



Ugu dambeyntii la cusbooneysiiday:
Ogoosto 18, 2020

Hagida Dib u Furidda Gobolka oo Dhan – Hagida Guud ee Loo-shaqeeyayaasha

Amarka: Lambarka Amarka Fulinta 20-27, ORS 443.441, ORS 433.443, ORS 431A.010

Khusaynta: Dhammaan batrooniyaada, marka laga reebo dowlad-goboleedka.

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

Tixgalinada guud ee goobtaada shaqada:

- U hogaansan mid kasta oo ka mid ah amarada fulinta ee Gubanatooraha ee hadda jiro.
- Ogow [calaamadaha iyo astaamaha COVID-19](#) iyo waxa la sameeyo haddii shaqaaluhu yeeshaan astaamaha iyagoo jooga goobta shaqada.
- Fahan siyaabaha ay dadku iskugu daartaan COVID-19—kuwaasi oo ah, isku qaadsiinta qufaca, hindhisada, hadalka, taabashada, ama walxaha uu taabtay qof fayruuska qaba.
- Go'aami tirada ugu badan ee dadka joogi kara dhismaha ama goobta iyadoo lagu saleynayo hagista OHA ee lagu dabaqi karo oo ku dheji [calaamadaha tirada ugu badan ee dadka joogi kara](#) meel muuqata.
- Ka fikir inaad wax ka beddesho jadwalka shaqaalaha iyo safarka si aad u yareeyso istaabashada jireed ee aan lagama maarmaanka ahayn – masaafu jireed oo ah ugu yaraan lix (6) fuud oo u dhaxeysa dadka ayaa lagu talinayaa.
- La soco shuruudaha fasaxa ee la ilaaliyay oo horay u sii qorshee wixii ah isbeddel shaqo oo la filayo.
- Badrooniga waa inuu u sheego shaqaalaha jirran inay guriga joogaan ama guriga aadaan haddii ay jiradaan iyaga oo shaqada joogo.
 - Shaqaalaha waa inuusan shaqada imaan haddii ay qabaan:
 - ♦ Qandho.
 - ♦ Aastaamaha sida qufaca, mataga, ama shubanka.

