

# Khayraad Muhiim ah oo kaa Caawinaya Inaad Baadqab Ahaato Marka aad Dabka ka Qaxayso

Haddii gurigaaga aad uga qaxday dabka duurka dartii, **ha ku soo laabanin guriga ilaa maamuladu idiin xaqiijiyaan inaad soo noqon kartaan..**

Qiica iyo dambaska ka imanaya dabka duurka iyo kiimikooyinka waxyaalaha gubanaya (sida alaabta guriga) ayaa xanuunjin kara indhahaaga, sanko, ama maqaarka oona sababi kara qufac, neefsiga oo adkaada iyo astaamo kale. Dambaska iyo burburka waxa kujiri kara walxo halis ah oo kala duwan sida asbestos, lead, iyo rad. Carruurta ayaa si gaar ah halis ugu jirta saamaynaha qiica dabka duurka, waxaana qayb ahaan ugu wacan jirkooda oo wali koraya. Dadka qaba xiiqda (neefta), Cudurka Xanibka Sambabada ee Raaga (COPD), wadne xanuunka, iyo haweenka uurka leh ayaa sidoo kale aad ugu nugul saamaynaha caafimaad ee dabka duurka.

Qaad tallaabooyinka soo socda oo tixraac khayraadka hoose si aad uga ilaaliso naftaada iyo ehelkaaga COVID-19 iyo saamaynaha dabka duurka.



## Hawlwadeenada Gabbaadyada –

Ka eeg bogga ugu dambeeya

## Si gaar ah ugu dhug yeelo astaamaha caafimaad.

- Raadso daryeel caafimaad isla markiiba haddii adiga ama carruurtaadu aad la kulantaan dhibaatooyinka neefsashada, aad hurdo badan dareemaysaan, aad diidaan cuntada iyo biyaha, ama aad qabtaan walaacyo caafimaad oo kale.
  - Wax badan oo ku saabsan sida dabka duurku u saamayn karo caafimaadkaaga ka baro websaydhka OHA: <https://www.oregon.gov/oha/ph/preparedness/prepare/pages/prepareforwildfire.aspx>
- Haddii aad qabto cudurrada wadnaha ama sambabada, raac talada dhakhtarkaaga ee kusaabsan kahortagga iyo daawaynta astaamaha.
- U baylah noqoshada COVID-19 iyo qiica dabka duurku waxay wadaagaan astaamaha qaar. Tusaale ahaan, qufac, neefta oo qofka ku adkaata, iyo madaxanuun ayaa waxaa keeni kara COVID-19 iyo qiica dabka duurku labaduba. Hase yeeshee, xummad (ka badan 100.4°F), qarqaryo, iyo shuban caadi ahaan lama xiriiraan u baylah noqoshada qiica dabka duurka waxayna astaan u noqon karaan caabuqa COVID-19. Haddii aad leedahay mid kamid ah astaamahan, adeegso qalabka iska-hubinta korona fayraska ee CDC si aad u ogaato haddii ay tahay inaad la xiriirto daryeel caafimaad bixiyahaaga: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>.

