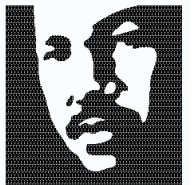


Xidhmada Dalbashada Xaqiijinta Tallaalka ee King County (Nooca Ingiriisiga ah)



Public Health
Seattle & King County





1. La soco Sharciyada
2. Caddaymaha La Aqbalay ee Tallaalka iyo Baaritaanka
3. Samee Qorshaha Fulinta
4. La Xiriirida Shaqaalaha iyo Macaamiisha
5. Dhacdooyinka/Tusaalooyinka Xaaladaha
6. Calaamad
7. Isticmaalka Khayraadka
8. Su'aalaha Inta Badan la Isweydiyo



La soco Sharciyada



Akhri King County Health Order (Amarka Caafimaadka Degmada King) ee rasmiga ah adiga oo gujinaya halkaan. Amarka waxaa lagu heli karaa oo keliya af Ingiriis. Guudmarka ayaa lagu bixiyay halkaan hoose.

GOORTA AY BILAABANAYSO:

Oktoobar 25, 2021. Makhaayadaha gudaha ah, baararka, iyo hudheellada leh meel ay fadhiisan karaan in ka yar 12 qofood waxay bilaabmayaan Diisambar 6, 2021.

CIDA AY KHUSEYSO:

Shakhsiyaadka 12 sano iyo ka badan ah jira. Takoorna looma dulqaadan doono. Ganacsiyada waa inaysan eexasho ku samayn caddaynta tallaalka iyadoo ku salaynaya isirka, asalka qaranka, diinta, nooca galmada, jinsiga, naafonimada ama da'da.

GOORTA AY DHAMAANAYSO:

Amarka oo dhan lama filayo inuu noqdo mid joogto ah. Ugu dambayn lix billood laga bilaabo Oktoobar 25, 2021, siyaasaddaan ayaa dib u eegis lagu samayn doonaa si loo eego haddii macquul tahay in la kordhiyo iyadoo lagu salaynayo xaaladaha dillaaca cudurka ee dhici kara mustaqbalka.

HALKA AY KHUSEYSO:

- Makhaayadaha gudaha ah iyo baararka iyo sidoo kale qololka lagu cabo khamriga, biirka, iyo cabitaanada khamri xigeenka ah
- Goobaha farshaxanka iyo madadaalada
- Goobaha jimicsiyada oo ay ku jiraan istuudiyaha jirdhiska sida yoga, qoob ka-ciyaarka, iyo feertanka.
- Dhacdooyinka bannaanka lagu qabto oo leh in ka badan 500 qofood oo ay ka mid yihiin dhacdooyinka isboortiga, riwaayadaha iyo bandhigyada
- Goobaha dhacdooyinka ee gudaha ah loo kireystay isku imaatino gaar ah, sida aroosyada iyo xafladaha lagu qabto goob ganacsi oo u hogaansan amarkan sida maqaayad, goob muusig, ama goob madadaalo





Halkee looga baahan yahay Caddaynta Tallaalka ama Baaritaanka Taban?

Goobta (kani ma ahan liis dhammaystiran)

