

Daryeelka Caafimaadka dhimirka iyo fayodhawrka inta lagu guda jiro dillaaca COVID-19



Kulligeen waxaa saameyn nagu yeeshay firaska cudurka Corona-19 (COVID-19) iyo dareenka cabsida iyo hubanti la'aanta duruufahaasi ay keeni karaan. Shakhsiyaadka ka tirsan bulshada qaxootiga, waayo-aragnimadii hore ayaa ku kordhin kara walaac iyo isku-buuq dheeraad ah. Tilmaamahan ayaa bixiya talooyin ku saabsan is-daryeelidda, astaamaha dhibaatooyinka, iyo agabyada lagula tacaali karo.

Talooyin ku saabsan is-daryeelidda:

- Daryeel jirkaaga. Ku wad sideeda jadwalka joogtada ah ee la xiriira cuntada, jimicsiga, iyo wakhtiga jifka.
 - Isku day inaad cunto cuno caafimaad leh.
 - Qorshee waxqabadyo jireed oo guriga lagu qaban karo.
 - Hurdo badan hel. Ka fogaow alkohool, tubaakada, iyo daroogooyinka kale maadaama ay carqaladeyn doonaan hurdada.
- Ku mashquul farsamooyinka nasashada si aad u naaqusto walaaca, adoo raacaya fikradaha hagaha ee tooska looga heli karo khadka.
- Ku celcelin dulqaad iyo akeysii si aad ugu daydo caadooyinka caafimaadka ee saaxiibadaa iyo reerkaagaba.
- La xiriir dadka kale si badbaado leh. U qorshee nashaadaad kuwa gurigaaga jooga ama kuwa kaleba oo ay ka mid yihiin qoyska ama saaxiibadaada waayeel ka ah ama buka.
- Qaado wakhti aad ku nasato. Isku day inaad sameyso waxqabadyo inta badan aad jeceshahay.
- Haddii ay qayb ka tahay nidaamkaaga caadiga ah, ka fikir inaad ka qaybgasho adeegyada diimaha tooska ah ee internetka.
- La soco, laakiin iska ilaali kashifaada badan ee wararka. Ka warqab in xantu ay faafi karto inta lagu jiro xiisadda. Had iyo jeer isha ku hay ilahaaga oo u leexo ilo macluumaad oo la isku halleyn karo. Macluumaadka Degmada San Diego waxaa laga heli karaa www.coronavirus-sd.com.

Haddii aad la kulanto astaamaha isku buuqa, fadlan hubi inaad ku tababaraneysa howlaha is-daryeelidda ee kor lagu soo xusay.

Calaamadaha caadiga ah ee isku-buuqa:

- Dareen kabuubyo, aammin darro, walaac, ama cabsi
- Isbedelka rabitaanka cuntada, tamarta, iyo heerarka waxqabadka
- Feejignaanta oo adag
- Hurdo xumo, xanaaq iyo waxyaabe sawiro ah oo lagu tuso
- Falcelinta jirka, sida madax xanuunka, jirdh xanuun, dhibaatooyin caloosha ah, iyo finanka maqaarka
- Ka siidarida dhibaatooyinka caafimaadka oo raaga
- Cadho ama xanaaq gaaban
- Kordhinta alkohoolka, tubaakada, ama daroogooyinka kale

Caawimaad raadso marka aad u baahato. Haddii dhib ku saameeyo nololahaada maalmo badan, ama toddobaadyo, la hadal la-taliye, dhakhtar, ama hoggaamiye dhimireed. Degmadu waxay leedahay, barnaamijyo badan oo la heli karo oo lagu taageerayo caafimaadka dhimirka iyo fayodhawrka, oo ay ku jiraan barnaamijyo u gaar ah bulshada qaxootiga. Intaa waxaa dheer, *Kooxda Jawaabta Qaxootiga* ayaa fiidiyow kusoo dhejiyay YouTube oo leh talooyin ku saabsan maaraynta walaaca iyo walwalka inta lagu jiro COVID-19. Waxaana lagu heli karaa 21 luqadood:

www.youtube.com/playlist?list=PLOZioxrlwCv00QHKgJWFWMwFjz2f9AmpK

Si aad u hesho barnaamij ama taageero deg deg ah oo ka badan 150 luqadood, wac **San Diego Access and Crisis Line (888-724-7240)**, eeg sanduuqa hoose si aad u hesho macluumaad dheeri ah. Haddii aad la kulanto walaac ama walaac la xiriira COVID-19, wac **Khadka Caawinta ee Taageerada Qiirada Optum (Orptum Emotional Support Help Line) (866-342-6892)** oo bilaash ah, 24/7 adeegyo turjumaad ah ayaa la heli karaa.

San Diego Access and Crisis Line: Taageeridda luqadaha 150+

Khadka **San Diego ee Marinka iyo Dhibaatada (The San Diego Access and Crisis Line)** (888-724-7240) wuxuu bixiyaa taageero deg deg ah iyo ilaha caafimaadka dabeecadda oo laga helo la-taliye khibrad leh 24-ka saacadood maalintii, 7 maalmood asbuucii. Adeegyadu waa qarsoodi, waa lacag la'aan, waxaana lagu heli karaa adeeg ah tarjumaad 150 luqadood.