



13-ka Ogosto, 2020

## Hagida Gobolka oo dhan ee Maaskarada, Daboolka Wajiga, Gaashaanka Wajiga

Hagidan waxay gaar u tahay shuruudaha loogu talagalay xirashada maaskarooyinka, daboolada wajiga ama gaashaanada wajiga.

**Amarka:** Lambarka Amarka Fulinta 20-27, baragaraafyada 9 iyo 21, ORS 433.443, ORS 431A.010

**Khusaynta:** Hagiddani waxay khusaysaa gobolka oo dhan:

- Dhammaan ganacsiyada, sida ku qeexan hoos.
- Dhammaan shakhsiyaadka mas'uulka ka goobaha gudaha ah ee u furan dadweynaha.
- Dhammaan shakhsiyaadka mas'uulka ka goobaha banaanka ah ee u furan dadweynaha.
- Dadweynaha guud markii:
  - La booqanayo ganacsiyada sida ku qeexan hoosba;
  - La booqanayo goobaha gudaha ah ee u furan dadweynaha; iyo
  - La booqanayo goobaha banaanka ah ee u furan dadweynaha.

**Hirgelinta:** Ilaa xadkan uu hagistan u baahan yahay u hoggaansanaanta qodobbada qaarkood, waa wax la fulin karo sida lagu qeexay Amarka Fulinta 20-27, qaybta 26.

**Taariikhda dhaqangalka:** 13-ka Ogosto, 2020

**Shuruudaha ganacsiyada iyo waaxaha kale:** Waxa dhici karta inay jiraan shuruudo iyo talooyin ku saabsan maaskarada, gaashaanka wajiga, iyo daboolka wajiga oo khuseeya ganacsiyada ama qaybaha kale ee aan si gaar ah loogu aqoosan hagidan. Ganacsiyada iyo qaybaha waa inay dib u eegaan oo ay u hoggaansamaan dhammaan shuruudaha maaskarada, gaashaanka wajiga, iyo daboolka wajiga ee ku jira [hagida qaybta](#) ee kale ee khuseeya.

**Ujeedooyinka hagistan dartood, qeexdimaha soo socda ayaa khuseeya:**

- “Ganacsi” waxa loo jeedaa:
  - Dukaamada Bagaashka
  - Ururada jidh-dhiska la xiriira

- Hawlwadeenada xarumaha madadaalada gudaha iyo dibadda (xarumaha xoolaha, matxafyada, tiyaatarada filimada ee baabuurta lagu galo, wadooyinka orodka, jardiinooyinka dibadda ah iyo taangiyada kaluunka iyo xayaawanada badda lagu dhaqaaleeyo)
- Ururada madadaalada banaanka
- Farmashiyada
- Wakaaladaha gaadiidka dadwaynaha iyo bixiyayaasha adeeg
- Bixiyayaasha adeegyada shakhsiyeed
- Makhaayadaha, baararka, goobaha qamriga lagu hagaajiyo, goobaha qamriga iyo cuntada lagu iibiyo, qolalka dhadhaminta iyo goobaha lagu hagaajiyo qamriga halista ah
- Dukaamada tafaariikhda, Xarumaha Dukaameysiga iyo moolasha
- Adeegyada raacista gaadiidka la wadaago
- Degmooyinka Marxaladda Labaad kaliya:
  - Hawlwadeenada Barkaddaha dabaasha shatiyeysan ee gudaha iyo banaanka ah, barkaddaha jir kululeynta ee shaatiyeysan, iyo garoonada ciyaaraha
  - Hawlwadeenada xarumaha madadaalada gudaha iyo banaanka
  - Hawlwadeenada isboortiyada madaddaalada gudaha iyo banaanka ee loogu tallogalay ciyaaraha la qeexay
  - Howlwadeenada goobta gudaha iyo banaanka
- “Daboolka wajiga” waxa loola jeedaa maro, warqad, ama dabool waji oo fur-oo-tuur ah oo daboolayo sanko iyo afka.
- “Gaashaanka Wajiga” waxa loola jeeda qolof caag ah oo wax laga dhex arkayo oo lagu daboolo xaga sare ee madaxa ilaa iyo garka hoostiisa, oo ku wareegsada dhinacyada wejiga.
- “Shirkadaha jirdhisida la xiriiro” waxaa ku jiro laakin kuma xadidno jiimyada, xarumaha jirdhisida, tababarka shaqsigu, istuudiyowga dheesha, iyo xarumaha farshaxanka karateega.
- “Barxadaha gudaha ee dadwaynaha u furan” waxa kamid ah barxadaha gudaha, ha noqdaan kuwa dawladeed ama kuwa gaar loo leeyahay, halkaasi oo dadku ay galaangal ugu yeeshaan mudnaan ama martiqaad, si cad ama maldahan, haddii waxa la bixinayo tahay lacag ama wax kale. Marka lagu daro aaggaga dadwaynaha ee ganacsiyada sare lagu caddeeyey, barxadaha sidan ah waxa kujiri kara, laakiin kuma koobna, dhismayaasha soo dhawaynta ama barxadaha la wadaago, wiishashka, xamaamyada, iyo dhismayaasha ama qolalka kulamada ee ka baxsan guryaha gaarka loo leeyahay halkaasi oo dadku ugu ururaan ujeedooyin bulsheed, shacbi, dhaqan ama diimeed.
- “Maaskaro” waxa loola jeedaa maaskaraha heer caafimaad.
- “Goobaha banaanka ah ee u furan dadweynaha” waxaa loola jeedaa goobo bannaanka ah halkaasi oo ugu yaraan masaafu lix (6) fuud ah aan loo dhaxeysin karin shaqsiyaadka ka kala tirsan qoysaska kala duwan, ha noqdaan kuwo dowladu leedahay ama kuwa gaar loo leeyahay, halkaasi oo ay dadweynuhu xaq u leeyihiin