Loo baahan yahay

Aad loogu taliyay laakiin aan khasab ahayn

Aan khasab ahayn

Baararka iyo makhaayadaha leh meel gudaha ah oo lagu cunteeyo	X		
Tiyaatarada filimada, goobaha jimicsiyada iyo jirdhiska ee gudaha ah, goobaha farshaxanka iyo bandhigyada ee gudaha ah, goobaha shirarka ama kulamada ee gudaha ah	X		
Goobaha madadaalada ee gudaha ah (sida goobaha kubad tuurka, xarumaha ciyaarta madadaalada, garoomada kubbadda cagta ee gudaha ah, iwm.)	X		
Ciyaaraha bannaanka ah ama dhacdooyinka madadaalada ee leh 500+ qofood	X		
Dhacdooyinka gaarka ah, aroosyada, iyo xafladaha lagu qabto goob ganacsi (sida goobta arooska, makhaayad, ama goob muusig)	X		
Dhacdooyinka gaarka ah, aroosyada, iyo xafladaha lagu qabto guri gaar loo leeyahay ama xarun urur diimeed			X
Cuntada bannaanka lagu cuno, guriga loo qaato, xarumaha cuntada			X
Maqaayadaha shaqaalaha ama dugsiyada, dhacdooyinka isboortiska ee dugsiya dhexe iyo dugsiya sare			X
Ururada diinta		X	
Dukaamada tafaariiqda		X	
Bandhigyada waddooyinka, suuqyada habeenkii ah, ama suuqa beeraleyda			X



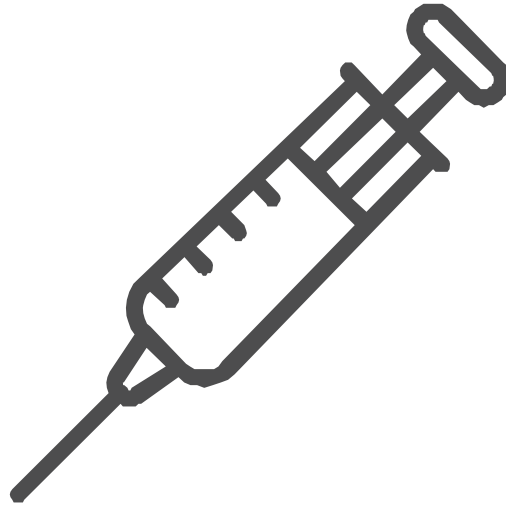
Laga reebay

- Dhacdooyinka isboortiga dhallinyarada ee bannaanka ama gudaha loogu qabto ka qaybgalayaasha da'da dugsiga hoose, dhexe, iyo dugsiga sare ah, iyo daawadayaasha jooga dhacdooyinkan
- Bannaanada lagu cunteeyo
- Cuntooyinka laga soo qaato maqaayadaha, huteelada, iyo baararka oo ay ka mid yihiin kafateeriyada, deliska, dukaamada qaxwada
- Cuntooyinka lagu cuno meelaha gudaha ah ee ku yaala dhismayaasha aasaasiyan aan ujeedaduudu ahayn in lagu cunteeyo sida garoomada diyaaradaha, Suuqyada cuntada, iyo kafateeriyada dugsiga
- Aaska
- Aroosyada, marka laga reebo kuwa ka dhaca mid ka mid ah xarumaha gudaha ah ee kor ku xusan. Si kastaba ha ahaatee, caddaynta tallaalka ama dukuminti caddeynaya baaritaanka COVID-19 ee natiijadiisa taban ayaa lagu taliyay in qofka la weydiiyo.
- Isku imaatinada ku salaysan diinta, marka laga reebo kuwa ka dhaca mid kasta oo ka mid ah xarumaha gudaha ah ee kor ku xusan. Si kastaba ha ahaatee, caddaynta tallaalka ama dukuminti caddeynaya baaritaanka COVID-19 ee natiijadiisa taban ayaa lagu taliyay in qofka la weydiiyo.
- Xarumaha cod-bixinta ee ay oggolaadeen Maamulka Doorashooyinka ee King County, oo lagu qabto goob kasta.

Si buuxda loo Talaalay

“Si buuxda loo tallaalay” waxaa loola jeedaa:

- *In qofku qaatay dhammaan qiyaasihii looga baahnaa tallaalka COVID-19 ee ay U.S. Food and Drug Administration (FDA, Waaxda Daawada Iyo Cuntooyinka ee Maraykanka) oggolaatay (laba qiyaasood oo ah tallaallada Moderna ama Pfizer-BioNTech, ama hal qiyaas oo ah tallaalka Johnson & Johnson)*
- *Taxanaha tallaalka COVID-19 ee ay oggolaatay World Health Organization (WHO, Ururuka Caafimaadk Aduunka), iyo 14 maalmoodna ay ka soo wareegatay qiyaastii u dambaysay.”*



