

TALLAALKA HARGABKA EE DADKA WAAYEELKA AH AAD AYUU MUHIIM U YAHAY SANADKAN

Waa maxay sababta ay muhiim u tahay in aad qaadatid tallaalka hargabka sanadkan?

Hargabku halis caafimaad ayuu ku yahay dadka waayeelka ah.

- Xarrunta Xakamaynta Cudurada ee (CDC) waxa ay ku qiyaastay 70 – 85% dhimashada la xidhiidha hargabku in ay ku dhacdo dadka da'doodu tahay 65 iyo inta ka weyn. Dadka ugu badan ee cusbitaalada loo dhigo xanuunada hargabka la xidhiidhaa waa dadka da'dan ah.
- Macaanka, xanuunada wadnaha, xiiqda ama neefta iyo xanuunada kale waxa ay kordhiyaan halista aad ugu jirtid hargabka.

In aad qaadatid tallaalka hargabku waxa ay kaa badbaadinaysaa xanuunada halista ah iyo dhibaatooyinka ka dhasha.

- Haddii qof la talaalay uu ku dhaco hargabku, cilmi-baadhish ayaa muujisay in xaaladdoodu ay noqonayso mid fudud ayna yar tahay in ay cusbitaal galaan.

In aad qaadatid tallaalka hargabku waxa uu u fudaydinayaa adiga iyo dhakhtarkaagaba in aad go'aan ka gaadhaan sida aad iskaga daweyn kartid caabuqa aadka u fidaya qaboobaha.

- Waxa jira waxyaabo badan oo ay iska shabahaan calaamadaha hargabka iyo calaamadaha waqtiga hore ee COVID-19. Haddii aad leedahay wax calaamado ah isla markaa aad qaadatay tallaalkii hargabka, xogtaasi aad ayay muhiim u tahay in go'aan laga qaato nooca baadhista iyo daawada lagu siinayo.

Sanadkan, waxa jira tallaalka hargabka oo awood badan kaas oo badbaado dheeraad ah u taraya dadka jira 65 sano iyo kuwa ka weynba.

- Dadka da'dan ahi waxa ay u baahan yihiin tallaalka awoodda badan sababtoo ah nidaamka difaaca jidhkoodu ma soo saarayo difaac adag haddii ay qaataan tallaalkii caadiga ahaa.

Halkee ayaan ka heli karaa tallaalka hargabka?

- Waxa aad ka heli kartaa tallaalka hargabka farmasiyo badan, cusbitaalo ama mid ka mid ah goobaha baabuurka lagu dhex maro ama custibaalada tallaalka wareega ee ay masuulka ka tahay waaxda caafimaadku. Halkan guji si aad u booqatid barta internet-ka ee Waaxda Caafimaadka (Public Health) si aad u aragtid fursadaha jira: <https://bit.ly/35DL5DB>
- Kaadhka caafimaadka ee Medicare iyo Medicaid waxa ay bixinayaan 100% kharashka tallaalka hargabka. Xataa haddii aanad haysan kaadhka caymiska caafimaadka, waxa aad barta internet-ka ka haysaa fursadaha aad lacag la'aan ku helaysid tallaalka.

Ma u baahan tahay in telefoonka lagaa caawiyo si aad u heshid tallaalka hargabka?

- Wac Community Living Connections (<https://www.communitylivingconnections.org/>) telefoonka lacag la'aanta ah 1-844-348-5464 si lagaaga caawiyo in aad heshid farmasii ama goobta kuugu dhaw ee caafimaadka aad ka heli kartid tallaalka. Waxa aad maqli doontaa codadka Af Ingiriisi iyo Af Spanish. Waxa aad taaban kartaa lambar 6 si laguugu caawiyo Af Spanish ama khadka ayaad ku sii jiri kartaa si aad u dooratid turjumaanka luuqadaha kale. Dhammaan telefoonadu waa bilaash xogta sirta qofkana waa la ilaalinayaa.

Ma u baahan tahay gaadiid aad ku tagtid cusbitaalka aad ka qaadanaysid tallaalka ama farmasiiga?

- Hyde Shuttle waxa ay bixisaa adeegga qofka albaabka gurigiisa lagaga soo qaadayo laguna celinayo oo ay ka fuliso goobo badan oo kamid ah King County looguna tallo galay dadka waayeelka 55 iyo ka weyn, iyo dadka naafada ama baahida gaarka ah qaba.
 - Soo wac telefoonka 206.727.6262 si aad u codsatid in gaadiid lagu soo diro, taabo 1 khadkana ku sii jir si aad u codsatid turjumaan luuqadaha kale.
 - Ama iska diiwaan geli internet-ka adiga oo halkan gujinaya: <https://hydeshuttle.org> kadib guji (*Request a Ride*) Codso in Lagu qaado (qaybta internet-ku waa Af Ingiriisi kaliya).
- Haddii aad naafo ama baahi gaar ah qabtid oo aanad isticmaali karayn baska ama tareenka, waxa laga yaabaa inaad u baahan tahay in aad iska diiwaan gelisid Access Metro Transportation. Guji halkan si aad bogga internet-kooda u gashid: <https://bit.ly/34tGLap>. La soo xidhiidh Access Metro Transportation adiga oo soo wacaya 206-205-5000 si lagu caawiyo. Af Spanish taabo 2, dhammaan luuqadaha kale taabo 1, luuqadda Af Ingiriisiga, dooro 2 si taleefoonka lagaaga qabto. Waqti xaadirkan, dadka naafada ama baahida gaarka ah qaba una baahan in ay si degdeg ah u helaan gaadiid uma baahna in ay ka diiwaan gashanaadaan adeegga Access.