



Su'aalaha Badanaa La Is Waydiiyo ee Hagida Dib u Furida

Hagida Gobolka oo dhan ee Maaskarada, Gaashaanka Wajiga, Waji Daboolida

(La cusbooneysiisay 8-18-2020)

Hoos waxaa ku qoran jawaabaha su'aalaha badanaa la isweydiiyo (FAQs) ee ku saabsan Hagida [Gobolka oo Dhan ee Dib-u-furida ee Maaskarooyinka, Gashaanta Wajiga iyo Waji Daboolida](#) ee Maamulka Caafimaadka Oregon (OHA). OHA waxay u bixisaa Su'aalahaan Badanaa La Is Weydiiyo (FAQ-yadan) si ay uga caawiso dadweynaha inay fahmaan hadida, uga jawaabaan su'aalaha daneeyeyaasha, iyo u sharxaan sida ay higidan u khuseyn karto dhacdooyinka gaarka ah. Su'aalahaan Badanaa La Is Weydiiyo (FAQ-yadan) waxaa laga yaabaa in la cusbooneysiyo marmar. Su'aalahaan Badanaa La Is Weydiiyo (FAQ-yadan) looguma talagelin inay beddelaan hagida, laakin waxaa loogu talagalay inay sharaxaan, kabaan, oo waxay bixinayaan faahfaahinta hagida.

Ujeedooyinka Su'aalahaan Badanaa La Is Weydiiyo (FAQ-yadan) dartood, qeexitaanada soo socda ayaa lagu dhaqmi:

- “Waji daboolida” waxa loola jeedaa maro, warqad, ama waji daboolaha oo halka mar la isticmaalo oo lagu daboolo sanko iyo afka.
- “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 wejiga.
- “Maaskaro” waxa loola jeedaa maaskaraha heer caafimaad.

Su'aalaha Hagida Gobolka oo Dhan:

S1: Miyaa la iiga baahan yahay inaan ku xirto maaskaro, gaashaanka wajiga ama waji dabooliha bulshada dhexdeeda?

J1: Haa, ganacsiyada iyo meelaha gudaha ah ee u furan dadweynaha, iyo meelaha banaanka ah ee u furan dadweynaha, shakhsiyaadka 5 sano jirka ah ama ka weyn waxaa looga baahan yahay inay xirtaan maaskaro, gashaanka

wajiga ama waji daboolaha.

Si aad u aragto liiska ganacsiyada oo laga baahan yahay in la xirto maaskarooyinka, gaashaanta wajiga ama waji daboolida, dib-u-eeg [hagida gobolka oo dhan](#).

Waxaa **si adag loogu talinayaa** in qof kasta, oo ay ku jiraan carruurta da'doodu u dhaxayso labo (2) ilaa iyo 5 sano, ay xirtaan maaskaro, gaashaanka wajiga ama waji daboolaha mar walba oo ay joogaan meelaha ah gudaha iyo meelaha dibada ah ee dadweynaha. Tani waxay si gaar ah muhiim ugu tahay goobaha ay dadka u leh halista sare jirro daran ama dhimasho ay joogaan iyo marka dadku aysan u jiri karin masafo jireed ee ah ugu yaraan lix (6) fiit dadka ka baxsan qoyskooda.

S2: Ma jiraan wax ka dhaafitaan ah ee shuruudaha maaskarada, gaashaanka wajiga, waji daboolida?

J2: Waxaa jira wakhtiyo xaddidan oo aysan qasab ahayn inaadku xirato maaskaro, gaashaanka wajiga ama waji daboolaha goob ku jirto hagida gobolka oo dhan, laakiinse ma jiraan wax ka dhaafitaanno ah:

- Maaskarooyinka, waji daboolada ama gaashaanta wajiga loogama baahna shaqaalaha, qandaraasleyaasha ama tabaruceyaasha marka shaqaaluhu, qandaraasluhu ama tabarucuhu uusan macaamil la samaynayn dadweynaha **iy** lix (6) fiit ama in ka badan oo masafo ah uu u jiro dadka kale. Tusaale ahaan waa bakhaarka weyn ee si wanaagsan hawo-beddelis u leh oo in ka badan lix (6) fiit si joogto ah loo ilaalin karo in ay u dhexeyso dadka iyo dadweynaha aysan iska soo geli karin.
- Maaskarooyinka, gaashaanta wajiga, waji daboolada looma baahna marka cunto la cunayo ama cabitaan la cabayo. Hasa ahaatee, meelaha ah dibada guud ahaan waxaa la xiriira halis dheeraad ah ee gudbinta fayraska. Doorro meel dibada ah marka aad cunto cuneyso ama cabitaan cabayso marka ay suurtagal tahay.
- Maaskarooyinka, gaashaanta wajiga ama waji daboolada loogama baahna shakhsiyaadka ku hawlan waxqabad ka dhigaya xirashada maaskarada, gaashaanka wajiga ama waji daboolida wax aan suurtagal ahayn, sida dabaasha ama marka la ciyaarayo aaladaha muusikada ee afka la saaro sida turumbaha (woodwind) ama aalada brass-ka ah.
- Maaskarooyinka, gaashaanta wajiga ama waji daboolada waa la iska saari kara muddo yar marka ay jirto xaalado loo baahan yahay in loo aqoonsado qofka muqaal ahaan sida marka bangiga la joogo ama marka lala dhaqmayo fuliyayaasha sharciga. Haddii ay suurtagal tahay, yaree hadalka marka uu waji daboolida kaa saran yahay, iyadoo hadalku afkaaga uu ka soo bixin dhibco biyo ah ama candhuuf dhibco ah oo laga yaabo inuu fayrasyo la socdo.

