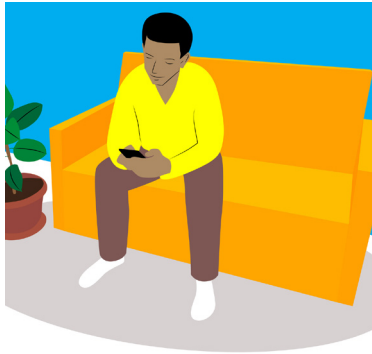


# Taageerada Caafimaadka Maskaxda Ma tihid keli!

Aafada COVID-19 waa waqti aad u adag. Xiligan oo kale, waa caadi in la dareemo walwal iyo walaac. Fadlan ogow inay caawimo ka jirto gudaha bulshadeenna.



## Caawimo waa la helayaa

Haddii adiga ama qof aad taqaan xaaladu ku adag tahay, fadlan gargaar raadso.

Booqo [counsellingconnect.org](https://counsellingconnect.org) si aad ula hadasho la-taliye habka telefoonka ama fidiyowga.

Kani waa adeeg bilaash ah oo da' walba leh waxaanad ka heli kartaa gargaarka dhibaatooyin badan oo kala duwan. Waxaad heli kartaa ballan isla maalinta ama maalinta ku xigta.

**Adeegyada waxa kaloo loo bixiyaa si gaar ahaan ah oo loogu talagalay Ummadihii Hore (First Nations), Inuit, iyo Metis.**

Waxa kaloo aad la xidhiidhi kartaa Rugta La-talinta ee Leyska Iman Karo ballan la'aan tel: 613-755-2277 ama tag [walkincounselling.com](https://walkincounselling.com). Waxay adeegyo ku bixiyaan Ingiriisi, Faransiis, Carabi, Isbaanish, Soomaali, Kaantonese iyo Maandarin ee goobo kala duwan.

Haddaad u baahan tahay inaad hadda qof lahadasho, adeegyadan ayaa halkan ka jira 24-ka saacadood ee maalinta, maalin walba ee usbuuca.

- **Xarunta Dhibaataada ee Ottawa iyo Gobolka** tel: 613-238-3311 oo Ingiriisi ah
- **Tel-Aide Outaouais** tel: 613-741-6433 oo Faransiis ah
- **Khadka Qalalaasaha** tel: 613-722-6914, haddii aad tahay 16 jir ama ka weyn (Laba Luqadood)
- **Xafiiska Adeegga Dhallinyarda Khadka qalalaasaha** tel: 613-260-2360 ama kula hadal [chat.ysb.ca](https://chat.ysb.ca), haddii aad tahay 12 ilaa 18 sano jir ama waalid (Laba Luqadood)
- **Telefoonka Caawinta Carruurta** tel: 1-800-668-6868 ama farriinta gaaban 686868 haddii aad ka yartahay 20 sano jir (Laba Luqadood)



Wixii taageerooyin dheeri ah fadlan booqo  
[OttawaPublicHealth.ca/COVIDMentalHealth](https://OttawaPublicHealth.ca/COVIDMentalHealth)

## Taageerada Lacagta

Haddii adiga ama qof aad taqaanno uu dhaqaale ahaan la dhibaateysan yahay oo ku saabsan aafada COVID-19, waxaa jira macluumaad iyo taageero laga heli karo Dowladda Dhexe, Gobolka, iyo Dowladaha Hoose. Wixii macluumaad dheeri ah booqo [ottawa.ca/support-and-assistance](https://ottawa.ca/support-and-assistance) ama wac 311.

Date last updated July 31, 2020

# COVID-19 iyo Caafimaadka Maskaxda

COVID-19 wuxuu noqon karaa mid walwal badan ku leh adiga iyo qoyskaagaba.

## Waxaa jira waxyaabo aad adigu sameyn karto oo caawiya adiga iyo qoyskaagu inay kaga baxaan tan

- Xooga saar waxyaabaha kaa caawiyey inaad laqabsato walwalka waqtiyadii hore
- Iska yaree waqtiga aad ku bixineyso dhageysiga warka
- Isku mashquuli waxyaabaha aad jeceshahay
- Ka fogow adeegsiga khamrada iyo daroogooyinka kale si aad ula tacaasho
- ku tababaro feejignaanta iyo ka fikirka
- ahow mid ku xiran dadka aad daneysa habka talefoonka ama internetka
- kula xiriir bulshadaada oo ku dhaqan diintaada laakiin 2 mitir u jirso oo xiro maaskaro haddii aad ku dhexjirto masaajid, masaleh ama meelaha lagu cibaadeysto



## U fiirso calaamadaha walwalka ee carruurtaada ama dhallinta

- isbeddellada ku yimaadda dabeecaddooda, sida murugo ama xanaaq badan
- Isbeddello ku yimaadda rabitaankooda cuntada ama qaabka hurdadooda
- madax xannuunno ama calool xannuun
- ama isbadel aanan caadi u aheyn ilamahaaga

## Sida aad u caawiso ilmahaaga

- dhegayso oo aqoonso dareemadooda
- sii macluumaad ku habboon da'dooda
- joogto u yeelo xagga cuntada iyo hurdada
- yaree waqtiga ay ku foognaadaan aaladahooda ama daawashada telefishanka
- la samee maaweelo xiiso leh
- Ku dhiirigeli inay bannaanka ugu baxaan jimicsi



Haddii adiga ama qoyskaagu u baahdo caawin, la xidhiidh [counsellingconnect.org](https://www.counsellingconnect.org) si aad ula hadasho la-taliye habka talefoonka ama fidiyowga. Tani waa adeeg bilaash ah oo Ingiriisi iyo Faransiis ah ee dhammaan da' walba, iyo adigoo heli kara caawimo dhanka dhibaatooyin kala duwan oo badan. Waxaad heli kartaa ballan isla maalinta ama maalinta ku xigta. Adeegyadu waxaa kaloo si gaar ahaan loogu fidiyaa xagga dadyowga Ummadihii Hore, Inuit, iyo Metis.

Waxa kale oo aad kartaa inaad wacdo Ruguta La-tashiga Caafimaadka ee Leyska Yimaaddo Ballan la'aan (The Walk-in Counselling Clinic) tel: 613-755-2277 ama waxaad tagtaa [walkincounselling.com](https://www.walkincounselling.com). Waxay leeyihiin adeegyo ah Ingiriisi, Carabi, Isbaanish, Soomaali, Kaantonese iyo Maandarin ee meelo kala duwan.

Wixii agabyo dheeri ee luqado kaloo badan: [OttawaPublicHealth.ca/COVIDMultilingual](https://OttawaPublicHealth.ca/COVIDMultilingual)

Ama wac [Ottawa Public Health Information Centre](https://OttawaPublicHealth.ca) tel: 613-580-6744

Date last updated July 31, 2020