

La dagaalanka Takoorka dhanka COVID-19

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Jooji Cunsuriyada

Aasiyaanka Maraykanka ah, Dadka ka soo jeeda Jasiiraddaha Baasifiga iyo bulshooyinka Qabaa'ilka ee Maraykanka ayaa bartilmaameed u ahaa hadalo cunsuriyadeed iyo weeraro dhanka jir ah oo ka jira bulshooyinka Oregon. Waa muhiim in la isku yimaado oo midba mid kale taageero iyada oo la muujinayo wadajir isla markaana si ku tala gal ah loo shaqeynayo si loo joojiyo aragtideena qaldan iyo tan dadka kale iyo is ceebaynta/dhaleecaynta ku saabsan halka oo ka soo jeedo fayrasku.

Waxa aad sameyn kartid



Waxaad joojin kartaa is ceebaynta/dhaleecaynta iyada oo la wadaagayo macluumaad sax ah. La soco waxa jira iyada oo la adeegsanayo ile sumcad leh, oo la aaminsan yahay sida Maamulka Caafimaadka Oregon oo su'aalaha dadka weydii ilaha rasmiga ah sida 211 info iyo Isku xirnaanshaha Ilaha Dadka Waaweyn iyo Naafada ee Oregon (ADRC).



Kani waa waqtigii wanaag badan loo muujin lahaa dadka kale, welina falalka nacaybka ama aragtida qaldan ku jirto loo baahan yahay in wax laga qabto. Sax macluumaadka beenta ah, isla markaana xasuusi qofka hadlaya: in qof kasta oo uu soo gaaro cudurka COVID-19 uu qaadi karo isaga oo aanu u kala eegayn jinsiyad, qowmiyad ama dhalasho. Wixii ficilo nacayb ah oo aragti qaldan ku dhisan u soo sheeg Waaxda Caddaalada ee Oregon, 844-924-BIAS(2424).



Dhageyso si aad, u qirto oo adiga, oo haysta oggolaansho, la wadaag sheekooyinka dadka ka kulmaya kala takoorid, oo ay weheliso farriin ah in nacaybku uu yahay wax aan la aqbali karin bulshadaada dhexdeeda.

Ilaha

- Dembiga aragtida qaldan la iska aaminsan yahay u soo sheeg [Waaxda Caddaalada](#): 1-844-924-BIAS
- [Healthoregon.org/coronavirus](https://healthoregon.org/coronavirus)
- [Maamulka Caafimaadka Oregon, Fiidiyowga Ogow Xaqiiqooyinka "COVID-19: Learn the Facts"](#)
- [Xirmada qalabka warbaahinta bulshada ee Ka hortagga is ceebaynta/dhaleecaynta ee Degaanka King](#)
- [Talada Cudurka Coronavirus \(COVID-19\) ee loogu talagalay bulshada: Beeniyayaasha Khuraafaadka](#)
- [Sawirka daabacan ee Fayrasyadu wax ma kala saaraan/soocaan](#)
- www.adrcforegon.com
- www.211info.org

Raadi meelaha laga sii gelayo 'links' ilaha ku saabsan COVID-19 OWL <https://www.oregon.gov/DHS/Pages/COVID-19-Communications-Toolkit.aspx>

Waxaad heli kartaa dokumentigan oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee braille ama qaabka aad doorbidayso. Melissa Gomez kala xiriir 503-947-2689 ama email dir melissa.gomez@dhsosha.state.or.us. Waa aqbalnaa wicitaanada gudbinta oo dhan ama waxaad wici kartaa 711.

Jooji Takoorka Naafanimada 'Ableism' iyo Da'da La Xiriira 'Ageism'

Ururka Caafimaadka Adduunka ayaa qortay in dadka da'da ah iyo dadka leh xaalado caafimaad oo hore u soo jiray (sida cadaadiska dhiigga ee sarreeya, cudurka wadnaha, ama sonkorowga) ay u muuqdaan in ay inta badan qaadaan jiro halis ah marka loo eego dadka kale.”

