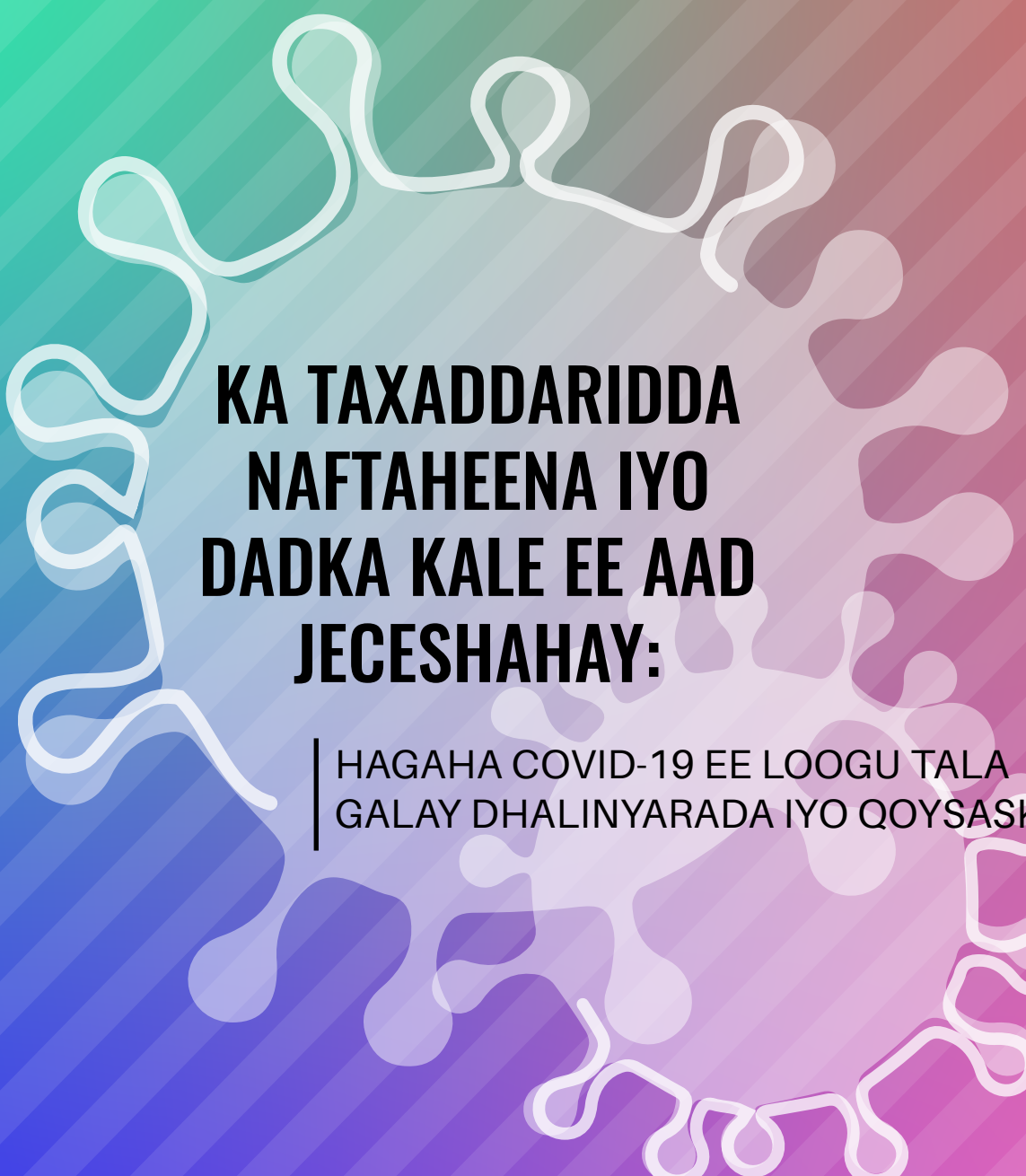


FEB / 2022



**KA TAXADDARIDDA  
NAFTAHEENA IYO  
DADKA KALE EE AAD  
JECESHAHAY:**

HAGAHA COVID-19 EE LOOGU TALA  
GALAY DHALINYARADA IYO QOYSASKA

# Soo dhawoow

COVID-19 wuxuu qayb ka noqday dhammaan nolosheena wuxuuna baddalay qaabka aan isula falgalayno una u qabsanayno nolosheena maalinlaha ah.

Hagahaan waxaa isu keenay koox ka tirsan ardayda Ismaamulka Multnomah, waalidiinta, iyo dadka u gudbiya farriimaha caafimaadka bulshada si ay u sameeyaan hage iyo ilo ku saabsan COVID-19 si ay u taageeraan adiga iyo qoyskaaga maadaama oo aynu weli soo wadi doono la tacaalida safmarka.

Si aad u hesho macluumaad dheeraad ah, eeg bartayada internetka ee COVID-19 halkaan [multco.us/covid19](https://multco.us/covid19). Macluumaadku waxa uu ku diyaarsan yahay luuqado badan.

