

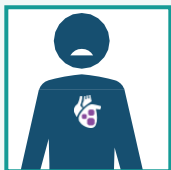
# Hagitaanka COVID-19 ee loogu talagalay Dadka Naafada Garaadka iyo Kobaca qaba, Dadka Waayeelka ah iyo Dadka qaba Xaalado Daciifiya Caafimaadka

**Luuliyo 12, 2021**

Sida laga soo xiganayo Xarumaha Xakamaynta iyo Ka Hortaga Cudurada (CDC), dadka naafada ah oo ay ku jiraan dadka naafonimada caqliga iyo kobaca, dadka waayeelka ah iyo dadka qaba xaaladaha caafimaadka daran ayaa halis sare ugu jiri kara xanuunka COVID-19. Xaaladaha caafimaadka daran ee kordhin kara halista ay dadka da' kastoo ay yihiin ku qaadi karaan COVID-19 daran waa:



- Cudurka sambabada ee raaga ama neefta dhexdhexaadka ah ilaa tan daran
- Cudurrada wadnaha ee daran



- Xaaladaha sababi kara in difaaca jirka qofka 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 unugyada dhiiga
- Cudurka kelyaha ee raagga iyo kuwa laga sifeeynayo kelyaha
- Cudurka beerka

Maamulka Caafimaadka Oregon (OHA) waxay hagida ku saleeyaan waxa waqtigan laga og yahay gudbinta iyo darnaanta COVID-19. Hagistaan waxay gacan ka geysanaysaa ogeysiinta dadka naafada ah oo ay ku jiraan dadka naafonimada caqliga iyo kobaca qaba, dadka qaba baahiyada helida iyo waxqabadka, iyo daryeelayaasha kuwaasi oo go'aano ka gaara xaaladahooda oona ilaaliya caafimaadkooda.

## Dadka Naafada ah iyo Dadka qaba Naafanimada Garaadka iyo mida Koboca (ID/DD)

Dadka naafada ah oo ay ku jiraan kuwa qaba naafanimada jirka, garaadka iyo kobaca ayaa halis sare ugu jira COVID-19 iyo caafimaad xumi daran sababtoo ah:

- **Halis sareyso oo ay ugu jiraan xaaladaha caafimaad ee kale.** Dadka waawayn ee naafada ah oo ay ku jiraan kuwa qaba naafanimada jirka, garaadka iyo kobaca waxay saddex jeer u dhow yihiin inay qaadaan cudurrada wadnaha, faaliga, sonkorowga ama kansarka markii la barbardhigo dadka aan naafada ahayn. Dadka leh naafanimada caqliga iyo koboca (ID/DD) ayaa waxa dhici karta inay halis sare ugu jiraan xaaladaha hidde-sidaha ee u keena cilad nidaamka difaaca jireed, oofwareen ka dhalato dhibaatooyinka la xiriira quudinta, cayilka iyo xaalado kale oo saameeya wadnaha iyo sambabada. Xaaladahan caafimaad waxay kordhiyaan halista uu qofku ugu jira xanuun daran oo ka dhasho COVID-19.
- **Hoos u dhac ku yimaada helitaanka daryeelka caafimaad iyo adeegyada taageerada.** Dadka naafanimada jirka, garaadka iyo kobaca qaba waxay waajahaan dhibaatooyin la xiriiro in daryeel fool-ka-fool ah ay ka helaan isbitaalada iyo rugaha caafimaadka. Adeegyada caafimaad ee onleenka waxay yareyn karaan caqabadaha gaadiidka, laakiin waxay sidoo kale abuuri karaan caqabado kale sida helitaanka internet xawaare sare leh, adeegyada isticmaalka ee dadka qaba baahiyada xiriirka (tus., Maqalka la' ama aragga la') ama ID/DD, iyo gaadiidka lagu aadayo adeegyada taageero kale.
- **Badnaanshaha dadka naafada ah ee ku sugan meelaha ay dadku wada deggan yihiin,** oo ay kujiraan nolosha la taageeray, goobaha daryeelka ee ku yaalo meelaha la wada deggan yahay ama lagu kulmo iyo la noolaanshaha xubnaha qoyska ee durugsan. Dad badan oo ah kuwa naafada jireed qaba ama qaba ID/DD waxay ku tiirsan yihiin taageerada daryeelaha ee fool-ka-foolka ah, taasi oo ka dhigi karta xeeladaha yaraynta halista sida kala fogaanshaha jireed mid aad u adagtahay.
- Hagida baaritaanka ee OHA waxay u aqoonsatay Dadka Naafada ah inay yihiin koox lagu samayn karo baaritaanka COVID-19 iyadoon la eegayn hadii ay astaamo leeyihiin ama gaarista cudurka.  
[https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2267\\_R.pdf](https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2267_R.pdf)