S2(a): Ma jiraan ka dhaafitaano xagga diinta ah ee xirashada maaskarada, gaashaanta wajiga ama waji daboolida?

J2(a): Maya. Waxaa jira wakhtiyo xaddidan oo aysan ahayn inaad ku xirato maaskaro, gashaanka wajiga ama waji daboolida goob ku jirto hagida gobolka oo dhan. Tusaale ahaan, maaskarooyinka, gaashaanta wajiga ama waji daboolada loogama baahna dadka marka la joogo goob ganacsi ama meelaha ah gudaha ama dibada oo u furan dadwaynaha marka ay dadku ku hawlan yihiin waxqabad ka dhigaya xirashada maaskarada, gaashaanka wajiga ama waji daboolida wax aan suurtoagal ahayn, sida dabaasha ama la ciyaarayo aaladaha muusikada ee afka la saaro sida turumbaha (woodwind) ama aalada brass-ka ah. Maaskarooyinka, waji daboolada ama gaashaanta wajiga waa loo baahan yahay marka la heesayo ama la ciyaarayo aaladaha muusikada ah. Eeg jawaabta kore si aad u hesho macluumaad dheeraad ah.

S3: Maxaan sameeyaa haddii macaamil suurtagal ah ama booqde yimaado isagoon xirneen maaskaro, gashaanka wajiga, ama waji daboolaha ganacsigayga ama meel ah gudaha ama dibada ee dadweynaha ee aan mas'uulka ka ahay?

J3: Waxaad siin kartaa maaskaro, gaashaanka wajiga ama waji daboolaha. Ganacsiyada iyo dadka mas'uulka ka ah meelaha ah gudaha iyo dibada ee u furan dadweynaha, waa inay, laakiinse loogama baahna, u siiyaan, si lacag la'aan ah, waji daboolada ee mar keliya la isticmaalo macaamiisha ama booqdeyaasha ee aanan haysan.

S3(a): Maxaan sameeyaa haddii macaamil suurtagal ah ama booqde yimaado isagoon xirneen maaskaro, gaashaanka wajiga, ama waji daboolaha uuna sheegto in naafanimo ka horjoogsanayso xirashada maaskaro, gaashaanka wajiga, ama waji daboolaha?

J3(a): Haddii qof naafo ah uusan xiran karin maaskaro, gashaanka wajiga ama waji daboolaha, goob lagu soo dhaweeyo dadweynaha sida meel ganacsi ee u furan dadweynaha, waxaa loo bahan yahay in lala shaqeeyo qofkaas si loo raadiyo isbeddelo macquul ah si ay u helaan adeegyadooda, sida meel dhinac ah oo ay wax ka qaadan karaan ama loogu geeyo ama loogu qabto ballan telefoonka ama fiidiyow. Isbeddelada macquulka ah kama mid ah in keliya loo oggolaado macaamil inuu soo galo isaga oon xiran maaskaro, waji daboolaha ama gaashaanka wajiga.

S3(b): Ma weydiin karaa qof sheegta in naafonimadiisa ka horjoogsanayso xirashada maaskarada, gashaanka wajiga, ama waji daboolaha warqad dhakhtar ama ma weydiin karaa macluumaad gaar ah oo ku saabsan naafonimadiisa?

J3(b): Maya, waa inaad weydiin shaqsiyaadka naafada ah warqad dhakhtar ama caddeyn kale oo la mid ah oo naafonimadiisa. Hadduu shaqsi kuu sheego in uusan awoodi karin inuu xirto maaskaro, gashaanka wajiga, ama waji daboolaha,

waa inaad tixgelisaa isbeddelo macquulka ah ee aad sameyn karto si loogu oggolaado shakhsigaa helitaanka adeegyada.

S3(c): Maxaa dhacaya haddii qofku diido inuu xirto maaskaro, gaashaanta wajiga, ama waji daboolaha iyo uusan lahayn naafonimo?

J3(c): Goobta soo dhaweynta dadweynaha waa inay u diidaan adeegga.

S4: Miyay jiraan ka dhaafitaano shuruuddaha ah in la xirto maaskarada, gaashaanka wajiga, ama waji daboolaha shaqaalaha yiraahda ma xiran karo mid?

