

Hargabka Shimbiraha iyo Caafimaadkaaga Su'aalaha Badanaa La Is Weydiiyo ee Ku aadan Ugaarsatada iyo Ugaarsiga

Hargabka shimbiraha waa fayras si fudud uga gudba shimbir ilaa shimbir Fayraskani wuxuu sababayaa xanuun badan iyo dhimasho ku dhacda shimbiraha duurjoogta ah adduunka oo dhan oo ay ku jirto gobolka Washington.

Shimbiraha qaba hargabka shimbiraha waxay fayraska ku faafiyaan candhuuftooda xabka iyo saxarada. **Waxaad qaadi kartaa cudurka haddii fayrasku galo indhahaaga, sanakaaga, ama afkaaga ama haddii aad neefsato.** Hargabka shimbiraha dadka si dhif ah ayuu ugu dhacaa badanaa wuxuu dhacaa kadib marka ay muddo dheer la xiriiraan shimbiraha qaba cudurka iyadoo aan la isticmaalin qalabka ilaalinta shaqsiga ee ku habboon (PPE).

Hargabka shimbiraha marar dhif ah ayuu dadka ku keena xanuun, laakiin waa suurtagal oo waa uu dhici karaa. Raac tilmaamahan si aad caafimaadka u ilaaliso:

Ka hor ugaarsiga:

- Qaado qalabka aad u baahan tahay si aad si ammaan ah u nadiifiso hilibka ugaadha oo qalabkaas waxaa ku jira:
 - Galoofyo cinjirta ah ama kuwa halka mar la isticmaalo
 - Maaskaro N95 ama maaskaro si fiican ku difaacaya
 - Ilaalinta indhaha (sida muraayadaha difaaca indhaha)
 - Dhalo wax lagu buufiyo oo xal jeermis dille ah oo 10% ah (isku qas 1 koob jeermis dille ah iyo 1 gallon biyo ah)
 - Saabuun
 - Biyo



- La hadal dhakhtarkaaga caafimaadka si aad u hesho tallaalka hargabka xilliyeed. Aad bay muhiim u tahay in dadka laga yaabo inay la kulmaan shimbiraha jiran ay qaadaan tallaalka hargabka xilliyeed Tallaalka hargabka xilliyeed kama hortagayo hargabka shimbiraha laakiin wuxuu yareynayaa fursadda aad isku mar ugu qaadi karto hargabka dadka iyo kan shimbiraha.

Inta aad ku jirto goobta ugaarsiga:

- Ha qaban ama ha ugaarsan shimbiraha duurjoogta ah ee si cad u jiran ama dhintay.
- Ka ilaali eeyaha inay la xiriiraan ama cunaan shimbiraha jiran ama dhintay.
- Ku nadiifi shimbiraha ugaadha meel hawo fiican leh
- Xiro galoofyo cinjir ah ama halka mar la isticmaalo, maaskaro N95 ama maaskaro si fiican ku difaacaya, iyo qalabka ilaalinta indhaha marka aad nadiifinayso shimbiraha.
- Wax ha cunin, biyo ha cabin, hana cabin sigaar marka aad nadiifinayso ugaadha.
- Marka aad dhammayso la macaamilka ugaadha si degdeg ah u dhaq gacmahaaga si fiican saabuun iyo biyo
- Ku nadiifi qalabka loo isticmaalo nadiifinta shimbiraha xal leh 10% oo jeermis dille ah.

