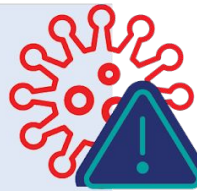


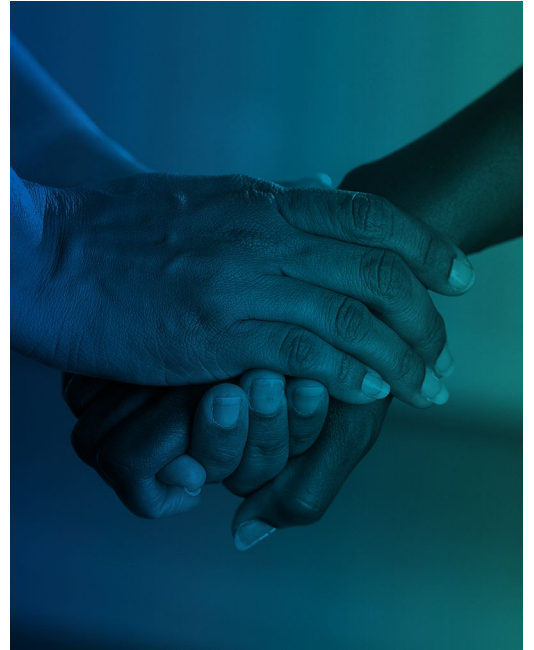
Isbadallada lagu sameeyay Kaalmooyinka Caafimaadka ee COVID-19

Marka la gaaro **Maayo 11, 2023**, xaalada degdega ah ee caafimaadka dadwaynaha ayaa dhamaanaysa. Xaaladaha degdega ah ee caafimaadka dadwaynaha ayaa u sahlaaya dawlada inay lacagta si dhakhso ah u isticmaasho ayna abuurto barnaamijyo cusub si loo taageero faya qabka dadwaynaha.

Inkastoo xaalada degdega ah ee caafimaadka dadwaynuhu ay dhamaanayso, haddana COVID-19 ayaa wali ah cudur khatar badan.



- ✓ Dad badan ayaa wali dhimanaya maalin kasta gudaha Maraykanka, kuwo kale oo badan ayaana wali xanuun adag ku dhacayaa.
- ✓ COVID-19 ayaa sidoo kale carqalad gelin kara hawl maalmeedka adiga iyo qoyskaaga, asagoo ka hor istaagaaya dadka inay aadaan shaqada ama dugsiga.



Waxaad u baahan kartaa inaad iska bixiso qarashka baaritaannada, daawooyinka iyo talaallada COVID-19. Intii lagu jiray Xaalada Degdega ah ee Caafimaadka Dadwaynaha, talaallada, daawooyinka iyo baaritaannada COVID-19 waa lacag la'aan. Kadib Maayo 11, qiimaha daawooyinka, baaritaannada iyo talaallada ayaa ku xirnaan doona caymiskaaga caafimaadka.



Haddii aad haysato Medicaid, wali waa inaad cadeysaa inaad kaalmada u qalanto sanad kasta. Intii lagu jiray Xaalada Degdega ah ee Caafimaadka Dadwaynaha, dadla caymiska caafimaadka ka hela Medicaid ayaa si otomaatig ah loo diiwaan gelinaayay sanad kasta. Kadib maarso 31, dadka ayaa u baahan doona inay cadeeyaan inay u qalmaan sanad kasta.



Haddii aad adeegsato SNAP, waxaa laga yaabaa inaad dawlada ka hesho lacagta taageerada cuntada oo ka yar intii hore. Inta lagu jiray Xaalada Degdega ah ee Caafimaadka Dadwaynaha, dawlada ayaa siisay qoysaska adeegsada barnaamijka Supplemental Nutrition Assistance Program (SNAP, Barnaamijka Caawimaada Kaalmaatiga Cuntada) cunto dheeri ah. Qoysaska ayaa mar dhaw laga joojin doonaa lacagtaan dheeriga ah.