- Haddii shaqaalaha imaado shaqada isaga oo ay ka muuqdaan aastaamo, ama haddii ay yeeshaan aastaamao iyaga oo shaqada joogo, badrooniyada waa inay ka gooniyeeyaan shaqaalaha jiran shaqaalaha kale. Shaqaalaha jiran waa in guriga loo diraa isla markiiba ama ay helaan daryeel caafimaad oo ku haboon haddii ay muhiim tahay.
- Badrooniyada waa inay si joogta ah ugu sheegaan shaqaalaha inay guriga joogaan markii ay jiranyihiin, ayna hubiyaan in xeerarka goobta shaqada ogolaanayaan fasaxa jirada si markaas dadka u sameeyaan waxa saxda ah iyaga oo ka illaalinayo cudurka shaqaalaha isla shaqeeyaan; daboolayo qufacooda iyo hindhista; oo si joogta ahna u dhaqayo gacmahooda.
- Haddii shaqaale ku dhaco caabuqa COVID-19, badrooniyada:
 - ♦ Waa inay kala shaqeeyaan caafimaadka dadweynaha si loo go'aamiyo shaqaalaha u dhawaaday, muddada dheer la qaatay iyagoo isku dhow shaqaalaha jiran ee gelin karo halista soo gaarista COVID-19.
 - ♦ Waa inay ogeysiyaan shaqaalaha u dhawaaday shaqaalaha jiran inay suurtagal tahay inuu soo gaaray cudurka. Waxaa looga baahanyahay sharci ahaan in badrooniyada illaaliyaan aqoonsiga shaqaalaha qabo COVID-19 markii ay ogyesiinayaan shaqaalaha kale.
- Ka dhig caafimaadka iyo baadqabka mudnaanta koowaad adigoo fulinaya tallaabooyinka ilaalinta si loo ilaaliyo caafimaadka shaqaalaha iyo dadweynaha. Tilmaamaha federaalka iyo kuwa gobolka, oo ay ku jiraan hagitaanka sida gaar ah loogu talagalay qaybta, ayaa kaa caawin doona go'aaminta tallaabooyinka ilaalinta ee lagu taliyay ama loo baahan yahay.
 - Maamulka Caafimaadka Oregon wuxuu ku taliyay baaritaanka dadka oo dhan ee leh aastaamaha COVID-19. ***Baarista dadka bilaa astaamaha ah sida caadiga ah laguma talinayo waana inaan looga dhigin shardi ciddi la shaqaalaysiinayo.*** Baaristan noocan ah waxay uga dhigan tahay culays aan loo baahnayn shaqaalaha. Waxaannu ku boorinaynaa dhammaan batrooniyada inay ka baaraan shaqaalaha oo dhan maalin kasta astaamaha COVID-19.
 - Tallaabooyinka muhiimka ah ee ay tahay inay loo-shaqeeyayaashu qaadaan si ay badbaadada goobta shaqada u sugaan waxa kamid ah:
 - ♦ Ka saaridda shaqada shaqaalaha jirran, joogtaynta kala fogaanshaha jireed, xirashada afaab, gaashaanka wajiga, ama daboolka wejiga iyo gacmo dhaqis joogto ah.
 - Siduu dhigayo sharciga Oregon ee [\[ORS 659A.306\]](#), waa sharci-darro in loo-shaqeeye ku xiro qof shaqaale ah, iyadoo shardi u ah sii wadista shaqada, inuu bixiyo kharashka baarista caafimaad, sida baarista COVID-19.
 - [Hagista Guddida Fursadaha Shaqo ee Loo Siman Yahay \(Equal Employment Opportunity Commission \(EEOC\)\)](#) waxay guud ahaan soo koobaysaa in batrooniyadu shardi ka dhigi karaan baarista waayo shakhsiyaadka goobta shaqada jooga oo fayraska qaba ayaa halis toos ah u keeni karaan caafimaadka dadka kale. Loo-shaqeeye kasta wuxuu u baahan doonaa inuu qaato go'aamin khaas ah oo ku salaysan goobta shaqada ee laga hadlayo. Loo-shaqeeyayaashu waa inay la tashadaan garyaqaankooda sharciga si ay si siman ugu dabaqaan

shuruudaha baarista ee shaqaalaha iyo haddii shaqaaluhu urur shaqaale ka tirsan yihiin, ay u maareeyaan wixii waajibaad gorgortan ah.

- CDC waxay faahfaahisay [hagista guud](#) si ay uga caawiso ganacsiyada yaryar iyo shaqaalaha inay u diyaar garoobaan saameynta COVID-19.
- [Hagida Gobolka oo dhan ee Maaskarada, Gaashaanka Wajiga, Waji Daboolada.](#)
- Tilmaamaha gaarka ah ee Oregon ee qaybaha gaarka ah waxa laga heli karaa [halkan](#).

Wax ka beddelida jadwalka shaqaalaha iyo safarka

Tixgalinada loogu talagalay wax ka beddelida jadwalka shaqaalaha iyo safarka hadday suurtoagal tahay:

- Aqoonso jagooyinka ku habboon guri ka soo shaqaynta ama guri ka soo shaqaynta oo qayb ah, oo ay ku jirto in guri ka soo shaqaynta loo tixgaliyo shaqaalaha halista sare ugu jira dhibaatooyinka daran ee COVID-19 maadaama ay qabaan cudrada daciifiyo difaaca jirka oo ay aqoonsatay CDC.
- Jooji ama wareeji jadwalka shaqada ama xiliyada goobta shaqada si loo xaqiijiyo in shaqaaluhu ay joogteyn karaan kala fogaanshaha jireed.
- Yaree safarka shaqada ee aan daruuriga ahayn.

