

# Nooval Koroonofayras wadahadalada bulshada

- Webinaar Maarso 26, 2020

Public Health – Seattle & King County  
Seattle Office of Immigrant and Refugee Affairs  
Seattle Office of Economic Development  
Seattle Office of Labor Standards

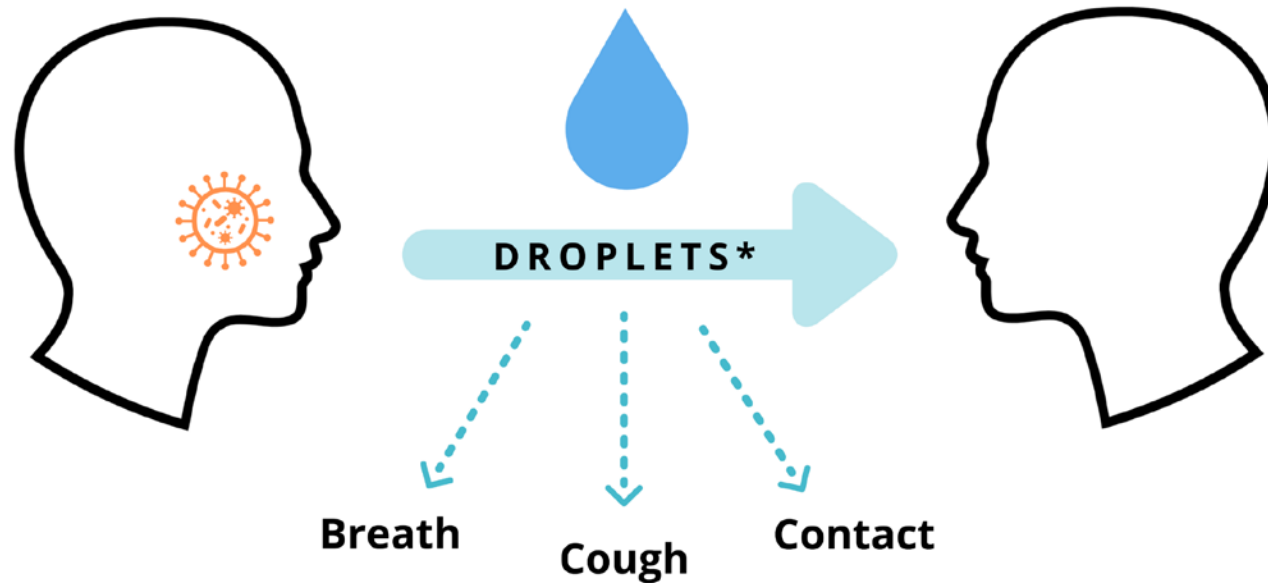


**Public Health**   
Seattle & King County

# Talooyinka Haayada Caafimaadka ee Dadweynaha

# Sidee ayuu u faafaa Nooval Koronavirus (COVID-19)?

Fayras ka wuxuu ku noolaan karaa sagxadaha illaa 9 maalmood



*\* Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.*

# Waamaxay astaamahu?

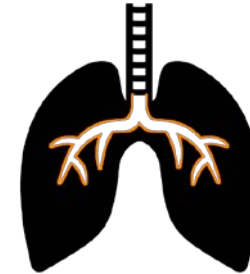
Qandho



Qufac



Neefta oo ku dhibto



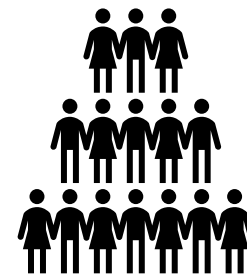
Dadka laga helay cudurka 'Koronovirus' ayaa sheegay in astaamahu ay ku bilaabmeen ugu yaraan **2 maalmood ama ilaa iyo 14 maalmood gaadhistii fayraska ka dib.**



