

Hagitaanka COVID-19 ee loogu talagalay Dadka Naafada ah, Dadka Waayeelka ah iyo Dadka qaba Xaalado Daciifiya Caafimaadka

6-da Abril, 2020

Oregon waxay dhawaan korona fayraska cusub (COVID-19) ku aragtay dad aan lahayn u baylah noqoshooyinka halista sare leh sida u safrida gobolada uu cudurka sameeyay ama u dhawaashada dad laga helay cudurka. Tani macnaheedu waa in COVID-19 ku faafay Oregon. Tallaabooyin ay qaado bulshada oo dhan sida ka fogaanshaha dadka, nadaafadda gacmaha iyo joogida guriga markii qof uu jiran yahay ayaa lama huraan ah si loo yareeyo faafida cudurka ee bulshada.

Sida laga soo xiganayo Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada (CDC), dadka waayeelka ah iyo dadka qaba xaalado daciifiyo caafimaadka ayaa halis sare ugu jiri kara xanuuno daran. Xaaladaha daciifiya caafimaadka ee kordhin kara halista ay dadku da' kastoo ay yihiin ku qaadi karaan COVID-19 daran waa.



- Cudurka sambabada oo raaga ama neefta oo u dhaxaysa dhexdhexaad ilaa neef daran



- Xaaladaha/Cudurada wadnaha ee daran
- Xaaladaha sababi kara in difaaca jirka qofku uu daciifo, oo ay ku jiraan daaweynta kansarka, sigaar cabidda, ku tallaalka dhuuxa lafta ama xubinta, yaraanta difaaca jirka, HIV ama AIDS si liidata loo xakameeyay, iyo isticmaalka hormoonada lagu daaweeyo cabuuqa oo muddo dheer ah iyo daawooyinka kale ee daciifiya difaaca jirka.



- Cayil xad dhaaf ah (isbarbardhiga miisaanka jirka iyo dhererka qofka [BMI] oo ah 40 ama ka badan)



- Sonkorow
- Cudurka kelyaha ee raagga iyo kuwa laga sifeeynayo kelyaha
- Cudurka beerka.

OHA waxay hagida ku salaysaa waxa waqtigan laga ogg yahay gudbinta iyo damaanta COVID-19. Hagidan OHA waxay caawineysaa in la wargeliyo dadka naafada ah iyo daryeelayaasha. Macluumaad loogu talagalay dadka kale ee awooda inay helaan una qabaan baahiyo ayaa lagu soo daray. Adiga iyo daryeelayaashaadu waa inaad go'aanadiina ku salaysaan xaaladaada iyo macluumaadka saxda ah.



Dadaalada Oregon

Taariikhda markay ahayd 23-da Maarso, 2020, Gubanatore Brown ayaa waxay soo saartay amar ah inay dadka reer Oregon joogaan guryaha. Tani waxaa ka mid ah xirida ganacsiyada aan daruuriga ahayn si loo caawiyo gaabinta/yareeynta faafida COVID-19. Markay dadku ku sugan yihiin goobaha lagu badan yahay, Oregon waxay ku talinaysaa kala fogaanshaha dadka - in qofka uu 6 fuud ka fogaado qofka kale. Ka akhriso amarka buuxa

www.oregon.gov/gov/Documents/executive_orders/eo_20-12.pdf.

Dadka qaar waxay ku tiirsan yihiin dad daryeelo oo siiyo taageero gacan ku hayn ah ama taageero joogta ah. Dadka bixiya adeegyadan lagama maarmaanka u ah nolosha qofka waa inay sii wadaan bixinta adeegyada. Si kastaba ha noqotee, daryeelayaashu waa inay taxaddaraan iyagoo raacaya tilmaamaha ku yaala

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2288q.pdf>.

Ka fogaanshaha dadka, iyo sidoo kale xirida dugsiyada iyo ku xadidka kulamada ilaa 10 qof, ayaa looga dan leeyahay inay ka caawiyaan dadka reer Oregon in tirada dadka qaadayo cudurka ay noqoto mid la maarayn karo. Tani waxay yareyn doontaa tirada dadka jiran si loo xaqiijiyo in nidaamyadayaga caafimaadku ay u shaqeeyaan si wanaagsan.