Baadqabka goobta shaqada

Hirgeli tallaabooyinka ilaalinta ee goobta shaqada markay suurtoagal tahay ama markii loo baahdo. [Sidoo kale ka eeg hagitaanka sida gaarka ah loogu talagalay qaybta halkan.](#)

- Batrooniyadu waa inay dib u eegaan oo raacaan [Hagida Gobolka oo dhan ee Maaskarada, Gaashaanta Wajiga, Waji Daboolka](#) si ay u hubiyaan u hogaansanaanta shuruudaha iyo tallooyinka.
- U hirgali tallaabooyinka kala fogaanshaha jireed si waafaqsan Amarada Fulinta ee Gubanatoraha iyo hagitaanka gobolka.
- Kordhi masaafada u dhaxeeysa shaqaalaha. Tani waxaa ka mid noqon kara wax ka beddelida sida calaamadaha lagu sameeyo sagxadda dhulka ee muujinaya kala fogaanshaha habboon ama rakibida gaashaamboorar galaas ka sameeysan, miisas ama xanibaadyo kale si loo xakameeyo walxaha hawada dhexsocda loona joogteeyo masaafada kala fogaanshaha. Dib u eeg oo raac wixii ah hagitaan si gaar ah loogu talagalay qaybta oo uu soosaaray gobolka ee ku talinaya ama u baahan tallaabooyinka kala fogaanshaha jireed oo gaar ah.
- Gabi ahaanba nadiifi oo jeermiska ka dil aagaga shaqada oo dhan kahor inta aadan furin kadib markii ay muddo xirnayd. Isticmaal jeermis-dilayaasha lagu daray [liiska ay ansixisay Wakaalada Illaalada Bay'ada \(EPA\)](#) ee loogu talagalay fayraska SARS-CoV-2 ee sababo COVID-19. Ma jiraan badeeco lagu qorayo in loogu talagalay fayraska COVID-19 weli, laakin badeecooyin badan waxay yeelanayaan qoraal ama warbixin

laga heli karo websaydyadooda oo ku saabsan ku oolkooda wax kaqabashada fayraska korona ee aadanaha.

- Xooji in nadaafadda wanaagsan ee gacmaha (gacmaha oo si joogto ah oona habboon loo dhaqo) ay muhiimad weyn u leedahay dhammaan shaqaalaha. Xaqiiji in saabuun iyo biyo ama gacmo nadiifiye ay kujirto aalkolo (60-95%) laga heli karo goobta shaqada. Tixgeli inaad gudaha iyo aggagaarka goobta shaqada ka samayso xarumo gacmo-dhaqis iyo gacmo-nadiifiyeyaal dheeri ah oo loogu talagalay shaqaalaha (iyo adeegsiga macaamiisha, haddii ay khuseeyso).
- Si joogto ah jeermiska uga dil sagxadaha badanaa la taabto (goobaha shaqada, batoonada, telefonada gacanta, biraha gacanta lagu qabsado, iwm.), shayada la wadaago, qalabka la wadaago iyo sidoo kale aaggaga dadku ku badan yihiin oona samee nadiifinta kale ee deegaanka.
- Tixgeli u gudubka xarumaha laga yaabo inay yareeyaan u baylah noqoshada korona fayraska, sida tuubooyinka aan la taabanin iyo gacmo qalajiyayaasha, kordhinta qulqulka hawada iyo shaandheynta ama jeermis ka-dilida hawada dib loo soo celiyay, iwm. Tixgeli nidaam lacag-bixin oo aan taabasho lahayn markay tahay suurtagal iyo haddii loo baahdo.
- Yaree tirada shaqaalaha ee iskugu tagaya goobaha la wadaago. Xaddid isticmaalka goobaha la wadaago sida qolalka shirarka iyo qolalka nasashada adigoo xaddidaya tirada daka ku jira ama joojinaya isticmaalka goobaha iyaga ah.
- Xaddid kulamada aan muhiimka ahayn oo ku qaba kulamada khadka interneetka inta ugu badan ee suuragalka ah. Haddii kulamada goob jooga ay muhiim yihiin, raac shuruudaha kala fogaanshaha jireed.
- Tixgeli baaritaanada caafimaad oo joogto ah (tusaale ahaan, baaritaanka heerkulka iyo astaamaha neefsashada) ama qaabka ay shaqaaluhu iskood uga soo warbixiyaan astaamaha, haddii ay la xiriiraan shaqada ayna waafaqsan yihiin shuruudaha ganacsiga.
- Ku tababar dhammaan shaqaalaha shuruudaha baadqabka iyo waxyaalaha laga filayo inta ay joogaan goobaha shaqada.

