



**Taariikhda:** Maarso 12, 2022

## Tilmaamaha Go'doominta ee COVID-19 ee Bulsho-waynta

Shakhsiyaadka jooga gudaha Oregon jooga ee uu u go'aamiyay bixiyehooda daryeelka caafimaadka ama saraakiisha caafimaadka dadweynaha gobolka ama degaanka inay yihiin kuwo loo malaynayo ama la xaqiijiyay inay COVID-19 qabaan waa inay raacaan shuruudahan karantiilka iyo go'doominta.

Ku guuldareysiga in loo hoggaansamo hagistan waxay sababi kartaa in maamulka caafimaadka dadwaynaha ee gobolka ama degaanka soo saaraan amar go'doomin oo degdeg ah ama ay raadsadaan amar maxkamadeed oo ku saabsan go'doomin sida ku cad ORS 433.121 ilaa 433.140.

### Fiiro gaar ah:

Dukumeentigani wuxuu khuseeyaa guud ahaan bulsho-waynta **laakiin ma khuseeyo:**

- Shaqaalaha, deganayaasha ama bukaanada goobahan:
  - Xarumaha daryeelka muddada dheer
  - Guryaha waayeelada lagu xannaaneeyo
  - Goobaha daryeelka caafimaadka ee la dego (tussaale ahaan, xarumaha daaweynta caafimaadka habdhaqanka ee la dego, guryaha kooxaha ee loogu talagalay dadka naafada ah ee qaba naafonimada garaadka ama korriinka)
  - Goobaha daryeelka caafimaadka bukaan-jiifka (tus., isbitaallada, hoyga bukaan-jiifka maliilsan)
  - Xarumaha dhaqan celinta (sida, jeelasha iyo xabsiyada)
  - Goobaha kale ee lagu nool yahay ee la iskuugu yimaado (tusaale, hoyga hoylaawayaasha, guryaha ku meel gaarka ah)
- Ardayda iyo shaqaalaha u baylah noqday goobaha dugsiga K-12

Go'doominta COVID-19 iyo hagida karantiilka ee lagu dabaqo goobaha kor ku xusan waa inaad la xiriirtaa xarunta, dugsiga, ama maamulka caafimaadka dadweynaha ee degaankaaga.

**Qeexitaano:** Ujeedooyinka hagistan dartood, qeexitaanada soo socda ayaa lagu dhaqmidoona:

- “Xiriir Dhow” waxaa loola jeedaa shaqsi ugu baylah noqday si la taaban karo kiis loo qaateen ah ee COVID-19 ama kiis la xaqiijiyay ee COVID-19.

“Kiis La Xaqiijiyay ee COVID-19” waxaa loola jeedaa shaqsi laga helay cudurka COVID-19 markii lagu sameeyay baaritaanka unugyada muhiimka ah ee jirka ama baaritaanka wax walbo jirka ka tirsneyn, ama qaab kale ay u tixgeliyeen mid lagu kalsoonaan karo maamulka caafimaadka dadweynaha ee gobolka ama degaanka.

- “Gooni Ahaansho” ama “go'doomin” waxaa loola jeedaa kala-soocida iyo xaddidida jireed ee qof qaba cudurka ama si macquul ah loo rumaysan yahay inuu ka soo qaaday cudur la isqaadsiin karo shakhsiyaad aan la gooniyeyn si looga hortago ama loo xaddido u gudbinta cudurka shakhsiyaadka aan la gooniyeyn.
- “Maamulaha caafimaadka bulshada ee degaanka” ayaa macnaha ereyga ku bixiyeen gudaha ORS 431.003.
- “Kiis COVID-19 oo mala awaal ah” waxaa loola jeedaa shaqsi qaba astaamo u dhigma COVID-19 oo xiriir dhow la yeeshay shaqsi la xaqiijiyay inuu qabo COVID-19 2 ilaa 14 maalmood kahor maalmaha astaamuhu bilowdeen; ama uu yesxho natiijo baaris positive ah oo ka timid xirmada baadhista antigen-ka ee guriga.
- “Karantiil” waxaa loola jeedaa kala-soocida iyo xaddidaada jireed ee shaqsi aan qaadan tallaallada COVID-19 ee ACIP ku talisay oo baylah u noqday cudur la isqaadsiin karo oo ayna ka muuqan calaamado ama astaamo cudurkaas la is qaadsiyo, shakhsiyaadka aan la kulmin cudur faafa, si looga hortago ama xaddido u gudbinta cudurka dadka kale, si looga hortago ama loo xaddido u gudbinta cudurka dadka kale.
- “Sarkaalka caafimaadka gobolka” waa Sarkaalka Caafimaadka Dadweynaha la magacaabay sida ku cad ORS 431.045.
- “U-baylah noqosho la taaban karo” waxaa loola jeedaa inaad:
  - 6 cag u jirsatay kiis la xaqiijiyay oo COVID-19 ah ama kiis mala awal ah oo COVID-19 ah muddo 15 daqiiqo ah ama ka badan hal maalin gudaheeda.
  - Taabatay dheecaano jeermis leh ama muunado caafimaad ee kiis la xaqiijiyay ee COVID-19 ama kiis loo qaateen ah ee COVID-19.
- “la cusboonaysiiyay oo leh tallaallada COVID-19 ee ay ACIP ku-talisay” macnaheedu waa qofka u qalma iyo:
  - Haddii uu jiro 18 sano ama ka weyn:
    - » uuna helay laba (2) qiyaasood oo ah 2-qiyaas oo ah tallaalka COVID-19 ee taxana aasaasiga ah 5-tii bilood ee la soo dhaafay gudahood; ama
    - » uu helay hal (1) qiyaas oo ah 1-qiyaas oo ah tallaalka COVID-19 ee taxana aasaasiga ah 2-dii bilood ee la soo dhaafay gudahood; ama

