



Ka caawinta Dadka Waayeelka ah Talaallada COVID-19: Galka Xogta ee Waalidka

Liiska Mawduucyada

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1. Fariin ka timid Oregon Health Authority (Maamulka Caafimaadka ee Oregon)

Oregon Health Authority waxay kaaga mahad celinayaan ka caawinta dadka waayeelka ah si ay u helaan talaalka. Waxaan sii wadaynaa inaan xog ku kordhino. Yoolkeenu waa inaan soo gudbino xogihii ugu danbeeyay oo asbuucle ah labo jeer asbuucii ood ka helayso xogtii ugu danbaysay.

Waxaan u baahan nahay caawimaadaada si aan u xaqiijino in dadka waayeelka ah ay helaan xogta ay u baahan yihiin si ay u qaataan talaallada COVID-19. Bisha Feebaraayo 8, 2021, dadka waayeelka ah ee jira 80 iyo kuwa kasii wayn ayaa bilaabi kara qaadashada talaalka ka dhanka ah COVID-19. Dadka waayeelka ah ee da'doodu tahay 65 iyo kawayn ayaa u qalmi doona inaad hesho talaal la siin doono inta lagu jiro 3 asbuuc ee soo socda. Dhammaan dadka waayeelka ah ee jira 65 iyo kasii wayn ayaa u qalmi doona inay helaan talaalka dhammaadka Feebaraayo.

Talaalladu waa kooban yihiin. Waxaa jira wax ka badan 750,000 oo dad ah oo jira 65 iyo ka wayn oo ku nool Oregon. Qof kasta oo waayeel ah oo reer Oregon ah wuxuu u qalmi doonaa inuu helo talaal, laakiin inta badan dadka waayeenka ah ayaan awoodi doonin inay helaan cirbadooda talaalka muddo asbuucyo badan ah.

Asbuucyada soo socda, waan ognahay inay jiri doonaan dad badan oo waayeel ah oo doonaaya inay qaataan talaalka kuwaas oo ka badan doono tirada talaalka la hayo. **Waxaan kaa codsanaynaa inaad naga caawiso dajinta filashooyinka dadka waayeelka ah.** Inkastoo talaal bixiyaashu aysan siin karin qof kasta oo waayeel ah balan isla marka ay doonayaan, waxaan siin karnaa qaabab kaladuwan oo ay ku helaan xogta iyo dhacdooyinka quseeya talaalka.

Marka la gaaro Feebaraayo 8, 2021, Oregon Health Authority ayaa bilaabi doonto aalad cusub ood ka helayso [covidvaccine.Oregon.gov](https://www.covidvaccine.oregon.gov) oo loogu yeero **Get Vaccinated Oregon (Talaalka Qaata Reer Oregon)**. Aaladaan waxay u sahlaysaa dadka inay go'aansadaan haddii ay hadda u qalmaan talaal ayna iska diiwaan gashaan helitaanka fariimaha iimeelka ama fariin qoraalo marka ay u qalmaan talaalka. Marka qofka u qalma la talaalo, aaladaan ayaa ka caawin doonto isticmaalayaasha inay helaan goobaha talaalka ee aagooda. Aaladaan waxay u furnaan doontaa dhammaan dadka reer Oregon. Adeegsiga aaladaan uma damaanad qaadayso isticmaalayaasha "boos" ay ka helaan talaalka. Markay u qalmaan, isticmaalayaasha La ogaysiiyay ayaa u adeegsan kara aalada inay helaan goobta talaalka ee deegaankooda.

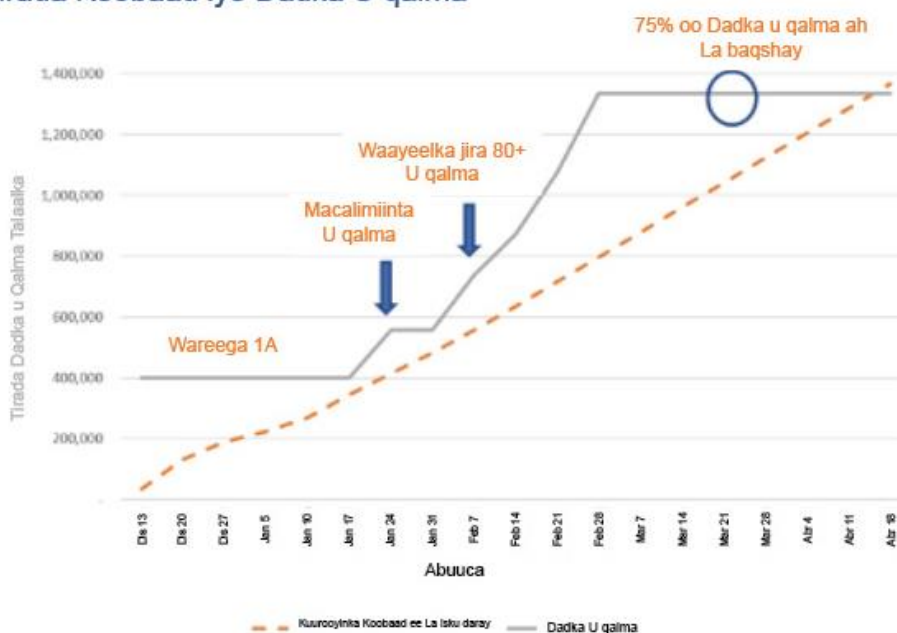
Multnomah, Washington, Clackamas, Columbia iyo Degmada Marion waxay sameeyeen ballamaha taalka xarunta leh/agabka sii ballansashada. Agabyadan waxaa laga helaa dhaxda **Agabka Macluumaadka Tallaalka** (Chat Bot), bogoska jaalaha ah ee xaga hoose ee midig ee [covidvaccine.oregon.gov](https://www.covidvaccine.oregon.gov). Dhowr degmo waxay codsadeen in agabkan uu u sii shaqeeyo ujeedadaas ilaa shaqaynta laga heli karo Iska Tallaal Oregon todobaadyada soo socda. Agabkan waxaa lagu heli karaa Ingiiriisi iyo Isbaanish.

Waxaan filaynaa in arintaani naga caawin doonto yaraynta wareer iyo niyad jabka anagoo kawada shaqaynayna taageerida dadka waayeelka ah xili talaaladu ay wali aad u kooban yihiin gudaha Maraykanka iyo halkaan Oregon ba.

