Ilaha Loogu Talagalay Waalidiinta Qaba COVID-19: Kahor Intaadan Bukoon, Sameyso Qorshe

Gobolka Maine ayaa kuula diyaar ah inay kaa caawiso haddii aadan daryeeli karin carruurtaada sababta oo ah adiga oo si daran u cudurka Covid-19 kuu hayo.+

Waa kuwan tallaabooyinka aad qaadi karto si aad u hubiso inuu jiro qorshe haddii aad bukooto:

- Ma leedahay ehel, saaxiib, ama taageero jaaliyadeed oo badbaado iyo aammin leh? Haddii ay sidaas tahay, la xiriir iyaga oo weyddii haddii ay diyaar u yihiin inay kuu daryeelaan carruurtaada haddii aad bukooto.
- Carruurtaada ma lagugu daryeeli doonaa gurigaaga ama guriga ehelka, saaxiibka, ama taageerada jaaliyadeed? Haddii gurigooda ay joogi doonaan, u diyaari dhar, agab shaqsiyeedka, iyo dawada carruurtaadu u baahan doonto markaad ka maqan tahay guriga dhowr toddobaad.
- La hadal waqti sii hore carruurtaada iyo ehelkaaga, saaxiibkaa, ama taageerada jaaliyadda si aad ugala hadasho arrimaha caafimaadka, macluumaadka dhakhtarka iyo qorshaha loogu talagalay carruurtaada.

Haddii aad soo heli weydo daryeele kale oo aad si aad ah u bukooto oo daryeeli kari weydo carruurtaada, Xafiiska Adeegyada Ilmaha iyo Qoyska ayaa diyaar u ah inay ku caawiyaan. Fadlan u wac 1-800-452-1999 si aad u hesho macluumaad dheeraad ah.

Haddii aad xubin ka tahay New Mainer Community, waxa jira ilo ku caawin kara.

The Immigrant Resource Center of Maine (Xarunta Ilaha Muhaajiriinta Maine) ({ut} 207) 753-0061; {ut} Iimayl: info@ircm.org; Barta Interneka: www.ircofmaine.org Maine Immigrant Rights Coalition 207-517-3404; Iimayl: info@maineimmigrantrights.org Barta internetka: https://maineimmigrantrights.org/

Haddii aad xubin ka tahay Beesha Maraykanka Asalka u Ahaa (Native American Community), waxa jira ilo ku caawin kara.

Wabanaki Health and Wellness **(207)992-0411;** Kala xiriir: Sharon Jordan Iimayl: stomah@wabanakihw.org
Barta internetka: www.wabanakihw.org/

Ilaha loogu talagalay Waalidiinta iyo Daryeelayaasha

- **Tilmaamaha CDC:** https://www.cdc.gov/coronavirus/2019-ncov/index.html
- **Mashruuca Wax Ka Ogaanta Covid-19:** https://drive.google.com/file/d/1Ciqkae9TKsmrw94NDOS5KlXFN9TSE6S1/view
- **Waaxda Caafimaadka iyo Adeegyada Aadanaha, Xafiiska Adeegyada Carruurta iyo Qoyska 1-877-452-1999** http://www.maine.gov/dhhs/ocfs/
- **2-1-1 Maine, Inc. (**Macluumaad & Ugudbin Bilaash Ah**):** Garaac **211** ama 1-877-463-6207 (Wixii Ka Baxsan gobolka) https://211maine.org/

Annagoo ku hadlayna magaca Waaxda Caafimaadka iyo Adeegyada Aadanaha Maine, Xafiiska Adeegyada Carruurta iyo Qoyska, waxaan u mahadnaqaynaa shaqada socota ee Waxbarashada, Bixiyeyaasha Caafimaadka iyo Bixiyeyaasha Caafimaadka Dhimirka iyo xirfadleyaasha kale iyo xubnaha bulshada ee nagala qaybgalaya sidii aan uga dhigi lahayn Maine carruurteeda iyo qoysaskeeda badbaado iyo caafimaad.

All Maine Children & Families
SAFE, STABLE, HAPPY, HEALTHY

KAHOR INTAADAN BUKOON, SAMEYSO QORSHE

Kuma (kuwama)?

- Ayaa kuu daryeeli doona carruurtaada haddii aad aad u bukooto tahay oo aadan daryeeli karin?
- Ma leedahay ehel, saaxiib, ama taageero jaaliyadeed oo badbaado iyo aammin leh?
- Haddii ay sidaas tahay, la xiriir iyaga oo weyddii haddii ay diyaar u yihiin inay kuu daryeelaan carruurtaada haddii aad u bukooto.

Halkee?

- Carruurtaada ma waxaa lagugu daryeeli doonaa gurigaaga ama guriga ku aad aamminsan tahay ee ku taageerii doona?
- Hadday gurigooda ay joogi doonaan, u diyaari waxay carruurtaadu u baahan doonto markaad ka maqan tahay guriga dhowr toddobaad.
- Haddii aad gurigaaga joogto, u fiirso taxaddarrada CDC ee loogu talagalay in qof kastaba u badbaadiyo.

goorma?

- La diyaari qorshe ehelka, saaxiibka, ama taageerada jaaliyadeed ee aad aamminsan tahay?
- Haddii aad bukooto, qorshahaaga ayaa horeayba meesha u jiri doona oo waxa lagu hawlgalin karaa telefoonka loo diro qofka u daryeeli doona carruurtaada.

Maxaa dhici doona haddi?

- Maxaa dhacaya haddii aanan haysan qof badbaado ah oo aan aamminsanahay oo u daryeela ilmahayga haddii aan aad u bukoodo oo aan daryeeli kari waayo?
- Fadlan la xiriir mid ka mid ah hay'adahan soosocda si aad macluumaad intan ka badan uga ogaato ilaha aad heli karto:

Immigrant Resource Center of Maine (Xarunta Ilaha Muhaajiriinta Maine) ({ut} 207) 753-0061

Wabanaki Health and Wellness **(207)992-0411**

Xafiiska Adeegyada Qoyska Ilmaha 1-800-452-1999

Annagoo ku hadlayna magaca Waaxda Caafimaadka iyo Adeegyada Aadanaha Maine, Xafiiska Adeegyada Carruurta iyo Qoyska, waxaan u mahadnaqaynaa shaqada socota ee Waxbarashada, Bixiyeyaasha Caafimaadka iyo Bixiyeyaasha Caafimaadka Dhimirka iyo xirfadleyaasha kale iyo xubnaha bulshada ee nagala qaybgalaya sidii aan uga dhigi lahayn Maine carruurteeda iyo qoysaskeeda badbaado iyo caafimaad.

All Maine Children & Families
SAFE, STABLE, HAPPY, HEALTHY