

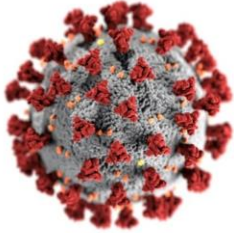
Warbixinta COVID-19 ee Magaalada Burlington

Xarunta Kheyraadka iyo Soo-kabashada ee
Burlington COVID-19 (RRC)

Janaayo 2021

Soomaali

Noocyo cusub oo COVID-19 ah



Nooc cusub oo cudurka korona-fayras ah ayaa soo baxay. In kasta oo markii ugu horreysay lagu ogaaday Boqortooyada Ingiriiska, haddana waxaa laga helayaa dalal badan oo uu ku jiro dalkayaga. Saraakiishu waxay filayaan in nooca cusub lagu ogaan doono Vermont dhawaan. Isbedelada feyraska waa wax caadi ah, sida noocyada kala duwan ee hargabka sanadba sanadka ka dambeeya soo baxa, laakiin waxa noocaas ka dhigaya inuu ka duwanaado kuwa kale yaa ah inuu si dhaqso leh u faafayo marka loo eego COVID-19 orijinaalka ah. Weli waxaa jira waxyaabo badan oo aan la ogeyn oo ku saabsan halista noocyadan cusub ee COVID-19 xilligan la joogo. Tani waxay ka dhigan tahay in xubnaha bulshadeena ay ku jiri karaan halista sii kordheysa oo ah inay qaadaan fayraska, dad badan ayaa laga yaabaa inay isbitaalka la jiiifiyo, waxaana arki karnaa dhimashada Vermont oo sare u kacaysa. Macluumaad dheeraad ah iyo warbixin ku saabsan noocyada cusub ee COVID-19 ka hel bogga internetka ee CDC.

Qaybinta Tallaalka



Sida qaarkiin laga yaabo inaad maqasheen, hada waxaa jira laba talaal oo COVID-19 ah kuwaas oo loo fasaxay in laga isticmaalo Mareykanka, Moderna iyo Pfizer. Halkaan waxaa ku qoran waxyaabo yar oo ay tahay in la ogaado:

- Vermont waxay kujirtaa marxadaha hore ee qaybinta talaalka, halkaas oo loogu qeybinayo shaqaalaha safka hore kaga jira caafimaadka iyo dadka ku jira goobaha daryeelka caafimaadka

ee muddada dheer. Kooxda ku xigta ee qaadanaysa tallaalka waxay u badan tahay inay noqdaan xubnaha ugu da'da weyn ee bulshada ka tirsan iyo dadka halista ugu jira cudur daran.

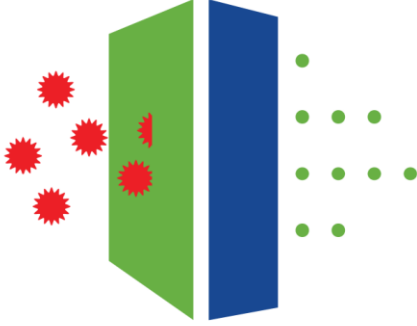
- In ka badan 20,000 oo qof oo ku nool Vermont ayaa helay tallaalkoodii ugu horreeyey tan iyo illaa 8^{ka} Janaayo, wayna sii kordhi doonaan maaddaama Gobolku sii heli doono qiyaaso badan oo tallaalka ah.
- Tallaallada hadda la ansixiyay waxaa lagu bixiyaa laba doos/qiyaas oo kala gooni ah, oo u dhexeysa saddex illaa afar toddobaad.
- Weli ma ogin goorta tallaalka si ballaaran loo heli doono. Qiyaasaha qaranka ee ku aadan si baahsan u helitaanka tallaalka ee loo heli karo guud ahaan dadweynaha waxay ka bilaabanaysaa laga bilaabo Abriil ilaa bartamaha xagaaga 2021. Carruurta da'doodu ka yar tahay 16 sano, inay helaan tallaalku waxay qaadan kartaa xitaa wakhti intaas ka dheer maaddaama daraasadaha wali lagu sameynayo kooxaha da'da yar.
- Tallaalladaan gaarka ah waa tallaalada mRNA (Messenger RNA), kaas oo wax bara tilmaamana u dira unugyada jirkeena si ay ula dagaalamaan infekshinka. mRNA weligiis ma galo gudahaa (nucleus) unugyada jirka, halkaas oo ah halka lagu keydiyo walxaha hide-sidaha ah; saamayn kuma yeelan doonto ama ma beddeli doonto DNA-gaaga. Tallaalkani sidoo kale maahan fayras nool sidaa darteed kuma qaadsiin karo COVID-19.