inay galaan ama ay gali karaan haddii lagu martiqaado, ha noqoto mid la cadeeyay ama la tilmaamay, ha noqoto mid lacag lagu bixiyo ama aan lacag lagu bixin.

- “Bixiyeyaasha adeegyada shakhsiyeed” waxaa loola jeedaa dukaamada timaha lagu jarto, goobaha timaha loogu galaamo haweenka, dhaqamada isqurxinta, goobaha daliiga caafimaad, goobaha daliiga wajiga iyo daliiga maalintii ah, adeegyada dabiibka ee aan caafimaadka la xiriirin, goobaha ciddiyaha lagu qurxiyo, goobaha maqaarka lagu madoobeeyo, iyo qolalka lagu sameeyo taatuuyada jirka (sawirada jirka)/goobaha lagu sameeyo duleelada lagu xardho jirka.

## **Ganacsiyada & Goobaha Gudaha/Banaanka ah ee u Furan Dadweynaha:**

**Ganacsiyada ama shakhsiyaadka mas’uulka ka ah goobaha gudaha iyo banaanka ah ee u furan dadwaynaha waxaa looga baahan yahay inay:**

- Shardi kaga dhigaan shaqaalaha, qandaraaslayaasha, tabaruceyaasha, macaamiisha iyo booqdayaasha inay xirtaan maaskaro, gaashaan waji, ama waji dabool, marka laga reebo sida soo socota:
  - Shaqaalaha, qandaraaslayaasha iyo tabaruceyaasha: Maaskarooyinka, waji daboolada ama gaashaanada wajigu shardi ma aha marka la joogo goob shaqaaluhu, qandaraasluhu ama tabarucuhu uusan qabanayn shaqo uga baahan inuu macaamil la sameeyo dadwaynaha, sida ka shaqaynta baqaar weyn **iy**o marka la joogteyn kara masafo ah ugu yaraan lix (6) fuud oo u dhaxayso iyaga iyo dadka kale. Marka masafo ah lix (6) fuud aan la joogteyn karin, sida marka lagu jiro qolka musqusha ama qolka nasashada, maaskarooyinka, waji daboolada ama gaashaanada wajiga ayaa loo baahan yahay.
  - Maaskarooyinka, gaashaanta wajiga, waji daboolada looma baahna marka cunto la cunayo ama cabitaan la cabayo.
  - Maaskarooyinka, gaashaanada wajiga ama waji daboolada shardi ma aha marka la qabanayo hawl ka dhigaysa xirashada maaskarada, gaashaanka wajiga ama waji daboolka wax aan suurto gal ahayn, sida dabaasha.
- Shaqaalaha siiyaan maaskarooyin, gaashaanada wajiga, ama daboolada wajiga.
- Qaabilaan shaqaalaha, qandaraaslayaasha, macaamiisha iyo booqdayaasha haddii qaabilaada ay u baahan yihiin:
  - Shuruucda naafada ee gobolka iyo fadaraalka haddii ay khuseeyaan, oo ay kujiraan Xeerka Dadka Maraykanka ee Naafada ah (ADA) kaasi oo ka ilaaliya dadka naafada ah in lagu takooro shaqada ugana baahan loo-shaqeeyayasha inay kaqaybgalaan hannaanka isdhexgalka leh ee qaabilaadaha.
  - Shuruucda shaqaalaha ee gobolka ama fadaraalku.
  - Shuruucda qaabilaadaha dadwaynaha ee gobolka iyo fadaraalka kuwaasi oo u oggolaanaya shakhsiyaadka inay si buuxda oo siman galaangal ugu yeeshaan adeegyada, gaadiidka iyo xarumaha dadwaynaha u furan.
  - Hagida OHA ee caafimaadka dadwaynaha haddii ay khusayso.
- Dhajiyaan [calaamado](#) waadax ah oo kusaabsan shuruudaha maaskarada, gaashaanka wajiga ama waji daboolka.