Waxaad macluumaad dheeri ah oo ku saabsan ka fogaanshaha dadka ka heli kartaa

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2268.pdf>

Ilaalinta caafimaadka jireed iyo midka maskaxeed

Dadka waayeelka ah iyo dadka qaba xaalado daciifiyo difaaca jirka ayaa baadqab ahaan karo caafimaadna qabi kara haddii aad qaaddo tallaabooyin aad isku ilaalinayso.

Sameynta taxadaraadka maalinlaha ah ka sokow,

ka fogow:



Kulamada dadku ku badan yihiin



Dadka xanuunsan



Maraakiibta dalxiiska



Safarka aan daruuriga ahayn

Waxaad dareemi kartaa welwel badan inta lagu jiro waqtiyada hubaal la'aanta ay jirto. Ka fogaanshaha dadka waxay abuuri kartaa ama sii xoojin kartaa dhibaatooyinka caafimaadka maskaxeed iyadoo sababtu tahay hoos udhac ku yimaada isdhexgalka dadka ee maalinlaha ah. Waa muhiim in xiliyadan la joogteeyo wada xiriirka iyadoo la adeegsanaya tikniyoolajiyadda is-dhexgalka. Tani waxaa ka mid ah taleefanka iyo ku-shekeepsiga fiidiyowga.

Haddii aad u baahan tahay caawimaad aan degdeg ahayn:

- Isticmaal **khadka tooska ah ee Dhibaatada:**

1-800-985-5990

Qoraalka TalkWithUs ku dir lambarka 66746

TTY 1-800-846-8517

TTY dial 711

Isbaanish

1-800-985-5990, kadibna riix "2" Qoraalka

Hablanos ku dir lambarka 66746

- Wac 211 si aad uga heshid macluumaadka COVID-19, oo ay ku jiraan khayraadyada caafimaadka maskaxeed ee deegaanka. 211info ayaa sidoo kale leh macluumaad ku saabsan barnaamijyada lagu haqabtirayo baahiyaha aasaasiga ah sida cuntada, hoyga, daryeelka caafimaad iyo inbadan oo kale, oo laga heli karo dhammaan degmooyinka.

» Waxaad sidoo kale ku diri kartaa baaqaaga boostada (ZIP-kaaga) lambarka 898211.

» *Tarjubamayaasha luuqada ayaa lagu heli karaa taleefan.*

Farrinta qoraalka ah iyo imaylka ayaa lagu heli karaa Ingiriis iyo Isbaanish.

» *TTY dial 711.*

» Booqo <https://www.211info.org/contact>.

- Wac taageerada caafimaadka maskaxeed ee deegaanka.

Tani soo socota waa liiska adeegyada caafimaadka maskaxeed ee degmada Oregon:

www.oregon.gov/oha/HSD/AMH/Pages/CMH-Programs.aspx.

Haddii ay jirto xaalad degdeg ah had iyo jeer wac 911.



Waxa aad sameynayso haddii aad xanuunsan tahay

Astaamaha ugu waaweyn ee COVID-19 waa:



Xummad



Qufac



Neef-qabasho

Wacdaryeel caafimaad bixiyahaaga ama [waaxda caafimaadka ee deegaanka](#) haddii aad aaminsan tahay inaad xanuunsan tahay. Waxay kaa caawin karaan inaad:

- Go'aansato haddii aad u baahan tahay ballan, iyo
- Qorsheysato inaad u gasho xarun caafimaad qaab looga fogaado suurtagalnimada ah inaad dad kale qaadsiiiso cudurka, haddii aad gudaha gasho.

Hadaadan dhakhtar lahayn:

- Wac 211 si aad u hesho liiska rugaha caafimaad ee kuugu dhaw, ama
- Wac xarunta daryeelka degdegga ah ee deegaankaaga si aad ballan u qabsato.