Caddaymaha La Oggolyahay ee Tallaalka

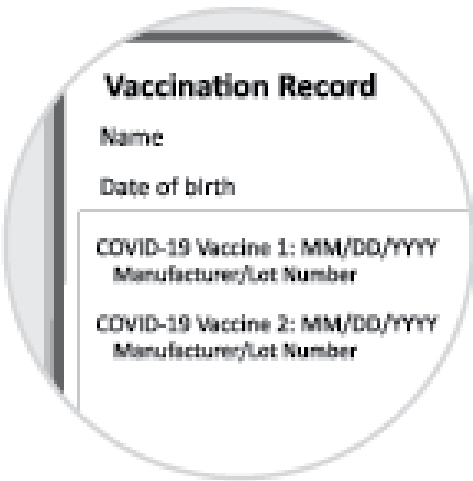


Caddaymaha La Oggolyahay ee Tallaalka



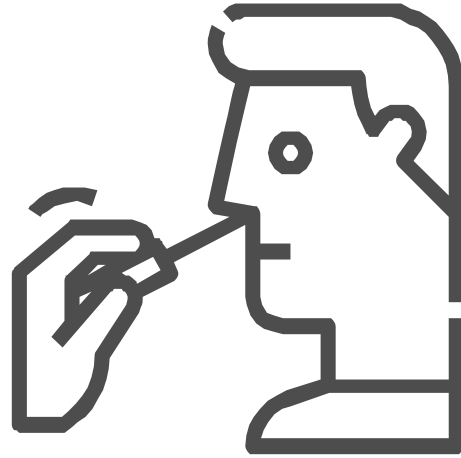
Sawirka kaarka tallaalka

Kaarka tallaalka



Dukumenti daabacan oo laga soo qaatay adeeg-bixiyaha tallaalka ama MyIRmobile.co

Diiwaan laga helay MyIRMobile.com ama ablikeeshin kale

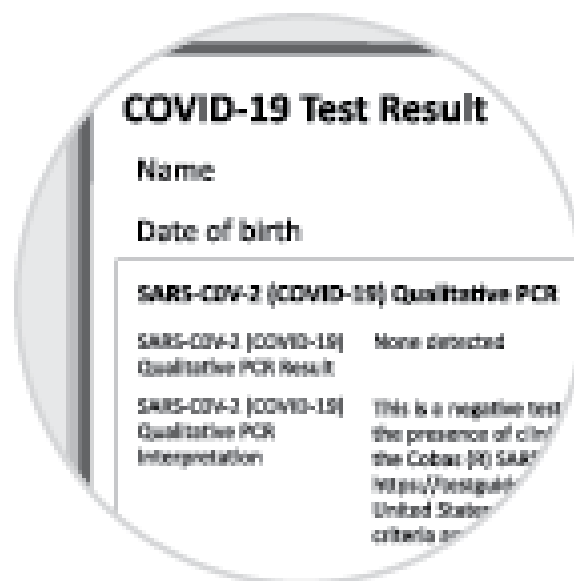


Caddaymaha la Aqbalay ee Natiijada Aan xanuunka muujin ee Baaritaanka

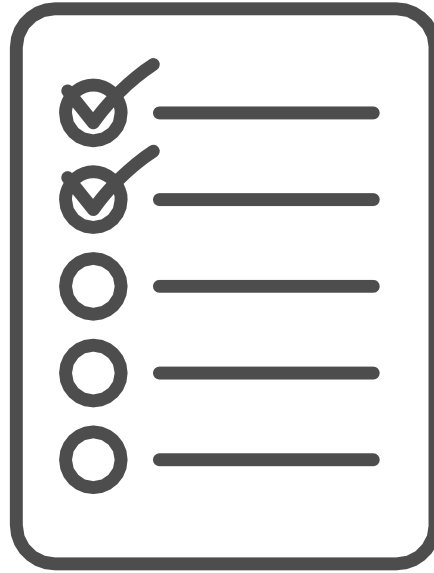


Caddaymaha la Aqbalay ee Natiijada Aan xanuunka muujin ee Baaritaanka

- Dukumenti daabacan ama dhijitaal ah laga soo
 - qaatay:
 - Farmashiyo
 - Bixiyaha
 - Baaritaanka
 - Sheybaarka
- Baaritaanka PCR ee FDA-ansixisay oo la qaaday 72-kii saacadood ee la soo dhaafay
- Baaritaanka degdegga ah oo ay ansixisay FDA oo uu sameeyay bixiyaha baaritaanka ee jooga goobta dhacdada



Baaritaanka COVID oo natiijadiisa muujinayso inuusan xanuunku jirin oo la qaaday 72-kii saacadood ee la soo dhaafay

