

# Su'aalaha Badanaa la Isweydiyo

## ***Korona Fayraska Cusub (COVID-19)***

**Maxaa dhacaya haddii daryeelaha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed uu u maleeynayo inuu baylah u noqday Korona Fayraska Cusub ama haddii laga helay cudurka?**

Shaqaaluhu waa inuu islamarkaaba la soo xiriiro dhakhtarkiisa ama daryeel caafimaad bixiyaha uuna raaco tilmaamaha daryeel caafimaad bixiyaha. Waa inay is-karantiilaan oo aysan aadin guriga macmiilka-loo-shaqeeyaha, inay la nool yihiin macaamilka mooyee. Haddii shaqaaluhu la nool yahay macmiilka, waa inay raacaan [tilmaamaha CDC](https://www.cdc.gov/) ee laga heli karo <https://www.cdc.gov/>.

Shaqaaluhu waa inuu islamarkaaba taleefan ama imayl ku soo wargaliyaa macmiilka-loo-shaqeeyaha, loo shaqeeyaha diiwaanka, iyo maareeyaha dhacdada si uu ugu sheego inuusan awoodin inuu shaqeeyo ilaa uu daryeel caafimaad bixiyahiisa u fasaxo inuu shaqeeyo.

**Maxaa dhacaya haddii daryeelaha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed uu aaminsan yahay inuu baylah u noqday, ama laga helay Korona Fayraska Cusub isagoo shaqada ku jira?**

Shaqaalaha wuxuu xareyn karaa sheegashada magdhowga shaqaalaha. Sheegashada u baylah noqoshada waxay u baahan doontaa inuu xaqiijiyo khabiir caafimaad ayna ansixiso shirkadda caymiska. Isbarbardhiga u baylah noqoshada ah bulshada dhexdeeda iyo midka goobta shaqada ayaa u baahan doona in la go'aamiyo.

Haddii sheegashada la ansixiyo shaqaalahana la karantiilo, shaqaalaha wuxuu xaq u yeelan karaa dheefaha luminta mushaharka. Caadiyan, dheefaha luminta mushaharka ayaa la ansixiyaa marka bixiyaha caafimaadku uu faro wakhti ah shaqo ka maqnaasho ama beddel lagu

sameeyo shaqada, taasi oo macnaheedu yahay in shaqaaluhu lumin doono mushaharka.

Talaabooyinka xareynta magdhowga shaqaalaha waxaa laga heli karaa websaydhka Guddiga Daryeelka Guriga, Caafimaadka iyo Baadqabka ee Oregon: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/PSW-HCW/Pages/Health-Safety.aspx>

Wixii su'aalo ah: 1-888-365-0001

**Taageero noocee ah ayuu daryeelaha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed siin karaa macmiil-loo-shaqeeye laga yaabo inuu qabo astaamaha cudurka?**

- Ka caawinta la xiriirka bixiyaha caafimaad ee shakhsiga.
- Ka caawinta sharaxida wixii astaamo ah, haddii loo baahdo.
- Ka caawinta helida daryeelka caafimaad ee daruuriga ah haddii uu ku taliyo xirfadlaha caafimaad.
- La xiriirka maareeyaha dhacdada, wakiilka shaqsiyeed ama iskuduwaha adeegyada si loo wargeliyo Hay'adda Maareynta Dhacdada ama xafiiska APD/AAA.
- Had iyo jeer la hadal Macmiilka-loo-shaqeeyaha ama loo-shaqeeyaha diiwaanka kahor intaadan qaadin wax talaabo ah.

**Ka waran haddii daryeelaha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed la karantiilo oo aysan ka bixin karin gurigooda si ay u helaan foojar ama loogu saxiixo xaashida saacadaha shaqada?**

Haddii macmiilka-loo-shaqeeyaha ama shaqaaluhu uu istakoorayo ama uu ku jira karantiil cudurka COVID-19 awgii, shaqaaluhu wuxuu soo gudbin karaa foojar ama xaashida saacadaha shaqada iyada oo uusan jirin saxiixa macmiilka-loo-shaqeeyaha ama loo-shaqeeyaha diiwaanka. Tani waa la

ogolaan karaa hal mar. Shaqaaluhu waxay maamulka maareynta dhacdada ugu soo gudbin karaan foorjarka boosta ama imayl sagan.