Tiro ka badan 115,000 dad ah oo jira 60 iyo kasi wayn ayaa marhoraba qaatay talaal sabab la xariirta xaaladooda oo ay yihiin shaqaalaha daryeelka caafimaadka, macalin ama koox kale oo marhoraba talaalka u qalantay. Saraakiisha caafimaadka ee gobalka ayaa ku qiyaasaaya inay qaadan doonto asbuucyo in la talaalo wax ka badan 7 kamid ah 10 qof oo waayeel ah oo jira 65 iyo kawayn. Hoos waxaad ka helaysaa sawir sharxaaya xaalada hadda ee shaqsiyaadka guud ee u qalma talaalka iyo tirada guud ee talaalka la helay mudadaas gudaha gobalkaan Oregon:

Qiyaas Heer Sare ah

Cadadka Kuurada Koobaad iyo Dadka U qalma



Dhammaan dadka waayeelka ah ayaa u qalmi doona inay helaan talaalka dhammaadka Feebaraayo. Halkaan waxaad ka helaysaa taariikho ku aadan marka dadka waayeelka ah ee jira 65 iyo ka wayn ay bilaabi karaan qaadashada talaalka:

| Qofka | Marka | Qiyaasta Tirada dadka Waayeelka ah | Wareega |
|----------------------|----------------------|---|---------------------|
| 80 iyo kawayn | Feebaraayo 8 | 168,000 | 1B, Kooxda 2 |
| 75 iyo kawayn | Feebaraayo 15 | 134,000 | 1B, Kooxda 3 |
| 70 iyo kawayn | Feebaraayo 22 | 206,000 | 1B, Kooxda 4 |
| 65 iyo kawayn | Maarso 1 | 258,000 | 1B, Kooxda 5 |

Waxaad naga caawin kartaa hagaajinta shaqada talaalka ee dadka waayeelka ah.

Lagasoo bilaabo biloowga aafada cudurka, Oregon ayaa muhiimada saartay difaacida dadka waayeelka ah. Inkastoo qof kasta oo COVID u dhintay ay masiibo tahay, Oregon waa gobalka labaad ee ay ugu yaryihiin tirada caabuqyada COVID-19 ee ku dhacay dadka waayeelka ah, waana gobalka sadexaad ee ugu yar tirada waayeelka dhintay, wadanka oo dhan.

Iskaashigiina ayaa naga caawisay badbaadinta nafta dadka. Waxaan muhiimada siinaynaa inaan xogta idin la wadaagno intaan wadno fulinta barnaamijka talaalka ee Oregon. Waad ku mahadsan tahay dhammaan shaqada aad hayso.

2. Qodobada Lagala Hadlaayo Waayeelka

Hoos waxaad ka helaysaa qodobada badan oo u adeegsan karto inaad kala hadasho dadka waayeelka ah.

- **Aafada caabuqa ayaa saamayn adag ku reebay dadka waayeelka ah.** Qorshaha talaalka ee gobalka ayaa muhiimada siinaaya dadka waayeelka ah maadaama ay waajahayaan caqabado caafimaad oo nafta khatar ku ah haddii ay qaadaan fayraska.
- **Qof kasta oo waayeel ah oo reer Oregon ah wuxuu awoodi doonaa in la talaalo, laakiin intooda badan ma heli doonaan talaalladooda asbuucyo badan.**
 - Fadlan dulqaado.
 - Waxaa jiri doona dadka badan oo waayeel ah oo doonaaya in la talaalo kuwaas oo ka badan talaalka la hayo. Saraakiisha caafimaadka ee gobalka ayaa aaminsan inay qaadan karto asbuucyo in la helo ku filan dadka si loo talaalo wax ka badan 7 kamid ah 10 qof oo waayeel ah oo jira 65 iyo kawayn.
 - Tani waxay ka dhigan tahay inaad ku jiri karto koox talaalka u qalanta, laakiin aad wali u baahan tahay inaad sugto. Dhammaanteed waxay ku xidhan tahay inta uu yahay talaalka dowladda federaalka ah ay u soo dirto gobolkeena.
- **Waxay u badan tahay inaad isla marka heli doonin balan.** Talaalladu waa kooban yihiin laakiin asbuuc kasta gobalku wuxuu helayaa kuurooyin dheeraad ah. Ugu danbayn, qof kasta oo doonaaya balanta talaalka ayaa heli doona, keliya waqti ayay u baahan tahay. Inkastoo talaal bixiyaashu aysan ku siin karin balan isla marka aad doonayso, waxaan ku siin karnaa qaabab kaladuwan oo aad ku helayso xogta iyo dhacdooyinka quseeya talaalka.

Waxaa jira labo qaab oo waawayn oo ood xog uga heli karto qaadashada talaalka:

- **QAYBAHA CUSUB ee [covidvaccine.Oregon.gov](https://www.covidvaccine.oregon.gov):** Webseetka talaalka ee OHA waxaad ka helaysaa xaqiiqooyin ku saabsan talaallada COVID-19. **Laga bilbaao Febraayo 8, 2021**, webseedka waxaa sidoo kale ku jira aalad cusub, **Get Vaccinated Oregon**. Aaladaan waxay u sahlayaa dadka inay go'aansadaan haddii ay hadda u qalmaan talaal ayna iska diiwaan gashaan helitaanka fariimaha iimeelka ama fariin qoraalo marka ay u qalmaan talaalka. Marka qofka u qalma la talaalo, aaladaan ayaa ka

caawin doonto isticmaalayaasha inay helaan goobaha talaalka ee aagooda. Aaladaan waxay u furnaan doontaa dhammaan dadka reer Oregon. Adeegsiga aaladaan uma damaanad qaadayso isticmaalayaasha "boos" ay ka helaan talaalka. Markay u qalmaan, isticmaalayaasha La ogaysiiyay ayaa u adeegsan kara aalada inay helaan goobta talaalka ee deegaankooda.

- **Laga bilaabo Feb 5, 2021** xogta talaalka ee degmo kasta ayaa xog cusub looga bixin doontaa webseedkeena oo ah [covidvaccine.Oregon.gov](https://www.covidvaccine.Oregon.gov) si loogu daro xog gaar ah oo ku saabsan meesha qof waayeel ah uu ka heli karo talaalka deegaankiisa.
- **211:** Dadka waayeelka ah ee Oregon ayaa sidoo kale erayga ORCOVID fariin qoraal ugu diri kara 898211 si ay u helaan xogihii ugu danbeeyay oo fariin qoraal/SMS ah (Ingiriis iyo Isbaanish kaliya) ama ay iimeel u diraan ORCOVID@211info.org. Haddii aysan heli karin su'aashooda talaalka COVID-19 oo looga jawaabay webseedka, fariin qoraal, ama iimeelka, waxay wici karaan 211 ama 1-866-698-6155, kuwaas oo furan 6 subaxnimo ilaa 7 fiidnimo maalin kasta, ayna ku jirana maalmaha fasaxa. Fadlan ogoow in waqtiyada sugitaanku ay dheeraan karaan sabab la xariirta wicitaannada oo badan. Waxaa jira dookh aad ku helayso wicitaan ku celis ah halkii aad khadka laynka ku sugi lahayd (Ingiriis iyo Isbaanish ayaa lagu heli karaa). Turjumaad bilaash ah ayaa lagu heli karaa dhammaan luuqadaha kale. TTY: Wac 711 ama wac 1-866-698-6155.