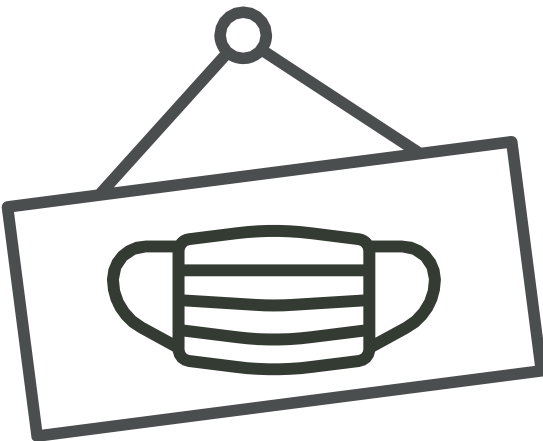


Samee Qorshaha Fulinta



Ganacsi kastaa wuxuu u hawlgalaa siyaabo kala duwan, laakiin waxaa muhiim ah in si hormaris ah loo sii qorsheeysto si loo xaqiijiyo hirgelinta siyaasaddaan cusub.

- Aqoonso taariikhaha iyo waqtiyada shirarka shaqaalaha iyo tababar kasta oo lagama maarmaan ah.
- Calaamadaha ku dheji goobta taas oo macaamiisha tusaysa in ganacsigaagu uu u hoggaansamayo amarka King County.
- Aqoonso oo u sheeg shaqaalaha waqtiga ugu habboon ee ay shaqaaluhu weydiin karaan macaamilka dukumentiyada cadeynta ah.
- Haddii goobta ay bixinayso baaritaan degdeg ah, qeex hannaanka oo la wadaag shaqaalaha.
- Tababarro la sameey shaqaalaha si aad u xaqiijiso inay yaqaanaan caddaynta saxda ah ee tallaalka, baaritaanada COVID-19 iyo siyaasadaha ka hortagga takoorka.
- Kala hadal shaqaalaha tusaalooyin suurtagal ah (wixii fikrado ah ka fiiri qaybta "Scenarios/Tusaalooyinka").