**Caawimaad noocee ah ayay daryeelayaasha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed bixin karaan markii macmiilka-loo-shaqeeyaha la karantiilo ama halis weyn ugu jira infekshinka?**

Daryeelayaasha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed waxay gacan ka geysan karaan:

- Soo qaadista daawooyinka
- Ka dukaameysiga dukaanka raashiinka
- Soo adeegayaasha bulshada ee ku qoran liiska hawsha ama heshiiska adeegga

Xaaladdan oo kale, macmiilka-loo-shaqeeyuhu uma baahna inuu goob joog ahaado.

**Goorma ayaa saacadaha dheeraadka ah hore loogu idmi karaa daryeelayaasha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed?**

Saacadaha dheeriga ah ayaa la ogolaan karaa waqti gaaban haddii baahiyada macmiilka-loo-shaqeeyaha aan la daboolin iyadoo sabatu tahay daryeelayaasha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed oo aan awoodin inay shaqeeyaan, ama shaqaalaha oo yar, COVID-19 awgii.

**Kawaran haddii macmiilku ama qoyskiisu ay oggolaan waayaan in daryeelayaasha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed ay shaqada imaadaan?**

Shaqaaluhu waa inay la xiriiraan maareeyaha dhacdada islamarkaaba si ay ula socodsiiyaan. Shaqaaluhu waxaa laga yaabaa inuu rabo inuu

tixgaliyo codsashada fasax mushahat leh (PTO) ama dheefaha shaqo la'aanta.

**Ka waran haddii daryeelaha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed uu u baahan yahay in COVID-19 awgii uu u shaqeeya macmiilka-loo-shaqeeyaha saacado kabadan inta lagu oggolaaday xaashida saacada shaqada, Qorshaha Daryeelka ee eXPRS, ama foojarka?**

Shaqaaluhu waa inuu la xiriiraa maareeyaha dhacdada ee macmiilka-loo-shaqeeyaha si uu u codsado saacado dheeri ah. Haddii la ansixiyo, maareeyaha dhacdada ayaa ku soo diri doona oggolaanshaha imayl ahaan. Shaqaaluhu uma baahna inuu sugo in foojarka ama xaashida saacadaha shaqada ay soo gaaraan boostada ka hor inta uusan shaqeyn saacadaha dheeriga ah.

**Si looga fogaado u baylah noqoshada COVID-19 ee suurtagalka ah, sidee bay daryeelayaasha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed u soo gudbin karaan xaanshimahooda saacadaha shaqada ama foojaradooda lacag-bixinta?**

Shaqaaluhu waxay adeegsan karaan boostada ama waxay foojaradooda ama xaanshimahooda saacadaha shaqada imayl aamin ah ama fakis ugu diri karaan xafiiska maareynta dhacdada ee deegaanka. Sawirada foojarada ama xaanshimaha saacadaha shaqada, ama kuwa la iskaan gareeyay ee lagu soo diray app-ka taleefanka gacanta, ayaa la ogolaan karaa, iyadoo ku xiran dhacdada, iya keliya marka la rabo in la raaco tallaabooyinka kala fogaanshaha dadka. Sawirada waa inay noqdaan kuwo si fiican loo arki karo, ama lama aqbali doono. Shaqaalaha taageerada shakhsiyeed waa inay isticmaalaan Xaqiijinta Booqashada Elektaroonigga ah (EUV) haddii aysan haysan oggolaansho ka dhaafayo isticmaalka EUV.