J4: Maya. Marka laga reebo marka ay shaqaaluhu joogaan ama ku jiraan goob aysan la macaamilaynin dadweynaha oo lix (6) fiit ama in ka badan oo masafo jireed ah la ilaalin karo inay u dhaxeyso dadka kale, shaqaalaha waa in ay u hoggaansamaan shuruudda maaskarada. Haddii shaqaale uusan u xiran karin maaskaro, gashaanka ama waji daboolaha naafonimo darteed, loo shaqeeyaha waa inuu kala shaqeeyaa shaqaalaha si loo go'aamiyo in tixgelin macquul ah la siin karo. Loo shaqeeyaha waa inuu kala shaqeeyaa waaxdiisa ee ilaha shaqaalaha ama kala hadlaa la-taliyaha sharciyeed si loo go'aamiyo ikhtiyaaradooda sharciyeed ee wax looga qabanayo arrintan. Loo shaqeeyayaasha waxay sidoo kale kala xiriiri karaan Xafiiska Shaqaalaha iyo Warshadaha (BOLI) wixii caawimaad farsamo ah.

S5: Maxay tahay inuu bixiyaha gaadiidka sameeyo haddii macaamiil isku dayo inuu baska fuulo oo uu yiraahdo waxaan qabaa xaalad caafimaad oo ma xiran karo maaskaro/waji daboolaha?

J5: Bixiyaha gaadiidka waa inuu u diyaariyaa gaadiid gooni ah qofka ama sameeyo tixgelin kale oo macquul ah si uu u helo qofku gaadiid-raac, laakiinse qofka waa inaan loo oggolaan baska.

S6: Hadduu qof uusan xiran karin ama uusan xirnayn maaskaro ama waji daboolaha, laakiinse uu qabo gaashaanka wajiga, miyay taasi buuxinaysaa shuruudda?

J6: Haa, gaashaanka wejiga ee daboolaha xagga sare ee wajiga, ilaa iyo garka hoostii, iyo ku wareegsada dhinacyada wajiga waa la oggol yahay.

S7: Miyaa maaskarada-wajiga ee bacda ah oo uu cunto kariyaha gashado oo daboolaha meelaha garka iyo afka loo oggol yahay si ah maaskaro, gaashaanka wejiga ama waji daboolaha?

J7: Haa, gaashaanka wejiga waa inuu daboolaa xagga sare ee wajiga, ilaa iyo garka hoostii, iyo ku wareegsada dhinacyada wajiga.

S8: Miyay dawladdu siisaa wax dukumiintiyo ah dadka naafada ah ee sheegta inaysan qasab ku ahayn qofku inuu xirto maaskaro, gaashaanka wajiga ama waji daboolaha?

J8: Maya, dawladdu ma bixiso dukumiintiyo qofka ka dhaafaya shuruudda maaskarada, gashaanka wajiga ama waji daboolaha.

S9: Halkee ayaan ka heli karaa macluumaad dheeraad ah oo ku saabsan Sharciga Naafada ee dadka Mareekanka ah (ADA) iyo siinta tixraacida dadka naafada ah?

J9: Waxaa jira qaar ilo aad u wanaagsan oo la heli karo oo waa kuwan dhowr xiriiryo/linki-yo ka mid ah:

- [Soo-koobka Arrimaha Naafada, Siyaasadaha ADA iyo Maaskarada Wajiga](#)
- [Qoraalka Talo-bixinta ee OSHA Oregon](#)
- Xafiiska Shaqaalaha iyo Warshadaha [ee barnaamijka Caawinaada Farsamo ee loogu talagalay loo shaqeeyayaasha](#) wuxuu ku bixin karaa hagida habwaxqabadka tixgelinta macquulka ah lambarka 971-673-0824 ama bolita@boli.state.or.us.

Dadka la kulma takoorid naafonimo, oo ay ku jiraan diidmada u adeegga iyada oo aan la sameyn isbeddelo macquul ah waa inay kala xiriiraan Xafiiska Shaqaalaha iyo Warshadaha Qeybta Xuquuqda Maddaniga lambarka 971-673-0764 ama iimaylka crdemail@boli.state.or.us.

S10: Ma inaan xirtaa maaskaro, gashaanka wajiga ama waji daboolaha marka aan helayo adeegyada gobolka ama galayo dhismeyaasha gobolka?

J10: Wac ama booqo websaydka wakaaladda gobolka kahor intaadan aadin goobta si aad u ogaato inay u furan tahay dadweynaha.

Waji daboolida waa looga baahan yahay hawlgalka wakaaladda gobolka ee u hawlgala sida “si lamid ah hawlgalka dukaanada” iyo u furan dadweynaha oo dhan. Tusaalooyinka “si lamid ah hawlgalka dukaanada” waxaa ka mid ah laamaha xafiisyada dibada ee Waaxda Gaadiidka, barnaamijka kormeerka gaadiidka ee Waaxda Tayada Bii’adda, iyo laamaha xafiisyada ee Waaxda Adeegyada Aadanaha.

Laamaha xafiisyada ee hay’ada gobolka waxaa la faray inay sameeyaan goobo ay ugu adeegaan macaamiisha aan awoodin inay xirtaan maaskaro, gaashaanka wajiga ama waji daboolaha oo ay sababteedu tahay naafonimo ama diida inay xirtaan maaskaro, gaashaanka wajiga ama waji daboolaha – tusaale ahaan, meel ka fog macaamiisha kale oo leh muraayad (plexiglass) u dhaxeysa shaqaalaha iyo macaamilka.

Macaamiisha waxaa la siin doonaa waji daboolaha haddii aysan mid haysan.