## **Ganacsiga ama qofka ka masuulka ah barxadaha gudaha ama banaanka ah ee u furan dadwaynaha waa inay, laakiin shardi kuma ah:**

- Siiyaan, bilaa lacag, waji daboolo halmar la isticmaalo macaamiisha iyo booqdayaasha aan iyagu haysan.
- [Soo dhejiyaan calaamado](#) sheegaya shuruudaha maaskarada, gaashaanka wajiga, ama waji daboolada oo ku qoran luuqadaha ay macaamiisha iyo booqdayaashu ku hadlaan.
- Baraan shaqaalaha:
  - Sida si badbaado leh loogu shaqeeyo oo loola xiriiro dadka aan xiran karin maaskarooyinka, gaashaanada wajiga, ama daboolada wajiga.
  - Inay u baahan karaan inay iska beddelaan maaskarada ama daboolka wajiga oo ay ku beddeshaan dabool la iska dhex karo markay la hadlayaan shakhsiyaadka u baahan inay bishimaha akhristaan ama eegaan dhaqdhaqaaqyada wejiga si ay u fahmaan hadalka.

## **Goobaha Xafiisyada Dadweynaha iyo Xafiisyada Gaarka Loo Leeyahay:**

- Maaskarooyinka, daboolada wajiga ama gaashaanada wajiga ayaa marwalba looga baahan yahay shaqaalaha jooga goobaha xafiisyada dadweynaha iyo kuwa gaarka loo leeyahay, oo ay kujiraan hoolalka, musqulaha, wiishashka, qolalka la dhex maro, qolalka nasashada, iyo meelaha kale ee dadku ku badan yihiin, haddii aysan shaqaaluhu joogin goobo shaqsiyeed ama qolal shireed halkaas oo masafo ah lix (6) fuud oo laga fogaado dadka kale si joogto ah loo joogteyn kara.

## **Dadwaynaha:**

### **Dhammaan shakhsiyaadka markay booqanayaan ganacsi ama goob gudaha ama banaanka ah oo u furan dadwaynaha waxaa looga baahan yahay inay:**

- Xirtaan afsaab, gaashaan waji, ama waji dabool haddii aanu qofku ka yarayn shan (5) jir, marka laga reebo sida soo socota:
  - Maaskarooyinka, gaashaanta wajiga, waji daboolada looma baahna marka cunto la cunayo ama cabitaan la cabayo.
  - Maaskarooyinka, gaashaanada wajiga ama waji daboolada shardi ma aha marka la qabanayo hawl ka dhigaysa xirashada maaskarada, gaashaanka wajiga ama waji daboolka wax aan suurtagal ahayn, sida dabaasha.
  - Maaskarooyinka, gaashaanta wajiga ama waji daboolada waa la iska saari kara muddo yar marka ay jirto xaalado loo baahan yahay in loo aqoonsado qofka muqaal ahaan sida marka bangiga la joogo ama marka lala dhaqmayo fuliyayaasha sharciga. Haddii ay suurtagal tahay, yaree hadalka marka uu waji daboolida kaa saran yahay, iyadoo hadalku afkaaga uu ka soo bixin dhibco biyo ah ama candhuuf dhibco ah oo laga yaabo inuu fayrasyo la socdo.