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Waxyaabaha aasaasiga ah ee ku saabsan COVID-19 iyo sida uu u fido

### Hagaha Karantiilka iyo Iskaliyeelidda ee loogu tala galay

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Maxaad samaynaysaa haddii aad ka agdhawaato qof qaba COVID-19, micnaha “up do date” (“dhammaystiran”) marka laga hadlayo tallaalka, iyo marka la iskaliyeelayo

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Halka aad iska baarayso, macluumaadka ku saabsan joogista guriga, iyo tilmaamaha sida loo daryeelo qof qaba COVID-19

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Tilmaamaha guud ee ka hortagga oo ay la socdaan istaraatiijiyadaha is dhexgalka bulshada oo ammaan ah iyo la tacaamulidda cadaadiska dadka ka imaanaya

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Link-yada loogu tala galay sida xog ogaal loo ahaado, la talinta daryeelka caafimaadka & caafimaadka maskaxda, macluumaadka dhaqanka u gaarka ah, siyaabaha looga qayb ahaado

# Waa maxay COVID-19?

**COVID-19** waxa uu u taagan yahay **xanuunka fayraska coro na 2019**. COVID-19 waxa uu ka fidaa qof asaga oo ku fidaya qof kale waxa uuna noqon karaa mid khatar badan oo wax dila.

## Waa maxay calaamadaha COVID-19?

Waxaa dhici karta in caruurta iyo da'yartu ay muujiyaan mid kamid ah calaamadaha COVID-19 ee soo socda:

- Qandho (heerkul 100.4°F ah ama ka sareeya) ama qarqaryo
- Qufac
- Neefsasho yaraan ama adkaan neefsasho
- Cune xanuun, cabbur, ama sanko oo duuf ka dareerayo
- Shuban
- Yalaalugo ama mattag
- Calool xanuun
- Daal
- Xanuun muraqaha ama jirka ah, madax xanuun
- Dhandhanka ama urtoo lunta oo cusub
- Cunto xumo ama cunista oo liidata, khasatan caruurta ka yar da`da 1 sano



Caruurta iyo da'yarta, sida dadka waaweyn, waxa ay si gaar ah u wajahaan COVID-19. Dadka qaar qaba COVID-19 malahan wax calaamado ah. Qaarkood waxa ay leeyihiin calaamado dhowr ah oo yaryar waxayna bogsan karaan ayaka oo guriga jooga. Xaaladaha qaarkood, dadku waxay leeyihiin calaamado khatar ah waxayna u baahan yihiin in ay isbitaal aadaan. Dadka qaar ayaa u dhinta COVID-19.

Qaar kamid ah caruurta iyo da'yarta qabta COVID-19 ayaa waxa ay yeeshaan xaalad loo yaqaano **Multisystem Inflammatory Syndrome (MIS-C)**. Ayada oo xaaladdu tahay mid dhif iyo naadir ah, haddana waxay noqon kartaa mid aad u khatar ah. La xiriir isbitaalkaaga ama dhakhtarkaaga islamarkaasna haddii adiga ama qof aad taqaano uu yeesho calaamadaha MIS-C:

- Qandho
- Calool xanuun
- Mattag
- Shuban
- Qoor xanuun
- Finan
- Indhaha oo guduuta/cassaada
- Dareemidda daal dheeraad ah

MIS-C waa xaalad la daaweyn karo caruurta intooda badanna si buuxda ayay uga bogsadaan xanuunka.

**Haddii aad u malaynayso in aad leedahay calaamadaha COVID-19 ama MIS-C, waxaa muhiim ah in aad u sheegto waalidkaa/daryeel bixiyahaaga iyo dhakhtarkaaga isla markaasba.** Ha iska indho tirin hana qarin calaamadaha. Astaamaha COVID-19 waxay soo ifbixi karaan 2-14 cisho kaddib marka aad qof COVID-19 qaba **ka ag dhawaatay**. **Xiriir dhow** micnaheedu waa in aad wakhti gaaraya ama ka badan 15 daqiiqo maalin gudaheed aad u jirsato 6 fiit qof, adigoo xiran ama aan xirnayn maaskare. Astaamaha MIS-C waxay soo ifbaxaan inta u dhexaysa laba iyo lix todobaa (afar todobaad celcelis ahaan) kaddib caabuqa COVID-19 markuu kugu dhaco. Inta badan caruurta qabta MIS-C waxaa laga helay COVID-19.

Saynisyahanada iyo dhaqaatiirta waxay si joogto ah u daraasanayaan fayraska sababa COVID-19 maalin kastana wax ayay ka ogaanayaan.

## Marka aad raadsanayso daryeel caafimaad oo degdeg ah

**Raadi daryeel caafimaad oo degdeg ah sida ugu dhakhsiyaha badan** haddii adiga ama qof da'da uu doono ha ahaadee uu yeesho calaamadahan digniinta degdegga ah:

- Neefsiga oo dhib noqda
- Xannuun joogto ah ama cadaadis qofku ka dareemayo shafka
- Wareer cusub
- In awood qofku uyeelan waayo inuu hurdada ka koko ama sooba jeedo
- Dibnaha ama wejiga oo midabkoodu buluug noqdo
- Calool xanuun aad udaran

**Wac 911 ama sii wac inta aanad tagin xarunta daryeelka degdegga ah ee deegaankaaga.** Usheeg hawlwadaha in adiga ama qofka daryeelka ubaahani laga yaabo inuu qabo COVID-19.

