

Khayraadka COVID-19 ee loogu talagalay Qoysaska Carruurta iyo Dhalinyarada qaba Baahiyo Daryeel Caafimaad oo Gaar ah

Waannu ognahay in dad badan ay ka walaacsan yihiin coronavirus (COVID-19). Haysashada carruur iyo dhalinyar qaba baahiyo daryeelka caafimaad oo gaar ah waxay sii kordhin kartaa warwarkaas. Waxa jira khayraad badan, waxaana dhici karta inaad qabto su'aalo kusaabsan sida loogu ilaaliyo carruurtaada iyo qoysaska caafimaad qab. Waxaannu rabnaa inaanu ku taageerno annagoo ku siinayna ilo la isku hallayn karo oo aad ka heli karto macluumaadka aad u baahan tahay si aad u ilaaliso caafimaadka qoyskaaga.

Macluumaadka guud ee qoysaska

Khayraadka soo socda waxa kamid ah:

- Macluumaadka wakhtigan ee kusaabsan astaamaha
- Cidda halista ugu badan ugu jirta
- Sida loo daryeelo qof qaba cudurka covid-19
- Sida loogala hadlo carruurta fayraskan
- Talooyin ku aaddan maaraynta xiritaanada dugsiyada.

HealthyChildren.org – Akadamiyada Ameerikaanka ee Cudurrada Carruurta (AAP)

- [2019 Novel Coronavirus \(COVID-19\)](#)
- [Bogga COVID-19 ee qoysaska CYSHCN](#)

Xarumaha Xakameynta iyo Ka hortaga Cudurka (CDC)

- [Carruurta iyo COVID-19](#)
- [Su'aalaha Badanka la Iska Waydiiyo COVID-19 iyo Carruurta](#)
- [Maaraynta Diiqada iyo Welwelka](#)

Shabakadda Qaran ee Diiqada Taraamada leh ee Carruurta

- [Hagaha Waalidka/Daryeelaha ee Ka Caawinaya Qoysaska La Qabsashada Cudurka Korona Fayraska 2019](#)

OHSU Doernbecher Children's Hospital

- [Sida Ciyaalka loogala Hadlo COVID-19](#)

Taageero loogu talagalay qoysaska carruurta qaba baahiyo daryeel caafimaad oo gaar ah

Ilaaha soo socdaa waxa kujira macluumaad kusaabsan sida waalidiinta iyo daryeelayaashu uga heli karaan taageerada iyo hagitaanka loo baahan yahay qoysaska kale ee leh carruur qabta baahiyaha daryeelka caafimaadka oo gaar ah.

Oregon Family to Family Health Information Center (OR F2F HIC)

Oregon Family to Family Health Information Center waxay ka taageertaa qoysaska iyo daryeelayaasha carruurta qabta baahiyo caafimaad oo gaar ah inay u kala gudbaan nidaamyada daryeelka caafimaadka ee cakiran. Haddii aad u baahan tahay inaad ka hadasho halka aad ka helayso taageerada saxda ah ee qoyskaaga ee ka imanaysa waalid kale oo haysta ilme qaba baahiyo caafimaad oo gaar ah leh, OR F2F HIC waxay leedahay kiliirin-haws ee barnaamijyada taageerada ee Oregon.

Xiriirka: limeyl u Dir Waalid Jaal ah contact@oregonfamilytofamily.org ama wac 855-323-6744 (Ingiriisi) ama 503-931-8930 (Isbaanish).

Family Voices – [Macluumaadka iyo Khayraadka COVID-19](#)

Family Voices waa urur qaran iyo bilawga shabakadda qoysaska iyo saaxiibada carruurta iyo dhalinyarada qaba baahiyaha daryeelka caafimaadka ee gaarka ah iyo naafonimada. Family Voices waxay soo dhigaysaa boggan macluumaad cusub si ay gacan uga gaysato xaaladaha goonida ah ee saamaynaya dadka qaba baahiyaha daryeelka caafimaadka ee gaarka ah iyo qoysaskooda.

Oregon Council on Developmental Disabilities – [Macluumaadka iyo Khayraadka COVID-19](#)

Macluumaadka sida badan wax laga baddalo ee qoysaska carruurtoodu waajahaan Naafonimo Garasho ama Koboceed, oo uu kujiro fiidyow la dhaqdhaqaaqiyey si gacan looga gaysto sharaxa COVID-19.

FACT Oregon – [Jawaabta iyo Khayraadka COVID-19](#)

FACT Oregon waa urur gobolka oo dhan, oo qoysku hoggaanka u hayo oo ka caawinaya qoysaska inay mushaaxaan xaaladda korinta ilme qaba naafonimo. Haddii aad u baahan tahay in lagu dhagaysto ama qabto su'aalo kusaabsan waxbarashada gaarka ah ee ilmahaaga gudaha Oregon, tijaabi khadka taageerada filka ee FACT Oregon.

Xiriirka: limeyl u dir support@factoregon.org ama wac 1-888-988-3228 (wicitaan bilaasha) ama 503-786-6082 (deegaanka Aagga Magaalada Portland).

Taageerada qoysaska carruurta qaba xaaladda otisamka (ASD)

Hoos waxa ah khayraad gaar ah oo loogu talagalay taageeridda carruurta leh otisamka inta lagu jiro xaaladaha degdegga ah sida COVID-19.

Autism Society of America (ASA) – [Agabka COVID-19](#)

Autism Society of America waa ururka hormoodka ah dhinac siinta khayraad, waxbarasho, u-doodis iyo taageero dadka iyo qoysaska la nool otisam. Boggan, waxaad ka heli agabka COVID-19 ee qoysaska kaasi koobi doona mawduucyada sida taageerada hab-nololeedka, wax-ka-baddalka hawl-maalmeedka iyo waxbarashada inta wakhtigan lagu jiro.

Xiriirka: limeyl u dir info@autismsocietyoregon.org ama wac 1-888-Autism-1 (1-888-288-4761).

Khayraadka & Casharrada Diiradda Saaraya Otisamka (AFIRM) – [Agabka COVID-19: Taageeridda Dadka qaba Otisamka Wakhtiyada Hubanti La'aanta](#)

Agabkan oo lala soosaaray Frank Porter Graham Child Development Institute ee UNC wuxuu bixiyaa 7 xeeladood oo taageero oo loogu talagalay daboolista baahiyaha goonida ah ee dadka qaba otisam wakhtigan hubanti la'aanta ah. Tusaalayaal iyo khayraad diyaarsan ayaa sidoo kale kujira si looga caawiyo daryeelayaasha inay u hirgeliyaan xeeladahan si dhakhso ah oo fudud.

Xusuusnow, fayrasyada ma sameeyaan takoorid. Anagana waa inaan sidaa oo kale ahaanaa. Cid kasta oo baylah u noqoto fayraska COVID-19 ayaa qaadi karta, iyada oo aan la eegayn qofka isirkiisa, qoomiyaddiisa, wadanka uu u dhashay ama awooddiisa.