MAXAAN u helayaa talaalka COVID?

- **Waxaad ka difaaci kartaa naftaada waxaadna gacan ka gaysan doontaa joojinta aafada adoo qaadanaaya talaalka COVID.** Qaadashada talaalka COVID-19 waa mid kamid ah qaababka ugu wanaagsan ood ku difaacayso naftaada, qoyskaaga iyo dadka kuu dhawdhaw, iyo bulshadaada.
- Waan fahmaynaa in dadka qaar ay walaac ka qabi karaan talaallada ayna qabaan su'aalo, laakiin waxaa la xaqiijiyay inay badqab iyo waxtar leeyihiin. The U.S. Food and Drug Administration (FDA, Maamulka Cuntada iyo Daawada ee Maraykanka) ayaa siiyay Oggolaanshaha Isticmaalka Degdegga ah (EUA) talaallada COVID-19 waayo xogta kasoo baxday tijaabooyinka badan ee caafimaadka, ayaa muujinaysa inay badqab iyo waxtar leeyihiin. Faa'iidooyinka muuqda iyo kuwa imaan kara ee talaalka

ayaa ka badan khataraha la yaqaano iyo kuwa imaan doona ee laga qaadi karo COVID-19.

- Hadba intay badato tirada dadka qaata talaalka COVID-19, ayay u roon tahay qof kasta. Marka dad ku filan la talaallo, waxaan awoodi doonaa inaan aragno ehelkeena aana nolosheena caadi kusoo celino.

Qofkee ayaa heli kara talaalka COVID? GOORMA?

- Tiro badan oo kooxo ah ayaa hadda u qalma talaal
 - Wajiga 1A waxaa ku jiray adeeg bixiyaasha caafimaadka iyo kooxo kale, fadlan booqo [covidvaccine.Oregon.gov](https://www.covidvaccine.oregon.gov) si aad u hesho liiska faahfaahsan ee kooxaha u qalma.
 - Wajiga 1B waxaa ku jira macalimiinta iyo shaqaalaha dugsiyada dawlada iyo kuwa gaarka loo leeyahay ee K-12, adeeg bixiyaha daryeelka caruurta iyo shaqaalaha, iyo macalimiinta iyo shaqaalaha waxbarashada dhalaanka.
- Fadlan booqo webseedkeena oo ah [covidvaccine.Oregon.gov](https://www.covidvaccine.oregon.gov) si aad u aragto liiska buuxa ee kooxaha u qalma Wajiga 1A oo halkaan booqo si aad u hesho sawirada xogtii ugu danbaysay marka kooxu noqdaan kuwo u qalma.

Halkaan waxaad ka helaysaa taariikho ku aadan marka dadka waayeelka ah ee jira 65 iyo ka wayn ay heli karana talaalka:

| Qofka | Marka | Wareega |
|----------------------|---------------------|----------------|
| 80 iyo kawayn | Feebaraayo 8, 2021 | 1B, Kooxda 2 |
| 75 iyo kawayn | Feebaraayo 15, 2021 | 1B, Kooxda 3 |
| 70 iyo kawayn | Feebaraayo 22, 2021 | 1B, Kooxda 4 |
| 65 iyo kawayn | Maarso 1, 2021 | 1B, Kooxda 5 |

Xogta sawirka ah

Halkaan ayaad ka helaysaa xog sawir ah oo sharxaysa dadka u qalma talaalka hadda. *Fadlan riix sawirka hoose si aad u aragto noocii ugu dambeeyay. Sawirka gobolka hoose waxa uu u cusub yahay sida Febraayo 10, 2021.*

Phase 1A Started on December 12, 2020

Everyone in Phase 1A, Groups 1,2,3 and 4 are currently eligible for the vaccine.

Group 1

- Hospital staff with patient care responsibilities
- Urgent care
- Skilled nursing and memory care facility healthcare personnel (HCP) and residents
- Tribal health programs
- Emergency medical services (EMS) providers and other first responders
- All health care interpreters and traditional health workers in any setting within Phase 1a

Group 2

- Other long-term care facilities, including all paid and unpaid HCP, all staff and contractors, including residents who meet the age requirements of:
 - Residential care facilities
 - Adult foster care
 - Group homes for people with intellectual and developmental disabilities
 - Other similar congregate care sites
- Hospice programs
- Mobile crisis care and related services

- Individuals working in a correctional setting

Group 3

- HCPs in outpatient settings serving specific high-risk groups
- Day treatment services
- Non-emergency medical transport (NEMT)
- Paid or unpaid caregivers (including parents or foster parents) of medically fragile children or adults who live at home
- Adults and age-eligible children who have a medical condition or disability who receive services in their homes

Group 4

- All other outpatient HCPs
- Other HCP who provide direct service to people with I/DD and other high-risk populations.
- Other public health settings, such as HCP serving WIC, or CBO's with direct or indirect exposures

People eligible:
400,000 approximately

Phase 1B Started on January 25, 2021

Oregon's vaccine supply is limited. It is estimated to take until early April 2021 to administer first doses to everyone who is likely to want a vaccine in Groups 1-5 of Phase 1B.

Group 1

- Childcare providers, early learning and K-12 educators and staff
Eligible week of January 25, 2021

Group 2

- People 80 and older
Eligible February 8, 2021

Group 3

- People 75 and older
Eligible February 15, 2021

Group 4

- People 70 and older
Eligible February 22, 2021

Group 5

- People 65 and older
Eligible March 1, 2021

Educators:
152,000 approximately
People over 65:
795,000 approximately

Beyond Date TBD

Subsequent groups will be determined in coordination with the Vaccine Advisory Committee and shared on OHA's COVID-19 vaccine web page. These are examples of groups of people who may included:

- Critical workers in high-risk settings — workers who are in industries essential to the functioning of society and substantially higher risk of exposure
- People of all ages with underlying conditions that put them at moderately higher risk
- General population

Oregon Health Authority

OHA 3527A (02/10/2021)

Sidee ayay dadka waayeelka ah ku heli karaan talaalka COVID-19?