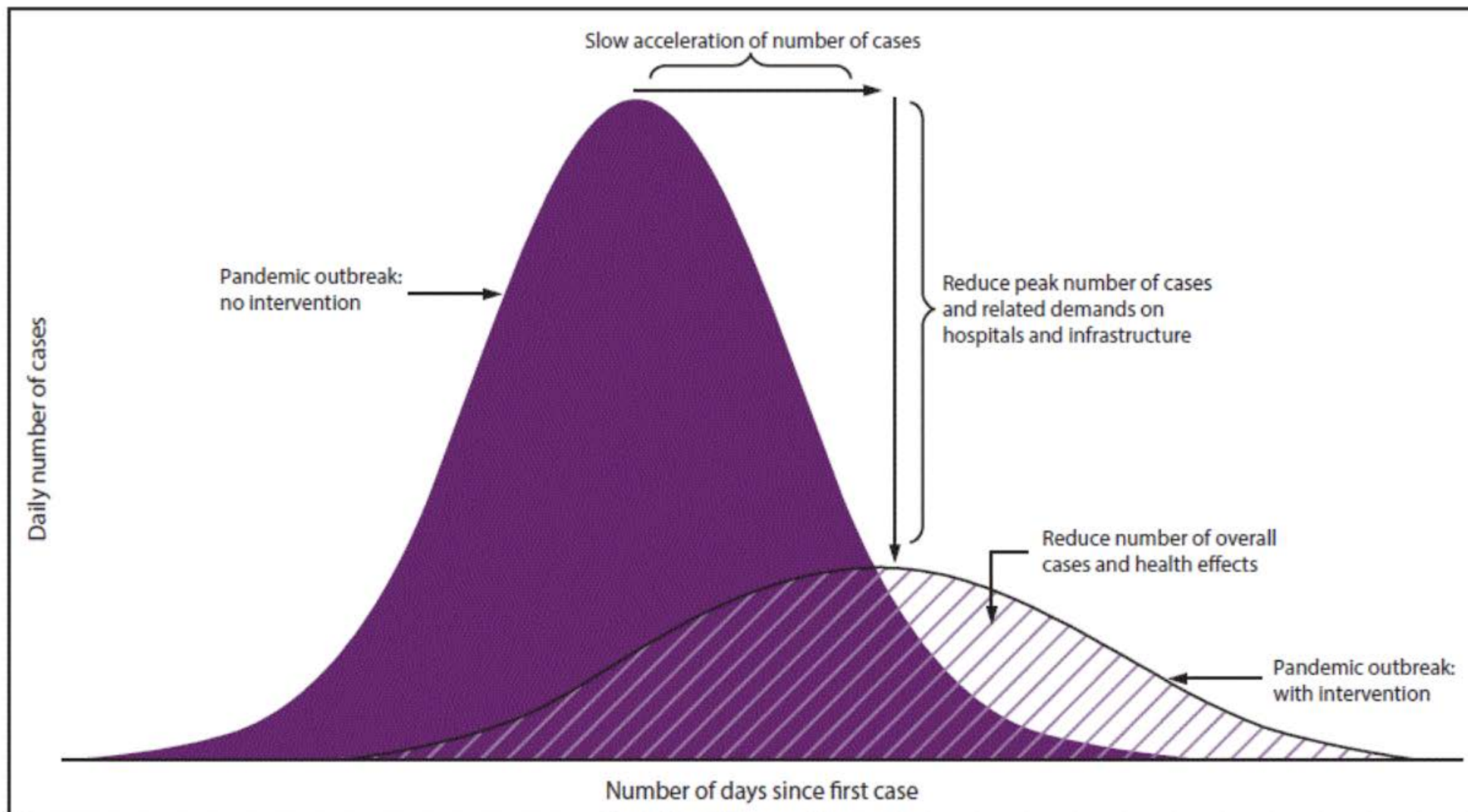
# Yaa xanuun daran halis ugu jira ?

