Tilmaamaha Khayraadka Takoorka COVID-19

COVID-19 (xanuunka coronavirus 2019) waxaa weeye xanuun neefsi ah oo markaa uu keeno novel (cusub) coronavirus kaas oo markaa dadku isku gudbiyaan. Laakiin, baqida iyo warwarka laga qabo COVID-19 ayaa keeney inay dadku ay dadka kale iska ilaaliyaan oo ayna rib iskaga dhigaan, xataa hadii ayna ku jirin khatar ay ku faafin karaan fayruska. Waxa aad naga caawisaa in aanu la dagaalano takoorka inaka oo faafinayna macluumaadka dhabta ah ee COVID-19.

Sida Loo Maareeyo Qabdinta iyo Warwarka Laga Qabo

- **Macluumaadkii oggow.** Xanuunka COVID-19 waxa weeye xaalad aad isku soo taraysa waxaana markaa muhiim ah in laga warqabo. Waxa aad kala socotaa macluumaadka ilaha lagu kalsoon yahay ee markaa saxda ah oo markaa macluumaadkeeda la cusboonaysiiyo ku saabsan fayruska iyo sida uu u faafo, sida:
    - www.cdc.gov/coronavirus
    - www.coronavirus.ohio.gov
    - www.columbus.gov/coronavirus
- **Inaad aragtida wanaajiso.** Waxa aad xadidaa daawashada ama dhagaysiga macluumaadka saxaafada ee laga xanaaqo. Waxa aad ka nasataa daawashada wararka oo waxa aad diirada saarkaa waxyaabaha wanaagsan ee noloshaada ee markaa majaraha u hayso.
- **Dadka kale aragti haka qaadan.** Fayrusku ma bartilmaameedsado dad gaar ah, ama qoomiyado, oo markaa maaha inaad u qaadato uun in qof leh muuqaalka Eeshiyaanku inuu qabo fayruska. Waxa ay tahay in aad fahanto in qof aanad garan karin inuu khatar ugu jiro inuu faafiyo COVID-19 marka aad muuqaalkiisa sidaa u eegto ama nooca uu u eeg yahay.
- **Caafimaad Qabka.** Waxa aad naftaada ka ilaalisaa xanuunka adiga oo raacaya talaabooyinka soo socda ee kaa caawinaya inaad kaga hortagto faafinta jeermiska: waxa aad gacmahaaga ku maydhaa saabuun badanaa iyo biyo ugu yaraan 20 ilbidhiqsi; waxa aad iska ilaalisaa inaad taabato indhahaaga, sankaaga iyo afkaaga; waxa aad ku qufacdaa oo ku hindhistaa suxulkaaga ama dhudhunkaaga (MAAHA gacantaada); waxa aad iska ilaalisaa inaad u dhawaato qof xanuunsanaya; oo waxa aad joogtaa gurigaaga hadii aad xanuunsanayso marka aad daryeel caafimaad soo doonato moojee.
- **Waxa aad ku xidhnaataa.** Waxaad ku xidhnaataa asxaabtaa iyo qoyskaaga taas oo markaa kaa caawinaysa inaad dareen caadi ahaan ah yeelato, oo aad markaa dareenka si wax ku oolka ah u wadaagaan iyo isku buuqa.
- **Waxa aad dalbataa kaalmo dheeraad ah.** Hadii aad ku hadheeyo warwar ama isku buuq, waxa aad doonataa kaalmo caafimaadka maskaxda xirfadle oo dheeraad ah.