**QAADO TALAALADAADA IYO
BAARITAANADAADA MAANTA INTA AY
LACAG LA'AANTA YIHIIN.**



Waxaa jira talaabooyin aad qaadi karto kahor iyo kadib intaan PHE aysan dhammaan si aad u difaacdo naftaada iyo bulshadaada.

Haddii aad haysato Medicaid:

- Xaqiiji in wakaalada maamusha kaalmooyinkaaga Medicaid ay kaa hayso xogtaada xiriirka, uuna ku jiro ciwaanka gurigaaga iyo lambarka taleefanka.
- Si taxadar leh u akhri waraaqda boostada laguugu soo diro ee la xiriirta kaalmooyinka Medicaid. Haddii aad hesho ogeysiis, isla markaba talaabo qaad.

Qaado talaalada buuxa ee COVID-19 inta ay wali yihiin lacag la'aan.

- In talaalku kuu dhameystiran yahay macnaheedu waa in aad qaadatay labada cirbadood ee talaalka leh labada kuuro, kaddibna aad qaadato talaalada difaaca jirka xoojiya midda aad u qalanto.
- Haddii uusan talaalkaagu kuu dhammaystirnayn, waxaad aad ugu dhowdahay in uu COVID-19 kugu dhaco, si daran aad ula xanuunsato ama aad u dhimato.
- Waa muhiim inaad qaadato talaalka COVID-19 ee kuu dhiman, xataa kadib Maayo 11. Raadso xarumaha caafimaadka bulshada ama goobaha kale ee baxsha adeegyada caafimaadka bilaashka ah ama qiimaha jaban.
- Ka hel talaal barta **vaccines.gov**.

Guriga soo dhigo baaritaannada COVID-19 kahor Maayo 11.

- Ka codso baaritaannada COVID-19 oo bilaash ah dawlada kahor maayo 11. Afar baaritaan calaa qof kasta oo qoyska kamid ah ayaa si lacag la'aan ah lagu heli karaa bil kasta. Baaritaannada ka dalbo oonlaynka barta **covidtests.gov**, ama wac 1-800-232-0233 si aad u codsato baaritaannada oo lagu baxsho in ka badan 150 luuqadood.
- Haddii aad haysato caymis caafimaad, uuna ku jiro Medicaid, waxaad ka heli kartaa baaritaannada COVID-19 oo lacag la'aan ah inta badan farmashiyaasha ilaa laga gaaro Maayo 11. Tag farmashiyaha deegaankaaga, u dhiib kaarkaaga caymiska, kadibna waydii in baaritaannada COVID-19 uu daboolaaayo caymiskaagu.

Waxaa jira dookhyo badan oo ay helayaan dadka u baahan in laga caawiyo qarashka cuntada.

- La xiriir kaydka cuntada maxaliga ah adoo booqanaaya **foodfinder.us** kadibna gelinaaya koodhkaaga boostada.
- Goballada qaar ayaa leh barnaamijyo kuu sahlaaya inaad iibsato miro iyo khudaar dheeri ah adoo adeegsanaaya gunnooyinkaaga SNAP. Booqo **doubleupamerica.org** si aad u hesho xog dheeraad ah.
- Waydii dugsiga cunugaaga haddii ay baxshaan cuntooyinka bilaashka ah iyo kuwa qiimaha jaban.
- Wac 2-1-1, ama 1-866-3-HUNGRY, ama ka codso maareyahaaga kiiska dib u dejinta ilaha kale ee aad cuntada ka helayso.



Hel Talaal



Codso Baaritaanno



Hel Kaydka Cuntada



Haddii aad la xanuunsato COVID-19 kadib Maayo 11, dib ha u dhigin daawayn. Xataa haddii aad iska bixinayso lacagta daawada, qarashaadkaaga caafimaadka ayaa aad uga badnaan doona haddii aad muddo dheer sugto aadna u baahato in isbitaal lagu seexsho.