**Dadka khatar ugu jira inay qaadaan xanuunka daran waxaa ka mid ah:**

- Waayeelka (60 iyo waxii ka koreeyo)
  - Dadka cuduro kale horay u qabay
  - Difaaca jirka oo daciif ah
  - Haweenka uurka leh
- 
- Caruurta waxay yeelan karaan xanuun aad u yar, laakiin dadka kale ayee halis gelin karaan
  - Dadka halis ku jiro waa inay guryahooda joogaan oo sida ugu macquulsan ka fogaadaan meelaha la iskugu yimaado



# Yaraynta Faafidda Koroonofayras





# Talaabooyin lagu yareyn karo halista faafida



**Guriga joog markaad jirantahay**

**Hadii aad u baahato mooyee, ka fogow goobaha caafimaadka guud ahaan**



**Hadii aada ka maarmin mooyee, Ha aadin qolka gargaarka degdega ah**



**Ku dadaal caadooyinka nadaafada shaqsiyeed ee wanaagsan**



**Ka fogow dadka jiran**



**Nadiifi meelaha aad loo taabto**



**Ku dadaal nasasho badan, cab cabitaano fara badan, cun cuno caafimaad leh**



# Yaa Cudurka Laga Baaraa?



- Ma aha in qof walba oo dareemo xanuun in la baariyo, gaar ahaan hadii aad xanuun yar qabtid.
- Hadii aad leedahay qufac, qandho ama Neefta ay ku dhibto, marka hore bal Wac dhakhtarkaaga caafimaadka, si aad u ogaato in lagaa baari karo COVID-19.
- Ayadoo baaristii fududaatay, shaqaalahii caafimaadka ee shaqayniyay ayaa yaraaday, taas oo keentay inay dahaan natiijooyinka shaybaadhka.





# Amarada Haayada Caafimadka ee dadweynaha – Kulanada iyo and Ganacsiyada

- Maarso 23 deeda, Guddoomiye Jay Inslee ayaa soo saaray [amar dowladeed](#) (Guriga joog, Caafimaad Qab).
- Degane kasta oo ku nool Washington waxaa laga raba inay guriga joogaan hadii aysan baahi degdeg ah qabin mooyee.
- Dhamaan shirarka loogu talagalay arrimaha bulshada, diinta iyo ujeedooyinka madaddaalo waa mamnuuc.
- Dhamaan ganacsiyada marka laga reebo [ganacsatada muhiimka](#) ah waa in la xiraa. Ganacsiyada ku shaqeyn kara teleefon ama ka shaqeyn kara guriga way sii socon karaan. [Ganacsiyada lama huraanka ah](#) waxaa ka mid ah dukaamada raashinka, farmashiyada, bangiyada, xaruumaha caafimaadka, yutiilitida (sida biyaha iyo korontada), gaadiidka, xanaanada caruurta iyo waxii la mid ah.

# Iskuulada iyo daryeelka caruurta

- Taariikhda markay ahayd maarso 12 keeda, 2020. Gudoomiyaha Gobolka Washington Jay Inslee wuxuu ku dhawaaqay in dhamaan iskuulada ku yaal degmooyinka King, Snohomish, iyo Pierce ay xirmi doonaan laga bilaabo maalinta talaado, maarso 17 keeda ilaa maalinta jimcada, abril 24 keeda. Xarumaha daryeelka caruurta way furnaan doonaan.
- Talobixinta Xannaanada ilmaha (Dukumiintiyada ayaa [halkan](#) laga heli karaa)
  - Qaad tilaabooyin lagu hirgaliyo masaafada bulshada.
  - Hirgeli, Dib u eeg, oo cusboonaysii qorshayaasha xaaladaha degdegga ah.
  - La soco oo u diyaar garow maqnaanshaha.
  - Samee nidaam lagu garto oo laguna diro caruurta iyo shaqaalaha buko guryahooda.
  - Xaruunta si joogto ah u nadiif.
  - Abuur qorshayaal aad ku wada xiriirtaan bulshada daryeelka ilmaha.