- Hadda, dadka waayeelka ah ayaa talaal ka helaaya xarumaha maamulada caafimaadka dadwaynaha ee maxaliga ah ama iskaashatadooda, isbitaallada, goobaha talaalka, iyo farmashiyaasha (ku yaala xarumaha daryeelka mudada dheer).
- **Xarunta kalkaalinta, xarumaha kaalmada nolosha iyo Xarumaha Kale ee Daryeelka mudada dheer ee ruqsada haysta:** Iskaashatada farmashiyaha ayaa talaalaaya dadka deegaanka iyo shaqaalaha ku sugan inta badan xarumaha ruqsada haysta ee dadka waayeelka ah iyo dadka

naafada ah. Dadka deegaanka (ama xubnaha qoyska) ayaa ka codsan kara maamulaha xarunta marka deegaankooda loo mudeeyo talaalka.

- Hadda, sabab la xariirta tirada talaalka oo yar, dhakhtarkaaga ugu muhiimsan ee daryeelka (xafiiska dhakhtarkaaga) ayay u badan tahay inuusan helin talaallada.
- **QAYBAHA CUSUB ee [covidvaccine.Oregon.gov](https://www.covidvaccine.oregon.gov):** Webseetka talaalka ee OHA waxaad ka helaysaa xaqiiqooyin ku saabsan talaallada COVID-19. **Laga bilbaao Feb 8, 2021**, webseedka waxaa sidoo kale ku jira aalad cusub, **Get Vaccinated Oregon**. Aaladaan waxay u sahlaysaa dadka inay go'aansadaan haddii ay hadda u qalmaan talaal ayna iska diiwaan gashaan helitaanka fariimaha iimeelka ama fariin qoraalo marka ay u qalmaan talaalka. Marka qofka u qalma la talaalo, aaladaan ayaa ka caawin doonto isticmaalayaasha inay helaan goobaha talaalka ee aagooda. Aaladaan waxay u furnaan doontaa dhammaan dadka reer Oregon. Adeegsiga aaladaan uma damaanad qaadayso isticmaalayaasha "boos" ay ka helaan talaalka. Markay u qalmaan, isticmaalayaasha La ogaysiiyay ayaa u adeegsan kara aalada inay helaan goobta talaalka ee deegaankooda.
 - **Laga bilaabo Feb 5, 2021** xogta talaalka ee degmo kasta ayaa xog cusub looga bixin doontaa webseedkeena oo ah [covidvaccine.Oregon.gov](https://www.covidvaccine.oregon.gov) si loogu daro xog gaar ah oo ku saabsan meesha qof waayeel ah uu ka heli karo talaalka deegaankiisa.

3. Baro Kahor intaadan Tagin

Xogta soo socota waa tilmaamo ay tahay inaad la wadaagto dadka waayeelka ah marka ay awoodaan in la talaallo. Mar kale, waxaan kugu boorinaynaa inaad higsiiyo qeexan samayso oo ah inay qaadan karto asbuucyo badan kahor intaysan talaalka helin.

- **Talaallada COVID-19 waa kuwo [badqab iyo waxtar leh](#).**
 - Talaal waa kahortag. Talaalku wuxuu xoojinayaa jirkaaga si uu ula dagaalamo COVID-19 wuxuuna kaa caawin karaa inaad xanuun xun ka qaadin haddii uu kugu dhaco COVID-19.
 - Kama aqaadi kartid COVID-19 talaalka.
- **Talaalka COVID-19 waxaa lagugu siin doonaa si bilaash ah.**
 - Talaallada COVID-19 si bilaash ah ayaa lagugu siinayaa. Uma baahnid caymis caafimaad. Haddii aad haysato caymis caafimaad, adeeg bixiyaasha talaalka ayaa ka qaadi kara shirkada

talaalka lacagta bixinta talaalka ay ku siiyeen. Tani waxay ka dhigan tahay in lagu waydiin karo xogta caymiskaaga marka aad qaadanayso talaalka COVID-19.

- **Iska ilaali tuugada.**

- Saraakiisha caafimaadka Dadwaynaha iyo adeeg bixiyaasha daryeelka caafimaadku marna kaama codsan doonaan lacag, akoonkaaga baanka, kaarka daynta, ama lambarka social security. Yaboohyada ah inay iibinayaan ama kuusoo dhiibayaan kuurooyinka talaalka ayaa sidoo kale ah tuugo.

Talaalka Kadib

- **Waxaad u baahan tahay inaad hesho labada kuuro ee talaalka.**

- Inta badan noocyada talaalka, waxaad u baahan doontaa labo kuuro. Waxaad helaysaa kuurada labaad 3 ama 4 asbuuc kadib markaad qaadato tan koobaad. Waa muhiim inaad hesho labada kuuraba si talaalku u shaqeeyo.
- Kala hadal cidda kuurada koobaad ku siisay marka aad heli karto kuurada labaad. Waa inaad ka heshaa kuurada labaad isla meeshii lagaa siiyay kuuradaada koobaad. Sidaan samee ilaa in kalkaaliso ama dhakhtar uu kuu sheego maahee inaad kuurada labaad ka hesho meel kale.

- **Waxaad u baahan doontaa inaad xidhato maaskareetiga iyo kala fogaanshaha jidhka ka dib marka tallaalka aad qaadato hadda.**

- Xaaladuhu kuma laaban karaan caadigoodii ilaa in dad ku filan la talaalo. Laakiin wali kama warqabno in qof labada kuuro ee talaalka qaatay uu wali faafin karo COVID-19. Ma doonayno inaad ku faafiso dadka kale aan wali helin talaalka. Waa muhiim inaad:
 - Sii wado xirashada maaskarada
 - Ka fogaato 6 fiid dadka kale
 - Aad farxalato
 - Aadan waqti la qaadan dadka aan kula noolayn
 - Aad yarayso la joogista ku nool gurigaaga

- **Kadib talaalka COVID-19, waxaad dareemi kartaa xanuun ka dhaln kara.**

- Saamaynta int abadan waxay la macno tahay tallaalka inuu shaqaynayo si uu jidhkaagu u caafimaado. Kadib qaadashada talaalka COVID-19, waxay u badan tahay in gacantu ku xanuuni doonto. Waxaad dareemi kartaa murqo xanuun, xanuunka Kala goyska, daal, madax xanuun, qarqaryo, ama laga yaabee qandho. (Qandho ayaa ah mid aad u yar.)
- Mararka qaar dhibaatooyinka ayaa kaa joojin kara inaad shaqooyinkaaga caadiga ah qabsato dhawr maalmood. Inta badan ciladahaan talaalka ka dhasha ayaa kaa ba'aaya maalmo yar gudahood.
- **CDC ayaa abuurtay aalad cusub, V-safe.**
 - V-safe waxay kaa caawinaysaaa inaad hesho aadna soo sheegto cilado kasta ood ka qaadi karto talaalka. V-safe ayaa ku xasuusinaaya marka la gaaro waqtiga aad kuurada labaad qaadan lahayd. Meesha talaalka ku siinaysa ayaa ku siin doonta xog dheeraad ah oo ku saabsan V-safe. Waxaad xog dheeraad ah ka baran kartaa Aalada Hubinta Caafimaadka Kadib Talaalka ee V-safe <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html>.
- **Adeeg bixiyahaaga talaalka ayaa ku siin doona kaarka talaalka – ha iska lumin!**
 - Kaarkaan ayaa kuu sheegaaya nooca talaalka COVID-19 ee aad qaadanayso, taariikhda talaalka aad heshay, meesha aad ka heshay, iyo marka ay tahay inaad hesho kuuradaada labaad.