Ma aha qof kasta oo jiran inay tahay in laga baaro COVID-19. Daryeel caafimaad bixiyahaaga ayaa go'aamin doona inaad u baahan tahay baaritaan iyo in kale.

Haddii aad tahay qof weyn aadna qabtid walaac caafimaad, wac daryeel caafimaad bixiyahaaga.

Waxa la sameeyo haddii aad u maleynaysid in aad baylah u noqotay COVID-19

Haddii aad u maleynaysid inaad baylah u noqotay COVID-19, aadna isku aragtid astaamaha cudurka, ka fogow dadka kale si aadan ugu daaran cudurka. **Wac dhakhtarkaaga ama rugtaada caafimaad si aad uga heshid tilmaamo.**

Waxa la sameeyo marka lagu jiro xaalad degdeg ah

Haddii ay tahay xaalad degdeg ah ama astaamahaagu ay daran yihiin (tusaale ahaan, neefsashada oo dhib ah), wac 911.

Haddii aad awoodid, u sheeg 911 iyo isbitaalka wax kasta oo aad ogtay oo ku saabsan la kulanka/u dhawaashada qof qaba COVID-19.

Ficilada maalinlaha ah ee la raacayo

Qof waliba waa inuu raaca talaabooyinkan maalinlaha ah si looga hortago faafida dhammaan cudurada neefsashada:

- In badan ku dhaq gacmaha saabuun iyo biyo ugu yaraan 20 ilbiriqsi. Haddii aan la heli karin, isticmaal gacmo nadiifiye alkolo ku salaysan oo ugu yaraan boqolkiiba 60 ka kooban aalkolo.
- Ka fogow inaad gacmo aan dhaqneen ku taabato indhahaaga, sankaaaga, ama afkaaga
- Ka fogow inaad u dhawaato dadka xanuunsan
- Joog guriga intaad xanuunsan tahay kana fogow inaad u dhawaato dadka kale
- Ku dabool qufacaaga ama hindhisadaada tiish, kadibna iska tuur. Haddii aadan tiish haysan, suxulkaaga u dhig qufaca.
- Nadiifi oo jeermistir walxaha iyo sagxadaha aad inta badan taabato.
- Had iyo jeer nadiifi sahayda caafimaadka iyo qalabka una isticmaal sida ku dul qoran alaabta.



Is-diyaarinta iyo diyaargarowga daryeelaha

Adiga iyo daryeelayaashaada ayaa haada qaadi kara talaabooyin aad ku gaabinaysaan/yareynaysaan faafida cudurada neefsashada ee faafa. Tan waxa kujira COVID-19. Qaado waqti aad ku eegto kuna cusboonaysiiso qorshahaaga shakhsiyeed ee xalladaha degdegga ah. Tani waxaa ka mid noqon kara waxyaabaha soo socda:

- Ogow dawooyinka aad qaadatid oo qaado sahay kugu filan ugu yaraan laba toddobaad Waxaad awoodi kartaa inaad sidaas sameyso adigoo la hadlaya daryeel bixiyahaaga koowaad ama shirkaddaada caymiska. Caymisyada qaar, sida adeegga lacag-la'aanta ah ee Medicaid, ayaa waxay dabciyeen xeerarka dib u buuxsashada daawooyinka. Wax badan ka akhriso <https://dfr.oregon.gov/insure/health/understand/Pages/coronavirus.aspx>.
- Soo dhigo sahayda kale ee caafimaad iyo cuntada aan dhakhso halaabin si aad u yareeyso safarada aad ku tagayso dukaanka (kulana kulmayso dadka).
- Qorsho u sameyso daryeelayaasha aad u baahan karto iyo qaadista gaadiidka.
- Ogow lambaradaada muhiimka ah.
 - » Khad kasta oo caafimaad oo 24 saac/7 maalmood usbuucii shaqeynaya oo ay leeyihiin bixiyeyaasha caafimaad iyo qorshooyinka caafimaad
 - » Bixiyeyaasha daryeelka caafimaad ee takhasuska leh
 - » Lambarada adeegga taageerada:
 - Ururada bulshada ku salaysan
 - Bixiyeyaasha gaadiidka
 - Qorshooyinka caafimaadka
 - Isku-duwayaasha daryeelka
 - Khadadka kalkaalisadaha caafimaad
 - Adeegyada caafimaad ee khadka lagu bixiyo
 - » Keenida cuntada, daawooyinka iyo sahayda.

