xiriirka hoose.

Adeeggu wuxuu arki doonaa inaad timid, iyo adeeg bixiye ayaa ku soo biiri doona wicitaankaaga markii diyaar tahay.

Uma baahantid inaad xisaab ama akoon samaysatid.

Wicitaanka fidiyowga waa kuwo badbaadsan asturnaantaada shakhsi ahaan waa la ilaaliyey.



## Sidee ayaan isku xaadiriya balanteyda fidiyowga?

**Aad:** <https://nhsattend.vc/NHSGGCCYPDS>

### Maxaan u bahaanahay inaan sameeyo wicitaan fiidiyoow ah?



**Qalab** aad ku sameeyso wicitaan fidiyow, sida telefoonada smartphone, tablet, ama kombuyutar oo leh webcam iyo codbixiye (speaker) (badanaa labtobyada way ku samaysan yihiin)



**Khad internet oo la isku halayn karo** (wired, WiFi, ama mobile data). Haddii aad ka daawan karto fiidiyow khadka tooska ah (onleenka), waa inaad awoodaa inaad sameeyo wicitaan fiidiyoow ah.



**Meel iftiin leh** ee khaas ah ee wadatashiga, meel aan lagaa qasaynin.



Isticmaal nooca ugu dambeeya ee **Chrome**, **Safari**, ama **Edge** waxqabadka wacitaanka fiidiyowga ugu fiican.



**Google Chrome**  
Windows, Android, MacOS



**Apple Safari**  
MacOS, iOS, iPadOS



**Microsoft Edge**  
Windows

## Maxaan u baahanahay inaan ogaado?

### Ma amaanbaa / qarsoodi ah?

Waxaad leedahay qol fiidiyow oo kuu gaar ah oo waxaana loo idmay kaliya inay geli karaan adeeg bixiyeyaasha.

Lama kaydio wax macluumaad markaad gasho.

Wicitaanka lama duubo.

### Waa imisa qiimaha wicitaanka fiidiyowgu?

Wicitaanka fiidiyowgu waa lacag la'aan marka laga reebo isticmaalkaaga internetka.

**Talo!** Haddii aad awoodo, ku xir shabakad Wi-Fi ah si aad uga fogaato adeegsiga (data) xogtaada moobiilka.

### Intee in le'eg xogta (data) internetka ayaan isticmaali doonaa?

Wicitaanka fiidiyowgu ma isticmaalo xogta (data) inta aad sugeyso qof inuu kula soo biiro. Wicitaanku markuu xirmo ka dib, waxay isticmaashaa qadar xog ah oo la mid ah Skype® ama FaceTime®.

## Sideen u sameeyaa wicitaankeyga fiidiyowga?

Fur baraawsarkaaga oo ku qor cinwaanka adeegga ee cinwaanka barta cinwaanka (ma aha sanduuqa raadinta).

Markaad diyaar tahay, riix batanka **Start video call**.



**Talo!** Sameey wicitaan tijaabo ah balantaada ka hor si aad u xaqiijisid samayskaaga.

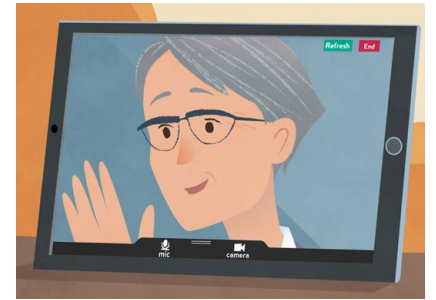


Systemka waxay xaqiijin doontaa inaad waxkasta diyaar kuu yihiin (internet, speaker, microphone, iyo video).



Haddii lagu weydiisto, u fasax barowsarka inay isticmaasho kaameraadaada iyo microphone.

Geli faahfaahintaada, calaamdeey sanduuqa si aad ku ogolaatid Qodobada iyo Shuruudaha, kadib bilow wicitaanka.



Dhamaadka wicitaanta, riix **End**.

**Talo!** Arimo badan waxaad ku xalayn kartaa adigoo riixa **Refresh**.



## Maxaan sameeyaa haddii wax khalad dhacaan?

Booqasho <https://nhs.attendanywhere.com/troubleshooting>

### Warbixin dheeraad

Haddii ay dhibaato kaa haysato marka aad wacayso:  
telefoonka - 0141 201 0331  
iimayl - childrenwithdiabetes@ggc.scot.nhs.uk