4. Su`aalaha Inta badan la Isweydiyo

Kuwa soo socda waa su'aalo aad ka heli karto dadka waayeelka ah. Waa muhiim inaad u dajiso himilooyin horudhac ah oo sheegaaya inaysan jirin talaal ku filan dadka oo dhan ayna u badan tahay in asbuucyo badan kasoo wareegaan kahor intaysan helin talaalka.

1. **Xagee ayaan ka helayaa talaalka?** Talaalladu waa kooban yihiin laakiin ugu danbayn qof kasta oo doonaaya waa gaari doonaan. Hadda, goobaha bixinaaya talaallada—**markay helaan**—waxa akamid ah maamulada caafimaadka Dadwaynaha ee maxaliga ah ama iskaashatooda, isbitaallada iyo munaasabadaha talaalka. Marka tirada talaalku badato, waxaad awoodi kartaa inaad talaalka ka hesho goobaha kale.

Hadda, sabab la xariirta tirada talaalka oo yar, dhakhtarkaaga ugu muhiimsan ee daryeelka (xafiiska dhakhtarkaaga) ayay u badan tahay inuusan helin talaallada. Waxaad sidoo kale heli kartaa xogta munaasabadaha talaalka oo wararka lagu sheegaayo. Munaasabadahaas ayaa ku siin doona qaab aad ku helayso balan lagugu duraayo.

2. **Sidee ayaan ku ogaanayaa haddii aan u qalmo talaalka?** Booqo [covidvaccine.Oregon.gov](https://www.covidvaccine.Oregon.gov) oo isticmaal agabka **NEW Get Vaccinated Oregon**. Waxaa loogu talagalay in lagaaga caawiyo inaad fahanto haddii aad u qalanto. Waxaad dooni doontaa inaad isdiiwaan geliso si aad u hesho xogtii ugu danbaysay ee fursadaha talaalka. Haddii aad u baahan tahay in lagaa caawiyo diiwaan gelinta, codso qof kaa caawiya wicitaanka 211:
 - a. Fariin qoraal ugu dir erayga ORCOVID lambarka 898211
 - b. limeel ORCOVID@211info.org
 - c. Wac 211
3. **Goorma ayaan heli karaa talaalka?** Laga bilaabo Febraayo 8, [halkan waxaa ah liiska](#) ee cida la tallaali karo. Inta badan waayeelku ma awoodi doonaan inay qabsadaan balamaha talaalka asbuucyada soo socda. Waxaad sugtay muddo dheer. Way adag tahay in la sugo laakiin waxaan codsanaynaa inaad fadlan dulqaad lahaato. Waxaan ku tiirsanahay helitaanka talaalka ay noosoo dirto dawlada federaalka ah. Degmooyinka qaar ayaa wali talaalaaya dadka kale ee waayeelka ah ee u qalma talaalka dawlada federaalkuna waa mid kooban.
4. **Xagee ayaan ka heli karaa xog dheeraad ah?**

Booqo [covidvaccine.Oregon.gov](https://www.covidvaccine.Oregon.gov).

Fariin qoraal erayga ORCOVID ugu dir 898211 si aad u hesho xogihii ugu danbeeyay oo fariin qoraa ah/SMS ah (Ingiriis iyo Isbaanish kaliya)

limaylka ORCOVID@211info.org.

Haddii aadan heli karin jawaabto su'aashaada talaalka COVID-19 oo ku qoran webseedka, fariin qoraal, ama iimeelka, wac xarunta ood ka helayso 211 ama 1-866-698-6155. Wuxuu furan yahay laga bilaabo 6 a.m. ilaa 7 p.m. maalin kasta, ayna ku jirana maalmaha fasaxa. Waqtiyada sugitaanku way dheeraan karaan sabab la xariirta wicitaannada oo badan. Waxaa jira dookh aad ku helayso wicitaan ku celis ah halkii aad khadka laynka ku sugi lahayd. Ingiriis iyo Isbaanish ayaa looga hadlaa xarunta wicitaanka. Turjumaad bilaash ah ayaa lagu heli karaa dhammaan luuqadaha kale. TTY: Wac 711 ama wac 1-866-698-6155.

QAYBAHA CUSUB ee [covidvaccine.Oregon.gov](https://www.covidvaccine.Oregon.gov): Webseetka talaalka ee OHA waxaad ka helayso xaqiiqooyin ku saabsan talaallada COVID-19. **Ka bilow Febraayo 8, 2021**, websaydka sidoo kale waxaa ku jiro aalad cusub, **Get Vaccinated Oregon**.

Aaladan waxay u ogolaaneysaa dadka inay go'aansadaan haddii ay hadda u qalmaan tallaalka oo iska diiwaangeli si aad u heshid digniinada i-meelka ama wargelinaha fariin qoraalka markii ay u qalmaan.

Marka qofka u qalma la talaalo, aaladaan ayaa ka caawin doonto isticmaalayaasha inay helaan goobaha talaalka ee aagooda.

Aaladaan waxay u furnaan doontaa dhammaan dadka reer Oregon. Isticmaalka agabkan ma damaano qaado isticmaalayaasha "meesha laynja" gaarka ah. Markay u qalmaan, isticmaalayaasha La ogaysiiyay ayaa u adeegsan kara aalada inay helaan goobta talaalka ee deegaankooda.

- **Laga bilaabo Feb 5, 2021** xogta talaalka ee degmo kasta ayaa xog cusub looga bixin doontaa webseedkeena oo ah [covidvaccine.Oregon.gov](https://www.covidvaccine.Oregon.gov) si loogu daro xog gaar ah oo ku saabsan meesha qof waayeel ah uu ka heli karo talaalka deegaankiisa.

