



Taariikhda Dhaqangalka: Luulyo 22, 2020

Hagida Gobolka oo Dhan ee Maaskarada, Daboolka Wajiga, Gaashaanka Wajiga ee loogu tallogalay Xafiisyada Daryeelka Caafimaad

Amarka: Amarka Fullinta ee Lambarkiisu yahay 20-27, baragaraafyada 9 iyo 21, ORS 433.441, ORS 433.443, ORS 431A.010

Khusaynta: Hagiddani waxay khusaysaa gobolka oo dhan:

Dhammaan shaqaalaha daryeelka caafimaad ee ku jiro xafiisyada daryeelka caafimaad, sida hoos lagu qeexay.

Dhammaan bukaanada iyo martida ku jiro xafiisyada daryeelka caafimaad, sida hoos lagu qeexay.

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

Hagidan waxay wax ka beddelaysaa Amarka Fullinta 20-27 ee aasaaska ah, sharuudaha wajiga koowaad iyo wajiga labaad ee kujira Amarka Fullintana ma quseeyaan goobaha daryeelka caafimaad. Gubanatooraha wuxuu ogolaaday oo ansixiyay hagidan.

Ujeedooyinka hagistan dartood, qeexitaanada soo socda ayaa lagu dhaqmi:

- “Daboolka wajiga” waxaa loola jeedaa dhar, bac, warqad ama daboolo waji oo kale ee daboolayo sanko iyo afka oo si dhuuqsan loogu xiro sanko korkiisa, afka hoostiisa, iyo dhinacyada wajiga.
- “Maaskarada wajiga” waxaa loola jeedaa maaskarada heerka caafimaad.
- “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 wajiga.
- “Shaqaalaha daryeelka Caafimaad (HCP)” waxaa loola jeedaa dhammaan dadka lacagta la siiyo iyo kuwa aan lacagta la siinin ee u adeegayo xafiisyada daryeelka caafimaad oo ay suurtoagal tahay inay si toos ah ama aan toos ahayn u soo gaaraan bukaanada ama agabyada caabuqa, oo ay ku jiraan walxaha jirka (tusaale ahaan, dhiiga, unuga, iyo dareerada jirka qaar); saadadka caafimaad ee sumeysan, aaladaha, qalabka; sagxadaha deegaanka ee sumeysan; ama hawo sumeysan. HCP waxaa ku jiro, laakin kuma xadidno, kalkaalisooyinka, caawiyayaasha xanaadada, dhaqaatiirta,

farsamo yaqaanada, daaweeyayaasha, dhiig ku-shubayaasha, farmashiistayaasha, ardayda iyo tababartayaasha, shaqaalaha qandaraaslaha ah ee aanan u shaqeyn xarunta daryeelka caafimaad, iyo dadka aanan tooska ugu luglaheyn daryeelka bukaanka, laakin ay soo gaari karaan qeybaha caabuqyada ee la iskugu gudbin karo goobta daryeelka caafimaad (tusaale ahaan, karaanimada, cuntada, adeegyada bay'ada, dhar dhaqida, amniga, ijineernimada iyo maareynta xarumaha, maamulka, biilgareynta, iyo shaqaalaha tabaruceyaasha ah).

- “Xafiiska daryeelka caafimaad” waxaa loola jeedaa:
 - Xafiiska caafimaad ee laysinka haysan, midka ilkaha, ama xafiiska daryeel kale ee caafimaad halkaasi oo daryeel caafimaad lagu siiyo bukaanada, oo ay ku jiraan laakin aan ku xadidnayn xafiisyada daryeelka koowaad, xafiisyada daryeelka taqasuska, xafiisyada daaweynta xubnhaha, xafiisyada cirbadaha, xafiisyada daaweynta dabiiciga ah, xafiisyada caafimaadka ilkaha, iyo goobaha daryeelka degdega ah.
 - Isbitaalada yaryar ee ka baxsan isbitaalka weyn ee bixiyo adeegyo aan ka aheyn daryeelka bukaan jiifka.
- “Xakameynta illaha: waxaa laga wadaa isticmaalka daboolka wajiga ama maaskarada wajiga ee lagu daboolayo afka qofka iyo sanko si looga hortago faafinta dhibcaha neefsashada markii uu qofku hadlayo, hindhisayo, ama qufacayo.
- “Kala fogaanshaha Jireed” waxaa loola jeedaa joogteynta masaafo ah 6 fuud ama ka badan oo dhinac walbo ah oo u dhaxeeyso shaqsiyaadka.