Maaskarooyinka, gaashaanta wajiga ama waji daboolada waxaa looga baahan yahay goobaha la wadaago ee dhismeyaasha xafiiska dowlada gobolka sida dhexmareenka, musqulaha iyo qolalka qaddada ee u furan dadweynaha.

S11: Miyaa maaskarooyinka, gashaanta wajiga ama waji daboolada looga baahan yahay dhismeyaasha dawladda maxalliga ee u furan dadweynaha?

J11: Haa, shuruudda maaskarada, gashaanka wajiga ama waji daboolida way khuseeyaan gudaha dhismeyaasha dawladda maxalliga ah haddii ay u furan yihiin dadweynaha.

S12: Miyay hagida Gobolka oo Dhan ee Maaskarada, Waji Daboolida, Gashaanka Wajiga khuseeyaan ganacsiyada aan u furneen dadweynaha?

J12: Maya. Liisto buuxda oo ganacsiyada iyo goobaha dadweynaha ee looga baahan yahay inay raacaan hagidan waxaa laga heli karaa gudaha [Hagida Gobolka oo Dhan ee Maaskarada, Gashaanka Wajiga, Waji Daboolida](#).

Loo shaqeeyayaasha ee ganacsiyada ah ee ku qoran hagidan iyo ka hawl-kagalayaasha goobaha dadweynaha waxaa looga baahan yahay inay hirgeliyaan hagida loogu talagalay labada meelo ee ah gudaha iyo dibada.

S13: Waa maxay hagida maaskarooyinka, gashaanta wajiga, waji daboolada, ee meelaha ah gudaha iyo dibada ee aysan ka jirin la kulanka bulsho, sida warshad wax-soo-saar?

J13: Shuruudda ah in la xirto maaskaro, gaashaanka wajiga ama waji daboolada ma ahan oo keliya mid loola jeedo ilaalinta dadweynaha. Waxaa sidoo kale loola jeedaa ilaalinta shaqaalaha kale. Haddii goobaha ah gudaha ama dibada uusan ahayn ganacsi, ama meelaha ah gudaha ama dibada oo aan u furneen dadweynaha, sida ku qeexan hagida, maaskarooyinka, gaashaanta wajiga ama waji daboolada looma baahna. Laakiinse, gudbinta cudurka COVID-19 weli waa wax suurtagal ah gudaha meelaha. Sidaa darteed, gudaha meelaha oo dhan, maaskarooyinka, gaashaanta wajiga, waji daboolada ayaa si xooggan loogu talinayaa haddii dadku aysan u jiri karin masaafo ah ugu yaraan lix (6) fiit dadka kale. Khatarta gudbinta fayraska waxaa lagu sii yarayn karaa iyadoo la kordhiyo hawo-beddelida gudaha (tusaale ahaan, furitaanka daaqaadaha iyo albaabada) illaa iyo inta suurtagalka ah.

S14: Haddii shaqaale uu ku shaqeynayo meel muraayad (plexiglass) gadaasheed ah miyay tahay inuu shaqaalahaasi xirto maaskaro, gashaanka wajiga ama waji daboolaha?

J14: Haa. Shaqaalaha, qandaraasleyaasha iyo tabaruceyaasha waa inay ku xirtaan maaskaro, gaashaanka wajiga, iyo waji daboolida meelaha ganacsiga iyo meelaha ah gudaha iyo dibada ee dadweynaha sida lagu qeexay [Hagida Gobolka oo Dhan ee Maaskarada, Gashaanka Wajiga, Waji Daboolida](#). Maaskarooyinka, waji daboolada ama gaashaanta wajiga loogama baahna shaqaalaha,

qandaraasleyaasha ama tabaruceyaasha marka shaqaaluhu, qandaraasluhu ama tabarucuhu uusan macaamil la samaynayn dadwaynaha **iy**o lix (6) fiit ama in ka badan oo masafo ah uu u jiro dadka kale. Tusaale waa bakhaarka weyn ee si wanaagsan hawo-beddelis u leh oo in ka badan lix (6) fiit si joogto ah loo ilaalin karo in ay u dhexeyso dadka iyo aan dadweynaha iska soo geli karin.

S15: Miyay meelaha daryeelka carruurta iyo dugsiyada raacayaan shuruudda gobolka oo dhan ee maaskarada, gashaanka wajiga iyo waji daboolida?

J15: Maya. Xarumaha daryeelka carruurta waxay raacaan [Hagid u Gaar ah Qeybta Daryeelka Carruurta](#) oo dugsiyadana waxay raacaan [hagida ODE](#) taasoo ay ka mid yihiin shuruudaha iyo talooyinka maaskarooyinka, gaashaanta wajiga, iyo waji daboolada ee loogu talagalay shaqaalaha, ardayda, booqdeyaasha iyo tabaruceyaasha.

S16: Miyay hagida maaskarada, gaashaanka wajiga iyo waji daboolida khuseysaa mac'hadyada tacliinta sare (kulliyadaha iyo jaamacadaha)?

J16: Haa. Hagida waxay khuseysaa meelaha ah gudaha iyo dibada ee dadweynaha ee ku yaal xarumaha waxbarashada sare.

