

Warbixin caafimaadka bukaanada xarunta caafimaadka ee Greater Portland Health

(207) 874-2142

<http://www.greaterportlandhealth.org/>

Adeegyada caafimaadka hab dhaqanka ee GPH:

- Wac bixiyahaaga daryeelka caafimaadka haddii welwelku culeys kaa saaro hawlmaalmeedkaaga dhowr maalmood oo isku xigta. Greater Portland Health wuxuu kaa caawin karaa inuu kugu xiro adeegyada caafimaadka hab dhaqanka.
- Haddii aad tahay bukaan caafimaadka habdhaqanka ah kana walaacsantahay imaatinka balantaada, fadlan la xiriir adeeg bixiyahaaga caafimaadka hab dhaqanka. Adeeg bixiyahaaga ayaa kuu sheegi doona haddii xulashooyinka telefoon ee casriga ah ama qaab kale oo barnaamij xiriir softweer ah loo heli karo ballantaada.
- Wac Maine 211 si aad u hesho macluumaad ku saabsan taakuleynta kooxda saaxiibada ee taleefoonka, kooxaha taageerada khadka tooska ee bilaashka ah, iyo agabyada lagu daboolayo baahiyaha aasaasiga ah oo ay ku jiraan cuntada, baahiyaha caafimaad, iyo hoyga.
- Haddi aad ku sugan tahay xaalad qalalaase caafimaad maskaxeed, wac khadka qalalaasaha ee gobolka oo dhan (207) 774-HELP (4357)

Macluumaadka xarumaha Xakameynta iyo Kahortagga Cudurrada (CDC):

- La wadaagista xaqiiqooyinka ku saabsan COVID-19 iyo fahanka halista dhabta ah ee naftaada iyo dadka aad daryeesho ayaa yareyn kara welwelka dilaaca cudurka.
- Meelaha aad ka heli kartid xaqiiqooyinka furaha u ah xaalada Covid 19:
https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fshare-facts.html

Waxyaabaha aad sameyn karto si aad naftaada u daryeesho

- Fasax ka qaado daawashada, akhrinta, ama dhageysiga wararka, oo ay ku jiraan warbaahinta bulshada. Maqalka ku saabsan masiibada si isdaba joog ah ayaa kaa careysiin kara.
- Jidhkaaga ilaali. Qaado neef qoto dheer, fidin, ama ka fikir. Isku day inaad cunto raashin caafimaad leh, oo isku dheelitiran, jimicsi joogto ah sameyso, hurdo badan seexo, iskana ilaali khamriga iyo daroogada.
- Waqti kuu bixi in aad furfurnaato. Iskuday inaad sameyso howlo kale oo aad jeceshahay.
- La xiriir dadka kale. Kala hadal dadka oo aad ku kalsoon tahay waxyaabaha aad ka welwelsan tahay iyo sida aad dareemayso.
- Macluumaadka CDC ee ku saabsan caafimaadka maskaxda iyo la qabsashada:
https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

Isha laga helay warkan: Xarunta Qaranka ee Tallaalka iyo Cudurada Neef mareenka (National Center for Immunization and Respiratory Diseases, NCIRD), Qaybta Cudurada Fayrasyada (Division of Viral Diseases)