

Farriintani waxaa iyada oo ah Ingiriisi, Русский, Soomaali, Español, 简体中文, TiếngViệt la soo geliyay: <https://www.oregon.gov/dhs/SENIORS-DISABILITIES/DD/Pages/messages.aspx>

12-6-2021

Ku socota: Daryeel Bixiyayaasha iyo Hawl wadaagayaasha Ka socota: Lilia Teninty, Agaasimaha, Xafiiska Adeegyada Naafanimada Koriinka (ODDS) Ujeedada: Is xasuusinta siyaasada maaskaraha iyo tilmaamaha ODDS

Noofambar 23, Maamulka Caafimaadka Oregon (OHA) [ayaa qaaday shuruudii](#) xirashada maaskaraha ee goobaha bannaanka ku yaala ee dadweynaha, sida ciyaaraha kubada cagta, riwaayadaha, iyo xafladaha fasaxa.

Shuruudihii maaskaraha ee loogu talagalay Xafiiska Adeegyada Naafanimada Koriinka(ODDS) weli way jiraan. [Tilmaamaha dib u furitaanka](#) ayaa leh faahfaahin buuxda.

Face Covering Facts

FACT: Face coverings are an effective way to slow the spread of COVID-19.

Masks of all types help to contain the droplets and aerosols that spread COVID-19. When combined with physical distancing and hand washing, masks are an excellent way to reduce the spread of disease.



For more information visit healthoregon.org/coronavirus or call 211

 Oregon Health Services

Maaskaraha ayaa la iskaga baahan yahay, bannaanka iyo gudahaba, marka la bixinayo daryeel ee lix feet gudahood loo jiro qofka ku jira goobaha soo socda:

- Daryeelka guriga dadka waayeeelka ah (Daryeel bixiyayaasha ku nool goob guriga ah oo wax lagu daryeelo halkaasi oo adeegyada laga bixiyo aan la iskaga baahnayn in la xirto maaskaro.)
- Guryaha koox ahaanta loo degan yahay 24-ka saacadood
- Nolasha la taageero
- Taageerada kooxda maalintii iyo adeegyada shaqada

OHA ayaa xustay in xirashada maaskaraha, xataa bannaanka, ee loogu talagalay dadka aan tallaalnayn, dadka waayeelka ah, dadka difaaca jirkoodu liito ama halista sare ugu sugan in ay qaadaan fayraska weli si adag loogula talinayo. OHA ayaa haysta faahfaahin dheeraad ah oo ku saabsan shuruudaha maaskaraha oo ku jira [website-keeda](#).

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.