5. Waa maxay Aqoonsiga aan u baahan nahay inaan keeno si aan u cadeeyo u qalmidayda? OHA qasab kaagama dhigayso cadaynta in qof uu talaalka u qalmo, mana doonayso inay cadayn ka codsato adeeg bixiyaasha talaalka. Adeeg bixiyaasha talaalka qudhooda ayaa ka dooni kara qof inuu sheego, asagoo afka ka dhahaaya ama qaab kale ku sheegaaya, inuu ku jiro koox u qalanta talaalka kahor intaan talaalka la siin. Dadka waxaa la siin doonaa cadayn muujinaysa in la talaalay. Ha lumin kaadhka lagu siiyay.

- 6. Lacag intee ayaa la iga qaadayaa? Ma u baahan nahay inaan lahaado caymis si la ii talaalo?** Talaalka COVID waxaa lagugu siin doonaa si bilaash ah. Uma baahnid caymis caafimaad. Haddii aad haysato caymis caafimaad, adeeg bixiyaasha talaalka ayaa ka qaadi kara shirkada talaalka lacagta bixinta talaalka ay ku siiyeen. Tani waxay ka dhigan tahay in lagu waydiin karo xogta caymiskaaga marka aad qaadanayso talaalka COVID. Adeeg bixiyaasha talaalku kaama qaadi karaa qarash ku aadan inay talaalka ku siiyeen, laakiin waa muhiim inaad keento xogta caymiskaaga haddii aad haysato caymis caafimaad.
- 7. Waxaan u baahan nahay in la iga caawiyo helitaanka xarunta talaalka. Ma la iga caawin karaa gaadiid i geeya goobta talaalka? Sidee ayaan ku diyaarsan karaa arintaas?** Haddii aad haysato Caymiska Caafimaadka ee Oregon aadna u baahan tahay gaari ku geeya goobta talaalka, gaariyaasha ayaa bilaash kugu qaadaaya. Hel adeegyada gaadiidka ee OHP ee aagaaga. Waxaad sidoo kale wici kartaa caymiskaaga CCO.
- 8. Ma qasab ayay igu tahay inaan laynka ku sugo?** Xarumo badan oo talaal iyo munaasabado ayaa kaa codsan doona inaad mar hore isqorto si ay qaab amaan ah ugu maareeyaan qulqulka bukaanka. Goobaha tallaalka wayn sidoo kale way shaqaynayaan si loo habsado goobahooda ay soo gali karaan dadka waa wayn **iyoo dadka naafada ah**, gaar ahaan kuwan qab dhibta dhaqaaqa. Laakiin sidoo kale waa inaad sugtaa. Waxaanu kugu dhiirigelinaynaa inaad hore u sii qorshayso **oo aad waydii maamulaha goobta tallaalka ee habbaynta haddii aad u baahan tahay**.
- 9. Waxaan haystaa daryeele iga caawiya baahiyahayga daryeelka caafimaadka iyo balamaha dhakhtarka. Sidoo kale muu heli karaa qofkaas talaal haddii uu isoo raaco?** Keliya haddii qofka ku daryeelaaya uu sidoo kale u qalmo. Haddii daryeelahaagu is qayb wejiga loo qalmi karo, markaa waa la tallaali karaa wakhti kasta. Haddii uusan u qalmin, uma qalmo qaadashada talaalka.

Su'aalaha Bixinta Talaalka

- 10. Maxaa dhacaaya kadib marka la i talaallo?** Waxaad u baahan doontaa inaad xidhato maaskareetiga iyo kala fogaanshahajidhka ka dib marka tallaalka aad qaadato hadda. Xaaladuhu kuma laaban karaan caadigoodii

ilaa in dad ku filan la talaalo. Wali kama warqabno in qof labada kuuro ee talaalka qaatay uu wali faafin karo COVID-19. Ma doonayno inaad ku faafiso dadka kale aan wali helin talaalka. Waa muhiim inaad siidato xirashada maaskarada, aad ka fogaato 6 fiid dadka kale, aad farxalato, aadana waqti la qaadan dadka aadan la noolayn.

Waxaad sidoo kale u baahan tahay inaad hesho labada kuuro ee talaalka. Inta badan noocyada talaalka, waxaad u baahan doontaa labo kuuro. Waxaad helaysaa kuurada labaad 3 ama 4 asbuuc kadib markaad qaadato tan koobaad. Waa muhiim inaad hesho labada kuuraba si talaalku u shaqeeyo. Kala hadal cidda kuurada koobaad ku siisay marka aad heli karto kuurada labaad. Waa inaad ka heshaa kuurada labaad isla meeshii lagaa siiyay kuuradaada koobaad. Sidaan samee ilaa in kalkaaliso ama dhakhtar uu kuu sheego maahee inaad kuurada labaad ka hesho meel kale. Waa inaad xaqiijisaa in kuuradaada labaad ay tahay isla nooca kuuradii koobaad ee talaalka.

- 11. Ka waran haddii qaado fayraska COVID-19 kadib kuuradayda koobaad?** Haddii aad la kulanto COVID, waa inaad raacdaa tilmaamaha caafimaadka Dadwaynaha aadna guriga joogtaa 14 maalmood xataa haddii aad qaadatay kuuradaada koobaad.
- 12. Muddo intee le'eg ayaan u baahan doonaa in la i korjoogteeyo kadib marka la i talaalo?** Waxaa lagu korjoogtayn doonaa 15-30 daqiiqo. Tani waxay ka dhigan tahay inaad u baahan tahay inaad joogto meesha lagugu talaalay si talaal bixiyuhu kuula socdo si loo hubiyo inaad badqabto.
- 13. Waa maxay dhibaatooyinka ka dhalan kara talaalka?** Kadib qaadashada talaalka COVID-19, waxay u badan tahay in gacantu ku xanuuni doonto. Waxaad dareemi kartaa murqo xanuun, xanuunka Kala goyska, daal, madax xanuun, qarqaryo, ama laga yaabee qandho. (Qandho ayaa ah mid aad u yar.) Arintaan ayaa caadiyan ka dhigan in talaalku shaqaynaayo si loo dhawro caafimaadka jirkaaga. Kuwaani waa calaamado caadi ah oo muujinaaya in jirkaagu dhisaayo difaac. Mararka qaar dhibaatooyinka ayaa kaa joojin kara inaad shaqooyinkaaga caadiga ah qabsato dhawr maalmood. Inta badan ciladahaan talaalka ka dhasha ayaa kaa ba'aaya maalmo yar gudahood.