SEIU ayaa abuurtay hab fudud oo loogu talagalay in daryeelayaasha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed ay si aamin

ah ugu diraan foojarada websaydhka SEIU: <https://seiu503.org/how-to-email-your-voucher-to-dhs/>

Shaqaalaha taageerada shaqsiyadeed waxaa lagu dhiirigelinayaa inay la xiriiraan xafiiska maaraynta dhacdada ee ay u gudbinayaan xaanshimahoga saacadaha shaqada si ay uga codsadaan imayl aamin ah ama inay ku soo gudbiyaan websaydhka SEIU.

Ogsonow: Haddii aad dhibaato farsamo la kulantid, kala xiriir Xarunta Caawinta Xubnaha ee SEIU (Member Assistance Center, MAC) lambarka 1-844-503-7348. Waaxda Adeegyada Aadanaha ma awoodo inay bixiso wax taageero farsamo ah.

**Miyaa daryeelayaasha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed shaqada looga joojin karaa sidii bixiye Medicaid ka diiwaangashan ahaan haddii ay ka maqnaadaan shaqada iyadoo sababtu tahay inay qabaan ama ay baylah u noqdeen cudurka korona fayraska?**

Maya. Shaqaaluhu waa inuu soo wargaliyo xafiiska maaraynta dhacdada hadii uusan sii wadi karin shaqada sababtuna tahay inuu qaba ama uu baylah u noqday cudurka korona fayraska.

**Miyuu daryeelaha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed gacan ka geysan karaa qorshaynta wixii la sameyn lahaa lacala ay wax si noqdaan?**

Daryeelayaasha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed uma dooran karaan shaqsiyaadka ay taageerayaan qorshooyinka wixii la sameyn lahaa lacala ay wax si noqdaan. Qorshaha wixii la sameyn lahaa lacala ay wax si noqdaan waa inuu ku jiraa qorshaha qof kasta/macmiil kasta. Shaqaaluhu waxay caawin karaan iyagoo la xiriiraya maareeyaha dhacdada ee shakhsiga haddii loo baahdo qorshaha wixii la sameyn lahaa lacala ay wax si noqdaan. Intaa waxaa dheer, Barnaamijka Iskuxirka Khayraadka Loo-shaqeeyaha (ERC) ayaa loo heli karaa in lagu caawiyo qorshaynta wixii la sameyn lahaa lacala ay wax si

noqdaan ama qorshaynta xaaladaha degdegga ah. Macmiilka-loo-shaqeeyaha ama loo-shaqeeyaha diiwaanka ayaa sameyn kara codsiga. Maareeyaha dhacdada iyo Barnaamijka ERC waxay leeyihiin khayraadyo waxtar leh iyo aalado elektiroonig ahaan ama boostada loogu diri karo shaqsiyaadka:

- Sida loo Sameeyo Qorshaha wixii la sameyn lahaa lacala ay wax si noqdaan
- Liiska Qorsheynta Xaaladaha Degdegga ah

Had iyo jeer la hadal Macmiilka-loo-shaqeeyaha ama loo-shaqeeyaha diiwaanka kahor intaadan qaadin wax talaabo ah. Si aad u hesho lataliyaha ERC guji xiriiriyaha ama gali xiriiriyaha boggaaga biraawsarka: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/Pages/Steps.aspx>

Su'aalaha imayl ugu dir: [OHCC.ERC@state.or.us](mailto:OHCC.ERC@state.or.us)

**Sidee bay daryeelayaasha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed ku ogaadaan inay halis ugu jiraan in uu soo gaaro COVID-19 inta ay u shaqeynayaan macmiilka-loo-shaqeeyaha?**

Shaqaaluhu waa inay had iyo jeer raacaan taxadaraadka caadiga ah markay la shaqeynayaan macaamiisha. Haddii la ogaado, xafiiska maareynta dhacdada ayaa u gudbin doontaa Iskuduwaha Magdhowga Shaqaalaha ee OHCC. Iskuduwaha Magdhowga Shaqaalaha ee OHCC ayaa ogeysiin doona shaqaalaha haddii uu halis ku jira wuxuuna siin doonaa shaqaalahana macluumaadka magdhowga shaqaalaha, haddii ay quseyso. Shaqaaluhu lama siin doono wax ah Macluumaadka Caafimaadka Shaqsiyeed.