## Sidee ayuu COVID-19 u faafaa?

Fayrasku waxa uu ku faafaa dhibcaha yaryar marka qof qaba COVID-19 uu hindhiso, qufaco, heeso, ama uu hadlo.

- Dhibcaha uu la socdo fayrasku waxay dul fuuli karaan indhahaaga, sankaa, ama afka.
- Waxyaabo yaryar oo ka imaanaya dhibcaha ayaa hawada kusii jiri kara, gaar ahaan dhismayaasha gudahooda, waxaadna neef ahaan u gayn kartaa sanbabkaaga.
- Dhibcuhu waxay dul fuuli karaan oogoooyinka sida telefoonada, khataarada albaabada, sagxadaha, ama miisaska dushooda. Haddii aad meelahaan taabato kaddibna aad taabato indhahaaga, sankaa, ama afkaaga adiga oo aan gacmaha dhaqan, waad xanuunsan kartaa.

## Yaa khatarta ugu badan ugu jira in ay xanuunsadaan?

Sida dadka waaweyn oo kale, caruurta iyo da'yarta qabta cudurro hore u hayay, sida xiiqda, sonkorowga, ama cudurada wadnaha ama sanbabada, ayaa khatar badan ugu jira in ay aad u xanuunsadaan.

Bulshooyinka dadka Madow, kuwa Asalka ah, iyo Dadka aan Caddaanka ahayn ayaa sidoo kale khattar dheeraad ah ugu jira in ay aad u xanuunsadaan ayada oo ay sabab u tahay saamaynta cunsuriyaddu.

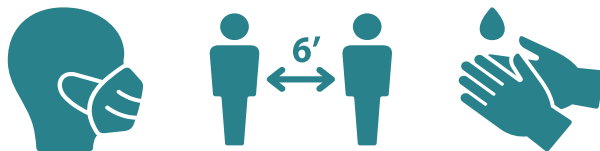
## Noocyada Kale

- Waa arin caadi ah in fayrasyadu is badalaan noocyo cusubna soo baxaan
- Dhammaan noocyada fayraska sababa COVID-19 waa lala socdaa gudaha Maraykanka iyo adduunkaba
- Noocyada fayrasku waxay noqon karaan kuwo 2-3 jibaar ka faafi og fayraskii asalka ah si dhakhsa ahna way u faafayaan
- Dadka aan tallaalnayn ayaa ah kuwa khattarta ugu badan ugu jira in ay si daran ula xanuunsadaan ama ay u baahdaan in isbitaal la dhigo
- Tallaaladu waa kuwo ammaan ah lehna waxtar kaa difaacaya dhammaan noocyada fayraska COVID-19

## Daawo ma leeyahay COVID-19?

Wakhti xaadirkaan majirto daawo loo hayo, laakiin **tallaal ayaa lasoo saaray lana oggolaaday in la isticmaalo waxaana qaadan kara dadka da'doodu tahay 5 sano iyo wixii kasii weyn.** Cilmibaareyaashu waxay tijaabinayaan tallaal loogu tala galay carruurta da'doodu ka yartahay 5 sanno.

Wax badan oo ku saabsan tallaalka COVID-19 ka ogow qaybta Ka Hortagga. Ilaa si buuxda lagaaga tallaalayo, qaabka ugu wanaagsan ee aad naftaada ku ilaalin karto xilligaan waa in aad sii waddo raacitaanka tallaabooyinka lagaga taxaddarayo COVID-19.



Tallaalka COVID-19 ee Pfizer (ama Pfizer BioNTech) waa tallaalka kaliya ee loo oggolyahay in lasiiyo dadka da'doodu ka yar tahay 18 jir. Haddii da'daadu ka yar tahay 18, ka raadso ballan meel laga helaayo tallaalka pfizer. 12-14-sanno jirka: la shaqee waalidka ama waardiyahaaga si aad u qaadato tallaalka.

## Maxaa ay tahay sababta aan isu tallaalaayo haddii ay da'daydu u dhaxayso 5 illaa 17 sanno jir?

Inkastoo dadka waaweyn loo tixgelinayo inay yihiin kuwa khatarta dheeraadka ah ugu jira inay si daran ugu xanuustaan COVID-19, laga soo bilaabo Janaayo 2021, tirada kiisaska cusub iyo dadka isbitaalada la dhigaayo ee reer Oregon ee da'doodu u dhaxayso 10 illaa 19 waa ay sii kordhaysaa. Tallaaladu waxa ay yareeyaan fursadda aad ku qaadayso COVID-19 aad u daran waxayna yareeyaan fursadaha aad ugu gudbinayso fayraska dadka aad jeceshahay.

Sabab kale oo ay tahay inaad u qaadato tallaalka COVID-19 waxa ay tahay inaad ilaaliso caafimaadka bulshada. Qofkasta oo qaba karoonafayras waxa uu siiyaa fursad fayrasku uu isku baddalo ama 'hiddo sidayaashu isku beddelaan' waxayna tani abuurtaa nooc cusub kanoo noqon karo mid khatartiisu aad u badan tahay ama aanay waxba ka tarayn tallaalada iyo daawooyinka diyaarka ahi. Tirada caabuuq oo yar bulshada dhexdeeda guud ahaan waxa ay tahay micnaheedu fursad yar oo ay ku samaysmayaan noocyada karoonafayraska ee cusub ee khatarta ah.