S17: Miyay Hagida Gobolka oo Dhan ee Maaskarada, Waji Daboolida, Gashaanka Wajiga khuseysaa hawsha dhisida meelaha dibada ah?

J17: Haa. Haddii kala fogaanshaha jireed oo ugu yaraan ah lix (6) fiit aysan suurtoagal aheyn, shaqaalaha dhismaha dibada waa inay xirtaan maaskaro, waji daboolaha ama gaashaanka wajiga.

S18: Miyay Hagida Gobolka oo Dhan ee Maaskarada, Waji Daboolida, Gashaanka Wajiga khuseysaa xeryaha xilliga xaggaaga ee ka hawlgala degmooyinkaas?

J18: Maya. Dhammaan degmooyinka, xeryaha xilliga xaggaaga waa inay raacaan [Hagida Gobolka oo Dhan ee loogu talagalay Xeryaha Xilliga Xaggaaga Maalinimada ah ee Da' Dugsiyeedka](#), oo ay ku jiraan shuruudaha iyo talooyinka maaskarada, gaashaanta wajiga, iyo waji daboolada ee loogu talagalay shaqaalaha, ardayda, booqdeyaasha iyo tabaruceyaasha.

S19: Waa maxay caqabadaha ay dadka midabka leh la kulmaan marka ay xirtaan waji daboolka?

J19: Dadka midabka leh waxaa laga yaabaa inay la kulmaan dhibaateyn, eexasho, dhinac u saarid ama ficil-celino ama saameyno kale oo xun marka ay xiran yihiin maaskarada ama waji daboolaha. Tani waxaa laga yaabaa inay sababteedu tahay eexasho cunsurinimo ah, hafraad, ama takoor. Takoorkan wuxuu ka hor imaan karaa sharciga Oregon. Sharciga Oregon ma oggola dambi ku saleysan nacayb iyo eexasho. Dambi ku saleysan nacayb ama eexasho waa fal-dambiyeed, oo uu ka mid yahay taabasho jireed oo cadaawad ah, weerar, burbur hanti ama hanjabaad, oo laga yaabo keentay sida uu qofka kale u arko:

- Jinsiyadda,

- Midabka,
- Naafonimada,
- Diinta,
- Asal-qarameedka,
- Nooca galmada, ama
- Aqoonsiga jinsiga.

Dhacdooyinka eexashada waa u muujin kasta oo cadaawadeed oo loo muujiyo qof kale, oo ay ka mid yihiin hadal-nacayb ah, ku jeesjeesid, canjilaad, dhinac u saarid, ama u diidida adeegga ee takoorka ku saleysan, ee la xiriira inuu qofka kale u arko qofka inuu yahay koox la ilaaliyo (kor lagu xusay).

Qofka la kulma dambi ama dhacdo ah nacayb ama eexasho sababtuna tahay ku xirashada maaskarada, waji daboolaha ama gaashaanka wajiga goob dadweyne waxay heli karaan ilo caawiya. Si aad u soo sheegto **dambi eexasho ah**, ka wac fuliyayaasha sharciga 911. Si aad u soo sheegto **dhacdo eexasho**, ka wac Waaxda Caddaalada ee Oregon lambarka 1-844-924-BIAS (2427). Garaac 711 wixii Adeeg Gaarsiin Oregon ah. Wixii macluumaad dheeraad ah, booqo StandAgainstHate.Oregon.gov. Si aad u gudbiso cabasho xuquuqda maddaniga ka booqo Xafiiska Shaqaalaha iyo Warshadaha (BOLI) websaydka ama ka wac 971-673-0764.

S20: Waa maxay caqabadaha dadka naafada ah ay la kulmi karaan marka dadka kale ay xirtaan maaskarooyin, gashaanta wajiga ama waji daboolada?

J20: Caqabadaha dadka naafada ah ay la kulmi karaan waa:

- Dadka qaar waxay u baahan yihiin inay arkaan dhaqdhaqaaqa afka ama wajiga si ay u fahmaan waxa aad sheegeyso.
- Dadka qaar ee naafada korriinka ama kala duwanaanshaha qaba ayaa si xun u fahmi kara ama si khaldan u fasiran kara baaqyada wajiga. Qofka ayaa laga yaabaa inuu ku dhibtoodo ka fahamka shucuurta ee dhawaaqa codka keligiis. Haddii aad xiran tahay maaskaro, waxay ka heli karaan tilmaamo indhahaaga ama baalasha-indhahaaga, taasoo horseedi karta fasiraad khaldan ama si khaldan u fahmida shucuurta/dareenka ama ujeedada hadalka.
- Dadka qaarkood oo dhegaha culus ayaa akhriya bishimaha. Dhaqdhaqyada afka iyo baaqyada wajiga ayaa gudbin kara macluumaad badan oo maaskarooyinka aan wax laga arkaynin waxay dadka ka horjoogsadaan inay arkaan afka qofka hadlaya.
- Faro-ku-hadalka waxaa loo adeegsadaa afka si uu u gudbiyo ereyada qaarkood iyo macnaha. Markuu waji daboolaha xannibo/qariyo qofka afkiisa, waxaa ku adkaanaya dadka isticmaala faro-ku-hadalka inay wada-hadlaan.