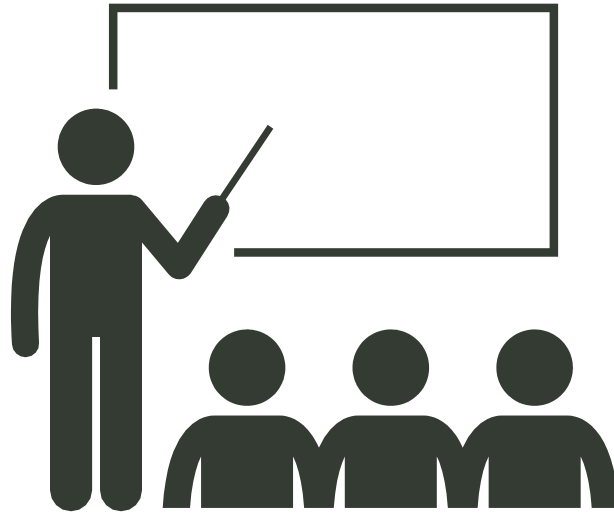
La xiriirida Shaqaalaha



Tababarka Shaqaalaha

- Qabo kulan kooxeed si aad shaqaalaha ula wadaagto sababaha loo sameeyey isbeddelka siyaasadda iyo si aad ugaga jawaabto wixii su'aalo ah.
- Fariin qoraal ah u dir dhammaan xubnaha kooxda adigoo qeexaya qorshaha hirgelinta lana wadaagaya wixii khayraad ah.
- Warqad ku qoran amarka King County iyo khayraadka shaqaalaha ku dheji meel aad u muuqata.
- Sii shaqaalaha fursado ay su'aalo kugu weydiin karaan
- King County waxay bixinaysaa calaamado ku qoran luqado badan oo la wadaagi karo si loo fududeeyo la hadalka macmiisha. Shaqaale kasta waa inuu ogaadaa halka laga helo kheyraadka luqadaha badan. Tixgeli inaad hal warqad oo ku qoran luuqad kasta ku dajisato meel si loogu sameeyo tixraac.

KC Vax Verified Webinar
(Tababarka Webka ee KC Vax)
*Tababarka waxaa lagu heli
karaa oo keliya Ingiriis*



La xiriirida Macaamiisha



Waxaa muhiim u ah shaqaalaha iyo macmiilkuba inay ogaadaan SABABTA talaabooyinkaan hirgeliyey. Halkaan waxaa ku qoran farriimo wanaagsan oo aad u isticmaali karto inaad la wadaagto shaqaalahaaga iyo macaamiishaada.

SABABTA

- Bulsho ganacsi ahaan, waxaa naga go'an in ganacsiyada ay sii furnaadaan oo aan ilaalino shaqaalaha, macaamiisha, iyo xubnaha bulshada ee gacan ka geysta xaqiijinta koritaankeena iyo guusheena.
- Iyadoo ay soo kordheen kiisaska COVID-19, King County ayaa soo saartay amar lagu ilaalinayo bulshadeena markaas oo u baahan in dadka ay xaqiijiyaan in la tallaalay ama laga baaray lagana waayay COVID-19 markay ay galayaan goobaha munaasabadaha iyo goobaha dadweynaha.
- King County waxay soo saartay shuruudda ah in qofka laga xaqiijiyo tallaalka taas oo ah qaab lagu ilaalinayo shaqaalaha iyo macaamiisha taas oo ay taageerayaan dawladda hoose.
- Masuuliyadeena ayaa ah inaan bulshadeena siino jawi/bey'ad ugu nabdoon uguna caafimaadka badan annagoo sidoo kale ka shaqeynayna sidii ganacsiyada ay ku sii furnaan lahaayeen. Xaqiijinta tallaalka ayaa ah qaabka ugu fiican ee aan wax u samayn karno.



Dhacdooyinka/Tusaaloo yinka Xaaladaha



Shuruudda xaqiijinta tallaalka ee King County macnaheedu waxaa waaye in shakhsiyaadka 12 jirka ah iyo ka weyn ay tahay inay muujiyaan caddaynta ah inay qaateen tallaalka COVID-19 ama in cudurka laga baaray lagana waayay. Si kastaba ha ahaatee, ganacsiyadu waxay bixin karaan waxyaabo bedel u ah arrintaas markay habboon tahay. Waxyaabaha badelka u ah waxaa ka mid noqon kara:

- Macaamiisha in la fadhiisiyo meel bannaan ah
- In macaamiisha loo fidiyo xulashooyin la mid ah sida
- Guri U Qaadashada Cuntada
- Bixinta goob jimicsi oo bannaanka ah
- U tilmaamida macaamilka adeegyada khadka tooska ah

Xusuusnow, ganacsiyadu waa inaysan su'aal gelin naafonimada qofka ama waa aysan baarin sax ahaanshaha cadeynta ka-dhaafitaanka ee muujinaysa in macmiilka laga dhaafay qaadashada tallaalka ama baaritaanka. Ganacsiyada sidoo kale waa inaysan marna ula dhaqmin macmiilka si ka duwan sida dadka kale iyadoo lagu saleeynaayo isirka, midabka, abtirsiinta, asalka qaranka, meesha uu ku dhashay, jinsiga, da'da, diinta, caqiidada, naafonimada, nooca galmada, aqoonsiga jinsiga, miisaanka ama dhererka.