## Miyaa aan u baahanahay waalid ama waardiye si uu ii soo raaco marka aan qaadanaayo tallaalka?

Waxa aanu kugu dhiirri gelinaynaa inaad waalid ama qofkale oo weyn oo aad ku kalsoon tahay ka qayb geliso daryeelkaaga caafimaad; habase ahaatee, da'da 15 jir iyo wixii ka weyn waxa aad gaadhi kartaa go'aanka aad ku qaadanayso tallaalka.

- » **17-15 sanno jirku** uma baahna inay cidi soo raacdo, umana baahna oggolaanshiyo waalid Gobolka Oregon gudihiisa.
- » **5-14 sanno jirka** waxaa waajib ah inuu soo raaco waalid, waardiye, ama qof uu soo raaciyay waalidku.
  - Haddii qof aan waalidka ama waardiyaha ahayn ay soo raacayaan 14-12 sanno jirka, waxa ay u baahnaan doonaan inay keenaan caddayn oggolaanshiyo oo waalidka/ waardiyaha ka socota. Weydii tallaalka bixiyaha ama eeg websaytkooda ka hor inta aanad tegin si aad u ogaato waxa ay u aqbalayaan oggolaanshiyo waalid.
  - Haddii aad tagayso mid ka mid ah Xarumaha Tallaalka ee Degmada Multnomah, isticmaal foomkan: [multco.us/covidparentalconsent](https://multco.us/covidparentalconsent)

## Maxaa ay tahay inaan sameeyo haddii waalidkayga ama waardiyayaashaydu aanay taageersanayn inaan qaato tallaalka?

Shaqaalaha Waaxda Caafimaadka ee Degmada Multnomah waxa ay ku dhiirrigelinayaan da'yartu inay la tashato waalid, waardiye, ama qof weyn oo kale oo ay ku kalsoon yihiin marka ay raadsanayaan daryeel caafimaad.

Da'yarta ay da'doodu tahay 15 iyo wixii ka weyn waxa ay awood u leeyihiin inay u go'aamiyaan nafhooda adeegyada caafimaad iyo kuwa ilkeed ee ay u baahanyiin iyagoon u baahnayn oggolaanshiyo waalid. Tan waxa ka mid ah tallaalka.

Dad badan oo da' yar ahi waxa ay doonayaan inay ka ilaaliyaan qoysaskooda iyo bulshooyinkooda COVID iyagoo qaadanaya iyagu tallaalka.

## Maxaa ay yihiin saamaynaha xunxuni?

Dad badani waxa ay ku yeeshaan xanuun waxoogaaya gacanta halkii ay ka qaateen tallaalka. Daal iyo madax xanuun iyaguna sidoo kale aad ayaa u badan yihiin. Waxa iyagu iska yar muruq xanuunka, xanuunka laabatooyinka, matagga, ama xummadda. Saamaynahan xunxuni badanaa waa ay baaba'aan ka dib maalin ama laba. Haddii ay kaa baabi'i waayaan, wac dhakhtarkaaga. Haddii aanad lahay dhakhtar, wac 211.



## Miyaa uu yahay tallaalku mid ammaan u ah da'yarta?

**Haa, tallaalka Pfizer waa mid u ammaan ah waxtarna u leh.** Waxaa lagu tijaabiyay kumanaan ka qay qaatay dirasooyin waxayna soo saartay xog ku filan si ay ugu qanciso FDA da inay siiso oggolaanshiyaha isticmaalka degdegga ah. U sheeg tallaalka bixiyahaaga haddii aad weligaa falcelin xasaasiyadeed oo aad u daran ku yeelatay tallaalka aad hore u qaadatay. Kala tasho dhakhtarkaaga qaadashada tallaalka haddii aad uur leedahay ama naasnuujinayso. U fiirso wixii isbeddel ah ee ku dhaca caafimaadkaaga wacna daryeelka bixiyahaaga haddii aad dareemayso inaanad fiicnayn (gaar ahaan shaf xanuun, daal sii socda, neefsiga oo kugu adkaada). Haddii aad yeelato falcelin ka dib marka aad tallaalka qaadato u sheeg daryeel bixiyahaaga Kana Warbixi Dhacdadadan Xun adigoo isticmaalaya foomka onlyanka ah VAERS [vaers.hhs.gov/reportevent.html](https://vaers.hhs.gov/reportevent.html). Waalidiinta iyo waardiyayaashu waxa ay sidoo kale ka diiwaan gelin karaan dhallinyarta v-safe [bit.ly/34bXT3v](https://bit.ly/34bXT3v) waxayna u buuxin karaan hubinaha caafimaad dhallinyarta ka dib marka ay tallaalka COVID-19 qaataan.