Looshaqeeyayaasha iyo goobaha soo dhaweeya dadweynaha waa inay la shaqeeyaan dadka naafada ah si ay ugu qabanqaabiyaan texgelin macquul ah oo u oggolaanaya shaqaale inuu qabto shaqadiisa ama u oggolaadaya macaamiil inuu helo adeegyada. Dadka loo diiday tixraacid macquul ah waa inay la xiriiraan Xafiiska Shaqaalaha iyo Warshadaha (BOLI) [Qeybta Xuquuqda Madaniga lambarka](mailto:Qeybta_Xuquuqda_Madaniga_lambarka@boli.state.or.us) 971-673-0764 ama crdemail@boli.state.or.us.

S21: Sidee ayaan si wanaagsan ula xiriiri karaa marka aan xirto maaskaro, gashaanka wajiga ama waji daboolaha si uu qof naafo ah ii fahmo?

J21: Hubso inuu kuu degsan yahay qorshe aad ku adeegsanayso qaabab kale oo wadaxiriirida ah sida:

- U adeegso tilmaamid gacameed ama faro-ku-hadal sida ugu habboon
- Diyaarso warqad iyo qalin (adigoo raacaya tilmaamaha ku habboon nadaafadda)
- Hayso tilmaamo daabacan oo leh sawirro iyo daabacaad ballaaran
- Hayso sabuurad yar oo qallalan iyo qallin oo aad jeermiska-ka disho isticmaal kasta
- Ku soo degso barnaamijka hadalka u beddelo qoraalka telefoonkaaga (adoo raacaya tilmaamaha kala fogaanta jireed ee habboon)

Q22: Miyuu waji daboolaha la iska dhex arki karo gacan ka geystaa xannibaadahan kor ku qoran?

J22: Haa. Waji daboolada aan waxba laga arkin ayaa laga yaabaa inay daboolaan wajiga oo dhan. Dadka naafada ah waxaa laga yaabaa inay isku haleeyaan inay arkaan wajiga qofka hadlaya si ay si fiican u wadaxiriiraan una fasirtaan xaaladaha.

Dadka dhagaha la'a ama kuwa dhagaha culus ayaa badanaa doorbida waji daboolka wax laga dhex arki karo, sida gaashaanta wajiga. Waji dabooladaan waxay fududeyn karaan wada hadalka.

Candhuufta dhibcaha ah iyo dhibcaha biyaha ah ee ka soo baxa qufaca and hindhisada waxaa si qayb ahaan keliya u joojiya maaskarada, daboolada wajiga iyo gaashaanta wajiga. Sababtaa darted, OHA waxay weli ku talineysaa waxyaabaha soo socda:

- Xaddid hawlaha bulshada iyo madadaalada ee aysan dadka u kala fogaan karin lix (6) fiit.
- Ka fogow ugu yaraan lix (6) fiit dadka kale inta lagu jiro safarada muhiimka ah ee dukaamada cuntada, farmashiyeyaasha ama goobaha daryeelka caafimaadka iyo aagaga kale ee muhiimka ah.
- Ku dabool qufacaaga ama hindhisadaada tiish oo isaga tuur sida ugu

dhakhsaha badan; ama ku qufac ama ku hindhis gacmaha shaarkaaga kore, baddelka gacmahaaga. Raaci adigoo gacmaha ku dhaqa saabuun iyo biyo ama jeermis-dilaha gacmaha.

- Ka fogow taabashada indhahaaga, sankaaaga, afkaaga ama wajigaaga.
- Si joogta ah oo buuxda ugu nadiifi gacmahaaga saabuun iyo biyo ama isticmaal jeermis-dile (60-95% alkolo leh) haddii aadan dhaqi karin gacmahaaga.
- Haddii aad xanuunsantahay, is-gooniyee. Ka fogow shaqada, qoyska iyo saaxibada. Ku jir fogaansho illaa 72 saacadood kadib marka qandhada iyo qufaca labaduba kaa tagaan iyadoo aan la isticmaalin daawada qandhada yareysa.

Waad ku sameyn kartaa guriga waji daboolaha wax laga dhex arko, ee aysan FDA ansixinin. Waxaad ka heli kartaa jaan-gooyada waji daboolaha wax laga dhex arki karo [halkan](#).

Fadlan tixraac [Hagida Gobolka oo Dhan ee Dib-u-furida ee loogu tala galay Maaskarada, Gashaanta Wajiga iyo WajiDaboolada](#).

S23: Ma waxaa jira qof ay tahay inuusan xiran maaskarada wajiga, gaashaanka wajiga ama waji daboolaha?

J23: Dadka soo socda loogama baahno inay xirtaan maaskarada, gaashaanka wajiga, ama waji daboolaha:

- Caruurta da'doodu ka yartahay labo (2) sano.
- Qof kasta oo aan si amaan leh u xiran karin maaskaro, gashaanka wajiga ama waji daboolaha sababtuna tahay naafanimo ama xaalad caafimaad, oo markaa waa in tixgelin la codsadaa.
- Qof kasta oo dhibaato ku qabo neefsashada, uusan miir qabin, ama aan awoodin inuu xirto waji daboolaha, iska bixin karin ama iska siibi karin iyadoon la caawin.