Shakhsiyaadka qaba xaalad caafimaad oo ku adkaynaysa inuu neefsado ama naafonimo ka hor joogsanaysa qofka inuu xirto afsaab, gaashaan waji ama waji dabool waxay ka codsan karaan aqbalid ganacsiga ama howlwadeenka booska gudaha iyo

banaanka si ay awood ugu helaan galaangal buuxa oo loo siman yahay oo ku aadan adeegyada, gaadiidka, iyo xarumaha u furan dadwaynaha.

### **Caruurta da'doodu u dhaxeeyso 0 ilaa 12 sano jir:**

- Carruurta da'doodu ka yar tahay laba (2) jir loogama baahna inay xirtaan maaskaro, gashaan waji, ama waji dabool.
- Waxa si xooggan loogu talinayaa in carruurta u dhaxaysa laba (2) ilaa shan (5) jir, ay xirtaan maaskaro, gaashaan waji, ama waji dabool had iyo jeer markay joogaan dhammaan barxadaha gudaha iyo banaanka ah ee u furan dadwaynaha, gaar ahaan meelaha ay u dhawdahay in ka fogaanshaha dadka kale ee aan qoyska ahayn ugu yaraan lix (6) fuud aan la joogtayn karin, iyo halka dadka u nugul cudurka laga yaabo inay joogaan.
- Maadaama carruurta u dhaxaysa laba (2) ilaa 12 jir kala kulmi karaan dhibaato xirashada maaskarada, gaashaanka wajiga ama daboolka wajiga ee habboon (tusaale, taabashada daboolka wajiga ee badan, beddelid la'aanta daboolka wajiga marka uu wasakhoobo, halista ceejinta ama neefqabadka, iwm.) waxaannu boorinaynaa in haddii maaskarada, gaashaanka wajiga ama daboolada wajiga ay xirtaan koox da'eedkan, ay tahay in loo xiro iyadoo uu caawinayo si dhawna ula soconayo qof wayn. Maaskarooyinka, gaashaanada wajiga iyo daboolada wajiga waa inaan carruurta loo xirin markay hurdayaan.
- Shaqsiyaadka shan (5) sanno jirka ah iyo kuwa ka weyn waa inay xirtaan maaskaro, gaashaanka wajiga ama daboolka wajiga markay booqanayaan goob banaanka ah oo u furan dadweynaha haddii aanan la joogteyn karin in masafo ah ugu yaraan lix (6) fuud oo u dhaxeeyso shakhsiyaadka ka tirsan qoysaska kala duwan.
- Waxa dhici karta inay jiraan shuruudo iyo talooyin ku saabsan maaskarada, gaashaanka wajiga, iyo waji daboolka oo khuseeya qaybo kale laguna dabaqi karo caruurta. Tixraac [hagida qaybta](#) kale, oo ay ku jiraan goobaha daryeelka caruurta, dugsiyada iyo kaamamka xagaaga.

### **Khayraadyo Dheeraad ah**

- [Hagista OHA ee Dadwaynaha Guud](#)
- [Hagista Guud ee OHA ee Loo-shaqeeyayaasha](#)
- [Hagida Qaybta u gaarka ah ee OHA](#)
- [Su'aalaha Badanka la Iswaydiiyo ee OHA ee Hagista Afsaabka, Gaashaanka Wajiga, Waji Daboolka Gobolka oo Dhan](#)
- [Farriinta Talobixineed ee Goobta Shaqada COVID-19 ee Oregon OSHA](#)
- [Siyaadaha ADA iyo Afsaabka Wajiga – Su'aalaha Arrimaha Naafonimada](#)
- [Khayraadyada COVID-19 ee Qaybta Waxbarashada Hore](#)
- [Ilaha Waaxda Waxbarashada ee Oregon](#)

**Helitaanka dukumiintiga:** Wixii shakhsiyaadka naafada ah ama shakhsiyaadka ku hadla luuqad aan ka aheyn Ingiriis, OHA waxay ku bixin kartaa warbixinta qaabab kale sida fasiraadaha, daabacada balaaran, ama farta indhoolayaasha. Kala xiriir Mavel Morales lambarka 1-844-882-7889, 711 TTY ama [OHA.ADAModifications@dhsosha.state.or.us](mailto:OHA.ADAModifications@dhsosha.state.or.us).