## Miyaa aan u baahanahay inaan qaato labada jeer ee ay tahay in tallaalka la qaato?

**Haa. Pfizer waa tallaalka laba qaybood ah.** Dadka qaar ayaa u qalma tallaalka xoojiya difaaca jirka dhowr bilood kaddib marka ay qaataan qaybta labaad ee tallaalkooda dadka qaarna waxay u qalma qaybo dheeraad ah ayada oo lagu salaynayo da'da iyo xaaladda caafimaadka. Xaqiiji in aad qaadato dhammaan tallaalkada aad u qalanto.

## Tallaalku ma lacagbaa?



**Maya. Tallaalka COVID19- waa bilaash.** Tallaalka waxaa lagugu siin doonaa qarash la'aan. Uma baahnid caymis caafimaad. Haddii aad leedahay caymis caafimaad, bixiyayaasha tallaalka waxa ay ku dallici doonaan qarashka maamulka ee ay kugu siinayaan tallaalka shirkada caymiskaaga. Tani macneheedu waxa ay tahay in laga yaabo in lagu weydiiyo xogtaada caymiska marka aad qaadnayso tallaalka. Laakiin uma baahnid inaad keento kaadhkaaga caymiska si lagu tallaalo.

## Miyaa aan tallaalka ka qaadan karaa iskuul Degmada Multnomah ku yaala?

Haa. Da'yarta da'doodu tahay 5-19 waxay iska tallaali karaan mid kamid ah sagaalka Xarumood ee Xarumaha Caafimaadka Ardayga ee Ismaamulka Multnomah. Eeg bogga 10aad si aad u hesho ciwaanada iyo lambarada teleefoonada Xarunta Caafimaadka Ardayga.

## Miyaa aan ballansan karaa ballantayda tallaalka COVID-19 anigu kaligay?

Haa, ka hubi tan xafiiskaaga caafimaad haddii aad mid leedahay. Waxaa sidoo kale jira dhacdooyin badan oo tallaalka oo ay abaabulayaan ururo bulshada ahi iyo Degmada Multnomah maalmo kala duwan iyo goobo kala duwan. Wac 211 (ama u dir farriinta ah ORVAX lambarka 898211) si aad u ogaato waxa hadda diyaarka ah. Sidoo kale, booqo websaytka OHA ee <https://govstatus.egov.com/find-covid-19-vaccine> ama websaytka CDC da [vaccines.gov](https://vaccines.gov).

## Maxaa aan u baahanahay inaan ogaado ka hor inta aanan u iman ballantayda?

**Caddayn aad ku caddaynayso inaad u qalanto ama aqoonsi lagaagama baahna,** laakiin waxaa laga yaabaa inaad u baahato inaad soo qaadato kaadhkaaga aqoonsiga ee ardaynimo haddii ay dhacdo oo loo baahdo. Habase ahaatee, laguuma diidi doono inaad qaadato tallaalka haddii aanad sidan aqoonsi.

## Takoorkidda, ku ceebaynta, iyo COVID-19

### Aanu is taageerno oo wadaagno xaqiiqooyinka, aan iska dayno cabsida iyo nacaybka.

- Xasuusnow in asal, farac, iyo ka mid ahaanshaha wadan ama gobol aysan qofna ka dhigayn in uu faafinayo COVID-19.
- Isticmaal ereyada ku salaysan sayniska, ee guud marka aad ka hadlayso fayraska, sida COVID-19, COVID, novel coronavirus, ama corona.
- Haddii aad dad la wadaagayso macluumaad, xaqiiji in ay noqoto mid ay xaqiijiyeen ilo kamid ah caafimaad bulshada oo lagu kalsoonaan karo.
- Xasuusnow in COVID-19 uu si fudud ku faafu uuna yahay mid si weyn ugu dhex faafay bulshadeena dhexdeeda. Haddii adiga ama qof aad ogtahay uu haleelo COVID-19, ahow mid naxariis iyo daryeel leh. Ha ceebayn naftaada iyo qof kale toona.

### Ka werbixi takoorka

Dhacdo nacayb iyo eexasho ah waa fal kasta oo cunsurinimo ah kaasoo laga yaabo in uu dhiiri galinaayo asalka, midabka, curyaanimada, diinta, wadanka uu kasoo jeedo qof, rabitaanka galmada ama aqoonsiga jinsiga qof kale. Haddii aad la kulanto ama aad goobjoog ka noqoto fal cunsurinimo ah, waxaan kugu boorinaynaa in aad kusoo wargaliso dhacdada Waaxda Caddaaladda Oregon si onleen ah [Oregon Department of Justice](#) ama adigoo wacaya 1-844-924-2427. Falku uma baahna in uu noqdo mid sharciga kasoo horjeeda si loosoo wargaliyo.

**Hel taageero** haddii aad la kulantay cunsurinimo: eeg qaybta Ilaha ee kujirta hagahaan.

### Gacan ka gayso sidii loo joojin lahaa cunsurinimada loona abuurin lahaa caddaaladda asalka

- La xiriir kooxaha ama ururada ka shaqeyaya caddaaladda asalka ee kajira dugsiyaha ama bulshadaada.
- Qaabab kale uga qayb qaado, sida adigoo waraaqo u qoraya sharci dajiyeyaashaada, adigoo qabanqaabinaya madalo fogaan arag ah iyo adiga oo wax ugu deeqaya ama qaaraan u aruurinaya qadiyadda.
- Wax ka bar naftaada cunsurinimada kalana sheekayso qoyska iyo saaxiibada waxyaabaha aan samayn karno si aanu u joojino cunsurinimada.