Ganacsiyada waa inaysan MARNABA isku dayin inay jir ahaan ula falgalaan macmiil dagaal iyo rabshad wada oo diida inuu u hoggaansamo sharciga. Halkaan hoose, ganacsiyada waxay ka heli doonaan tusaalooyin ka caawinaya saadaalinta dhacdooyinka suurtagalka ah.



- Macmiilka ayaa sheegaya inuusan qaadan karin tallaalka sababo la xiriira inuu qabo xaalad caafimaad oo soo jireen ah ama naafonimo awgeed
 - Ganacsiyada waxay codsan karaan baaritaanka COVID-19 oo natiijadiisa taban taas badelkeeda. Baaritaankaas wuxuu noqon karaa baaritaan degdeg ah oo lagu bixiyo goobta ay ka dhacayaan dhacdooyinka ama baaritaanka PCR. Baaritaanada guriga lagu sameeyo ma aha kuwo ansax ah.
 - Haddii macmiilka uusan lahayn cadeynta baaritaanka Covid-19 ee natiijadiisa ay tahay mid taban, ama uu diido inuu bixiyo, ganacsiyada waxay macaamilkaas siin karaan adeeg ah in wixii uu rabo bannaanka loogu sameeyo, guri u qaadashada cuntada ama xulashada ah in guriga loogu geeyo alaabta, haddii adeegyadaas la heli karo.

- Macmiilka ayaa diidaya bixinta caddeynta xaqiijinta tallaalka ama baaritaanka COVID-19 ee natiijada taban
 - Ganacsiyada waxay sharxi karaan in rabitaankaan uu yahay amarka King County iyo in goobtu aysan bixin karin adeeg gudaha ah iyada oo aan qofka muujinin cadeynta.
 - Ganacsiyada waxay bixin karaan adeegyo badel ah sida xulashada ah in bannaanka loogu adeegyo ama inuu alaabta hore u qaato.
 - Ganacsiyada waa inay ku dadaalaan inay hirgeliyaan amarka laakiin looma qabsan doono dhaqanka macmiilka.



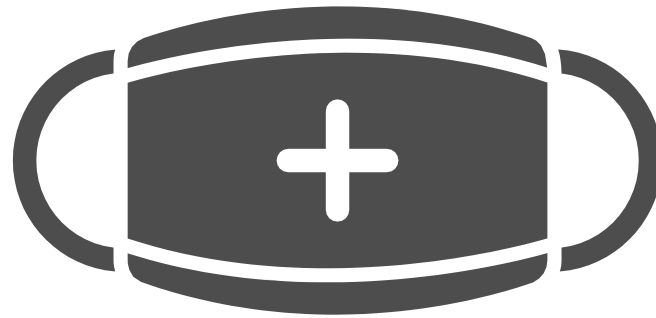
- Macaamilka haddii uu noqdo qof hanjabaad ama rabshad wada
 - Ka codso macaamilka in uu ka tago dhismaha. Ha dagaallamin ama hanjabaad ha samaynin. Tallooyin dheeraad ah oo loogu talagalay u jawaab celinta qof hanjabaad ku sameeynaya ayaa laga heli karaa Crisis Prevention Institute (Machadka Ka Hortagga Qalalaasaha).
 - Wac 911 oo u sheeg King County 206-477-3977. Gurmada degdegga ah waa in la wacaa oo keliya haddii macaamilka uu noqdo mid hanjabaad ama rabshad wada ee gurmada ma ahan fulinta joogtada ah ee siyaasadda caddeynta xaqiijinta tallaalka.
- Shakhsiga haddii uu keeno caddeynta baaritaan COVID oo degdeg ah ee guriga lagu sameeyo
 - Baaritaanada guriga ansax uma ahan amarkan. Baaritaannada waa inay ahaadaan baaritaanno degdeg ah oo laga bixiyo goobta ganacsiga ama baaritaanada PCR oo laga helo xirfadle caafimaad.
 - Shaqsiyaadkaan waxaa la siin karaa xulashooyin kale oo ah in loogu adeegyo bannaanka.
- Shakhsiga haddii uusan haysan caddaynta tallaalka isla markaana uusan bixinayn caddeynta baaritaanka COVID-19 oo natijada taban, laakiin ay ballanqaadaan inay xiran doonaan maaskaro inta ay joogaan goobta
 - Xirashada maaskaro bedel uma ahan amarkan. Ganacsiyadu waxay macaamilka siin karaan xulashooyin kale oo bedel ah sida in bannaanka loogu adeegyo ama in ay waxooda guriga u qaataan.