- Haddii aad ku sugan tahay gabbaadka qixitaanka oo dad badan kugu dhaw yihiin oodna qabtid astaamaha COVID-19, la xiriiir daryeel caafimaad bixiyahaaga isla markiiba. Haddii aadan ku sugnayn meel caam ah oo dad badani kuu dhaw yihiin (tusaale ahaan, aad gabbaad ku wada jirtaan saaxiibadaa ama qoyskaaga), waa inaad is-go'doomisaa.
  - Ka baro halkan sida la isku-go'doomiyo: <https://sharedsystems.dhssoha.state.or.us/DHSForms/Served/li2388A.pdf>
  - Baro wax badan oo ku saabsan astaamaha COVID-19: <https://sharedsystems.dhssoha.state.or.us/DHSForms/Served/li2681.pdf>
  - Baro wax badan oo ku saabsan nidaamka ka qixitaanka dabka duurka ee dadka karantiilka ama go'doonka kujira COVID-19 dartii: <https://sharedsystems.dhssoha.state.or.us/DHSForms/Served/li3257.pdf>
  - Wac 2-1-1 si lagaaga caawiyo helida daryeel caafimaad bixiye. 2-1-1 khaas uma aha xaaladaha dabka duurka oo kaliya. Waa xarun goboleed, macluumaadkeedu bilaash yahay oo gudbineed oo degganayaasha ku xiraysa khayraadka bulshada ee aagooda.
    - » SOO WAC: 211 ama 1-866-698-6155 (Turjubaanada luuqada oo bilaash ah oo lagu heli karo taleefon ahaan; saacadaha Taleefonka: 24/7)
    - » TTY: soo garaac 711 iyo soo wac 1-866-698-6155
    - » FARIIN QORAAL AH: baaqaaga boostada (zip-ka) ku dir lambarka 898211 (TXT211) (fariinta qoraalka ah waxaa lagu heli karaa af Ingiriis iyo Isbaanish; Saacadaha fariimaha: 9–subaxnimo ilaa 5-ta galabnimo)
    - » IMAYLKA: [help@211info.org](mailto:help@211info.org) (imaylka waxaa lagu heli karaa af Ingiriis, af Isbaanish, iyo af Mandarin)

## Qaad tallaabooyin si aad uga hortagto COVID-19.

- Baro wax ku saabsan COVID-19 iyo sida aad uga ilaalinayso ehelkaaga adigoo booqanaya websaydhka OHA ee COVID-19: <http://healthoregon.org/coronavirus/>.
- Qof kasta waa inuu qaado tallaabooyinkaan kahortaga:
  - Xiro weji dabool maro ama wax kale oo la tuuri karo ah marka aad banaanka u baxayso.
  - Ugu yaraan ka fogow (6) fuud dadka aadan isku meel degganeyn.
  - Ku dabool qufaca iyo hindhisada xusulka ama softi. Haddii aad isticmaasho softi, iska tuur softiga oo maydh gacmahaaga isla markiiba.
  - In badan ku dhaq gacmaha saabuun iyo biyo diirran ugu yaraan 20 ilbiriqsi. Haddii aadan isticmaali karin saabuun iyo biyo diirran, isticmaal jeermisdilaha gacmaha (ee ka kooban 60-95% aalkolo)..
  - Ha taaban wajigaaga.
  - Nadiifi oo jeermiska ka dil walxaha iyo sagxadaha inta badan la taabto.

## Ilaali fayo-qabkaaga shucuureed.

- Dabka duurka kadib, waxaad dareemi kartaa murugo, waalli, dabiilanimo, ama bilaa dareen. Kuwani dhammaan waa falcelinada diiqada/istireeska oo caadi ah. La hadal dhakhtarka cilmi-nafsiga, adeegaha bulshada, ama la-taliye xirfadle ah si aad caawimo uga hesho. Si aad u hesho linkiyada/xiriiriyada khayraad fara badan, fiiri taabka khayraadka caafimaadka habdhaqan ee websaydhka COVID-19 ee OHA: <https://govstatus.egov.com/OR-OHA-COVID-19>.
- Wac 2-1-1 si aad u hesho khayraadyada caafimaadka maskaxda ah oo dheeraad ah.
- Khadka Taageerada Caafimaadka Habdhaqan ee Oregon waa khayraad bilaash ah oo qarsoodi ah oo loogu talagalay dhammaan dadka reer Oregon ee raadinaya taageero shucuureed. Wac 1-800-923-HELP (4357). Khasab ma aha inaad kujirto dhibaato caafimaadka maskaxda ah si aad u wacdo khadkan.
- Khadka SAMHSA ee Caawimada Masiibada (<https://www.samhsa.gov/find-help/disaster-distress-helpline>) wuxuu 24/7, 365 maalmood ee sanadkii la-talin iyo taageero ku aadan dhibaataada siiyaa dadka ay haysato dhibaato shucuureed oo la xiriirta masiibooyinka dabiiciga ah ama kuwa aadunuhu sababay. Wac Khadka SAMHSA ee Caawimada Masiibada 1-800-985-5990 ama farriin ugu dir TalkWithUs lambarka 66746 si aad ula hadasho la-taliye dhibaataada qaabilsan oo tabobaran.