# Hagaha Karantiilka iyo Iskaliyeelidda ee loogu tala galay Ardayda

## Haddii aad ag joogtay qof qaba COVID-19. **KARANTIILKA**

Khattar u gelidda waxaa laga wadaa inaad la qaadato ugu yaraan 15 daqiiqo ama in ka badan adoo u jirsanaya 6 fiit wax ka yar qof maalin gudaheed, iyada oo uu kuu xidhan yahay ama uusan kuu xidhnayn *maaskaro*.

### HADDII ADIGU

#### Aad si buuxda u qaadatay tallaalada

Waxa aad qaadatay dhammaan tallaalada (oo uu ka mid yahay xoojiyuhu) aad u qalanto - eeg dhinaca kale.

### MAXAA AY TAHAY INAAD SAMAYSO



**Guriga inaad isku kaarantiisho looma baahna.**

1. Xiro maaskare si fican kuu le'eg marka aad dadka kale ag joogto 10 maalmood ka dib markii aad khattarta u gashay.
2. Is baar maalinta 5aad, haddii ay suurto gal tahay.

#### Aanad si buuxda u qaadan tallaalada

Ma **aanad** qaadan dhammaan tallaalada (oo uu ka mid yahay xoojiyuhu) aad u qalanto - eeg dhinaca kale.



**Iskarantiil.**

1. Guriga joog 5 maalmood ka dib marka aad khattarta u gasho.
2. Intaa ka dib, sii wad inaad xidhato maaskaro si wacan kuu le'eg 5 maalmood oo dheeri ah.
3. Is baar maalinta 5aad, haddii ay suurto gal tahay.

**Waxaa shaybaadh lagaaga helay COVID-19 90kii cisho ee u dambeeyay waana aad bugsatay, haddana ma lihid wax calaamado ah**



**Guriga inaad isku kaarantiisho looma baahna.**

1. Xiro maaskare si fican kuu le'eg marka aad dadka kale ag joogto 10 maalmood ka dib markii aad khattarta u gashay
2. Uma baahnid inaad markale is baadh. Natiijada shaybaadhkaagu waxa ay sheegi kartaa in cudurka lagaa helay sababtoo ah caabuqa oo hore kuugu dhacay.





## Maxaa looga jeedaa “ si buuxda u tallaalan”?

Waxa aad qaadatay dhammaan tallaalada COVID-19 ee lagu talo bixiyay oo uu ka mid yahay tallaalka/ tallaalada xoojinta marka aad u qalanto.

### YAA QAADANAYA

**18 Sannadood  
ama ka weyn**

### SI BUUXDA AYAAD U TALLAALAN TAHAY HADDII

- ✓ Lagu tallaalay OO aad qaadatayna tallaalka xoojinta, AMA
- ✓ Dhammaystirtay taxanaha tallaalka Pfizer ama Moderna in ka badan 2 todobaad kana yar 5 bilood ka hor, AMA
- ✓ Qaadatay tallaalka J&J in ka badan 2 todobaad kana yar 2 bilood kahor.

**5 ilaa 17 sanno**

- ✓ Qaadatay taxanaha (qaybta 1 & 2) ee tallaalka Pfizer ka hor 2 todobaad.

Haddii aanad tallaalnayn, ama qayb ahaan kaliya qaadatay tallaalka, ama haddii aad u qalanto tallaalka xoojinta laakiin aanad weli qaadan, **MA** tihid mid si buuxda utallaalan.

## Haddii aad la xanuunsato ama lagaa helo COVID-19. **ISKALIYEEI**

### YAA QAADANAYA

**Qof kasta - mid tallaalan iyo  
mid aan tallaalnayn**

### MAXAA AY TAHAY INAAN SAMEEYO?



1. Guriga joog kana fogoow dadyawga kale ugu yaraan 5 cisho, xattaa haddii aanad lahayn wax calaamado ah.
2. Ka dib 5 maalmood, waxa aad ka bixi kartaa guriga haddii aanad lahayn xummad ugu yaraan 24 saacadood adigoo qaadan daawooyinka xummada keliyana leedahay calaamado khafiif ah oo soo bugsanaya.
3. Sii wad inaad sii taxaddarto oo xidhato maaskaro 5 maalmood oo kale marka aad dadka kale ag joogto.

# Baaritaanka COVID-19

## Test to Stay

Haddii aad cudurka khatar u gashay adiga oo dugsiga jooga, waxaad u qalmi kartaa barnaamijka Test to Stay. La tasho maamulka dugsigaaga si aad wax badan u ogaato.

## Xaggeen ka heli karaa tallaalka COVID-19?

Xarumaha Caafimaadka Ardayda ee Ismaamulka Multnomah. Dhammaan da'yarta Ismaamulka Multnomah (da'doodu tahay 5-19) waa la soo dhaweynayaa hadday leeyihiin caymis iyo haddii aysan lahaynba, muhiim ma ahan halka uu ku yaalo dugsiga aad tagayso. Waxaad heli kartaa baaritaanka COVID-19, tallaalka COVID-19, daryeelka caafimaadka, iyo la talinta. Baaritaanka iyo tallaalka COVID-19 waa BILAASH. Wac si aad ballan uga qabsato ama bookho [Multnomah County Student Health Centers](#) si aad macluumaad dheeraad ah u hesho.