Marka aad guriga ku noqoto:

- Ku nadiifi dhammaan kabaha qalabka iyo meelaha taabtay shimbiraha adigoo isticmaalaya saabuun iyo biyo kadibna ku jeermis dil xal 10% ah. Dhaq dhammaan dharka taabtay shimbiraha adigoo isticmaalaya biyo kulul iyo saabuun kuna qalaji kulayl sare.
- Dhammaan hilibka ugaadha waa in si fiican loo kariyaa ilaa uu gaaro heerkul gudaha ah oo ah 165 degrees Fahrenheit.
- Ha siin eeyaha ama xayawaanka kale hilib cayriin ama qaybaha kale ee bakhtiga.
- Iska eeg calaamadaha xanuunka muddo 10 maalmood ah kadib maalintii ugu dambaysay ee aad la xiriirtay shimbiro laga yaabo inay cudurka qabaan ama meelaha iyo qalabka wasakhaysan. La xiriir hay'adda caafimaadka deegaankaaga iyo dhakhtarkaaga haddii aad bilowdo inaad xanuunsato.
- Xayawaanka rabaayada ah ee taabta shimbiraha duurjoogta ah sida eeyaha ugaarsiga waxay halis sare ugu jiraan inay qaadaan hargabka shimbiraha. Si degdeg ah u raadi dhakhtarka caafimaadka oo xoolaha ah haddii xayawaankaagu xanuunsado.

Waa maxay calaamadaha ay leeyihiin dadka uu ku dhaco hargabka shimbiraha?

Calaamadaha iyo astaamaha la arkay ee dadka qaba hargabka shimbiraha waxaa ka mid ah:

- Qandho ama dareen qandho iyo qarqaryo
- Qufac
- Sanka oo biyo ka dareeraya ama xiran
- Indhaha oo biyo ka imaanaya guduudasho cuncun
- Hindhiso
- Cuno xanuun
- Dhibaato neefsashada
- Neef qabatin
- Daal badan (aad u daallan)
- Murqo xanuun ama jir xanuun
- Madax xanuun
- Lallabbo
- Matag
- Shuban
- Suuxdin
- Finan maqaarka ah

Maxaan sameeyaa haddii aan xanuunsado oo laga yaabo inaan qaaday hargabka shimbiraha?

La xiriir waaxda caafimaadka deegaankaaga una sheeg inaad aad taabatay shimbiro. Waxaad ka heli kartaa macluumaadka xiriirka waaxda caafimaadka deegaankaaga halkan:

doh.wa.gov/about-us/washingtons-public-health-system/washington-state-local-health-jurisdictions ama wac 206-418-5500 oo weydii macluumaadka xiriirka waaxda caafimaadka deegaankaaga.

Haddii aad u baahan tahay daryeel caafimaad marka hore wac dhakhtarkaaga ka hor inta aadan tagin xaruunta caafimaadka si aad ugu sheegto inaad laga yaabo inaad qaaday hargabka shimbiraha.

Adeegyada Caafimaadka Maskaxda

Xaaladaha degdegga ah ee caafimaadka xoolaha waxay keeni karaan walwal bulshooyinka ay saameeyeen. Haddii aad dareento isbeddel ku yimaada shucuurtaada ama fikirkaaga ama haddii xaaladdu khatar gelin karto noloshu wac **911** si aad u hesho gargaar degdeg ah. Haddii aad qabto niyad jab fikrado isdil ama aad u baahan tahay inaad la hadasho qof la xiriir mid ka mid ah kooxahan:

Washington County Crisis Line (Laynka Gurmadka Aafada ee Degmada Washington)

Wac khadka dhibaata degdegga ah ee degmadaada si aad u hesho caawimaad (24/7/365) oo loogu talagalay adiga, saaxiibkaaga, ama xubin qoyskaaga.

www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/mental-health-crisis-lines

Washington Listens

Washington Listens waa adeeg bilaash ah oo qarsoodi ah oo loogu talagalay qof kasta oo ku sugan gobolka kaas oo bixiya taageero dadka dareemaya murugo walwal ama niyad jab. **(1-833-681-0211)**

National Suicide Prevention Lifeline

24/7 adeegyo gargaar degdeg ah oo bilaash ah oo qarsoodi ah adiga ama dadka aad jeceshahay: Wac **988** ama **1-800-273-TALK (1-800-273-8255)**.