S24: Miyaa maaskarooyinka leh daloolada laga neefsado loo oggol yahay dadka laga doonayo inay xirtaan maaskarooyinka?

J24: Maya. Maskarooyinka leh daloolada laga neefsado waxaa loogu talagalay inay fududeeyaan neefsashada oo ay ka hortagaan uruurka qoyaanka. Iyadoo ku xirantahay nooca maaskarada iyo kula ekaanshaha maaskarada, maaskarooyinkan waxay ka ilaalin karaan qofka qaba inuu neefsado candhuufta dhibcaha ah iyo dhibcaha biyaha ah. Laakiinse, maskarooyinkan badan kood ma safeeyaan hawada la qaato ama dhibcaha biyaha ah iyo candhuufta dhibcaha ah sababtuna tahay daloolada laga neefsado kuma xirna safeeye. Maaskarooyinkan lama oggla si ay uga hortagaan gudbinta noolaha il-ma-aragtada ah. Waxaa Keliya la oggolaan karaa marka ay jirto xaalado maaskarooyinka, gaashaanta wajiga ama waji

daboolada aan loo baahnayn.

S25: Waa maxay talo-bixinta da'da ee maaskarooyinka, gaashaanta wajiga, ama waji daboolada ee loogu talagalay carruurta markay meelaha bannaanada ah joogaan?

J25: Maaskarada, gaashaanka wajiga, iyo waji daboolaha waxaa looga baahan yahay dhammaan dadka da'doodu tahay 5 jir ama ka weyn marka ay joogaan meelaha dibada ah ee dadweynaha marka aan ugu yaraan lix (6) fiit oo kala fogaansho jireed aan la sameyn karin. OHA waxay **si adag ugu talineysaa** in shaqsiyaadka, oo ay ku jiraan carruurta u dhaxaysa labo (2) iyo 5 sano jir, ay ku xirtaan maaskaro, gashaanka wajiga, ama waji daboolaha marwalba ay joogaan aaggaga ah dibada oo aysan ilaalin karin masafo jireed oo ah ugu yaraan lix (6) fiit. Isla sidaas ayaa run ah marka laga hadlayo dhammaan meelaha gudaha ah gaar ahaan meelaha ay u badan tahay in dadku aysan ilaalineyn ka fogaansho masafo jireed oo ah ugu yaraan lix (6) fiit dadka kale ee aan ka mid ahayn reerkooda, iyo meelaha ay ku qasban yihiin dadka liita inay tagaan.

S26: Miyuu maaskarada, gaashaanka wajiga ama waji daboolaha iga ilaalin doonaan COVID-19?

J26: Maaskarooyinka, gaashaanta wajiga ama waji daboolada waxay yareyn karaan faafida COVID-19. Tani waxaa ku jiro faafinta ka imaada dadka fayraska qabo, laakinse aan aastaamaha laheyn. Iyadoo Oregon dib u furayso ganacsiyada iyo meelaha dadweynaha, raacida hagida hoos ku qoran ayaa aad uga sii muhiimsan mar walboo kale:

- Joog guriga haddii aad xanuunsan tahay.
- Haddii aad halis sare ugu jirto, guriga joog inta ugu badan ee suurtoogalka ah xiitaa haddii aad dareemayso caafimaad-qab.
- Haddii aad bukooto inta aad dadwaynaha dhex joogto, guriga ku laabo, is-go'doomi, oo wac bixiyahaaga dayreelka caafimaadka.
- Dhaq gacmahaaga had iyo jeer.
- Nadiifi oo jeermiska ka dil meelaha iyo walxaha inta badan la taabto.
- Ku dabool qufaca iyo hindhisada xusulkaaga ama tiish.
- Ha taaban [wajigaaga](#).
- Ku dhaqan [kala fogaanshaha jireed](#) - lix (6) fiit oo idiin dhaxeeyso adiga iyo dadka aadan la nooleyn.
- Iska ilaali safarada habeenkii la dhaxo oo soco masaafada ugu yar ee aad ugu baahan tahay inaad hesho adeegyada muhiimka ah.

S27: Halkee ayaan ka heli karaa macluumaad dheeraad ah oo ku saabsan waji daboolada, sida loo sameeyo, halka laga helo, iyo talooyin kale?

J27: Booqo [websaydka CDC](#) wixii macluumaad dheeraad ah.

S28: Miyay tahay amaan in la xirto maaskaro ama maro wajiga daboolaha muddo-wakhti ah oo dheer?

J28: Haa. Xirashada maaskarada muddo-dheer waa wax caadi ka ah shaqooyin badan, si loo ilaaliyo shaqaalaha. Tusaalooyinka qaarkood waxaa ka mid ah shaqaalaha daryeelka caafimaadka (tusaale ahaan, marka la sameenayo qalliin-caafimaad oo dheer), dhismaha (tusaale ahaan, kahortaga boorka iyo walxaha kale) iyo shaqaalaha bii'ada/dabiicada (tus., xallinta caaryada).

S29: Maxaa dhacaya haddii aan dareemo raaxo-darro ka dhalata xirashada waji daboolaha?