- David Douglas | **503-988-3554** | SE Portland
- Parkrose | **503-988-3392** | NE Portland
- Reynolds | **503-988-3340** | Troutdale
- Roosevelt | **503-988-3909** | N Portland
- Franklin | **503-988-3370** | SE Portland
- McDaniel | **503-988-3382** | NE Portland
- Centennial | **503-988-5488** | SE Portland
- Cleveland | **503-988-3350** | SE Portland
- Jefferson | **503-988-3360** | N Portland

**Xafiiska Dhakhtarkaaga ama xaruntaada caafimaad.** Haddii aad leedahay bixiye daryeel oo joogto ah, la xiriir xafiiska dhakhtarkaaga ama xaruntaada caafimaad.

**Haddii aanad lahayn dhakhtar, wac 211** ama **Xarumaha Caafimaadka ee Daryeelka Aasaasiga ah ee Gobolka Multnomah:** 503-988-5558. Waxaad heli kartaa daryeel caafimaad xataa haddii aadan lahayn caymis. Macluumaadku waxa uu ku diyaarsan yahay luuqado badan.

**Bulshada Ismaamulka Multnomah.** Uma baahnid in aad noqoto bukaan ku sugan Ismaamulka Multnomah si lagu baaro wax kharash ahna kaama baxayo. Wac 503-988-8939 si aad u samaysato ballan ama bookho [multco.us/covid19](#) si aad u ogaato goobaha iyo macluumaad dheeraad ah.

**Xarumaha Baaritaanka ee OHSU.** Wac 833-647-8222 ama bookho [COVID-19 Resources of Oregon](#) si aad u ogaato goobaha iyo macluumaad dheeraad ah.

## Ma heli karaa baaritaan iyo daryeel caafimaad haddii aanan ahayn qof degen Maraykanka?

- Waxaad baaritaan iyo daryeel caafimaad ka heli kartaa isbitaalada Ismaamulka Multnomah iyo isbitaalada kale ee bulshada.
- Haddii aad hesho daaweyn caafimaad ama adeegyo loogu tala galay COVID-19, ma aha mid la tixgelinayo marka aad codsato degenaanshaha ee rasmiga ah ee Maraykanka [US Citizenship and Immigration Services](#) for more.
- Bixiyeyaasha daryeelka caafimaadku waa in ay ilaaliyaan macluumaadkaaga shakhsiga ah. Ma ahan in ay la wadaagaan hay'adaha gudaha iyo kuwa federaalka ah ee ka shaqeeya shuruucda socdaalka.
- Haddii aad ka welwelsan tahay waxyaabaha ku saabsan xaaladahaada sharci iyo sida ay usaamayn karto in aad hesho baaritaanka ama daaweynta COVID-19, la xiriir Adeegyada Kaalmada dhanka Sharciga ah ee Oregon: 1-800-228-6958 or [Legal Aid Services of Oregon](#).



# Haddii lagaa helo COVID-19

## Sheeg dadka aad kulanka dhow la yeelatay isla markaaba

Markasta oo aad si dhakhso ah u ogaysiiso dadka kuu dhowdhow ee aad la kulantay, waa markasta oo ay qaadi karaan tallaabooyin ay kaga hortagi karaan faafitaanka. Xiriirada dhow waa in loo tixraaco jaantuska karantiilka ee ku qoran bogga 8aad si loo go'aamiyo in loo baahanyahay karantiil.

### Yaad la xiriiraysaa?

- Haddii aad adigu **yeelato calaamado**: la xidhiidh dadka aad kulan dhow la yeelatay laga bilaabo 2 cisho **kahor** inta aanad calaamadaha yeelan ilaa hadda.
- Haddii aanad adigu **yeelan calaamado**: la xidhiidh dadka aad kulan dhow la yeelatay laga bilaabo 2 cisho kahor inta aanad shaybaadhkaaga COVID-19 aadan samayn ilaa hadda.

## Hel waxyaabaha aad u baahan tahay si aad guriga u joogto

- Wac 2-1-1 haddii aad caawimo uga baahan tahay is-go'doominta ama is-kaarantiilidda. 2-1-1 waxay kugu xirayaan ururo kuwaas oo kaa caawin kara inaad hesho waxyaabaha laga yaabo inaad u baahatid (raashin, kaalmo lacageed, caawimo dhanka kirada ah, waxyaalaha kale ee lagama maarmaanka ah).
- Shaqaale caafimaadka dadweynaha ah ayaa laga yaabaa inuu kusoo waco. Waxa ay kaloo kaa caawin karaan inaad la xidhiidho dadkii aad kulanka dhow la samaysay haddii aad caawimo ubaahato. Arinkaan waxaa loo yaqaan **dabagalka kulanada**.