### Tixraacyada:

1. Dadka Naafada ah, Xarumaha Xakamaynta iyo Kahortaga [Cudurada](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html)<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html>. La helay Oktoobar 21, 2020.
2. Dadka qaba Xaaladaha Caafimaadka Qaar, Xarumaha Xakamaynta iyo Kahortaga Cudurada. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html> La helay Oktoobar 21, 2020.
3. Constantino JN, Mustafa S, Piven J, Rodgers R, Tschida J. Saameynta COVID-19 ku leeyahay Dadka Qaba Naafanimada Garashada iyo Tan Koboca: Mudnaanaha Caafimaad iyo kuwa Sayniseed. Joornaalka Maraykanka ee Caafimaadka Maskaxda: Warqado ku socda tafaqiraha. Agoosto 28, 2020
4. Matson, Johnny & Matson, Michael. (2015). Xaaladaha Caafimaad ee Isbiirsaday ee Dadka qaba Naafanimada Caqliga. 10.1007/978-3-319-15437-4.

5. Castilho L, Lages F, Ferreira R, Oliveira A, Vilaca D, Diniz I. Dhibaatooyinka neefsiga iyo COVID-19 ee bukaanada qaba naafonimada koboca. Daryeelka gaarka ah ee ilkaha: Warqado ku socda tafaqtiraha. Agoosto 3, 2020.
6. Alexander R, Ravi A, Barclay H, Sawhney I, Chester V, Malcolm V, Brolly K, Mukherji K, Zia A, Tharian R, Howell A, Lane T, Cooper V, Langdon P. Hagista Daawaynta iyo Maaraynta COVID-19 ee Dadka qaba Naafonimada Garashada. Joornaalka Siyaasadda iyo Dhaqanka ee Naafonimada Garashada (Journal of Policy and Practice in Intellectual Disabilities). doi: 10.1111/jppi.12352
7. Annaswamy T, Verduzco-Gutierrez M, Frieden L. Xayndaabyada iyo caqabadaha caafimaadka onlaynka lagu bixiyo ee dadka naafada ah: Covid-19 iyo wixii ka baxsan. Joornaalka Naafonimada iyo Caafimaadka: Sharaxaadaha. Maqaal Saxaafadeed.

## 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 u dhac ku yimaada dhaxgalka dadka ee maalinlaha ah. Joogtaynta ku xirnaanta dadka kale waa muhiim. Haddii ay suurtoagal tahay, waxaad isticmaali kartaa teknoolojiyadda isdhaxgalka sida taleefanka iyo wada-sheekaysiga fiidyawga si la iskaga war qabo.

Haddii aad u baahan tahay caawimaad aan degdeg ahayn:

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

1-800-985-5990

Fariin qoraalka TalkWithUs ku dir lambarka 66746

TTY 1-800-846-8517

TTY garaac 711

**Isbaanish**

1-800-985-5990, kadib riix "2"

Fariin 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](https://www.211info.org/contact).

- Wac taageerada caafimaadka maskaxeed ee deegaanka.

Waxaa xiggo liis ah adeegyada caafimaadka maskaxda oo ay soosaartay gobolka ku yaalo Oregon:

[www.oregon.gov/oha/HSD/AMH/Pages/CMH-Programs.aspx](http://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:**



Qandho



Qufac



Neef-qabasho

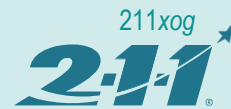
**Wac**daryeel caafimaad bixiyahaaga ama [waaxda caafimaadka ee deegaanka](#) haddii aad aaminsan tahay inaad xanuunsan tahay. Waxay kaa caawin karaan inaad:

- Go'aansato haddii aad u baahan tahay ballan, iyo
- Qorsheysato inaad xarun caafimaad gasho adigoo aan faafinayn fayraska.

Hadaadan dhakhtar lahayn:



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



**Daryeel caafimaad bixiyahaaga ayaa kaa caawin doona go'aaminta inaad u baahan tahay baaritaan iyo in kale.**

Haddii aad tahay qof waayeel ah aadna qabtid walaac caafimaad, soo wac daryeel caafimaad bixiyahaaga.

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

Haddii aad u maleynaysid inay ku gaartay 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 astaamahaaga ay daran yihiin (tusaale ahaan, neefsashada oo dhib ah), soo wac 911.

Haddii aad awoodid, u sheeg 911 iyo isbitaalka wax kasta oo aad ogtahay oo ku saabsan gaarista qof qaba COVID-19.

Wixii ah faahfaahin dheeraad ah oo kusaabsan asalka baaritaanka COVID-19, booqo <https://govstatus.egov.com/or-oha-covid-19-testing>.