- Qorshooyin la sameeyso bixiyayaasha adeegyada ee si joogta ah u sameeyo booqashooyinka guriga si aad u yareeyso u baylah noqoshada, tusaale ahaan:
 - » Caawiyaha shakhsiyeed
 - » Adeegyada taageerada dadka naafada ah/waayeelka
 - » Caafimaadka guriga
 - » Guriga/Goobta daryeelka lagu bixiyo
 - » La-taliyayaasha noolasha madaxa-banaan.



- Faham qorshooyinka xaaladaha degdegga ah ee xarumaha aad booqato maalin kasta ama aad u booqato si joogta ah, sida:
 - » Xarumaha sifeeynta kelyaha
 - » Xarumaha daaweynta dhiigga
 - » Kiimo-terabi
 - » Goobaha kale ee daaweynta dhirta.



Wac ka hor intaadan tagin si aad ugala hadasho sida aad isku ilaalin karto.

Daryeelka degaanka iyo gudaha guriga

Tilmaamaha iyo siyaasadaha gobolka ee loogu talagalay goobaha daryeelka lagu bixiyo gudaha guriga iyo degaanka (xarumaha ama guryaha kooxaha) ayaa sii beddelmayo wayna isbeddelayaan inta uu cudurku sii faafayo. Haddii qofka aad jeceshahay uu ku nool yahay xarun daryeel, samee waxyaabaha soo socda:

- Weydii caafimaadka deggenyaasha in badan.
- Raac xayiraada booqdayaasha.
- Ogow waxa borotokoolka xarunta ay noqon doonaan haddii uu cudur ka dillaaco halkaas.

17-ka Maarso, 2020

Waaxda Adeegyada Aadanaha (DHS)

Xafiiska Adeegyada Naafanimada Kobaca (ODDS) ayaa soo saaray:

- Siyaasad ku aadan taageerooyinka deegaanka, xanaanada dadka waayeelka ah iyo adeegga gudaha guriga
- Tilmaamaha xeerarka ku saabsan xayiraada booqdayaasha ee ku aadan tagida goobaha deeganaashada ee 24 saac shaqeeya iyo guryaha dadka naafada ah ee la daryeelo
- Hagitaan ku saabsan go'aaminta u-qalmitaanka naafanimada kobaca.

Dulmar guud: ODDS uma oggolaaneyso booqdeyaasha aan daruuriga ahayn in ay galaan:

- Guryaha degaanashada kooxeed ee 24 saac shaqeeyo
- Xanaanada dadka waayeelka ah
- Xarumaha dadka waayeelka ah ee la daryeelo
- Taageerada dadka naafada ah (marka adeeg bixiyahaagu iska leeyahay ama kiraystay guriga).

Ka eeg hagitaanka dhammaystiran halkan: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/DirectorMessages/In-Home-Res-Covid-DD-Dir-Final.pdf>.

Si aad u heshid macluumaadkii ugu dambeeyay, ka booqo DHS ODDS halkan <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/ODDS-COVID-19-Information.aspx>. Iska diiwaan geli qaybta sare ee bogga imaylka si aad u heshid imayladii ugu dambeeyay.

10-ka Maarso, 2020

Qaybta Caafimaadka Dadweynaha (PHD) ee OHA ayaa soo saartay hagida xakamaynta infekshinka COVID-19 ee loogu talagalay shaqaalaha bixinaya daryeelka gaarka ah ee lagu bixiyo gudaha guriga.

Ka eeg hagitaanka oo dhammaystiran halkan:

<https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Emerging%20Respiratory%20Infections/COVID-19-Interim-Infection-Control-Guidance-Home-Care-Workers.pdf>.

