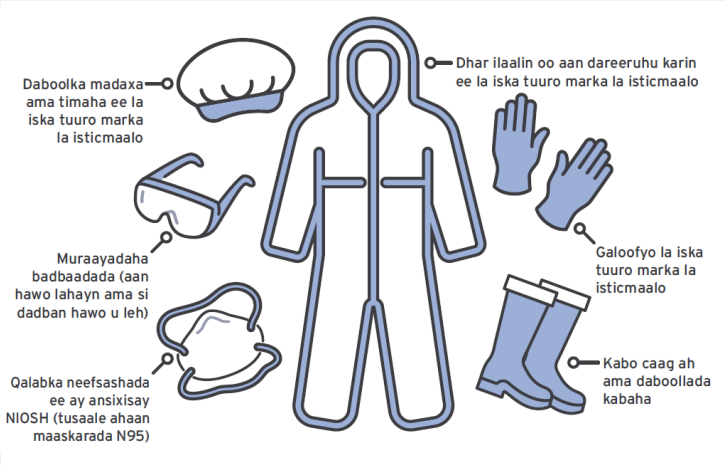
TILMAAMAHA HARGABKA SHIMBIRAHA EE LOOGU TALAGALAY SHAQAALAHA KA SHAQEEYA BEERAHA DIGAAGGA.

Waa Maxay Hargabka Shimbiraha (H5N1)?

H5N1 waa fayras keeni kara cudur loo yaqaan hargabka shimbiraha ama “bird flu.” In kasta oo ay dhif iyo naadir tahay, dadku waxay ku qaadi karaan hargabka shimbiraha marka ay la xiriiraan shimbiro ama xayawaan qaba cudurka, dheecaannadooda jirka, saxaradooda, ama deegaanka ay ku nool yihiin.

Sida Shaqaalaha Ka shaqeeya Beeraha Digaaggu Lagu xanaaneeyo ay Isku Ilaalin Karaan

1. Xiro dhar difaac ah markaad la shaqaynayso shimbiro jiran ama dhintay ama deegaanadooda. Qalabkaan waa inuu kuu diyaariyaa loo-shaqeeyahaagu.



2. Dhaq gacmahaaga maalinta oo dhan, kadib markaad iska saarto dharka ilaalinta, iyo ka hor intaadan wax cunin ama cabin.

3. Qubayso dhammaadka saacadahaaga shaqada kagana tag goobta shaqada dhammaan dharka iyo qalabka jeermiska soo gaadhay.

Calaamadaha Hargabka Shimbiraha ee dadka ku dhaca waxaa ka mid noqon kara:

- Qandho ama qarqaryo
- Cune xanuun
- Neefta oo ku adkaata
- Indhaha oo biyo ka socdaan, guduudasho, ama cuncun indhaha ah
- Madax xanuun
- Murqo xanuun ama jir xanuun
- Shuban
- Qufac
- Duuf sanka ka socda ama sanka oo xidhma
- Matag

Waxa la sameeyo haddii aad qaaday fayraska ama aad xanuunsato:

- Haddii aad la falgashay shimbiro ama xayawaan uu ku dhacay fayraska H5N1 ama deegaankooda, waa inaad iska eegtaa calaamadaha cudurka inta aad la xiriirato iyo muddo 10 maalmood ah kadib marka xiriirkaasi joogsado.
- Haddii aad bilowdo inaad xanuunsato oo aad yeelato calaamadaha hargabka shimbiraha, waa inaad ka fogaataa dadka kale oo aad isla markiiba la xiriirtaa waaxda caafimaadka ee deegaankaaga (iskaan garee koodhka QR si aad macluumaad dheeraad ah u hesho), ama wac 206-418-5500.

Iskaan garee si aad u hesho waaxda caafimaadka ee deegaankaaga

Macluumaad Dheeraad ah:

Wixii su'aalo ah ee ku saabsan hargabka shimbiraha ama sida baaritaanka loo maro:

- Ka wac Washington State Department of Health (Waaxda Caafimaadka ee Gobolka Washington) lambarka 1-800-525-0127 ama booqo doh.wa.gov/avian-influenza

Wixii su'aalo ah ee ku saabsan xayawaannada jiran ama ku dhintay beerta:

- La xiriir dhakhtarka xoolaha ee beertaada.

WSDA

Washington State Department of HEALTH

DOH 420-669, April 2025 Somali. Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir doh.information@doh.wa.gov.

