



# Aqbaarta COVID-19 ee Magaalada Burlington

Xarunta Illaha iyo Soo kabsiga COVID-19 ee Burlington (RRC)

Maarso 2021  
(Soomaali)

## Qodobadda:

- Nooc cusub oo laga helay Vermont
- Aqbaarta safarrada ee gobalka
- Baaqa Gobolka ee ku aadan isku imaanshaha
- Tallaalo bilaash ah oo hadda loo heli karo dadka jira da'da 65 iyo wixi ka wayn
- Tallaalada loogu talagalay dadka qaba xaaladaha caafimaad halista badan ee la qiyaasay dhammaadka Maarso
- Sida la iskaga diiawangeliyo tallaalka
- Barnaamijka kaalmada kirada ee degdegga ah

# Nooca Cusub

Barnaamijka Kormeerida Biyaha Wasaqda ah ee Magaalada ayaa ka helay Burlington nooc ka duwan oo COVID-19 ah kaas oo sidoo kale lagu arkay U.K. Macluumaadkan ma ahan inuu cabsi abuuro, balse waa digniin loogu tallagalay bulshada si ay u isticmaalaan taxadar dheeraad ah. Waxaa la qiyaasay in noocyadan cusub ee fayraska ay ku faafi karaan boqolkiiba 30 ama 40 si aad u gadhaqsi badan cudurka COVID-19 ee hadda bulshada ku dhex jiro. Fadlan gacan ka geysa xakameynta faafida adiga oo sameynaya waxyaabaha soo socda:

Sii wad iska illaalinta isku imaatinka qoysaska kale iyo raacida tallooyinka Gobalka



Xiro maaskaro tayo sare leh, ugu yaraan laba fadhi leh oo si fiican kuula eg si aysan meel banaan u yeelan



Inaad iska baarto COVID-19 haddii aad yeelato wax calaamado ah, aad safar gashay, ama aad ka qeybgashay isku imaatinka bulshada.



Inaad qaadato tallaalka COVID-19 haddii aad xaq u leedahay



## Aqbaarta Safarrada Ee Gobalka



Tallooyinka safarrada ee Vermont wax ayaa laga baddelay. Dadka si buuxdo loo tallaalay oo 14 bari ay ka soo wareegtay garoojadooda tallaalka ugu danbeeyay ayaa safar ku soo gali kara kagana bixi kara Vermont iyada oo aysan jirin wax xaddidaad karantiil ah. Intaas waxaa sii dheer, haddii qof tallaalka si buuxdo u qaatay uu ka soo ag dhawaado qof la xaqiijiyay inuu cudurka COVID-19 qabo loogama baahanayo karantiil. Qof kasta oo aan si buuxdo LOO tallaalin waa inuu sameeyaa karantiilka looga baahan yahay markuu ku soo noqonayo ama u safrayo Vermont. Dadka reer Vermont ee ka soo noqonaya safar gobalka dibaddiisa ah waa inay galaan 14 bari ama 7 bari oo karantiil ah kadib markii baaritaan cudurka laga waayay.

# Baaqa Gobalka ee Ku Saabsan Isku Imaanshaha

**Isku imaanshaha bulshada** ee ku lug leh qoysaska tirada badan, gudaha guryaha iyo dibaddaba, goobaha dadweynaha iyo kuwa gaarka loo leeyahayba looma ogola dadka aan tallaalka qaadanin waqti xaadirkaan. Shaqsiyaadka ama qoysaska tallaalka qaatay ayaa la kulmi kara kaliya hal qoys oo tallaalka qaatay ama aan qaadanin halki marba. Ganacsiyada iyo hay'adaha wali looma oggala inay qabtaan kulamo dadweynaha oo qoysas badan kulminaya haddii dadka soo xaadiraya ay tallaalan yihiin iyo haddii kalaba.

Si aad ugu hesho jaheynta Gobalka af Ingiriiska, booqo:

<https://accd.vermont.gov/news/update-new-work-safe-additions-be-smart-stay-safe-order>

## Qeybinta Tallaalka

Tallaalada COVID-19 oo bad-qab iyo waxtarba leh ayaa haddadan loo heli karaa dadka ku nool Vermont ee jira da'da 65 ama ka wayn! Wax iska imaansho ah lama ogola haddadan waana in dadka ay horay ballan u sii qabsadaan. Ceymis looma baahna, tallaalkana waa BILAASH.