Haddii aad su'aalo ka qabtid tallaalka, daryeel bixiye caafimaad oo la shaqeeya qoyskaaga ayaa laga yaabaa inuu kaa caawiyo ka jawaabidda su'aalahaas. Haddii aadan la xiriiri karin daryeel bixiye caafimaad, waxaad la xiriiri kartaa Xarunta Kheyraadka iyo Soo-kabashada Magaalada waxaan ku dadaali doonaa inaan kugu xirno macluumaadka aad uga baahan tahay ilaha caafimaadka ee xirfadlayaasha.



Waxa ugu fiican ee aan dhamaanteen samayn karno waqtigan waa inaan feejignaano oo aan ilaalino qoyska iyo deriska annagoo sii wadayna xirashada maaskarooyin tayo sare leh, inaan dhaqno gacamaheena inta badan, aan kala fogaano, iskana ilaalino kulamada bulshada. Haddii aad ka qaybgashay kulanno bulsheed, Waaxda Caafimaadka Vermont waxay kugula talineysaa in si dhakhso leh lagu baaro ka dib kulanka iyo sidoo kale 7 maalmood kadib munaasabada. Haddii aad u baahan tahay maaskaro, fadlan la xiriir RRC. Dhamaanteen waan ku wada jirnaa arrintan.

Deeqaha Hawada-Nadiifinta



Qalabyada sifeeyayaasha hawada ayaa la muujiyey inay hawada ka saaraan qaar ka mid ah walxaha fayraska waxayna gacan ka geystaan yareynta walxahaas – laakiin ma baabi’iyaan! – halista gudbinta cudurka marka lagu jiro goobaha gudaha ah. Magaalada Burlington waxay bilaabi doontaa barnaamij cusub oo deeq bixin ah oo la xiriira nadiifinta hawada iyadoo lagu dadaalayo sidii loo bixin lahaa qalabyo nadiifiya hawada kuwaas oo si bilaash ah loo siinayo ganacsiyada xarumahooda ku yaaliin Burlington iyo meelaha aan macaash doonka ahayn ee laga yaabo inay qoysas badan ay wadaagaan. Kuwa helaya deeqda waxay heli doonaan caawimaad ku aadan soo iibsiga iyo rakibaada aaladda sifeynta hawada. Codsashada waxay furnaan doontaa hal toddobaad, laga bilaabo Isniinta 11^{ka} Janaayo illaa 18^{ka} Janaayo, 2021. Codsiyada soo daaha waa la aqbali doonaa, laakiin sahayda/qalabyada ayaa dhamaan kara. Wixii su'aalo ama caawimaadda tarjumaadda ah, fadlan la xiriir BTVEmployer@burlingtonvt.gov. Haddii aad doorbideyso caawimaad luqadeed oo taleefan ah, waxaad RRC ka wici kartaa lambarka 802-755-7239.