- » Uu dhamaystay 1-ama-2 qiyaasta aasaasiga ah ee tallaalka taxanaha ah ee COVID-19 oo helay qiyaasta tallaalka xoojinta COVID-19.
- Haddii uu jiro 5 ilaa 17 sano:
  - » uuna helay 2 qiyaasood oo ah 2-qiyaas oo taxanaha aasaasiga ah ee tallaalka COVID-19

## **Kiisaska la xaqiijiyay ee COVID-19 ama kiisaska loo qaateenka ah ee COVID-19 waxaa loo baahan yahay in:**

- Is go'doomi ugu yaraan (5) maalmood kadib marka uu cudurku ku bilowdo iyo ilaa 24 saacadood kadib marka xumadu ka jabto, iyadoo aadan isticmaalin xannuun baa'bi'iyeyaal, oo astaamaha COVID-19 (xumad, qufac, neefta oo gaabata, iyo shuban) ay soo raysanayaan.
- Is go'doomi ugu yaraan (5) maalmood kadib taariikhda qaadista muunada laga helay cudurka hadduu astaamo qabin ama kaliya leeyahay astaamo aan ka ahayn qandho, qufac, neef-qabad iyo shuban-biyood.
- Is go'doomi ugu yaraan 10 maalmood haddii aad qabto jirro daran oo ba'an oo la xiriirta COVID-19, haddii isbitaal lagu dhigo COVID-19 dartiis, ama haddii shaqsigu leeyahay habdhiska difaaca jirka oo aad u liita.
- Ku xirnow maamulka caafimaadka bulshada ee deegaanka ama gobolka oo raac tallooyinka caafimaadka bulshada.

## **Shakhsiyaadka waa inay, laakiin loogama baahna inay:**

- Karantiil ama go'doon galaan haddii mas'uuliyiinta caafimaadka bulshada ee tuulada, gobolka ama degaanka go'aamiyaan, iyadoo lagu saleynayo dib-u-eegida xaqiiqooyinka gaarka ah, in talaabada noocaas ah ay lagama maarmaan tahay si loo dhowro caafimaadka bulshada, inkastoo shakhsigu uusan buuxin qeexitaanka xiriir dhow ama kiis loo qaateen ah ama la xaqiijiyay ee COVID-19.
- Xiro maaskaro agagaarka dadka kale 10ka maalmood ee ka dambeeya bilawga calaamadahaaga ama taariikhda baaritaanka lagaaga helay cudurka.
- Akhriyaan khayraadka iyo shuruudaha Maamulka Badbaadada iyo Caafimaadka Shaqada Oregon ee la xiriira halisaha goobta shaqada ee COVID-19, haddii ay si joogto ah ugu war bixinayaan goob shaqo.

## **Dhigaalo dheeraad ah**

- [COVID-19: Waxa ay Tahay inaad Sameyso Haddii Iagaa Helo Caabuqa](#)

- Macluumaad dheeri ah oo ku saabsan go'doominta iyo tixgalinta karantiilka ee cidda ugu baylahda cudurka goobta dugsiga K-12, eeg [Dugsiyada Diyaarsan ee Waaxda Waxbarashada ee Oregon, khayraadka ardayda Badbaadada Qabta.](#)
- [Ogow xaqiiqooyinka ku saabsan COVID-19](#)
- [Dhigaalada COVID-19 ee loogu talagalay bulshada](#) oo ay ku jiraan dhigaalada loogu talagalay shaqaalaha, batrooniyada, dadka naafada ah, iyo bulshooyinka kale.

**Helitaanka dukumiintiga:** Shakhsiyaadka naafada ah ama shakhsiyaadka ku hadla luuqad aan ka aheyn Ingiriis, OHA waxay ku bixin kartaa xogta qaabab kale oo dadban sida fasiraadaha, daabicida farta waaweyn, ama farta indhoolayaasha. La xiriir Qeybta Isgaarsiinta COVID-19 ee 1-971-673-2411, 711 TTY ama [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us)