# Shaqaalaha iyo Loo shaqeeyaha

- Kordhi xulushooyinka ay shaqaalaha ku shaqaysankaraan guryahooda
- Shaqaalaha waa inay guriga joogaan markay jiran yihiin.
- Markii loo baahdo waa in la-isticmaalaa faa'iidooyinka shaqaalaha buko loogu talagalay.

## Fasaxa Buukaanka ee Gobolka Washington

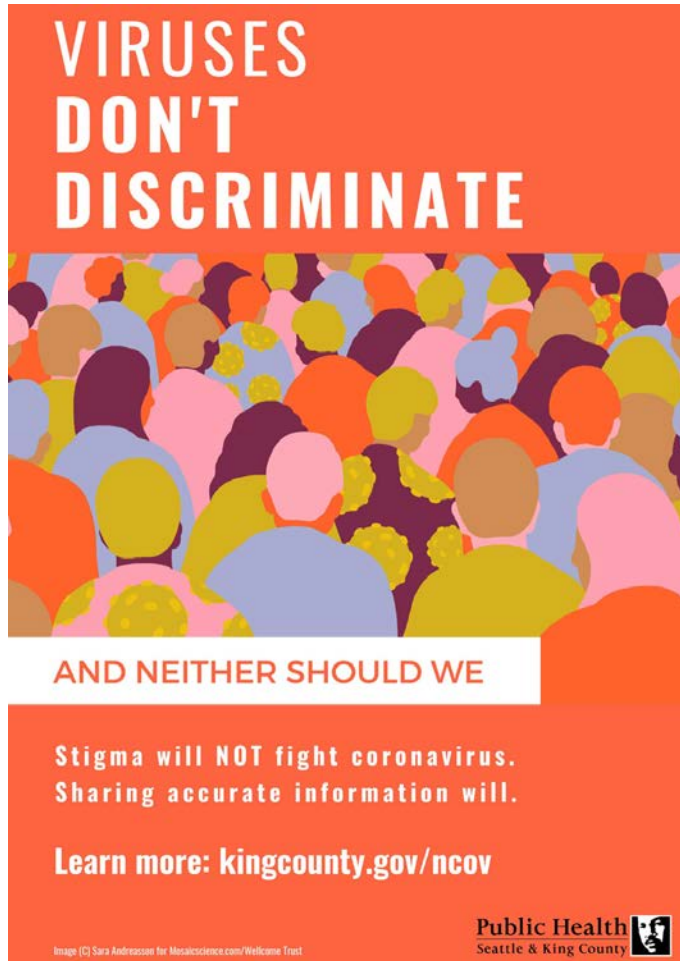
Laga bilaabo Janaayo 1, 2018, Dhamaan Loo shaqeeyayasha Gobolka Washington waa inay bixiyaan fasax lacag leh markay shaqaalahooda bukaan ama xanuunsadaan.

## City of Seattle's Paid Sick and Safe Time

Shaqaaluhu waxay isticmaali karaan “waqtigooda Nabada” iyo “Fasaxa lacagta leh” ee Buukaanka markay:

- xanuunsan yihiin ama ay u daryeeliyaan qof qoyska ka tirsan.
- Taagiyaan dhakhtar si ay u helaan ka hortaga cudur ama daryeel caafimaad.
- Saraakiisha caafimaadka ee dadweynaha ayaa la taliyay inay is-kaarintiinaan.
- Goobta Ganacsigooda ayaa caafimaad darteede loo xiray.
- Iskuulka ilmaha ama qof qoyska ka tirsan ayaa caafimaad darteede loo xiray.

# Maxaad Sameyn kartaa markaad aragtid eex ama dhaleeceyn?



**VIRUSES  
DON'T  
DISCRIMINATE**

AND NEITHER SHOULD WE

Stigma will NOT fight coronavirus.  
Sharing accurate information will.