Tallaalada waxaa hadda loo heli kara:

- Dadka reer Vermonta ee jira da'da 65 sanno ama ka wayn
- Shaqaalaha daryeelka caafimaad ee safka hore ku jira
- Dadka degan xarumaha daryeelka ee muddada dheer
- Shaqaalaha daryeelka muddada dheer ee xiriirka tooska ah la leh bukaanada
- Shaqaalaha iyo ka falceliyaasha adeegga gaarka caafimaadka degdegga ah

Wejiyada Soo Socda, taariikhaha aan la shaacin:

- Dadka leh xaaladaha caafimaad ee halista badan leh (la qiyaasay dhammaadka Maarso)

Fursadaha is diiwaangelinta:

1. Iska diiwaangeli onleenka Waaxda Caafimaadka Vermontbogga <https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine> (isdiiwaangelinta onleenka ah ee Ingiriiska ah) ama adiga oo soo wacayo qadka taleefoonka tallaalka lambarka 855-722-7878 (Si laguugu caawiyo luuqado kale riix 1). Saacadaha Shaqada Xarunta Wacitaanada waa Isniinta-Jimcaha, 8:15 a.m. – 5:30 p.m. iyo Sabti iyo Axad, 10:00 a.m. – 3:00 p.m.



Xuquuqda Sawirka: CDC

2. *Haddii aad wax su'aalo ah ka qabto xaq u yeelashada ama aad u baahan tahay in lagaa caawiyo isdiiwaangelinta, waxaad la xiriiri kartaa maamulaha dacwadaada ee Ururka Barnaamijka Afrikaanka ama Qaxootiga. Haddii aadan maamule dacwad lahayn, ka soo wac Barnaamijka Qaxootiga lambarka 802-655-1963 ama Ururka Barnaamijka Afrikaanka iyo Qaxootiga 802-355-0795 oo waxaa laguugu xiriirinayaa qof ku hadlaa luuqadaada.*

## Barnaamijka Kaalmada Kirada ee Degdegga ah



**Taariikhda bilowga:** waxaa lagu qiyaasay bartamaha Maarso 2021 (taariikhda rasmiga ah waa la ogaanayaa)

**Yaa xaq u leh:**

Kaalmadaan dhaqaale waxaa loogu talagalay dadka uu sida xun u saameeyay cudurka. Dadka soo codsanayo waxaa jiraya shuruudo dakhli iyo kuwa kale oo looga baahanayo inay buuxiyaan.

**Waxa barnaamijka uu bixiyo:**

Barnaamijka wuxuu bixin karaa kaalmo dhaqaale oo lagu bixiyo lacag kiro oo horay laguugu lahaa iyo kaalmo kiro oo mustaqbalka ah. Deeqaha waxaa lagu bixinayaa qaab lacag kordhin saddex bilood ah, dadka kirada kujirana waxay codsan karaan kaalmada guud ahaan ilaa iyo 12 bilood. Waxaa jiri karto fursad ah in la codsado saddex bilood oo kordhis ah waqtigaas kadib.

**Hannaanka:**

Milkiilaha guriga iyo kireystaha labaduba waxay u baahanayaan inay codsi diraan, lacagtana waxaa toos loo siinayaa milkiilaha guriga. Wixii su'aalaha ama caawinta lagu dhameystirayo codsiga, ka wac Barnaamijka Qaxootiga lambarka 802-655-1963 ama Ururka Afrikaanka ee Ku nool Vermont lambraka 802-355-0795 waxaana laguugu xiriirinayaa qof ku hadla luuqadaada.

Si aad u aragtid aqbaaraha barnaamijka iyo codsiga oo af Ingiriis ah, booqo:

<https://www.vsha.org/>

# Su'aalo miyaad qabtaa? Ma u Baahan Tahay Kaalmo?

Xarunta Dhigaalada iyo Soo Kabsashada COVID-19 (RRC) ee Burlington ayaa halkaan waxay u joogaan inay ku caawiso, nagala soo xiriir lambarka 802-755-7239 ama [recovery@burlingtonvt.gov](mailto:recovery@burlingtonvt.gov) oo noogu dhaaf fariin magacaaga, luuqada aad jeceshahay, iyo macluumaadka xiriirka waxaana kugu caawineynaa sida ugu dhakhsaha badan. Xarunteena Wicitaanka waxay leedahay oo laga heli karaa adeegyada turjumaada. Saacadaheena shaqada waa Isniin ilaa iyo Jimcaha, 8:00am-4:30pm.

## Ka Hel Turjumaado:

Vermont Department of Health (Waaxda Caafimaadka Vermont)

<https://www.healthvermont.gov/media/translation/covid-19-translations>

Magaalada Burlington

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

Guddiga Luuqadaha Kala Duwan ee Vermont:

<https://www.youtube.com/channel/UC3zjPpeFnXqvESr1y3d4DvQ>

Macluumaadka ku jira dukumintigaan waa la beddeli karaa hadba marka tilmaamaha laga cusbooneysiyo heer qaran iyo heer gobol

Xuquuqda Sawirka: CDC iyo Magaalada Burlington