Xafiisyada Daryeelka Caafimaad

Xafiisyada daryeelka caafimaadka waxaa looga baahanyahay inay:

- Lahaadaan xeerar ayna fulliyaan xeerarka uga baahan in dhammaan shaqsiyaadka galo xafiiska daryeelka caafimaad ay xirtaan maaskarada wajiga, daboolka wajiga ama gaashaanka wajiga markay gudaha kujiraan, oo ay ku jirto markii ay kujiraan qolka baaritaanka ee gaarka ah, marka laga reebo sida xigta:
 - Haddii bukaanka uusan u dulqaadan karin nooc walba oo ah maaskarada wajiga, daboolka wajiga ama gaashaanka wajiga xaalada caafimaad awgeed, kala fogaansho jireed oo toos ah waa in la raaca illaa bukaanka lagu meeleyn karo ama la dhigi karo aag yareynayo halista dadka kale soo gaarayso.
 - Maaskarada wajiga, daboolka wajiga ama gaashaanka wajiga looma baahno in la xirto inta lagu gudajiro baaritaan ama hab-raac kaasi oo galaangal u yeelashada qeybo wajiga kamid ah oo uu ku daboolanyahay maaskarada wajiga, daboolka wajiga ama gaashaanka wajiga ay lagama maarmaan tahay. Maaskarada wajiga, daboolka wajiga ama gaashaanka wajiga waxaa loo baahanyahay in la xirto sida ugu dhaqsaha badan marka uu baaritaanka ama hab-raaca laga hadlayo la dhameystiro.
- Lahaadaan xeerar ayna fulliyaan xeerarka uga baahan in HCP ay xirtaan qalabka illaalada shaqsiyeed (PPE) oo haboon markay daryeelayaan bukaanada laga shakisan yahay inay qabaan COVID-19, kuwa laga helay COVID-19, ama kuwa si la ogyahay ugu baylah noqday COVID-19 ([Fiiri Qeybta “PPE-da loogu talloagalay Shaqaalaha Daryeelka caafimaad”](#)).

- Gabaabsiga saadka PPE waa in loo maareeyaa sida waafaqsan hagida OHA (Fiiri [Isticmaalka Qalabka Illaalada Shaqsiyeed ee Shaqaalaha Daryeelka Caafimaad ee joogo Goobaha Saadka Qalabku Xadidan yahay](#)).

Shaqaalaha daryeelka caafimaad

Shaqaalaha daryeelka caafimaad waxaa looga baahanyahay inay:

- Xirtaan maaskarada wajiga ama daboolka wajiga kaasi oo marwalba daboolaya sanko iyo afka markay ku jiraan xafiiska daryeelka caafimaad, marka laga reebo markay kaligood kujiraan xafiis gaar u ah.
 - Maaskarooyinka wajiga waa in mudnaanta laga siiyaa /laga doorbidaa daboolada wajiga sababtoo ah waxay xakameynta soo-gaarista iyo illaalo labadaba HCP ka siiyaan dhibcaha, firidka, ama buufiska caabuqyada imaan karo.
 - Daboolada wajiga ee dharka ah lama xiran karo badelkii neefsiiyaha ama maaskarada wajiga haddii wax ka badan xakameynta soo-gaarsista loo baahanyahay.
 - HCP waa inay ka fogaadaan taabashada banaanka sagxadaha (sumeysan) ee maaskarada wajiga ama daboolka wajiga. Haddii HCP ay tahay inuu saxdo maaskarada wajiga ama daboolka wajiga, nadaafada gacmaha waa in la sameeyaa islamarkaaba kadib saxitaanka.
 - Gaashaanada wajiga waa in lala xirtaa, laakin ma ahan inay beddel u noqdaan, maaskarooyinka wajiga iyadoo ujeedooyinka yihiin illaalada isha iyo lakabka dheeraadka ah ee kahortaga firidhka.
 - Maaskarooyinka wajiga ama daboolada wajiga looma baahno inta wax la cunayo ama la cabayo, laakin kala fogaansho jireed oo toos ah waa in la joogteeyaa marka maaskarooyinka wajiga, gaashaanada wajiga, ama daboolka wajiga aan la xirnayn.
- Xiro maaskarooyinka N95 ama neefsiiyaha illaalada oo heer sare ah badelkii daboolka wajiga ama maaskarooyinka wajiga markii aad daryeelayso bukaan u baahan in si heer sare ah la iskaga illaaliyo ([Fiiri Qeybta “PPE-da Shaqaalaha Daryeelka Caafimaad](#)).
- Neefsiiyaha leh kadinada neefsiga lama xiran karo.