Learn more: [kingcounty.gov/ncov](https://kingcounty.gov/ncov)

Public Health  
Seattle & King County

Image (C) Sara Andreasson for MosaicScience.com/Wellicome Trust

VIRUSES DON'T DISCRIMINATE, AND NEITHER SHOULD WE

## CORONAVIRUS AND STIGMA



### Coronavirus doesn't recognize race, nationality, or ethnicity.

2019 novel coronavirus started in Wuhan, China. That's just geography. Having Chinese ancestry-- or any other ancestry -- does not make a person more vulnerable to this illness.



### Wearing a mask does not mean a person is ill.

People wear masks for a variety of reasons, including to avoid pollen and air pollution and for cultural and social reasons. We should not judge someone for wearing a mask or assume they are sick.



### You can interrupt stigma. Start by sharing accurate information.

Avoid spreading misinformation. Stay informed through reputable, trusted sources:

- Centers for Disease Control and Prevention
- Washington State Department of Health
- Public Health - Seattle & King County



### Speak up if you hear, see, or read misinformation or harassing comments.

Gently correct the false information, and remind the speaker: prejudiced language and actions make us all less safe. If a serious harassment occurs, consider reporting it. Find resources here: [kingcounty.gov/ncov/anti-stigma](https://kingcounty.gov/ncov/anti-stigma)



### Show compassion and support for those most closely impacted.

In schools and workplaces, create learning opportunities for students and staff that dispel racist and misinformed ideas. Listen to, acknowledge and, with permission, share the stories of people experiencing stigma, along with a message that bigotry is not acceptable in your community.

[Kingcounty.gov/ncov/anti-stigma](https://kingcounty.gov/ncov/anti-stigma)

Public Health  
Seattle & King County

- Xafiiska Xuquuqda Madaniga ee Seattle
- Xafiiska Xuquuqda Madaniga ee King County
- Gudiga Xuquuqda aadanaha ee Gobolka Washington



# Ogsoonow!

- **Macluumaadka si joogta ah ayey isku bedalaysaa**
- Booqo oo iska diiwaan geli websaydh ka Haayada Caafimaadka ee Dadweynaha [www.kingcounty.gov/COVID](http://www.kingcounty.gov/COVID)
  - Macluumaad la tarjumay <https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/protection/somali.aspx>
  - Su'aalaha caadiga ah ee dhagaystayaasha iswaydiyaan.
  - Macluumaadka xarunta wacitaanka (King County iyo Haayada Caafimaadka ee Gobolka Washington).
  - Goorta iyo sida loo raadsado talo ama baaritaan caafimaad.
- Iska diiwaan geli bloogaan [www.publichealthinsider.com](http://www.publichealthinsider.com)
- Waxay bixisaa talooyin, caqli gal iyo macno dheeri ah.

# Su'aalo iyo Jawaabo

## **Haayada Caafimadka ee Seattle iyo King County**

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## **Waaxda Adeegyada Deegaanka ee King County**

Hugo Garcia - [hgarci@kingcounty.gov](mailto:hgarci@kingcounty.gov)

## **Xafiiska Halbeega Shaqada ee Magalada Seattle**

Ahmed Abdi - [Ahmed.Abdi@seattle.gov](mailto:Ahmed.Abdi@seattle.gov)

## **Xafiiska Seattle ee Arimaha Qaxootiga iyo soogalootiga**

Joaquin Uy - [Joaquin.uy@seattle.gov](mailto:Joaquin.uy@seattle.gov)