Taxadarrada loogu talagalay dadka waaweyn iyo dadka leh xaalado caafimaad oo hore u soo jiray waa mid dhab ah, laakiin waxay sidoo kale sare u qaadeen kala sooca/takoorka lagu hayo dadka reer Oregon ee da'da noqonaya ama naafada ah. Hadalo waxyeello leh oo ku saabsan qiimaha muhiimka ah ee ay leeyihiin bulshooyinta ay inta badan suurtagalka tahay in uu saameyn ku yeesho cudurka COVID-19 waxay ahaayeen kuwo baahsan waana in lala dagaalamaa.

Waxa aad sameyn kartid



Si tartiib ah u sax luqadda nacaybku ku jiro iyo ficillada. Wixii ficilo nacayb ah oo aragti qaldan ku dhisan u soo sheeg Waaxda Caddaalada ee Oregon, 844-924-BIAS(2424).



Dhageyso si aad, u qirto oo adiga, oo haysta oggolaansho, la wadaag sheekooyinka dadka ka kulmaya kala takoorid, oo ay weheliso fariin ah in takoorka naafanimada 'ableism' iyo da'da la xiriira 'ageism' uu yahay wax aan la aqbali karin bulshadaada dhexdeeda.



Raac tilmaamaha ku saabsan wax ka qabashada saameynta uu leeyahay kala fogaanshaha bulshada 'social distancing' sida walaaca iyo niyad-jabka. Kala fogaanshaha bulshada 'social distancing' macnihiisu ma aha go'doominta bulshada; raadi habab lagu sii wado xiriirada la leeyahay iyo xiriirka bulshada oo aanan u baahnan in jir ahaan la isku dhow yahay. Sidoo kale, haddii adiga ama qof aad garanayso uu dareemayo in uu ka tiro batay dareen murugo, niyad-jab, walaac, ama aad qabto dareenka ah in aad naftaada ama tan qof kale waxyeello u geysato, wac 911 ama Khadka Ka hortagga Isdiilka 1-800-273-TALK (1-800-273-8255).



Si fiican adigu aqoon ugu yeelo sharciyada shaqada inta lagu jiro cudurka baahsan. Sharciga Dadka Naafada ah ee Maraykanka (ADA) ayaa codsabayaasha iyo shaqaalaha ugu yaraan saddex siyaabood oo waaweyn uga ilaaliya takoorida dhanka naafanimada inta lagu jiro cudurka baahsan

1. ADA ayaa dejisa weydiimaha naafanimada la xiriirta ee cidda loo shaqeeyo iyo baaritaannada caafimaadka ee loogu talagalay codsabayaasha iyo shaqaalaha oo dhan, oo ay ku jiraan kuwa aanan lahayn naafanimada ADA.
2. ADA waxay cidda loo shaqeeyo ka mamnuucaysa in dadka naafada ah laga reebo goobta shaqada taasi oo la xiriira sababo caafimaadka ama dhanka badbaadada ah marka laga reebo iyaga oo keenaya "khatar weyn" (sida halis la taaban karo oo ah xataa haddii u jiro isbeddel macquulka dhanka shaqada ah 'reasonable accommodation').
3. ADA waxay dadka uga baahan tahay isbeddel macquul ah oo dhanka shaqada ah 'reasonable accommodation' oo loogu talagalay dadka naafada ah.

Ilaha

- [Sharciga waqtiga la jiran yahay ee Oregon](#)
- [Isku diyaarinta Cudurka Baahsan ee Ka Jira Goobta Shaqada Iyo Sharciga Dadka Naafada ah ee Maraykanka](#)
- [Talooyinka loogu talagalay Kala fogaanshaha Bulshada 'Social Distancing', iyo Karantiinka Inta Lagu Jiro Dillaaca Cudurka Faafa](#)
- [Su'aalaha Caadiga ah Iyo Jawaabaha Ku Saabsan Covid-19 Ee Loogu Talagalay Dadka Waaweyn Iyo Dadka Leh Xaaladdo Caafimaad Oo Soo Jireen Ah](#)
- [ADA, Xeerka Dhaqan-celinta iyo COVID-19](#)