



# Xaqiiqaha Faafida, Ma ahan Cabsi

Oregon waxay arkeysaa korodhka dhacdooyinka takoorida iyo dhibaateynta la xiriirto fayraska COVID-19. Waa muhiim in dadka oo dhan, ganacsiyada, iyo hay'adaha kale ku dhaqmaan xaqiiqaha, aysan u eexan ama faquuqa. Saraakiisha caafimaad waxay xaqiijiyeen inaysan jirin xiriirto u dhaxeeyo caabuqa COVID-19 iyo jinsiyada qofka, midibka, jinsiga, dooqa galmada, aqoonsiga jinsiga, diinta, kartida, ama asalka dhalashada. COVID-19 waxay saameyn kartaa qof walba oo ay gaarto iyada, iyo qof walba wuu faafin karaa COVID-19.



**Waa sharci daro in lagu takooro qofka sababtoo ah waad cabsaneysaa ama aad aaminsantahay in jinsiyadooda, midibka, jinsiga, dooqa galmada, diinta, kartida, ama asalka dhalashada u saadaaliyo iyaga caabuqa COVID-19.**

Dhammaan reer Oregon waxay xaq u leeyihiin helitaan buuxo oo simman oo mudnaanada meel walboo hoyga bulshada, iyada oo aan jirin kala duwanaansho walba, takoorida ama xadeynta ku saleysan jinsiyada, midibka, diinta, asalka dhalashada, ama heerka illaalsan ee kale.

Goobta hoyga bulshada waxaa ku jiro, laakin kuma xadidna, goob walba ama adeeg la siinayo bulshada "hoy'yada, faa'idooyinka, xarumaha ama mudnaanada haddii qaabka alaabaha,

adeegyada, loojajka, madadaalooyinka, gaadiidka ama haddii kale."

Waxda Cadaalada Oregon waxay ka heshay wargelino in Ameerikaanka Aasiyaanka ah iyo Ameerikaanka Dhaladka waa loo diiday gelitaanka, adeeg loo diiday, ama la helay adeeg yar markii la isku

dayayay in la ilaaliyo aaga maqaayadaha, hoteelada, iyo bxiayaasha daryeelka sababtoo ah cabsiyada qaldan oo ku saabsan COVID-19. Tani lama ogolaan karo.

Haddii aad dareentid inaad la kulantay ama aragtay takoorida ay kiciso jinsiyada, midibka, curyaanimada, diinta, asalka dhaladka, dooqa galmada ama aqoonsiga jinsiga, waxaan kugala doodeynaa inaad maanta soo wargeliso. Gudaha Oregon, la xiriir Waxda Cadaalada Oregon adiga oo ku buuxinayo wargelin onleenka

<https://www.doj.state.or.us/oregon-department-of-justice/bias-crimes/report-a-hate-and-bias-crime/> ama adiga oo soo wacayo 1-844- 924-2427.

DOJ iyo wakiilka jaalalkooda ayaa sheegayo dabeecadaan. Halkaan waa sida aad u caawin kartid:

## Soo wargeli

**Soo wargeli** takoorida ama dhibaateynta la xiriirto COVID-19 oo ku saleysan jinsiyada,

midibka, asalka dhalashada, ama heerarka kale oo illaalsan. **Tusaalaha:** Aan la ogoleyn dadka leh jinsiyada qaarkood inay galaan goobta ganacsi.

Haddii aad halis ugu jirtid ama aad aheyd dhibane xadgudub dambi, soo wac 911 ama waaxda booliska deegaankaaga marka koowaad, kadib ku soo wargeli <https://www.doj.state.or.us/oregon-department-of-justice/bias-crimes/about-the-law/> ama soo wac 844-924-BIAS.

### Wixii qorista ula dhaqanka takoorida:

Fadlan ka taxadar inaad ogaatid: taariiqda, goobta iyo ciwaanka ganacsiga, magaca ganacsiga, magaca qofka kuu diidayo helitaanka iyo adeegyada, ama sharuudaha ay kugu meeleynayaan (tusaale ahaan weydiinta natiijooyinka baaritaanka fayraska corona ka hor inta aadan ogalaanin inaad kireysatid qol), iyo cudur daarka diidmada laguugu diidayo adeega. Sidoo kale qor magaca marqaati walba oo qaad sawiro haddii aad awoodid. Wixii warbixin dheeraad ah booqo

[https://www.oregon.gov/boli/CRD/Pages/Public-Accommodation-Questionnaire-\(English\)-.aspx](https://www.oregon.gov/boli/CRD/Pages/Public-Accommodation-Questionnaire-(English)-.aspx)

### Soo wargeli sicir bararka

**Soo wargeli** sicir bararka. Tusaalaha: Qiimo ku darista badeecooyinka sida waraaqaha musqusha ama jeermisdilaha gacmaha.

<https://www.doj.state.or.us/consumer-protection/sales-scams-fraud/report-scams-fraud/>

**Soo wargeli** iibka qiyaanada daawooyinka ama daaweynada COVID-19. Hadeer ma jiraan daawo ama daaweyn la garanayo oo COVID-19.

<https://www.doj.state.or.us/consumer->

[protection/sales-scams-fraud/report-scams-fraud/](https://www.doj.state.or.us/consumer-protection/sales-scams-fraud/report-scams-fraud/)

Wargelinada waa la baarayaa. Qaar ka mid ah baaritaanada waa la soo daahin karaa sababtoo ah yaraanshaha shaqaalaha la xiriirto COVID-19. Ku kalsoonow, DOJ ayaa baarayo.

### Taageer badbaadayaasha

**Taageer badbaadayaasha** COVID-19 oo takoorida la xiriirto adiga oo u dhageysanayo si naxariis leh, wadaagayo illaha sida ku haboon, oo ku jaheynayo iyaga leemanka wargelinta DOJ ee kore.

**Xasuuso** inaad ka fogaatid ugu yaraan lix fiit u dhaxeeyso adiga iyo dadka ka baxsan qoyskaaga. Markii suurtoagal tahay, ku hadal taleefonka badelkii qof ahaan.

**Jooji warbixinta beenta.** U sharax dadka kaa ag dhow in COVID-19 uusan la xiriirin jinsiyada, midibka, jinsiga, dooqa galmada, diinta, kartida, ama asalka dhalashada.

**Wadaag warbixin lagu xisaabtamo.** Ku aadi dadka illo wax ku ool ah oo warbixinta sida COVID-19 Maamulka Caafimaadka Oregon ama Xarumaha Xakameynta iyo Ka hortaga Cudurka.

<http://healthoregon.org/coronavirus>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Gaar ahaan inta lagu jiro waqtiyada masiibada, waa inaan ahaanaa sida ay ka go'antahay joojinta faafida faquuqa, heebsooca, iyo takoorida sida aan joojineyno faafida fayraskaan.

Si wadajir ah waxaan u yareyn karnaa faafida caabuqa COVID-19. Si wadajir ah waan ula dagaalami karnaa eexashada.