## Fiiri warbixinada tayada hawada.

- Qiicu wuxuu gaari karaa meel aad uga fog meesha dabka uu ka dhashay wuxuuna hawada kujiri karaa muddo dheer. Dhug u yeelo warbixinada tayada hawada ee deegaanka.
  - Fiiri App-ka OregonAir ee bilaashka ah. Ka soo dejiso App-ka Google Play ama Apple Store.
    - » Taas baddalkeeda, booqo Bogga Qiica Oregon ama websaydhka AirNow ee EPA si aad u hesho macluumaadka tayada hawada (AQI).
  - Bogga Qiica Oregon: <https://oregonsmoke.blogspot.com/>
  - Websaydhka AirNow ee Wakaaladda Ilaalinta Bay'ada ee Maraykanka: <https://www.airnow.gov/>

## Ka dhig hawada gudaha dhismahaaga mid u nadiifsan sida ugu suurto galsan.

- Wax ku saabsan xeeladaha yaraynta u baylah noqoshada qiica ka baro dokumentiga su'aalaha badanka la iswaydiyo ee OHA ee kusaabsan qiica dabka duurka iyo caafimaadka dadwaynaha: <https://shredsystems.dhsoha.state.or.us/DHSForms/Served//li8626.pdf>
- Baro sida loogu diyaariyo qol nadiifin ah guriga si aad gacan uga gaysato yaraynta u baylah noqoshada qiica: <https://www.epa.gov/indoor-air-quality-iaq/create-clean-room-protect-indoor-air-quality-during-wildfire>

- Talooyin muhiim ah:
  - Had iyo jeer albaabada iyo daaqaduhu ha kuu xirnaadaan ilaa ay dibaddu aad u kulushahay ma ogiye.
  - Daar mukeefka haddii aad haysatid, laakiin iska ilaali inay hawada dibaddu soo gasho gudaha oo nadiifi shaandheeyaha si aad uga hortagto qiica dibaddu inuu gudaha soo galo.
  - Hawlgalinta hawo-nadiifiye waxtarkiisu sarreeyo (HEPA) ama hawl-galiye danabka neg ku shaqeeya (ESP) ayaa sidoo kale kaa caawin karta inaad hawada gudaha nadiif ka dhigto. Sidoo kale waxaad samaysan kartaa marawaxaddaada adigoo raacaya tilmaamaha fiidyawgan ee si sahlan loo raaci karo, ee la dhaho adigu samayso marawaxaddaada hawada nadiifta ah oo halkan aad ka heli karto: <https://www.oregon.gov/oha/PH/PREPAREDNESS/PREPARE/Documents/Fact-Sheet-DIY-Air-Filter.pdf>
  - Haddii aadan haysan mukeef oo ay aad u diiran tahay gudaha dhismuhuna iyadoo daaqaduhu xiran yihiin, ka raadso gabbaad meel kale.
  - Ha ku biirin hawada gudaha dhismaha wasakh kale.
    - » Marka heerarka qiicu sarreeyaan, ha isticmaalin waxyaalaha gubta, sida shumacyada ama dabka la kulaaxo, oo yaree isticmaalka gaaska, kerosiinta, borobeynta, iyo girgirayaasha shooladdaha, haddii ay suurtoagal tahay.
    - » Ha isticmaalin vakiyuum sababtoo ah waxay sidani kicinaysaa qurubyada boorka ee gudaha guriga kujira.
    - » Sigaar ha cabbin maadaama ay tani sidoo kale kordhinayso kiimikooyinka hawada kujira.

