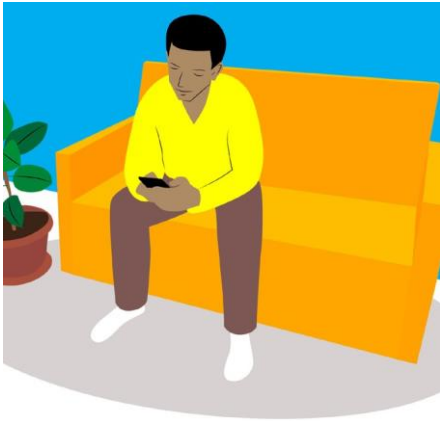


# Taageerada Caafimaadka Maskaxda ee COVID-19 – Ma tihid keli!

COVID-19 waa waqti aad u adag oo in badan nala jooga. Waa caadi in la dareemo walwal iyo walaac. Fadlan ogow inay caawimo ka jirto gudaha bulshadeenna.



## Caawimo waa la helayaa

Haddii adigu ama qof aad taqaan uu la kulmo wakhti adag oo walaac badan, fadlan gargaar raadso.

Si aad u hesho adeegyada caafimaadka maskaxda iyo balwada oo bilaash ah, kala xiriir [AccessMHA.ca](https://www.accessmha.ca) qof kasta oo ka weyn 16 sano oo la xiriir [1Call1Click.ca](https://www.1call1click.ca) qof kasta oo ka yar 21 sano.

Booqo [CounsellingConnect.org](https://www.counsellingconnect.org) si aad ula hadasho la-taliye taleefan ama fiidiyaha. Kani waa adeeg lacag la'aan ah oo da'walba leh waxaadna ka heli kartaa caawimo badan oo kala duwan.

Waxaad kaloo wici kartaa 613-755-2277 ama tag [walkincounselling.com](https://www.walkincounselling.com). Adeeggani waa bilaash, ballana uma baahnid. Waxay ku hadlaan afaf badan oo ah Ingiriisi, Faransiis, Carabi. Isbaanish. Soomaali. Kaantonese iyo Maandarin.

- **Haddaad u baahan tahay inaad dagdag qof ulahadasho**, adeegyadan ayaad la hadli kartaa 24-ka saacadood ee maalinta, maalin walba ee usbuuca.
- **Xarunta Dhibaataada ee Ottawa iyo Gobolka** tel: 613-238-3311 oo Ingiriisi iyo Fransiis
- **Tel-Aide Outaouais** tel: 613-741-6433 oo Faransiis ah
- **Khadka Qalalaasaha** tel: 613-722-6914, haddii aad tahay 16 jir ama ka weyn (Ingriis iyo Fransiis)
- **Xafiiska Adeegga Dhallinyarada** Khadka dhibaataada dag-daga ah haddii aad tahay 12-18 jir tel: 613-260-2360 ama kula hadal [chat.ysb.ca](https://www.chat.ysb.ca), (Ingriis iyo Fransiis)
- **Telefoonka Caawinta Carruurta** tel: 1-800-668-6868 ama farriinta gaaban 686868 haddii aad ka yartahay 20 sano jir (Ingriis ama Fransiis)



Wixii dheeraad ah fadlan booqo  
[OttawaPublicHealth.ca/COVIDMentalHealth](https://www.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://www.ottawa.ca/support-and-assistance) ama wac 311.

# COVID-19 iyo Caafimaadka Maskaxda

COVID-19 wuxuu noqon karaa mid walwal badan kuu keeni kara, adiga iyo qoyskaagaba.

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

- Xoog saar in aad ka fikirto waxyaabihii kaa caawiyey markuu walwal ku soo maray
- Iska yaree waqtiga aad ku bixineyso dhageysiga warka
- Isku mashquuli waxyaalaha aad jeceshahay
- Ka fogow adeegsiga khamrada iyo daroogooyinka kale
- Isku day in aad maskaxdaada wakhti ay nasato aad siisid
- Isku xidh dadka adiga ku jecel sida qoyskaaga ama qaraabada
- La xidhiidh bulshadaada diimeed oo ku dhaqan diintaada laakiin 2 mitir u jirso oo xiro maaskaro haddii aad ku dhexjirto meelaha lagu cibaadeysto



## U fiirso calaamadaha walwalka ee carruurtaada ama dhallinyarada

- Isbeddellada ku yimaadda jawigooda ama dabeecaddooda, sida murugo ama xanaaq badan
- Isbeddello ku yimaadda rabitaankooda cuntada ama qaabka hurdadooda
- Madax xannuun ama calool xannuun.

## Sida aad u caawiso ilmahaaga

- Dhegayso oo aqoonso dareemadooda
- Waxaad siisaa macluumaad ku habboon da'dooda
- Joogto u yeelo ama hab u samee xagga cuntada iyo hurdada
- Ka yaree waqtiga ay wax daawanayaan sida telefishanka
- la samee maaweelo xiiso leh
- Ku dhiirigeli inay bannaanka ugu baxaan jimicsi



Ma u baahan tahay caawimaad xagga caafimaadka maskaxda ama arrimaha isticmaalka maandooriyaha? Ma garanaysid meesha laga bilaabo? Halkan ka bilow: [AccessMHA.ca](https://www.accessmha.ca) (16 iyo ka weyn) ama [1call1click.ca](https://www.1call1click.ca) (dhalashada ilaa 21 sano jir).

Wixii dheeraad ah waxaad ka heli kartaa [OttawaPublicHealth.ca/COVIDMultilingual](https://www.OttawaPublicHealth.ca/COVIDMultilingual) ama wac **Ottawa Public Health Information Centre** tel: **613-580-6744**.