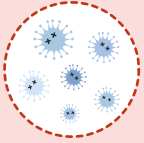
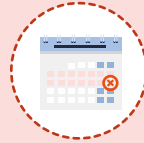


COVID-19: Is-Go'doominta

Is-go'doomintu waa gurigaaga oo aad joogtid si aad dadka kale u badbaadisid uguna fogaatid xaaladaha aad kula kulmi kartid dadka kale.



Hay'adda Caafimaadka Bulshadu waxay ku faraysaa in aad is-go'doomisid haddii aad u dayacantay fayraska khatarna ugu jirtid in COVID-19 kugu dhaco dadka kalena u gudbisid.



Haddii lagaa baaro COVID-19 oo aan lagaa helin cudurkii, calaamadihiisu wali dib bay kuugu soo bixi karaan. Fayrasku wuxuu qaadan karaa ilaa iyo 14 beri in uu kugu soo baxo marka uu ku saameeyo dabadeed.



Hay'adda Caafimaadka Bulshadu way kaaga jawaabaysa su'aalahaaga kuuna sheegaysa inta maalmood ee aad u baahan tahay in aad gurigaaga joogtid. Si aad dadka kale u badbaadisid, waxaa aad u muhiim ah in aad gurigaaga joogtid dhammaan inta maalmood ee lagu faray.



Gurigaaga meel gooni ah ka deg oo dadka kale ka fog. Waayeelka da'daa iyo dadka qaba xanuuno hore waxay aad ugu nugul yihiin in ay aad ugu jirraadaan cudurka COVID-19. Guriga ha keenin marti, adiguna ha booqan dad meela kale deggan.

Siyaabaha niyaddaada loo dhiso marka aad is-go'doomisid

Waa kuwaan siyaabo aad u wanaagsan oo wax kaa taraya in aad yareysid dareenka culaysyada walwalka iyo walaaca, niyad wanaagna dareentid.



Cunto nafaqa leh cun.



Bilow tababarka nasashada, sida neefsashada fog, khilaaweynta ama jimicsiga yoogada.



Dooro siyaabo aad u jimicsatid oo firfircoonow guriga.



Hurdo badan seexo.

Naftaada iyo dadka kaleba naxariis iyo dulqaad u yeelo inta uu jiro cudurka COVID-19. Waa ogsoon nahay in mararka qaarkood ay adag tahay in waxyaabahaas la sameeyo.

Waxaan u joognaa in aan ku caawinno



Haddii adiga ama qof aad jeceshahay dhib ka haysto niyadda ama dareenada, fadlan ka wac hay'adda **HealthLinkBC** nambarka **8-1-1** si aad qof ugu la hadashid afkaaga.



Si aad turjumaan uga la hadashid nambarka 8-1-1, saddex jeer Af Ingiriis ku dheh afkaaga. Sug ilaa turjumaan telefoonka soo galo.

Siyaabo lagaaga caawiyo in aad guriga isku go'doomisid



Dad iskaa wax u qabso ah ayaa kaa caawimi kara soo gadashada adeegyada cuntada, soo qaadashada alaaboyinka kuu yimaada, in ay kaa taageeraan sidii aad ula tacaali (qabsan) lahayd culeyska walwalka kuguna xiraan adeegyo kale. Fadlan ka wac hay'adda **United Way of Lower Mainland** nambarka **604-294-8929**.



Hay'adda Guryaha Biritish Kolombiya (BC Housing) waxay bixisaa taageero ijaar oo dhan ilaa \$500 bishii ugu yaraan ilaa iyo bisha August 2020

Fadlan wac: **778-452-2836** ama **1-877-757-2577**



Deeqda Xaaladda Degdegga Shaqaalaha Biritish Kolombiya (B.C) waxay bixisaa **deeq hal mar ah oo \$1,000 ah dadka aan shaqeyn karin COVID-19 dartiis**.

Waxaad ka wici kartaa telefoonka bilaashkaa: **1-855-955-3545**



Haddii da'daada tahay 65 sano ama ka weyn oo kaligaa guri ku nooshahay, waxaad heli kartaa taageero in lagu keeno adeegga cuntada, dawooyinka lagu soo qaado, dharka lagu dhaqo iyo adeegyo kale oo laga helo barnaamijka **Gurigeys ku Fiican Tahay (Better at Home program)**.

Fadlan wac: **604-268-1312** ama **2-1-1**

Dhammaadka is-go'doominta dabadeed



Hay'adda Caafimaadka Bulshada ayaa ku ogeysiin doonta marka is-go'doomintaadu dhammaato oo ay badqab kuu tahay in aad dadka kale u dhawaatid.

Sii wad in aad naftaada iyo dadka kale ka badbaadisid fayraska:

○ Gacmaha u dhaqo si joogta ah

○ Guriga joog haddii aad jirran tahay, si joogta ahna u nadiifi gurigaaga

○ Qufaca/hindhisada u dhig suxulkaaga

○ Ka fogow dadka kale una jirso (6 fiit)