Oregon Department of Human Services
INTELLECTUAL/DEVELOPMENTAL DISABILITIES

Farriintani waxaa iyada oo ah Ingiriisi, Af-Ruushka, Simplified Chinese, Soomaali, Isbaanish iyo Vietnamese la soo geliyay : https://www.oregon.gov/dhs/SENIORS-DISABILITIES/DD/Pages/messages.aspx

Oktoobar 6, 2021-ka

Ku socota: Dhallinyarada ka tirsan Adeegyada (**Isku duwayaasha Adeegyada iyo Daryeel bixiyayaasha: fadlan macluumaadkan la wadaaga dadka dhallinyarada ah ee ka tirsan adeegyada**)
Ka socota: Lilia Teninty, Agaasimaha, Xafiiska Adeegyada Naafanimada Koriinka
Ujeedada: Tallaalada loogu talagalay dhallinyarada

Tan iyo Janaayo 2021, tirada kiisaska cusub iyo isbitaalka la isdhigo ee ka soo jeeda COVID-19 ee dadka reer Oregon ee da'doodu tahay 10 ilaa 19 jir ayaa sii kordhaya. Tani sidoo kale waa mid dhab u ah nidaamka naafanimada maskaxda ama korriinka, halkaasi oo aanu arkayno heerka sii kordhaya ee infekshanada COVID-19 ee dadka dhallinyarada ah.

Isku duwayaasha Adeegyada iyo daryeel bixiyayaasha kula shaqeeya ayaa gacan ka geysan kara helitaanka tallaalka iyo macluumaadka COVID-19 si loo xaqiijiyo in aad gaari karto kala doorasho laga warqabo.

Haddii waalidkaaga ama mas'uulkaagu uusan taageersanayn go'aankaaga dhanka tallaalka: la hadal qof weyn oo kale oo lagu kalsoon yahay si aad u hesho macluumaad dheeraad ah. Oregon dhexdeeda, dadka da'da yar ee da'doodu tahay 15 jir iyo ka weyn waxay kaligood oggalaan karaan tallaalka COVID-19. Oggolaanshaha waalidka ama mas'uulka ayaa la iskaga baahan yahay si loo tallaalo dadka da'doodu tahay 12-14 jir, balse shuruudaha oggolaanshaha ee waalidka ama mas'uulka kama dhigna in waalid ama mas'uul ay tahay in uu qofka dhallinyarada raaco si uu u qaato tallaal. Waa in aad la xariirto bixiyaha tallaalka ama xarunta tallaalka si loo go'aamiyo haddii ay tahay in waalid ama mas'uul goobta joogo. Maamulka Caafimaadka Oregon Su'aalahiisa Inta Badan La isweydiiyo ee loogu talagalay dadka dhallinyarada ah ee da'doodu tahay 12-17 jir ayaa laga helayaa macluumaad dheeraad ah.

Waxyaabo kale oo ay tahay in la xusuusnaado:

- **Tallaalka Pfizer waa mid badbaado iyo waxtar u leh dhallinyarada.** Waxaa lagu tijaabiyay kumaan ah ka qayb qaatayaasha daraasada waxayna soo saareen xog ku filan si FDA loogu qanciyo in ay oggolaato u isticmaalka xaalada degdega ah.
- **Tallaalka COVID-19 mid lacag la'aan ah:** Tallaalada waxaa la bixin doonaa iyada oon wax lacag ahi ku baxayn. Uma baahnid caymi caafimaad.

Fadlan fiiri qaar ka mid ilahani loogu talagalay dhallinyarada iyo dadka yar yar:

- **Sheekada Sababta Loo Qaato Tallaalka COVID-19** oo ku qoran Ingiriisi, عربي (Arabic), 한국인 (Korean), Русский (Af-Ruushka), Soomaali (Somali), Español (Isbaanish), 简体中文 (Simplified Chinese), iyo TiếngViệt (Vietnamese)
- **Sheekada Bulshada ee Qaadashada Tallaalkaaga COVID-19** oo ku qoran Ingiriisi, عربي (Arabic), 한국인 (Korean), Русский (Af-Ruushka), Soomaali (Somali), Español (Isbaanish), 简体中文 (Simplified Chinese), iyo TiếngViệt (Vietnamese)

Fiidiyowyada YouTube:

- Sheekada Mariana
- Sheekadayda Tallaalka: Mark iyo Crystal iyo gabarta ay dhalleen ee dhallinyarada ah
- Sheekadayda Tallaalka: Dre,15
- Sheekadayda Tallaalka: Abigail, 18
- Sheekadayda Tallaalka: Josh, 14
- Sheekadayda Tallaalka: Laney, 15
- Sheekadayda Tallaalka: Maya, 14

Qoraalada Blogga

- Codadka Tallaalka: Liam, 16
- Helitaanka xirmooyinka 'toolkits' loogu talagalay xarumaha tallaalka
- Dhallinyarada da'doodu tahay 12 iyo ka weyn waxay ku soo laaban karaan hawlaha iyaga oo qaba tallaalka

- Xirmada ‘toolkit’ naafanimada ayaa hadda la heli karaa

Macluumaad dhanka muuqaalka ah/Sawirrada waaweyn

- Talooyinka Caafimaad iyo Badbaado ee loogu talagalay Ardayda
- Sawirka Tani Waanu u Wada dhanahay
- Sawirka Ka Dhigista Dugsigeena Mid Ammaan ah
- Sawirka Qaadashada Tallaalka ee La wada Hadal hayo
- Kaararka iyo waxyaabaha la soo geliyo baraha bulshada oo loogu talagalay ardayda

Su’aalaha Inta Badan La Iswaydiiyo

- Su’aalaha Inta Badan La Iswaydiiyo oo loogu talagalay Ardayda oo ku qoran Ingiriisi iyo Isbaanish

Haddii adiga ama waalidkaaga ama mas’uulkaagu aad hayaan su’aalo ku saabsan tallaalka COVID-19, fadlan la shaqee Isku duwahaaga Adeegyada iyo daryeel bixiyaha.

Si Daacadnimo leh,

Lilia Teninty
Agaasimaha
Xafiiska Adeegyada Naafanimada Koriinka

Farriintii Agaasimihii hore ee ODDS ayaa laga heli karaa
http://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/messages.aspx

Nagala soco Facebook @oregonDHS.IDD ama twitter @OregonODDS oo wax ka ogow website-keena.

Waxaad heli kartaa dokumentigan oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee braille ama qaabka aad doorbidayso. Xafiiska Adeegyada Naafanimada Koriinka ee Oregon kala xiriir 503-945-5811. Waan aqbalnaa wicitaanada nooc kasta leh ee

adeegyada gudbinta farriimaha ee loogu talagalay Dadka dhagaha la, dhagaha la’-indhaha la’, maqalku ku adag yahay ama qaba naafanimada dhanka hadalka. Wixii macluumaad dheeraad ah ee ku saabsan bixiyayaasha adeegyada gudbinta farriimaha booqo www.oregonrelay.com ama www.fcc.gov/encyclopedia/trs-providers.