(*Waxaa laga heley University of California, Berkeley*)

Ficil Kaga Jawaab Takoorka

- **Hadal Kaga Jawaab** habdhaqanka xun, oo uu ku jiro hadalka xun ama takoorka leh ee baraha bulshada, kooxda dadka u saabsan ama in dadka la faquuqo kuwaas oo khatar caadi ah aan ku lahayn hawlaha caadiga ah.
- **Haka aamusin** hadii aad aragto qof si xun loola dhaqmayo.
    - Hadii aad sidaa ku nabsoon tahay, adiga oo degan waxa aad u sheegtaa qofka ku tacadiyaya qofka inuu joojiyo.
    - Hadii aanad doonaynin in aan la hadasho qofka qofka kale ku tacadiyaya, waxa aad diirada saartaa taageerada shakhsi ahaaneed ee qofka lagu tacadiyayo. Inyar u sheegee, oo waxa aad ka waraysataa waxa uu ku oolay, oo waxa aad iska indho tirtaa qofka lagu tacadiyayo.
    - Isticmaal kuwan simple tips for bystanders on how to stop bullying.
- **Caruurta ku dhiiri geli** sida loo aqoonsanayo gardaraysiga iyo sida loo joojinayo. Booqo www.stopbullying.gov agabka ay isticmaali karaan caruurtu si ay u taageeraan lodkood.

- **Waxa aad dalbataa kaalmo dheeraad ah.** Hadii aad ku hadheeyo warwar ama isku buuq, waxa aad doonataa kaalmo caafimaadka maskaxda xirfadle.

(Waxaa laga soo qaatay Maricopa County, Arizona)

Xuquuqda Goobta Shaqada iyo Kawarbixi Takoorka

Gobolka, degmada, iyo dawlada magaaladu, iyo hay'adaha kale, badanaa waxaa u meel yaal qaabka looga warbixiyo takoorka. Ilaha qaar waxaa kamid ah:

- City of Columbus Discrimination Complaint Investigation. Gudida Xidhiidhka Bulshada (Community Relations Commission, CRC) waxaa loo sameeyay si meesha looga saaro takoorka ama meesha looga saaro saamaynta takoorkii hore ee Magaalada Columbus.
- Columbus Division of Police. Waxa aad gudbin kartaa warbixinta danbiga nacaybta ama hanjabaada qoomiyadeed ee Columbus Division of Police.
- Columbus NAACP Discrimination Complaint. The Columbus NAACP waxa ay cida cabanaysa ka caawinaysaa baadhitaanka cabashada iyo inay tixraacaan hay'adaha kale iyo maamulka wixii daruuriga ah.
- Ohio Civil Rights Commission. Gudida Xuquuqda Madaniga ah ee Ohio waxay aqbaleen iyo baadhitaanka cabashada ee takoorka taas oo markaa ku xad gudbi karta sharciga bilaa takoorka Gobolka.
- U.S. Equal Employment Opportunity Commission (EEOC). EEOC waxa ay ka masuul tahay dhaqan gelinta shuruucda federalka taas oo sharci daro ka dhigaysa in la takooro dalabka shaqo ama shaqaalaha sababo kala duwan oo ay ku jiraan qoomiyada, midanka, diinta, meesha laga soo jeedo iyo wax kale oo badan.
- U.S. Department Of Housing And Urban Development (HUD). Xafiiskeeda Guryaynta Cadaalada ah iyo Fursadaha Loo Siman Yahay, HUD waxa lagu baadhaa cabashooyinka Guryaynta Cadaalada ah.
- U.S. Federal Bureau of Investigation (FBI). Tirakoobka la socodka FBI iyo aqbalaada warbixinta ee danbiga nacaybka. Columbus waxay hoos timaadaa Xafiiska Deegaanka Cincinnati, kaas oo lagala xidhiidhi karo (513) 421-4310.

Maqaalada iyo Khayraadka Dheeraadka ah

- "It takes all of us to reduce stigma during disease outbreaks." – Waaxda Caafimaadka Gobolka Washington
- "Anti-bullying support: The power of peers." – Minnesota Post
- "Five ways to shut down workplace bullying." – Forbes
- "Fear and stigma: The epidemic within the SARS outbreak." – PubMed/Hay'ada Qaran ee Caafimaadka

3/27/2020