## Ficilada maalinlaha ah ee la raacayo

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

- In badan ku dhaq gacmaha saabuun iyo biyo diirran ugu yaraan 20 ilbiriqsi. Haddii aan la heli karin, isticmaal gacmo nadiifiye ay alkoolada ku jirta tahay 60-95%.
- Ku dabool qufaca iyo hindhisada xusulka ama istiraasho. Haddii aad isticmaasho istiraasho, iska tuur istiraashada oo dhaq gacmahaaga isla markiiba.
- Ha taaban wajigaaga.
- Ugu yaraan ka fogow lix fiit dadka aydaan isku meel degganayn.
- Xiro weji dabool maro ah, warqad ah, ama wax kale oo la tuuri karo markii aad banaanka u baxayso.
- Nadiifi oo jeermis-dil walxaha iyo sagxadaha aad inta badan taabato.
- Had iyo jeer nadiifi saadadka caafimaadka iyo qalabka una isticmaal sida ku dul qoran alaabta.



## Is-diyaarinta iyo diyaargarowga daryeelaha

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

- Ogow dawooyinka aad qaadatid oo qaado saadka 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 saadadka kale ee caafimaad iyo cuntada aan dhakhso halaabin si aad u yareeyso safarada aad ku tagayso dukaanka. Dukaamaysiga onleenka ah waa baddel fiican oo kale oo aad ku yarayn kartid ama meesha uga saari karto aadista dukaanka.
- Yaree isku-imaatinada xubnaha qoyska ee aan qoyskaaga la noolayn si ay kaaga caawiso inaad naftaada ilaaliso. Tan waxa kamid ah meelaha dadka ku badan yihiin sida diyaarad raacida aan loo baahnayn iyo isku-imaatinada qoyska ee balaaran.
- Qorsho u sameyso daryeelayaasha aad u baahan kartid 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 bixiyeyaasha 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 joogto 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 guryaha

Tilmaamaha iyo xeerarka 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 wax ku saabsan caafimaadka deggenyaasha in badan.
- Raac xayiraada booqdayaasha.
- Ogow waxa borotokoolka xarunta ay noqoneyso haddii uu cudur ka dillaaco halkaas.

## Hagitaan

Waaxda Oregon ee Adeegyada Aadana iyo hagista Maamulka Caafimaadka Oregon waxa laga heli karaa linkiyada/xiriiriyada soo socda:

### **Xafiiska Adeegyada Naafanimada Kobaca (ODDS)**

<https://www.oregon.gov/dhs/SENIORS-DISABILITIES/DD/Pages/COVID19-Info-for-DD-Residential-Settings.aspx>

## 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>
- Diiwaanka Maamulka Caafimaadka Dadweynaha ee Deegaanka: [www.healthoregon.org/lhddirectory](http://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 qabaneyso xubnaheeda halkaan: [https://seiu503.org/member\\_news/coronavirus-resources-for-seiu-members/](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>
- Taageerada Naafada NW ee NWDSA/ABI waxay siisaallaha la xiriirta [COVID-19 dadka naafadaah](#), taageero naafonimo, hantiyo alaabooyinka la heli karo, tababaro, macluumaad guud, muuqaalo, iyo linkiyada dhigaalda federaalka iyo gobolka. Waxay ku baxiyaan taageero laba luuqad ah, oo ay ku jiraan illo, tababar, iyo macluumaad af Isbaanish ah.

Khadka guud ee Ingiriisiga 503-238-0522

## 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-%20Natl%20Fdn%20for%20ID%20-%203-12-20.pdf>

## Loogu talagalay dadka qaba HIV

- Su'aalaha Badanaa La Isweydiyo: Korona Fayraska (COVID-19) iyo HIV:
  - » [https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/\[q2\]\[4\]\[q3\]HIVCARETREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv.pdf](https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/[q2][4][q3]HIVCARETREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv.pdf)
  - » Isbaanish: <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARETREATMENT/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 mowduucyada helida khayraadada 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](mailto:nwadactr@uw.edu)

## Gargaarka cuntada

- Goobaha Kaydiyayaasha Cuntada ee Oregon: <https://www.oregonfoodbank.org/find-help/find-food/>
- Halka laga helo cuntooyinka dugsiyada ee Oregon inta lagu jiro xiritaanada COVID-19: <https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/COVID-19-Food-Resources.aspx>
- 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@dhsosha.state.or.us](mailto:oregon.masscare@dhsosha.state.or.us).

Faallooyinka ama walaacyada ku saabsan xeerarka gobolka ee la xiriira COVID-19 oo ay soo saartay Gubanatore Kate Brown ayaa waxaad ku soo diri kartaa Adeegyada Gobolada ee Xafiiska Gubanatoraha ee 503-378-4582. Waxaad sidoo kale adeegsan kartaa foom onleenka 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!