ILLAHA CAAFIMAADKA DHIMIRKA

Hel Taageero

Xaaladaha degdegga ah ee la xiriira caafimaadka xayawaanku waxay sababi karaan walaac. Haddii aad dareento isbeddello ku yimaadda dareenkaaga, hab-dhaqankaaga, ama awooddaada hab fikirka, ama haddii aad dareento inay kugu adkaatay is daryeelka naftaada, qoyskaaga, ama xayawaankaaga, tixgeli inaad isla markiiba la xiriirto saaxiib, hoggaamiye diimeed, ama bixiye adeeg caafimaad. **Haddii xaaladdu ay khatar ku noqon karto nolosha, hel caawimaad degdeg ah adigoo wacaya 9-1-1.**

Haddii aad wajahayso calaamadaha niyad-jabka, aad qabto fikrado isdilid ah, ama aad si fudud ugu baahan tahay inaad qof la hadasho, fadlan wac, fariin u dir, ama la sheekayso 988 si aad ula xiriirto Khadka 988 Suicide & Crisis Lifeline. Khadka Caawinta ee 988 Lifeline waa mid qarsoodi ah, bilaash, waxaana la heli karaa 24 saacadood maalintii, 7 maalmood toddobaadkii, 365 maalmood sannadkii.

Ilaha Kale

Farm Aid

Farm Aid waxay beeralayda ku xirtaa adeegyo iyo ilo waxtar leh. Buuxi foomka Codsiga Caawimaadda ee Onlaynka ah (koodhka QR-ka). Wixii caawimaad ah, wac Khadka Caawinta Beeralayda (Farmer Hotline) maalinta Isniinta ilaa Jimcaha 9 subaxnimo ilaa 10 fiidnimo waqtiga Bariga (Eastern time): 1-800-FARM-AID (1-800-327-6243) ama iimayl u dir farmhelp@farmaid.org.

Western Regional Agricultural Stress Assistance Program (WRASAP):

Western Regional Agricultural Stress Assistance Program (WRASAP, Barnaamijka Gargaarka Cadaadiska Beeraha ee Gobolka Galbeedka) waa koox ka kooban ururro iyo xubno bulshada ka tirsan oo ku kala sugan gobolka dhanka Galbeed kuwaas oo taageero, ilo, iyo fursado maalgelin siiya bulshooyinka wax beerta, oo ay ku jiraan beeralayda, xoolo-dhaqatada, shaqaalaha beeraha, iyo qoysaskooda. Si aad ula xiriirto adeegyada WRASAP ee deegaankaaga, buuxi foomka xiriirka (koodhka QR-ka).

MAGDHOWGA SHAQAALAHA IYO FASAXA JIRRADA EE MUSHAHARKA LAGU BIXIYO

Shaqaaluhu waxay u qalmi karaan dheefaha magdhowga shaqaalaha ee baaritaanka iyo daaweynta haddii shaqadoodu sababtay inay la kulmaan hargabka shimbiraha. Waxay sidoo kale u qalmi karaan magdhowga waqtiga shaqada ee lumay inta ay ka soo kabanayaan haddii aysan awoodin inay qabtaan shaqadooda caadiga ah muddo ka badan seddex maalmood sababo la xiriira xaalad ka dhalatay shaqada. Shaqaalaha aaminsan inay qaadeen hargabka shimbiraha sababo la xiriira shaqadooda waxay gudbin karaan codsi magdhow shaqaale si ay u eegto Department of Labor & Industries (Waaxda Shaqada iyo Warshadaha). Wixii macluumaad dheeraad ah, wac 800-547-8367 (en español 360-902-5800) ama booqo LNI.wa.gov/BirdFlu.

Marka laga soo tago dheefahan magdhowga shaqaalaha, loo-shaqeeyayaasha Washington State (Gobalka Washington) waa inay shaqaalaha siiyaan fasax jirrada ah oo mushahar lagu bixiyo. Shaqaaluhu waxay isticmaali karaan fasaxa jirrada ee mushaharka lagu bixiyo ee ay kasbadeen si ay ugu daboolaan waqtiga uga baaqday baaritaanka, daaweynta, daryeelka caafimaad ee ka hortagga ah, iyo ka soo kabashada hargabka shimbiraha.

Xaqiiqooyin Muhiim ah oo ku Saabsan Khadka 988 Suicide & Crisis Lifeline

Codsiga Caawimaadda ee Farm Aid

Foomka Xiriirka ee WRASAP

Macluumaadka Sharciga Fasaxa Xanuunka ee Mushaarka Leh

WSDA

Washington State Department of HEALTH

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