Bukaanada iyo martida:

Dhammaan bukaanada iyo martida markii ay booqanayaan xafiiska daryeelka caafimaad waxaa looga baahanyahay inay:

- Xirtaan maaskaro, waji dabool, ama gaashaanka wajiga haddii aanu qofku ka yarayn shan (5) jir, marka laga reebo sida soo socota:
 - Maaskarooyinka wajiga, gaashaanada wajiga ama daboolada wajiga looma baahno inta wax la cunayo ama la cabayo, laakin kala fogaansho jireed (6 fuud ama ka badan) oo toos ah waa in la joogteeyaa marka maaskarooyinka wajiga, gaashaanada wajiga, ama daboolka wajiga aan la xirnayn.
 - Maaskarada wajiga, daboolka wajiga ama gaashaanka wajiga looma baahno in la xirto inta lagu gudajiro baaritaan ama hab-raac halkaasi oo galaangal u

yeelashada qeybo wajiga kamid ah oo uu ku daboolanyahay maaskarada wajiga, daboolka wajiga ama gaashaanka wajiga ay lagama maarmaan tahay. Maaskarada wajiga, daboolka wajiga ama gaashaanka wajiga waxaa loo baahanyahay in la xirto sida ugu dhaqsaha badan marka uu baaritaanka ama hab-raaca laga hadlayo la dhameystiro.

- Maaskarooyinka wajiga, gaashaanada wajiga ama daboolada wajiga ayaa la iska saari karaa muddo yar marka ay jiraan xaalado loo baahan yahay in la aqoonsado muqaalka qofka. Haddii ay suurtagal tahay, yaree hadalka markii aadan xirnayn waji daboolka maadaama uu hadalku afkaaga ka soo bixinayo dhibco biyo ah ama candhuuf ah oo laga yaabo inay fayrasyo la socdaan.

Maamulka Caafimaadka Oregon kuma taliyo in shaqsiyaadka xirtaan gaashaanada wajiga badelkii maaskarada wajiga ama daboolada wajiga. Gaashaanada wajiga waxay illaalo siiyaan indhaha waxayna bixiyaan lakab dheeri ah oo kahortago firidhka ama buufiska, laakin doorka ay gaashaanada wajiga ka qaadan karaan qaabka xakameynta soo-gaarista lama xaqiijin.

Isticmaalka gaashaanka wajiga keliya waa in lagu xadeeyaa xaaladaha ay xirashada maaskarada wajiga ama daboolka wajiga aysan ka suurtoagalayn xaaladaha xiggo:

- ♦ Markii qofka uu qabo xaalada caafimaad oo kahor istaagayso inuu xirto maaskarada wajiga ama daboolka wajiga.
- ♦ Markii dadka u baahanyihiin inay arkaan dhaqaaqyada afka iyo carabka si markaas loo fahmo hadalka (tusaale ahaan, macalimiinta carruurta ee heerarka hormarka qaarkood ama markii lala xariirayo dadka uu maqalka dhibayo).

Hore u ogeysii xafiiska daryeelka caafimaad ama HCP-da booqashada xafiiska haddii shaqsiga qabo xaalad caafimaad ee ku adkeynaysa neefsiga ama naafonimo kahor istaagayso xirashada maaskarada wajiga, gaashaanka wajiga ama daboolka wajiga, si marka qabatim haboon loo sameyn karaa si loo hubiyo badbaadada bukaanada kale iyo martida, iyo HCP-yada.

Khayraadyo Dheeraad ah

- [Daryeelka Caafimaadka OHA, iyo Hagida Ka hortaga iyo Xakameynta Caabuqa ee loogu talloagalay COVID-19](#)
- [Hagida Gobolka oo dhan ee Maaskarada, Daboolka Wajiga, Gaashaanka Wajiga](#)
- [Siyaadaha ADA iyo Maaskarada Wajiga – Su'aalaha Arrimaha Naafonimada](#)

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.