## Baabuurka u wad si baadqab ah.

- Yaree qiica kujira baabuurkaaga adigoo xiraya daaqadaha iyo daloolada oo daaraya mukeefka iyadoo soo galista hawada daraygga ah aad ka xirayso si aad u yarayso qiica dibaddu inuu gudaha baabuurka soo galo. Marnaba caruurta ha kaga tagin baabuur dhexdiisa iyagoo kali ah.
- Iska ilaali qashinka iyo burburka waddada daadsan. U feejignaw layrarka gaadiidka ee jabay iyo calaamadaha jidadka ee maqan.

## Si baadqab ah u nadiifi.

- Ka hubi tan websaydhka Waaxda Oregon ee Tayada Hawada (DEQ) si aad u ogaato helida xirfadlayaasha jawaabta agabka halista ah si ay qiimayn ugu sameeyaan halisaha gurigaaga ka jira sida dunta asbestos, kiimikooyinka sunta ah, iyo halisaha koronto ama qaabdhismeed: <https://www.oregon.gov/deg/wildfires/Pages/Wildfire-Debris-Removal.aspx>
- Haddii adigu aad nadiifinayso, samayso qorshe nadiifineed iyo qalabka ilaalinta qofka si aad si baadqab ah ugu nadiifiso dhismayaasha iyo qaabdhismeedyada uu dabka duurku saameeyey. DEQ waxay leedahay xaashi xaqiiqeed oo kaa caawin doonta u maraynta dambaska iyo burburka ka imanaya dhismayaasha

gubtay si badbaado badan: <https://www.oregon.gov/deq/wildfires/Pages/After-the-Fire.aspx>

- Raac liiska hubinta ee ku laabashada guriga ee Waaxda California ee Kaymaha iyo Kahortagga Dabka: [https://www.readyforwildfire.org/wp-content/uploads/CALFIRE\\_ReturningHomeAfterAFire\\_Revised.pdf](https://www.readyforwildfire.org/wp-content/uploads/CALFIRE_ReturningHomeAfterAFire_Revised.pdf)
- Khayraadyada dheeraadka ah waxa kamid ah websaydhka Xarumaha Maraykanka ee Xakamaynta iyo Kahortagga Cudurrada oo kusaabsan sida nadiifin baadqab ah loo sameeyo kadib masiibada (<https://www.cdc.gov/disasters/cleanup/facts.html>) iyo webbeejka badbaadada shaqaalaha inta nadiifint ay wadaan (<https://www.cdc.gov/disasters/wildfires/cleanupworkers.html>).
- Talooyin muhiim ah:
  - In kastoo marada ama daboolada wajiga ee halka mar la isticmaalo ay yareeyaan faafidda COVID-19, haddana ma aha qaar sidii la doonayey wax uga qabanaya shaandhaynta qurubyada, gaasaska, iyo walxaha kale ee halista ah ee dabka duurka. Neef-sahlayaasha N95 waxa laga helaa woxogaa kahortag ah oo ku aadan qurubyada hawadu siddo, in kastoo laga helo kahortagga ugu wanaagsan haddii ay si fiican qofka ula egyihiin. Hase yeeshee, hadda waa gabaabsi waxaana loo hayaa shaqaalaha daryeelka caafimaadka COVID-19 dartii. Ka tixraac [xaashida xaqiiqda](#) DEQ faahfaahin dheeraad ah oo kusaabsan sida loo doorto maaskarada ugu wanaagsan ee nadiifinta qashinka.
  - Ka dheeraw cadaadiska kulka adigoo qaadanaya nasashooyin fara badan oona cabbaya biyo.
  - Marka aad nadiifinta samaynayso, xiro dharka kahortagga, oo ay kamid yihiin shaadh gacmo dheere ah, surwaalo lugo dheere ah, gacmo-gashiyada shaqada, maaskarooyin habboon, iyo kabo qaro wayn oo deggan. Kuwani waxay kaa caawin doonaan kahortagga burburka iyo kiimikooyinka halista ah.
  - Carruurta waa inayna qaban shaqada nadiifinta. Dababku waxay samayn karaan xaddiyo badan oo dambas iyo boor ah oo leh kiimikooyin waxyeelo badan. Ka dheeraw inaad ku soo celiso dambaska iyo boorka wasakhaysan meelaha ay carruurta isticmaalaan (sida guriga ama gaariga). Ku bixi kabaha albaabka, u maydh dharka wasakhaysan si gooni ah, oo iska baddal dharka wasakhaysan kahor inta aadan taaban carruurtaada.
  - Ha cabbina ama isticmaalina biyaha qasabadda ilaa saraakiisha xaaladda gurmada ku idiin sheegaan in la cabbi karo lana isticmaali karo. Nidaamyada biyaha waxyeelo ayaa soo gaari karta waxayna noqon karaan qaar wasakhaysan. Haddii ceelkaaga uu dabku waxyeelo soo gaarsiiyey, la xiriir dhisaha ceelka ee laysin ka haysta ama heshiis kula kujira deegaanka ama rakibaha biyo-tuuraha (bamka) si uu u go'aamiyo heerka waxyeelada jirta.
  - Iska tuur wixii cunto ah ee u baylah noqday kulka, qiica, ama dambaska.
  - Wax ka baro sida loo badbaadiyo loona nadiifiyo shayada gurigaaga ee ka soo haray dabka. Hay'adda Maaraynta Xaaladda Gurmada ee Dawladda Fadaraalka Maraykanku waxay leedahay xaashi xaqiiqeed ay ku yaalaan