Ganacsiga Yaryar/Shaqaalaha  
Kheyraadka Kaalmada

# Macaashka Shaqo la aanta

- Waaxda Shaqada Gobolka Washington (“ESD”) ayaa leh barnaamijyo loogu talagalay shaqaalaha iyo ganacsiyada ay saameeyeen cudurka 'covid' [esd.wa.gov/newsroom/covid-19](https://esd.wa.gov/newsroom/covid-19)
- Xaaladaha COVID-19 ee caadiga ah iyo faa'iidooyinka la adeegsan karo
- Barnaamijyada ayaa la balaariyay si looga caawiyo ganacsatada iyo shaqaalaha:
  - loo shaqeeyayaashu waxay yareen karaan saacadaha shaqaalaha, shaqaaluhuna waxay qaadan karaan faa'iidooyinka shaqo la'aanta
  - .Feejignaan: loo shaqeeyuhu si ku meel gaadh ah ayee shaqada uga joojin karaan shaqaalaha.
  - Waxay xaq u yeelan karaan faaidooyinka shaqo la'aanta haddii ganacsigu xirmo.





# Maalgelinta iyo Taageerada Federaalka

## SBA Daynta Dhaawac Dhaqaale

- Dayn ribo yar leh ayaa la siiniyaa ganacsiyada yar yar ee Washington ilaa \$2 maliyan, iyo dib u bixin suurtagalka ah. Heerka dulsaarku waa 3.75% ganacsiyada yar yar iyo 2.75% NGOda.
- Khadkaan ka dalbo <https://disasterloan.sba.gov/ela>.



# Maalgelinta iyo Taageerada Federaalka

**Qalabka adkeysiga Ganacsiga:** Qalab loogu talagalay in lagu caawiyo ganacsatada si ay u eegaan khataraha una sameeyn karaan qorshooyin ka caawin doona inay ka soo baxaan halista degdegga ah ee sii socon karta todobaadiyo ama bilo.

<https://wsbdc.org/protect-your-business/business-resiliency/>



# Maalgelinta iyo Taageerada Federaalka

## **Fasaxa Caafimaadka iyo Qoyska ee Federaalka (FMLA)**

Shaqaalaha aan shaqeyn karin xaalad caafimaad oo daran awgood oo na ay ka dhamadeen fasaxa buukaanka ama saacadaha aaminiga, ayaa laga yaabaa inay uqalmaan illaa 12 todobaad oo fasax la ilaaliyay ah.

<https://www.dol.gov/general/topic/benefits-leave/fmla>



# Kheyraadka Gobolka Washington

## Waaxda Dakhliga ee Washington

- Caawinaad dhaqaale
- Caawinta dhoofinta
- Caawinta caymiska

<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>

<https://esd.wa.gov/newsroom/covid-19>



# Kheyraadka Gobolka Washington

## Fasaxa Caafimaadka iyo Qoyska Gobolka Washington (FMLA)

- Fasaxa caafimaad waxaa la isticmaali karaa markii u shaqaalahu leeyahay xaalad caafimaad oo daran, kana horjoog sanayso inay shaqaystaan.
- Fasaxa qoyska waxaa loo isticmaali karaa in lagu daryeelo qof qoyska ka mid ah oo u qalmi karo fasaxa caafimaadka.
- Booqo halkaan si aad wax badan uga sii ogaato:  
<https://paidleave.wa.gov/find-out-how-paid-leave-works/>

# Kheyraadka Magaalada Seattle

Ficilkii ugu horeeyay ee lagu caawiyo ganacsatada yar yar, khaasatan kuwa ay saameysay COVID.

- Gudbinta cashuuraha shaqada iyo ganacsiga (B&O).
- Ka caawinta daymaha ay bixiyaan Maamulka Ganacsiga Yaryar.
- Lacagta utiilitiga (sida biyaha ama korontada) oo laga nasiyo.

# Su'aalo iyo Jawaabo

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Joaquin Uy - [Joaquin.uy@seattle.gov](mailto:Joaquin.uy@seattle.gov)

# Kheyraadka Bulshada



# COVID19-Maalgalinta waxqabadka bulshada

- Xafiiska Sinaanta iyo cadaaladaha bulshada ee King County shuruudaha deeqa lagu bixiniyo:
- Caawinta luuqada
- Waxbarashada caafimaadka
- Dareenka dhaqanka
- Warbaahinta qowmiyadeed iyo wacyigelinta bulshada
- Ka hortagga eexda iyo dhaleeceynta
- Fadlan [soo degso muuqaalka guud ee Waxqabadka Bulshada iyo shuruudaha lagu heel deeqda](#) iyo [Codsiga maalgelinta](#) Codsiga waxaa loo aqbalaa si ku saleysan sal u dhigis. Su'aalaha iyo codsiyada dhameystiran waa in loo diraa [info-covid@kingcounty.gov](mailto:info-covid@kingcounty.gov).

