



Nidaamka Daadguraynta Dabka Duurka ee Dadka Karantiilka ama Go'doominta ugu Jira Covid-19 dartee

Haddii adiga ama xubin qoyska ah ay karantiil ama go'doomin ugu jirto kahortagga faafidda COVID-19, fadlan samee taxaddarada soo socda:

- Haddii lagu amro daadgurayn, sidaas yeel isla markiiba. Raac dhammaan tilmaamaha saraakiisha dabka.
- Marka ay ammaan tahay, la soo xiriir maamulka caafimaadka dadwaynaha ee deegaankaaga, kuwaasi oo ay ahayd inay hore kuula soo xiriiraan wixii kusaabsan go'doominta/karantiilkaaga. Waxa dhici karta inay hayaan xalal ay kaaga caawinayaan inaad sii waddo go'doonka/karantiilka haddii lagu daadgureeyey.
- Haddii aad ku aaddan tahay gabbaad ama meel kale oo daadgurayneed, fadlan u sheeg saraakiisha inaad ku jirto go'doomin/karantiil si ay u qaadi karaan tallaabooyin ay kaaga ilaalinayaan inaad u dhawaato dadka kale ee soo qaxay.
- Xiro afsaab had iyo jeer markii aad dibadda ka joogto gurigaaga, ama haddii laga yaabo inaad u dhawaato dad aydaan meel ku wada noolayn.
- Haddii aad tahay qof waayeel ah ama qof naafo ah, la xiriir Aging and Disabilities Resource Connection (Xiriirka Khayraadka Waayeelka iyo Naafada) si aad u hesho macluumaad kusaabsan khayraadka 1-855-ORE-ADRC (1-855-673-2372).
- Ku dadaal ka fogaanshaha dadka kale ilaa intii suurtoagal ah haddii ay khasab kugu tahay inaad u baxdo dibadda gurigaaga sababtu wixii ay doonto ha noqotee, oo ay kujirto daadgurayntu.

- Macluumaad dheeraad ah oo kusaabsan badbaadada dabka duurka iyo caafimaadka waxaad ka heli kartaa healthoregon.org/wildfires. Khayraad dheeraad ah waxa laga heli karaa iyadoo la wacayo 2-1-1.

Helitaanka Dukumiintiga: Wixii shakhsiyaadka naafada ah ama shakhsiyaadka ku hadla luuqad aan ahayn 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.