- 14. Yaan wacayaa haddii aan cilado ka qaado talaalka: xarunta talaalka ama dhakhtarka daryeelka caafimaadka aasaasiga ah?** Ciladaha ka dhalan kara ayaa badanaa dhaca talaalka COVID-19 kadib. Haddii aad walaacyo ka qabto cilado kasta oo ka dhalan kara kadib marka aad ka baxdo xarunta talaalka, waa inaad la xariirtaa dhakhtarkaaga daryeelka caafimaadka aasaasiga ah. Ama waxaad aadi kartaa daryeelka Degdega ah ama xarunta xaaladaha degdega ah.
- 15. Miyaan u baahan doonaa inaan sii wado xirashada maaskarada aana ka fogaado dadka kale?** Waxaad u baahan doontaa inaad xidhato maaskareetiga iyo kala fogaanshahajidhka ka dib marka tallaalka aad qaadatao hadda. Xaaladuhu kuma laaban karaan caadigoodii ilaa in dad ku filan la talaalo. Hase yeeshee wali kama warqabno in qof labada kuuro ee talaalka qaatay uu wali faafin karo COVID-19. Ma doonayno inaad ku faafiso dadka kale aan wali helin talaalka. Waa muhiim inaad siidato xirashada maaskarada, aad ka fogaato 6 fiid dadka kale, aad farxalato, aadana waqti la qaadan dadka aadan la noolayn.

5. limeel Tusaale ah

limeelkaan tusaalaha ah waxaa loo adeegsan karaa laguna dabaqi karaa baahiyahaaga u dirista xogta dadka waayeelka ah ee aad u adeegto. Waa muhiim inaad horay usii dajiso filashooyinka marka aad kala hadlayso waayeelka qaadashada talaalka.

Gacaliye [Name],

Waxaan doonaynaa inaan kuu sheegno bishaan, dadka waayeelka ah ayaa bilaabi kara qaarashada talaallada COVID-19. Qaadashada talaalka COVID-19 waa mid kamid ah qaababka ugu wanaagsan ood ku difaacayso naftaada, qoyskaaga, iyo bulshadaada

Qof kasta oo waayeel ah oo reer Oregon ah wuxuu awoodi doonaa inay helaan talaal, laakiin intooda badan ma heli doonaan cirbadooda asbuucyo badan. Dhowrka todobaad ee soo socda, waxaanu garanaynaa inay jiri doonaan dad waa wayn oo badan oo la tallaalo oo ka badan

tallaabka la heli karo. Saraakiisha caafimaadka ee gobalka ayaa aaminsan inay qaadan doonto asbuucyo in la talaalo wax ka badan 7 kamid ah 10 qof oo waayeel ah oo jira 65 iyo kawayn. Ilaa tirada talaalka federaalku bixinaayo korarto, waxaa jirta talaal yari.

Tani waxay ka dhigan tahay inaad ku jiri karto koox talaalka u qalanta, laakiin aad wali u baahan tahay inaad sugto. Waxaan samaynaynaa wax kasta oon awoodno si aan dadka ugu furno talaalka sida ugu dhakhsaha badan ee macquulka ah.

Gobalka iyo iskaashatada talaalka ayaa ka codsanaaya dadka waayeelka ah oo dhan inay dulqaad muujiyaan. Waan ognahay inay jirana dad kale oo wali sugaaya talaalkooda. Ugu danbayn, qof kasta oo doonaaya talaalka ayaa heli doona, keliya waqti ayay u baahan tahay.

Talaalka Bilaash ayuu ku helayaa qof kasta oo reer Oregon ah.

Halkaan ayaad ka helaysaa marka waayeelka ku nool Oregon ay u qalmaan talaalka:

- Dadka jira 80 iyo kasii wayn, laga bilaabo Febbaraayo 8
- Dadka jira 75 iyo kasii wayn, laga bilaabo Febbaraayo 15
- Dadka jira 70 iyo kasii wayn, laga bilaabo Febbaraayo 22
- Dadka jira 65 iyo kasii wayn, laga bilaabo Maarso 1

Si aad u hesho haddii aad u qalnto iyo meesha aad aadi karto si lagu talaalo:

- Booqo [covidvaccine.Oregon.gov](https://www.covidvaccine.Oregon.gov)
- Fariin qoraalka udir ORCOVID lambarka 898211
- limeel ORCOVID@211info.org
- or 1-866-698-6155
- (TTY: wac 711 ama wac 1-866-698-6155)

QAYB CUSUB: Marka la gaaro Febbaraayo 8, 2021, Oregon Health Authority ayaa bilaabi doonto aalad cusub ood ka helayso [covidvaccine.Oregon.gov](https://www.covidvaccine.Oregon.gov) oo loogu yeero **Get Vaccinated Oregon (Talaalka Qaata Reer Oregon)**. Aaladaan waxay u sahlaysaa dadka inay go'aansadaan haddii ay hadda u qalmaan talaal ayna iska diiwaan gashaan

helitaanka fariimaha iimeelka ama fariin qoraalo marka ay u qalmaan talaalka. Marka qofka u qalma la talaalo, aaladaan ayaa ka caawin doonto isticmaalayaasha inay helaan goobaha talaalka ee aagooda. Aaladaan waxay u furnaan doontaa dhammaan dadka reer Oregon. Isticmaalka agabkan ma damaano qaado isticmaalayaasha “meesha laynja” gaarka ah. Markay u qalmaan, isticmaalayaasha La ogaysiiyay ayaa u adeegsan kara aalada inay helaan goobta talaalka ee deegaankooda.

Waan ognahay inaad su'aalo ka qabto talaalka COVID-19. Fadlan ogoow in talaallada la baaray si loo xaqiijiyo inay dhammaantood badqab iyo waxtar leeyihiin. The U.S. Food and Drug Administration (FDA, Maamulka Cuntada iyo Daawada ee Maraykanka) ayaa siiyay Oggolaanshaha Isticmaalka Degdegga ah (EUA) talaallada COVID-19 waayo xogta kasoo baxday tijaabooyinka badan ee caafimaadka, ayaa muujinaysa inay badqab iyo waxtar leeyihiin. Faa'iidooyinka muuqda iyo kuwa imaan kara ee talaalka ayaa ka badan khataraha la yaqaano iyo kuwa imaan doona ee laga qaadi karo COVID-19.

Waxaan sidoo kale halkaan u joognaa inaan kaa caawino ka jawabaida su'aalahaaga.

Si daacad ah,

[Name of organization leader]

6. Waraaqda wararka

Kudar xogta noocaan ah waraaqaha wararka ee dadka waayeelka ah. Dajinta filashooyin ayaa muhiim u ah si aad xog hurudhac ah u siiso.