# Kaalmada Cunada ee Caruurta

- Laga bilaabo 11ka subaxnimo ilaa 1da duhurnimo iskuulaha Seattle ayaa maalin kasta qado bixiniyo. Tani waxay ka dhacdaa magaalada oo dhan.
- Fursado cunno qaadashada ayaa la heli karaa laakiin ardaydu kuma cuni karaan iskuulka, sababtuna ay tahay talooyinka masaafada bulshada. Taas oo ka socoto haayadaha caafimadka ee degmada. Macluumaad dheeri ah ayaad ka heli kartaa: [seattleschools.org](http://seattleschools.org).

# Kaalmada Cunada ee qoysaska Seattle

## Kaararka Safeway ee loogu talagalay qoysaska seattle

Laga bilaabo 20ka Maarso, magaalada Seattle waxay diridoontaa kaarar cunno oo midkiiba 20 doolar yahay, si cunno loo siiso 6,250 qoys oo baahan.

- labadaan bilood oo soo socda, qoyskiiba wuxu heli doonaa labo xirmo kaarark 20ka doolar ah (bishii 400\$ doolar).
- Kaararkan waxaa lagu iibsankaraa shay kasta oo ku jira Safeway marka laga reebo tobaakada, khamdrada, iyo tigidhada bakhtiyaa-nasiibka.
- Dadka marka ugu horreysa heli doona waxaa ka mid ah, dadka ku jiro barnaamijiyada ay magaaladu taageerto, khaasatan xanaanaha caruurta iyo kuwa cunada.
- Hadii aad su'aalo qabtid, fadlan wac **206-684-CITY (2489)**, weydiiso turjubaan.

# Kaalmada Utiilitida (Sida biyaha ama Korontada)

- Hadaad macaamiil u tahay **Haayada adeegyada ee dadweynaha Seattle (SPU)**, **Haayada nalka ee magalada Seattle (SCL)** ama **wakaaladda tamarta ee puget sound** iyaga kaama xiri doonaan utilitikaaga inta uu socdo COVID-19. Adigana lagaagama baahno inaad bixiso khidmad dambe.
- Macaamiisha SPU iyo SCL ee dhaqaale ahaan COVID19 saameyay, waxay codsan karaan qorshaha lacag bixinta dambe. Kumana xirna meeshuu qofka asal ahaan ka soo jeeda ama wandaku ka yimid.
- [SPU and SCL](#) ayaa macaamisha la taliniyo inay wacaan (206) 684-3000 sida ugu dhaqsaha badan.
- [PSE](#) ayaa macaamisha la taliniyo inay wacaan (888) 225-5773 sida ugu dhaqsaha badan.

# Sharcigii Ku tiirsanaanta dadweynaha iyo COVID-19

- Adigoo iska Baaray COVID-19, helay lacag dhimis ama samafal caafimaad kuma saameyn doonto awooda aad ku dalban karto kaarka cagaaran ama aad u codsan karto dhalasho.
- Qaanuunka Ku tiirsanaanta dadweynaha kuma qorno inay Barnaamijyada caafimaad ee lacag dhimista ama barnaamijyada samafasha ee yahiiin faa iido dadweyne.
- Adeega Dhalashada iyo Soogalootiga Mareykanka ("USCIS") ayaa cadeeyay in aysan tixgelin doonin daaweynta COVID-19 ama adeegyada ka-hortagga.