Su'aalaha imayl ugu dir: [workerscomp.ohcc@dhs.oregon.gov](mailto:workerscomp.ohcc@dhs.oregon.gov)

**Maxaa dhacaya haddii daryeelaha caafimaad ee guriga ama shaqaalaha taageerada shaqsiyeed ay gaareen wakhtigii ay dib u cusboonaysiinta shahaadooyinkooda tababarka ka sameysan lahaayeen OHCC, laakiin aysan awoodin maxaa yeelay tababaradii ayaa la joojiyay?**

Dhammaan shahaadooyinka hadda jira oo ay bixisay OHCC ayaa la kordhin doonaa 150 maalmood. OHCC waxay sii wadi doontaa inay sii kordhiso muddada iyadoo ku saleysan shuruudaha kala fogaanshaha dadka. Tani waxaa ka mid ah:

- Shahaadada Horumarinta Xirfadeed
- Shahaadooyinka La Ballaariyey
- Shahaadada gaarka ah

Kuwa haysta shahaadooyinka waxay sii wadi doonaan inay helaan kala duwanaashaha mushaharka xitaa haddii ay shahaadada CPR/Gargaarka Degdegga ah ka dhacday.

**Maxaa dhacaya haddii daryeelaha caafimaad ee guriga ama shaqaalaha taageerada shakhsiyeed uusan awoodin inuu wax ka beddelo uuna cusbooneysiyo heshiiska isdiiwaangelinta bixiyaha wakhtigii la rabay COVID-19 awgii?**

Daryeelayaasha caafimaad ee guriga iyo shaqaalaha taageerada shaqsiyeed ee laga rabo inay cusbooneysiyaan shahaadooyinkooda bisha Maarso, Abriil, ama Maayo ee sannadkan, oona haysta shahaadooyin weli shaqeynayo, ayaa waxaa la siin doonaa 90 maalmood oo dheeri ah oo ay ku dhammaystiraan heshiiska isdiiwaangelinta bixiyaha. Waxay sii wadi karaan shaqeynta inta lagu jiro waqtigan.

**Miyay daryeelayaasha caafimaad ee guriga iyo shaqaalaha taageerada shaqsiyeed heli doonaan magdhow marka aysan awoodin inay shaqeeyaan COVID-19 awgii?**

Daryeelayaasha caafimaad ee guriga iyo shaqaalaha taageerada shaqsiyeed waxay xaq u yeelan karaan inay Hay'adda Dheefaha Shaqaalaha Daryeelka Caafimaad ee Guriga ee Oregon ka helaan illaa 40 saacadood oo ah fasax mushahar leh. Wixii macluumaad dheeri ah, shaqaalaha waa inay booqdaan:

[orhomecaretrust.org/hardship-PTO](http://orhomecaretrust.org/hardship-PTO)

Daryeelayaasha caafimaad ee guriga iyo shaqaalaha taageerada shaqsiyadeed ayaa sidoo kale codsan kara dheefaha shaqo la'aanta iyagoo booqanaya [Oregon.gov/employ/unemployment](http://Oregon.gov/employ/unemployment). U-qalmida waxaa go'aaminaya Waaxda Shaqada ee Oregon. Macluumaadka ku saabsan sheegahooyinka dheefaha shaqo la'aanta COVID-19 waxaa laga heli karaa halkan: [https://govstatus.egov.com/ORUnemployment\\_COVID19](https://govstatus.egov.com/ORUnemployment_COVID19)

## **Khayraadyada**

**Websaydka Caafimaadka iyo Badbaadada Guddiga Daryeelka Guriga ee Oregon:** <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/PSW-HCW/Pages/Health-Safety.aspx>

**Macluumaadka COVID-19 ee ODDS:**

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/ODDS-COVID-19-Information.aspx>

**Maamulka Caafimaadka Oregon:**

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/PSW-HCW/Documents/COVID-19-Interim-Infection-Control-Guidance-Home-Care-Workers.pdf>

**Xarumaha Xakameynta iyo Ka hortaga Cudurka:**

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>