Fasaxa shaqaalaha iyo caymiska caafimaadka

La soco sharciyada federaalka iyo kuwa gobolka ee fasaxa la ilaaliyay iyo fasaxa musharharka leh (haddii ay khuseeyaan) iyo shuruudaha caymiska caafimaadka:

- Kula tali shaqaalaha inay joogaan guriga oo ay soo ogeysiyaan loo-shaqeeyahooga markay jiran yihiin.
- Dib u eeg oo u hoggaansan dhammaan shuruudaha khuseeya joogteynta caymiska caafimaad ee shaqaalaha.
- Dukumiintiga daryeel caafimaad bixiyaha guud ahaan looguma baahna u-qalmida fasaxa la xiriira COVID-19 ama ku laabashada shaqada sida ku xusan sharciyada fasaxa ee federaalka iyo kuwa gobolka.

- Dib u eeg oo u hoggaansan dhammaan sharciyada fasaxa ee khuseeya loona baahan yahay ee federaalka iyo kuwa gobolka ee loogu talagalay in lagu ilaaliyo shaqaalaha aan awoodin inay shaqeeyaan duruufo la xiriira COVID-19 awgood.
- Go'aami haddii ganacsigaagu uu kordhin karo fasaxa mushaharka leh iyo kan aan mushaharka lahayn oo haddii ay suuragal tahayna aqbal siyaasadda fasaxa ee si sahlan loo beddeli karo si loo daboolo duruufaha aysan sharciyada federaalka ama kuwa gobolka u qoondeeynin fasaxa la ilaaliyay ama fasaxa mushaharka leh.
- Samee qorshe ficil oo la jaan qaada hagitaanada federaalka iyo kuwa gobolka haddii qof shaqaale ah soo bixiyo astaamo isagoo ku sugan goobta shaqada, laga helo COVID-19 ama uu maamulka caafimaadka dadweynaha go'aamiyo inay u badan tahay in qofku qabo cuudrka.

Yareeynta iyo dhimista shaqaalaha

Haddii ay yareeynta ama tallaabooyinka kale ee wax ka beddelida shaqaalaha muhiim yihiin, u hoggaansan shuruudaha gobolka iyo kuwa federaalka ee la xiriira ogeysiiska shaqo ka tirida iyo dib u soo celinta shaqaalaha ay dhibaataadu saameysay:

- Go'aami in tallaabooyinka beddelka u ah shaqo ka tirida sida shaqo ka-fasixida ama yareeynta wakhtiga shaqada ay noqan karaan kuwa suurtagal ah iyo in kale.
- Ku hag shaqaalaha khayraadyo ay ka mid yihiin codsashada dheefaha shaqo la'aanta iyo adeegyada bulshada.
- Samee qorshe shaqaalaha dib loogu soo celiyo shaqada.

Goobaha shaqada ee ururka shaqaalaha

Haddii aad qabtid shaqaale urur shaqaale ka tirsan, go'aami waajibaadyada la gorgortanka ururka ama ururrada matalaya shaqaalahaaga.