# Sharcigii Ku tiirsanaanta dadweynaha iyo COVID-19

- **Waa inaad raadsato daryeel caafimaad hadii aad u baahatid!**  
Sharciga federaaliga ah ee la magac baxay "Sharciga Caymiska Caafimaadka iyo La Xisaabtanka" ama "HIPAA" guud ahaan waxay mamnuucaysaa adeegyada macluumaadka bukaanka la bixiyo, ayado oo bukaankii ogolaan.
- Shaqaalaha daryeelka caafimaadku sharci ahaan maahan inay u gudbiyaan hay'adaha soogolotiga ee federaalka xaalada soogolotiga ee bukaankooda.

# Sharcigii Ku tiirsanaanta dadweynaha- Manfacyada shaqo la aanta

- Adeega Dhalashada iyo Soogalootiga Mareykanka ("USCIS") ayaa caddeeyay in faa'iidooyinka shaqo la'aanta ee la siiyo shaqaalaha soogalootiga ay kamid aheen sharcigii Ku tiirsanaanta ee dadweynaha.
- Waaxda Shaqada Gobolka Washington ("ESD") ayaa maamusho barnaamijka shaqo la'aanta ee gobolka oo dhan.
- Macluumaad ku saabsan sida loo dalbado waxaad ka heli kartaa halkaan [esd.wa.gov/newsroom/covid-19](https://esd.wa.gov/newsroom/covid-19).

# Sharcigii Ku tiirsanaanta dadweynaha - Macluumaad dheeri ah

Xafiiska Seattle ee Arimaha Qaxootiga iyo soogalootiga, oo na loo yaqaan el'comite, iyo qolada Mashruuca Xuquuqda soogolotiga ee Waqooyi-galbeed (“NWIRP”) ayaa diyaariyay macluumaad cusub oo loogu talagalay soogalootiga. Macluumaadkaas oo ka kooban sida sharciga cusub ee ku tiirsanaanta dadweynaha ay u saameyn karto awooda aad ku heli karto daryeel caafimaad ama adeegyada kale ee ku taxan bogaan:

[welcoming.seattle.gov/covid19publiccharge](https://welcoming.seattle.gov/covid19publiccharge)



Macluumaad dheeri ah...

## **COVID-19: Resources for Community**

[www.seattle.gov/covid-19](http://www.seattle.gov/covid-19)



# Digtoonaada!

**ALERT**  **SEATTLE**

EMERGENCY ALERTS AND NOTIFICATIONS



**SIGN UP NOW!**

- La soco deriskaaga oo laga yaabo inay u nugul yihiin.
- Wadaaga lambarada, taleefanada, emaylka iyo khadadka warbaahinta ee bulshada.
- Iska qor fariimaha digniinta
  - Magaalada Seattle - [alert.seattle.gov](http://alert.seattle.gov)
  - Degmada King County
    - <https://public.coderedweb.com/CNE/en-US/BF0D5C5CC09C>

# U Diyaar Garow!

<https://www.seattle.gov/emergency-management/prepare/multi-language-resources/somali>

## U DIYAAR GAROW

×

### DHIS SANDUUQ

Qorsheey in aan iskaaga ahaatid ugu yaraan 7-10 maalmood

- Biyo (1 qeyb qofkiiba, maalintii)
- Cuntada (aan halaabeynin)
- Daawooyinka
- Qalabka Caafimadka
- Sanduuqa gargaarka degdega
- Gasac furaha
- Kabaha adag
- Raadiyowga
- Batariyo dheeraad ah
- Toosh
- Dhar diiran
- Sheeyada nafaadada
- Dab damiye
- Qalabyada
- Alaabaha xayawaankas
- Kaniiniyo yar
- Waraaqaha musqusha
- Aqoonsiga iyo waraqaha muhiimka

1 Ku hayso 7-10 maalin sanduuqa gurriiga – sidoo kale waxay leeyihiin sanduuqo yar gaarigaaga ama shaqada

×

# Su'aalo iyo Jawaabo

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