Websaydhka Deeqda: <https://www.burlingtonvt.gov/covid-19/ventilation-grant> (Ingiriis)

Tijaabin



Helitaanka tijaabinta ayaa korortay waxaana laga heli karaa maalin kasta Burlington (405 Pine St.) iyo Winooski (32 Mallets Bay Ave), iyo sidoo kale iska soo baxyo dheeraad ah oo bisha oo dhan ah. Haddii ay dhibaato kaa haysato diiwaangelinta, waxaad maamulaha kiiskaaga ka wici kartaa AALV ama USCRI, ama la xiriir RRC, waxaan ka shaqeyn doonnaa inaan sida ugu fiican kuu caawinno. Hoos waxaa ku yaal liiska xulashooyinka tijaabinta hadda jira:

Maalin kata - Burlington City Arts Studio - 405 Pine St, Burlington VT, 05401

Goobta tijaabinta waxay ku taalaa booska ku xiga istuudiyaha Farshaxanka Magaalada Burlington ee 405 Pine Street

Waxay shaqeysaa maalin kasta: 12:00pm-8:00pm maali walba

Adeegyada turjubaanka qof ahaaneed ayaa la heli karaa wakhti kasta maalin kasta
Is diiwaangelin hore ayaa la door bidayaa

Maalin kasta - O'Brien Community Center - 32 Malletts Bay Ave, Winooski VT, 05404

Adeegyada turjubaanka qof ahaaneed ayaa la heli karaa

Tijaabinta waxaa la sameeyaa maalin walba, Isniin - 5:00pm-8:00pm, Talaado-Axad 9:00am-3:00pm

Is diiwaangelin hore ayaa la door bidayaa

Burlington North End Studios – 294 North Winooski Ave, Burlington VT, 05401

Fursadaha iska soo boodada ah waxay shaqeyn doonaan 9:00am-3:00pm

Adeegyada turjubaanka qof ahaaneed ayaa la heli karaa

15ka Janaayo – is-diiwaangelin hore ama lug lagu imaan karo

22ka Janaayo – is-diiwaangelin hore ama lug lagu imaan karo

29ka Janaayo – is-diiwaangelin hore ama lug lagu imaan karo

Colchester Malletts Bay Congregational Church - 1672 W Lakeshore Dr, Colchester, VT 05446

Fursadaha iska soo boodada ah waxay shaqeyn doonaan 9:00am-3:00pm

Adeegyada turjubaanka taleefanka ah ayaa la heli karaa

14ka Janaayo – is-diiwaangelin hore ama lug lagu imaan karo

21ka Janaayo – is-diiwaangelin hore ama lug lagu imaan karo

28ka Janaayo – is-diiwaangelin hore ama lug lagu imaan karo

Williston National Guard Armory - 7846 Williston Rd, Williston VT, 05495

Fursadaha iska soo boodada ah waxay shaqeyn doonaan 9:00am-3:00pm

Adeegyada turjubaanka taleefanka ah ayaa la heli karaa

13ka Janaayo – is-diiwaangelin hore ama lug lagu imaan karo

27ka Janaayo – is-diiwaangelin hore ama lug lagu imaan karo

Su'aalo? Ma u baahan tahay caawimaad?

Xarunta Kheyraadka iyo Soo-kabashada (RRC) ee Burlington COVID-19 waxay halkan u joogtaa inay ku caawiso, nagala soo xiriir 802-755-7239 ama recovery@burlingtonvt.gov oo noo reeb fariin ay ku jiraan magacaaga, luqadda aad doorbideyso, iyo macluumaadka lagaala soo xiriiri karo waxaan kugu caawin doonaa sida ugu dhakhsaha badan. Xarunteena wicitaanku waxay leedahay adeegyada tarjumaada taleefanka. Saacadaha shaqadeenu waa Isniinta ilaa Jimcaha, 8:00am-4:30pm.



Mahadcelin:

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/transmission/variant.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

Waaxda Caafimaadka ee Vermont

<https://www.healthvermont.gov/media/translation/covid-19-translations> (ka hel macluumaad turjuman oo ku saabsan COVID-19)

<https://www.healthvermont.gov/covid-19/testing/where-get-tested>

<https://www.healthvermont.gov/covid-19/vaccine>

Magaalada Burlington

<https://www.burlingtonvt.gov/covid-19/ventilation-grant>

<https://www.burlingtonvt.gov/covid-19/testing>

<https://www.burlingtonvt.gov/resources>

Sawiro laga soo xigtay CDC & Magaalada Burlington