Dadka waayeelka ah ee jira 80 iyo kawayn ayaa qaadan karta talaalka COVID-19 bishaan. Qaadashada talaalka COVID-19 waa mid kamid ah qaababka ugu wanaagsan ood ku difaacayso naftaada, qoyskaaga, dadka kuu dhawdhaw, iyo bulshadaada **Waxaa kasoo wareegi doona asbuucyo badan ilaa inta badan waayeelku ay helaan talaalo.** Waa muhiim inaad fahanto in inkastoo ay u qalmaan talaalka, ay qaadan doonto asbuucyo badan kahor inta aan la helin talaal ku filan qof kasta oo kooxda da'daan ah. Saraakiisha gobalka ayaa aaminsan inay qaadan doonto asbuucyo in la talaalo dhammaan dadka waayeelka ah. Talaalka Bilaash ayuu ku helayaa qof kasta oo reer Oregon ah.

Si aad u hesho marka aad u qalanto iyo meesha aad aadi karto si lagu talaalo:

- Booqo [covidvaccine.Oregon.gov](https://www.covidvaccine.Oregon.gov)
- Fariin qoraalka udir ORCOVID lambarka 898211
- limeel ORCOVID@211info.org
- or 1-866-698-6155
(TTY: wac 711 ama wac 1-866-698-6155)

QAYB CUSUB: Marka la gaaro Febbaraayo 8, 2021, Oregon Health Authority ayaa bilaabi doonto aalad cusub ood ka helayso [covidvaccine.Oregon.gov](https://www.covidvaccine.Oregon.gov) oo loogu yeero **Get Vaccinated Oregon (Talaalka Qaata Reer Oregon)**. Aaladaan waxay u sahlaysaa dadka inay go'aansadaan haddii ay hadda u qalmaan talaal ayna iska diiwaan gashaan helitaanka fariimaha iimeelka ama fariin qoraalo marka ay u qalmaan talaalka. Marka qofka u qalma la talaalo, aaladaan ayaa ka caawin doonto isticmaalayaasha inay helaan goobaha talaalka ee aagooda. Aaladaan waxay u furnaan doontaa dhammaan dadka reer Oregon. Adeegsiga aaladaan uma damaanad qaadayso isticmaalayaasha "boos" ay ka helaan talaalka. Markay u qalmaan, isticmaalayaasha La ogaysiiyay ayaa u adeegsan kara aalada inay helaan goobta talaalka ee deegaankooda.

7. Kaararka bulshada/koobiga sawirka ah

Halkaan ayaad ka helaysaa qaar kamid ah boostiyada baraha Bulshada ood ku faafin karto barahaaga bulshada. Fariin kasta, fadlan xaqiiji inaad dajiso himilooyin sheegaaya in aysan jirin talaal cid kasta ku filan ayna u badan tahay inay qaadato asbuucyo badan kahor intaan la talaalin.

Xiliga ay dadka waayeelka ah bilaabi karaan qaadashada talaalka COVID-19:

| Da'da | Biloowga |
|-------|----------------|
| 80+ | Feebaraayo. 8 |
| 75+ | Feebaraayo. 15 |
| 70+ | Feebaraayo. 22 |
| 65+ | Maarso. 1 |

covidvaccine.Oregon.gov

Fariin qoraal ugu dir erayga ORCOVID lambarka 898211
Wac 211

Miyaan heli karaa talaalka COVID-19? Xagee ayaan booqanayaa?

Booqo covidvaccine.Oregon.gov

Fariin qoraal udir ORCOVID lambarka 898211

limaylka ORCOVID@211info.org.

or 1-866-698-6155

(TTY: wac 711 ama wac 1-866-698-6155)

Baro Kahor intaadan Tagin

Talaallada COVID-19 waa:

- kuwa badqab iyo waxtar leh
- Bilaash aad ku helayso

covidvaccine.Oregon.gov

Fariin qoraal ugu dir erayga ORCOVID lambarka 898211
Wac 211

Waxaad u baahan tahay inaad hesho 2 kuuro ee talaalka.

Waa muhiim inaad hesho labada kuuraba si talaalku u shaqeeyo.

Qaado kuurada labaad 3 ama 4 asbuuc kadib markaad qaadato tan koobaad.
Ka qaado labada kuurada iskumeel.

covidvaccine.Oregon.gov

Fariin qoraal ugu dir erayga ORCOVID lambarka 898211
Wac 211

Waxaad u baahan doontaa inaad xidhato maaskareetiga iyo kala fogaanshahajidhkaka dib marka tallaalka aad qaadato hadda.

- Sii wado xirashada maaskarada
- Ka fogaato 6 fiid dadka kale
- Aad farxalato
- Ha la qaadan waqti dad aadan la noolayn.

Xaaladuhu kuma laaban karaan caadigoodii ilaa in dad ku filan la talaalo.

covidvaccine.Oregon.gov

Fariin qoraal ugu dir erayga ORCOVID lambarka 898211
Wac 211

Kadib markaad qaadato talaalka COVID-19, waxaad ka qaadi kartaa cilado.

Arintaan ayaa caadiyan ka dhigan in talaalku shaqaynaayo si loo dhawro caafimaadka jirkaaga.

- Gacan xanuun
- Xanuunka Kala goyska
- Madax xanuun
- Qandho (ma badna)
- Murqo Xanuun
- Daal
- Qarqaryo

Ina badan ciladahaan talaalka ka dhasha ayaa kaa ba'aaya maalmo yar gudahood.

[covidvaccine.Oregon.gov](https://covidvaccine.oregon.gov)

Fariin qoraal ugu dir erayga ORCOVID lambarka 898211
Wac 211

Waxaad ka difaaci kartaa naftaada waxaadna gacan ka gaysan doontaa joojinta aafada adoo qaadanaaya talaalka COVID-19.

Qaadashada talaalka COVID waa mid kamid ah qaababka ugu wanaagsan ood ku difaacayso naftaada, qoyskaaga, iyo bulshadaada

[covidvaccine.Oregon.gov](https://covidvaccine.oregon.gov)

Fariin qoraal ugu dir erayga ORCOVID lambarka 898211
Wac 211

Helitaanka dukumiintiga: Dadka naafada ah ama shaqsiyaadka ku hadla luuqad aan ahayn Ingiriis, OHA ayaa bixin karta xogta oo lagu heli karo qaabab kale sida ayadoo turjuman, far waawayn ku qoran, ama farta indhoolka ku qoran. Kala xariir Xarunta Xogta Caafimaadka lambarka 1-971-673-2411, 711 TTY ama COVID19.LanguageAccess@dhsosha.state.or.us