DHS, iyadoo la tashanaysa OHA PHD, ayaa soo saartay siyaasado lagu xaddidayo u baylah noqoshada COVID-19 oo loogu talagalay xarumaha daryeelka muddada-dheer (LTCF). Siyaasadu waxay quseeysaa dhammaan xarumaha kalkaalinta, daryeelka deegaanka iyo xarumaha lagu daryeelo dadka waayeelka ah, oo ay ku jiraan kuwa loo qoray daryeelka xusuusta.

Dulmar guud: Si jeermiska neefsashada looga ilaaliyo xarumaha, LTCF waxay sameyn doontaa waxyaabaha soo socda:

1. Xaddid booqashada dadka aan daruuriga ahayn.
2. Wakhti kasta ku xaddid booqashada degane kasta laba booqdeyaal oo daruuri ah.
3. Baar dhammaan booqdayaasha daruuriga ah ka hor inta aysan soo galin dhismaha, iyadoo la raacaya shuruudaha baarista.

Ka hel halkan siyaasadda oo dhammaystiran

https://content.govdelivery.com/attachments/ORDHS/2020/03/10/file_attachments/1397712/NF-20-67%20Executive%20Letter%20from%20Mike%20McCormick.pdf.

Khayraadyada COVID-19

- Websayddka COVID-19 ee Xarunta Xakamaynta iyo Kahortagga Cudurrada : <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Websaydhka COVID-19 ee Maamulka Caafimaadka Oregon: <http://healthoregon.org/coronavirus>

Khayraadyada laga heli karo bogga weybsadhka Maamulka Caafimaadka Oregon waxaa ka mid ah:

- » Isku-diiwaan gelinta warbixinadii imaylka ee ugu dambeeyay
- » Jaantuusyo macluumaad sita iyo macluumaad ku qoran luqado badan
- » Tilmaamo cusub iyo kuwa la cusbooneysiiday oo loogu talagalay dadweyne kala duwan
- » Tirada wakhti xaadirkan ee dadka reer Oregon ee qaaday COVID-19

» Su'aalaha Badanaa La Isweydiiyo (FAQs):

<https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx>.

- Diiwaanka Maamulka Caafimaadka Dadweynaha ee Deegaanka: www.healthoregon.org/lhddirectory

- Websaydhka COVID-19 ee DHS: <https://www.oregon.gov/DHS/COVID-19/Pages/Home.aspx>
- Websaydhka COVID-19 ee DHS ODDS : <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/ODDS-COVID-19-Information.aspx>

Khayraadyada ku yaalo bogga websaydhka ODDS waxaa ka mid ah:

- » Macluumaadka maareeyaha dhacdada
- » Macluumaadka bixiyaha
- » Ogeysiiska dadweynaha guud, oo uu ku jira sambal ah fiidiyoow fudud oo sharxaya COVID-19 <https://www.youtube.com/watch?v=MJ8eeC-tVD4&feature=youtu.be>
- » Isku-diiwaan gelinta warbixinadii imaylka ee ugu dambeeyay
- Maamulka Nolasha Bulshada (ACL) <https://acl.gov/COVID-19>
- Websaydhka COVID-19 ee Xafiiska Gubanatooraha <https://www.oregon.gov/gov/pages/index.aspx>

Loogu talagalay xubnaha SEIU 503

- Ka baro waxa SEIU ay u qabanayso xubnaheeda halkan: https://seiu503.org/member_news/coronavirus-resources-for-seiu-members/

Dadka dhagaha la' iyo kuwa dhagaha ka culus

- Khayraadyada COVID-19: <https://www.amphl.org/blog/2020/3/15/covid-19-resource-list>

Buug-yaraha ku qoran luqad si fudud loo fahmi karo

- Buug-yaraha ku Qoran Luqad Si Fudud Loo Fahmi Karo ee ku saabsan Korona Fayraska, oo ay soo saartay Xarunta Khayraadka Isku-doodista iyo Kaalmada Farsamo (SARTAC):
 - » <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>
 - » Isbaanish: <https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/>

Loogu talagalay qoysaska carruurta iyo dhalinyarada qaba baahiyo daryeel caafimaad oo gaar ah