talooyin: [https://www.fema.gov/media-library-data/1534447191536-164bbf39b67bbebacc73bb75d63c24ac/Fire\\_FIMA\\_Fact\\_Sheet\\_2015\\_rev\\_CA.pdf](https://www.fema.gov/media-library-data/1534447191536-164bbf39b67bbebacc73bb75d63c24ac/Fire_FIMA_Fact_Sheet_2015_rev_CA.pdf)

**Haddii aad su'aalo ka qabto agabka ku yaala hagahan khayraadka, fadlan iimayl ugu dir OHA [EHAP.INFO@dhsosha.state.or.us](mailto:EHAP.INFO@dhsosha.state.or.us).**

Hawlwadeenada gabbaadyada: Waxaad siin kartaa dokumentigan dadka ka qaxaya dabka duurka si ay uga helaan macluumaad dheeraad ah oo kusaabsan COVID-19 iyo arrimaha caafimaadka bay'adda. Dokumentigan waxaa la soo dejisan karaa lana daabacan isagoo ku qoran luuqado badan.

Khayraadyada Muhiimka ah ee Gabbaadyada Qixitaanka:

- Baro sida loo aqoonsado gabbaadyada iyo barxadaha leh hawo nadiif ah si aad iskaga ilaaliso qiica dabka duurka:  
<https://www.oregon.gov/oha/PH/PREPAREDNESS/PREPARE/Documents/Ide ntificationOfCleanAirShelters.pdf>
- Raac Hagitaanka Gabbaadka Kumeel Gaarka ah ee COVID-19 ee OHA:  
<https://sharedsystems.dhsosha.state.or.us/DHSForms/Served/le2256A.pdf>

FYI Loogu Talagalay Dib-u-eegayaasha – Laga soo xigtay PEHSU iyo CDC iyo websaydhka OHA

[https://www.pehsu.net/Library/facts/PEHSU\\_Protecting\\_Children\\_from\\_Wildfire\\_Smoke\\_and\\_Ash\\_FACT\\_SHEET.pdf](https://www.pehsu.net/Library/facts/PEHSU_Protecting_Children_from_Wildfire_Smoke_and_Ash_FACT_SHEET.pdf)

<https://www.cdc.gov/disasters/wildfires/afterfire.html>



QAYBTA CAAFIMAADKA

**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 Xarunta Macluumaadka Caafimaadka 1-971-673-2411, 711 TTY ama [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us)