- Shaqsiiga haddii uu sheego inaysan qasab ahayn inay bixiyaan cadeynta xaqiijinta tallaalka sababtuna ay tahay inay qorsheynaynin inay wax cunaan ama wax ka cabbaan goobta.
 - Amarkan wuxuu khuseeyaa dhammaan shaqsiyaadka 12 jirka ah iyo kuwa ka weyn ee imaanaya xarumaha la daboolay iyo dhacdooyinka dadweynaha. Shakhsiga waxaa khasab ku ah inuu bixiyo cadeynta xaqiijinta tallaalka, baaritaanka COVID-19 ee natijada taban ama waa in la siiyo xulasho kale sida in loogu adeego bannaanka

- Haddii ganacsiga uu ka shakisan yahay in macaamilka uu bixinayo cadeynta xaqiijinta tallaalka ama baaritaanka COVID-19 oo been abuur ah.
 - Kani waa amar ku salaysan aaminaad. Ganacsiyadu waa inay ku dadaalaan intii karaankooda ah oo aysan dhexdooda is qabsan.

- Celi macaamil ku tusay diiwaannada tallaalka mar hore uu goobta yimaaday oo hadda ku weydiinaya inay khasab tahay inuu ku tuso cadeynta mar walba
 - Macaamilka waa inuu bixiyaa cadeynta xaqiijinta tallaalka ama baaritaanka COVID-19 ee natijada taban marka kasta oo uu yimaado goobta.



Calaamado

*Astaamaha Ingiriiska kaliya ah
ayaa laga heli karaa halkan:*

- *8x11 Sign*
- *11x17 Sign*



Isticmaalka Khayraadka



- King County Health Order ee rasmiga ah
- Su'aalaha inta Badan La iswaydiiyo ee King County Public Health (Caafimaadka Dadwaynaha ee Degmada King)
- Seattle Metro Chamber (Laanta Seattle Metro) -
Kheyraadka Ganacsiga
 - KCVaxVerified.com
- Calaamadaha Ganacsiga ee Ingiriiska Keliya Ah
 - 8x11 Sign
 - 11x17 Sign
- Hagaha tababarka shaqaalaha
- Khadadka Kheyraadka Aqoonta Ingiriiska:
 - Af-amhaaro ah: 206-825-4240
 - Af-carabi: 206-486-2669
 - Af-kuuriyaan: 425-776-2400
 - Af-soomaali 253-317-3251
 - Af-isbaanish: 888-502-9597
 - Af-Tigrinya: 206-486-2669
 - Xarunta Macluumaadka Mandarin & Cantonese
 - Dadka ka da'a wayn 55: 206-816-4991
 - Dadka ka da'a yar 55: 206-330-4627



Su'aalaha Inta Badan La Isweydiyo

Booqo: kcvaxverified.com/faq