- Hagaha waalidka iyo daryeelaha ee ka caawinayo qoysaska inay la qabsadaan COVID-19: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Loogu talagalay dadka waaweyn iyo dadka qaba xaaladaha caafimaad ee raaga

- Su'aalo caan ah iyo jawaabo ku saabsan COVID-19 oo loogu talagalay dadka waaweyn iyo dadka qaba xaaladaha caafimaad ee raaga: <https://acl.gov/sites/default/files/common/AOA%20-%20Alliance%20for%20Aging%20Rsch%20-%20Nat%20Fdn%20for%20ID%20-%203-12-20.pdf>

Loogu talagalay dadka qaba HIV

- Su'aalaha Badanaa La Isweydiiyo Korona Fayraska (COVID-19) iyo HIV:

»

<https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARE/TREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv.pdf>

» Isbaanish:

<https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARE/TREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv%20SP.pdf>

Sharciga Dadka Maraykanka ee Naafada ah (ADA)

- Su'aalo & Jawaabo ku saabsan ADA, Sharciga Baxnaaninta, iyo COVID-19:

<https://content.govdelivery.com/accounts/USEEOC/bulletins/281dd9d>

- Su'aalaha iyo walaacyada ku saabsan mowduucyada la xiriira ADA iyo helida ee ku lug leh COVID-19:

» Xarunta ADA ee Northwest (Northwest ADA Center)

- Khadka Tooska ah ee ADA: 1-800-949-4232

- nwadactr@uw.edu

Gargaarka cuntada

- Goobaha Kaydiyayaasha Cuntada ee Oregon:

<https://www.oregonfoodbank.org/find-help/find-food/>

- Halka ah gudaha Oregon ee laga heli kara cuntada dugsiga inta dugsiyada u xiran yihiin COVID-

19: https://docs.google.com/spreadsheets/d/e/2PACX-1vQdNuwGk2d3GnFHMqWP5EOM4C9sTKriEoTXNlbcFjJuxHlOz8wKv89L-dtDAOf4lWcjl8QM82L-mOW3/pubhtml?gid=1537028636&single=true&widget=true&headers=false&urp=gmail_link

- Barnaamijka Kaalmada Kaabayaasha Nafaqada (SNAP)

» Wac ama imayl u dir xafiis ay leedahay DHS si aad u hesho codsi. Ka raadso xafiiska deegaankaaga halkan <https://www.oregon.gov/DHS/Offices/Pages/Self-Sufficiency.aspx>.

» Waxaad sidoo kale onlayn uga codsan kartaa halkan

<https://apps.state.or.us/onlineApplication/>.

- Isku-xirka Khayraadka Waayeelka iyo Naafanimada (ADRC) ee Oregon:

<https://www.adrcforegon.org/consite/index.php>

Su'aalaha, faallooyinka iyo walaacyada

Waxaad su'aalaha, faallooyinka iyo walaacyada ku saabsan hagitaankan ama ku saabsan COVID-19 iyo dadka naafada ah ku soo diri kartaa oregon.masscare@dhs.oregon.gov.

Faallooyinka ama walaacyada ku saabsan siyaasadaha gobolka ee la xiriira COVID-19 oo ay soo saartay Gubanatore Kate Brown ayaa waxaad ku soo diri kartaa Adeegyada Degmooyinka ee Xafiiska Gubanatoraha adigoo isticmaalaya lambarka 503-378-4582. Waxaad sidoo kale adeegsan kartaa foom onlayn ah si aad ugu soo gudbiso. Booqo: <https://www.oregon.gov/gov/pages/request-assistance.aspx>.

Qirashooyinka

Waxay Xafiiska Adeegyada Degdegga ah ee Gubanatoraha California mahad ugu sugnaatay wadaagga ay wadaageen hagitaankooda.

Talooyin muhiim ah oo ku saabsan hagitaankan waxaa bixiyay Golaha La-talinta ee Maareynta Xaaladaha Degdegga ah ee Naafanimada (DEMAC) ee Oregon. Mahadsanid!