Xiriirada macluumaadka dheeriga ah:

Wixii ah macluumaadkii ugu dambeeyay ee laga helay Caafimaadka Dadweynaha iyo CDC:

- Ka ogow Xaqiiqaha ku saabsan fayraska karna: <https://shredsystems.dhsoha.state.or.us/DHSForms/Served/li2356.pdf>
- Mareegta COVID-19 ee Maamulka Caafimaadka Oregon: <https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>
- Mareegta COVID-19 ee CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Hagitaanka COVID-19 ee ka socda Ilaha Gobolka iyo kuwa Federaalka:

Kheyraadyo loogu talagalay in ganacsatada iyo loo-shaqeeyayaasha ay qorsheeystaan, isku diyaariyaan, kana hortagaan COVID-19, oo lagu heli karo luqadaha Ingiriiska, Isbaanishka,

Shiinaha, Fiyatnaamiiskaiyo Kuuriyada: www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html

- Xafiiska Shaqaalaha iyo Warshadaha ee Oregon: Korona Fayraska iyo Shuruucda Goobta Shaqada. <https://www.oregon.gov/boli/Pages/Coronavirus-and-Workplace-Laws.aspx>
- Hagitaanka Waaxda Shaqaalaha: Shuruudaha Fasaxa Mushaharka leh ee Loo-shaqeeyaha ee duruufaha la xiriira Covid-19. <https://www.dol.gov/agencies/whd/pandemic/ffcra-employer-paid-leave>
- Hagida guud ee ganacsiyada iyo loo-shaqeeyayaasha si looga caawiyo inay qorsheeyaan, diyaariyaan, kana jawaabaan COVID-19: www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html
- Tallooyinka nadiifinta iyo ka dilista jeermiska goobta shaqada, oo ay kujiraan tallaabooyinka maalinlaha ah, tallaabooyinka marka cid bukooto, iyo tixgalinaha loo-shaqeeyaha: www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html

Dhaqanada badqabka ee loogu talagalay u baylah noqoshada cudurka inta lagu sugan yahay goobta shaqada:

- Dhaqamada nadiifinta iyo ka dilista jeermiska u baylah noqoshada kadib: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>
- Dhaqamada baadqabka ee shaqaalaha laga yaabo inay u baylaheen qof qaba COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/community/critical-workers/implementing-safety-practices.html>

Hagitaanka OSHA ee ku saabsan u diyaarinta goobaha shaqada COVID-19:

- Oregon OSHA: <https://osha.oregon.gov/Pages/re/covid-19.aspx> (Linkiyada Ingiriisida iyo Isbaanishka)
- OSHA-da Qaran: Ingiriisiga: www.osha.gov/Publications/OSHA3990.pdf, and Isbaanishka: www.osha.gov/Publications/OSHA3992.pdf
- Qoraalka Fulinta ee OSHA-da Qaran: <https://www.osha.gov/memos/2020-05-19/revised-enforcement-guidance-recording-cases-coronavirus-disease-2019-covid-19>
- Waaxda Shaqada ee Oregon: Shaqaale dhimista Ganacsiga, Xiritaanada iyo Dheefaha Caymiska Shaqo La'aanta ee la Xiriira COVID-19: https://govstatus.egov.com/ORUnemployment_COVID19
- Macluumaadka adeegyada caymiska iyo kuwa maaliyadeed ee COVID-19: <https://dfr.oregon.gov/insure/health/understand/Pages/coronavirus.aspx>

SAIF Corporation – Khayraadka Caymiska iyo Gunnooyinka Magdhawga Shaqaalaha Oregon:

- Tallooyinka iyo dhigaalada loogu talagalay inay ka caawiyaan shaqaalaha inay ka nabad-galaan COVID-19: <https://www.saif.com/employer-guide/coronavirus-and-workers-compensation/keeping-workplaces-safe-and-healthy-during-the-pandemic.html>
- Korona fayraska iyo magdhowga shaqaalaha – Waxa ay batrooniyadu u baahan yihiin inay ogaadaan: <https://www.saif.com/employer-guide/coronavirus-and-workers-compensation.html>

Ilo Dheeraad ah:

- [Calaamado aad dhejin karto](#)
- [Hagida Gobolka oo dhan ee Maaskarada, Gaashaanka Wajiga, Waji Daboolada](#)
- [Hagista OHA ee Dadwaynaha Guud](#)
- [Hagida CDC ee Maamulayaasha Jardiinooyinka iyo Xarumaha Madadaalada](#)

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.