J29: Dadka raaxo-darro ka dareema xirashada waji daboolaha marada ah muddo-dheer waa inay tixgeliyaan maro kale ee nooc duwan oo ayna qaataan nasashooyin gaagaaban iyagoo ka fogaanayo dadka, haddii loo baahdo.

S30: Waa maxay sida saxda ah ee loo xirto waji daboolka marada ah?

J30: Hoos waxaa ku yaala tilmaamaha sida saxda ah ee loo xirto waji daboolada marada ah:

- Dhaq gacmahaaga kahor intaadan xiran waji daboolahaaga
- Ku dabool sankaaaga iyo afkaaga. Haddii aad xirato maaskaro, ku hay garkaaga hoostiisa
- Hubso inaad si fudud u neefsan karto
- Ha ku hayn waji daboolaha qoortaada, ama xagga saree ee madaxaaga
- Ha taaban waji daboolaha inta aad xiran tahay. Haddii aad taabato waji daboolaha, gacmahaaga dhaq markaa kadib

S31: Waa maxay sida saxda ah ee la isaga bixin karo weji daboolaha marada ah, maaskarada wajiga, ama gaashaanka wajiga?

J31: Hoos waxaa ku yaal tilmaamaha sida la isaga bixiyo waji daboolahaaga, maaskaradaada wajiga, ama gaashaankaaga wajiga:

- Ka qabo waji daboolaha, maaskarada, ama gaashaanka wajiga keliya xarkaha, ama laastiiga dhegaha
- Ka taxaddar inaad taabato indhahaaga, sankaaaga, iyo afkaaga marka aad iska bixinayso oo dhaq gacmaha isla markiiba kadib markaad iska bixiso.
- Dhaq gacmahaaga isla markiiba kadib markaad iska bixiso waji daboolaha.

S32: Waa maxay sida saxda ah ee loo dhaqi karo weji daboolaha marada ah, maaskarada wajiga, ama gaashaanka wajiga?

J32:

- Waji daboolaha marada ah: Haddii waji daboolahaaga marada ah uu

wasakhoobo ama qoyo, ku dhaq biyo saabuun leh oo qalaji kahor intaadan dib u isticmaalin. Waxaad sidoo kale ku dari kartaa dhar dhaqitaankaaga caadiga ah haddii uuusan waxyeelo gaarsiin marada.

- Maaskarooyinka caafimaadka: Kuwaan waa inaan la dhaqin. Tuur maaskarada caafimaadka dhammaadka maalinta ama haddii ay wasakh noqdaan ama qoyaan goor hore.
- Gashaanta wajiga: Nadiifi hal mar ama in ka badan maalintii adoo si tartiib ah ugu xoqayo biyo saabuun leh ama si siman ugu buufinaya buufis ka kooban 60-95% aalkolo ah haddii aysan waxyeello u geysaneyn waxalaga sameeyey gashaanka.

S33: Sidee ayaa shuruuda maaskarada, gaashaanka wajiga loo dhaqangalin karaa?

J33: Gobolka ayaa marka hore raadinayo inay la shaqeeyaan ganacsiyada iyo dadka masuulka ka ah meelaha ah gudaha iyo dibada ee u furan dadweynaha, si wax looga baro sharuudaha, ka hor inta aan lagu qaadin wixii tallaabo hergelin/ku-dhaqan oo suurtagal ah.

Ganacsiyada iyo dadka masuulka ka ah meelaha ah gudaha iyo dibada ee u furan dadweynaha waxaa laga filayaa inay hubiyaan in shaqaalahooda, qandaraaslayaashooda, tabarucayaashooda, macaamiishooda iyo booqadayaashooda u hogaansamaan sharuuda maaskaraha, gaashaanka wajiga, waji daboolada. Haddii ganacsi ama qof masuul ka ah meelo ah gudaha iyo dibada uu samaynayo dadaal walba ee ah u hoggaansamid, taasi waa loo tixgelin doonnaa marka ay jirto wixii ficil hergelin oo suurtagal ah.

Waa dambi-yar ee Heerka C in lagu xadgudbo shuruudda maaskarada, waji daboolaha, gaashaanka wajiga. Maamulka Caafimaadka ee Oregon iyo Maamulka Caafimaadka Dadweynaha ee Maxalliga ah waxay soo saari karaan ciqaabo madani ah waxayna qaadi karaan talaabooyin dhaqangelin ee ku xadgudubka shuruudda maaskarada, gaashaanka wajiga, waji daboolida. Shakhsiga ama ganacsiga haysta shati gobolka uu soo saaray, waxaa laga yaabaa in laga qaado tallaabo shatiyeed oo ku saabsan ku xadgudubka hagida maaskarada, gaashaanta wajiga, waji daboolada.

Helida dokumintiga: Wixii shakhsiyaadka naafada ah ama shakhsiyaadka ku hadla luuqad aan aheyn afka Ingiriisga, OHA waxay ku bixin kartaa macluumaad qaabab kale sida turjumada, daabacad far waaweyn, ama farta indhoolayaasha. Kala xiriir Mavel Morales lambarka 1-844-882-7889, 711 TTY ama OHA.ADAModifications@dhsosha.state.or.us.