## Sida loo daryeelo qof qaba COVID-19 oo ku sugan gurigaaga

- U samee meel gaar qofka si uu ugu nasto uguna bugsado. Haddii aysan arintaanu surto gal ka ahayn meesha aad ku nooshahay, wac 211 si aad wax uga waydiiso xalalka kale.
- Haddii ay macquul tahay, sii qofka xanuunsan xamaam u gooni ah.
- Haddii ay jirto kaliya hal xamaam, hubso in la nadiifiyo mar kasta oo qofka xanuunsan uu isticmaalo.
- Ha wadaagina shukumaanka, sariirta, cuntada, daboolka afka ama maacuunta.
- U door qof caafimaad qaba oo reerka kamid ah in uu daryeelo kan xanuunsan.
- Xiro daboolka afka marka aad daryeel siinayso.
- Haddii ay macquul tahay, qofka xanuunsan asna waa in uu xirtaa daboolka afka, si uu u ilaaliyo noloshada dadka kale ee la nool.



# Ka hortagga

## Waxyaabaha ay tahay in aad samayso si aad gacan uga gaysato joojinta faafitaanka COVID-19 isuna badbaadin lahaydeen

### Tallaalka COVID-19: waa difaaca ugu wanaagsan

Qaabka ugu wanaagsan ee aad naftaada iyo tan dadka kaleba uga ilaalin karto uguna hortagi karto xanuunka daran ee uu COVID-19 sababo waa in aad is tallaashaa.

Tallaalada COVID-19 waa kuwo wax badan ka taraya yaraynta khatarta xanuunka daran, isbitaal dhigidda, iyo dhimashada uu COVID-19 sababayo. Tallaaladu waa kuwo bilash ah si balaaranna loo heli karo.

**Yaa qaadan kara tallaalka COVID-19?** Tallaalada COVID-19 waxaa hadda si balaaran u heli kara dadka da'doodu tahay 5 sanno iyo kasii weyn. Pfizer waa tallaalka kaliya ee kamid ah saddexda nooc ee tallaalada kaasoo loo ogolaaday carruurta ka yar 18 sanno wakhti xaadirkaan. Waa in aad 18 jir ahaataa ama aad kasii weynaataa si aad u qaadato tallaalada Moderna ama J&J.



**Goorma Ayaan Qaadan Karaa Tallaalka COVID-19?** Waxaad ballan ka qabsan kartaa xafiiska dhaqtarkaaga ama isbitaal. Haddii aad leedahay bixiye daryeel oo joogto ah, la xiriir xafiiska dhakhtarkaaga ama xaruntaada caafimaad.

- **Haddii aadan dhaqtar lahayn, wac 211** ama **bookho** [getvaccinatedoregon.gov](https://getvaccinatedoregon.gov) **si aad u hesho goobta la iska tallaalo ee kuugu dhow.** Waxaad heli kartaa daryeel caafimaad xattaa haddii aadan lahayn caymis. Macluumaadku waxa uu ku diyaarsan yahay luuqado badan.
- **Xarunta Caafimaadka Dugsiga.** Eeg qaybaha isbaarista si aad u hesho lambarada teleefoonada.
- **Farmasiga.** Wac farmasiga deegaankaaga ama bookho [vaccines.gov](https://vaccines.gov) si aad u hesho farmasi kuu dhow. Ma bixinayaan dhammaan farmasiyadu tallaalada loogu tala galay caruurta da'doodu tahay 5-11 sanno.
- Haddii aad tahay 14 jir ama aad kasii yartahay, waxaad u baahan doontaa oggolaanshiyaha waalidka ama qofka mas'ulka kaa ah qof weynina waa in uu kula joogo markasta oo aad tallaalka qaadanaysa.

**Tallaalada COVID-19.** Waxaa jira tallaalo ay FDA ansixisay ama ay oggolaatay gudaha Maraykanka si looga hortago COVID. Dhammaan tallaalada la ogolaaday ama la fasaxay ee COVID-19 waa kuwo ammaan ah waxna ka taraya yaraynta khattarta ah inaad aad ula xanuunsato.

- Pfizer BioNTech waxay u baahan tahay 2 qaybood, oo muddo 3 todobaad ah (21 maalmood) loo dhaxaysiinayo. Waxaad qaadan kartaa tallaalka xoojinaya difaaca jirka 5 bilood kaddib marka aad dhammaystirto taxaneyaasha tallaalkaaga aasaasiga ah ee COVID-19. Pfizer waa tallaalka MRNA ka samaysan.
- Moderna waxay u baahan tahay 2 qaybood, oo muddo 4 todobaad ah (28 maalmood) loo dhaxaysiinayo. Waa in aad 18 sanno jirtaa si aad Moderna u qaadato. Waxaad qaadan kartaa tallaalka xoojinaya difaaca jirka 5 bilood kaddib marka aad dhammaystirto taxaneyaasha tallaalkaaga aasaasiga ah ee COVID-19. Moderna waa tallaalka MRNA ka samaysan.
- Janssen-ka Johnson & Johnson waxay qaadanaysaa 1 mar. Waxaad qaadan kartaa tallaalka xoojinaya difaaca jirka 2 bilood kaddib marka aad dhammaystirto taxaneyaasha tallaalkaaga aasaasiga ah ee COVID-19 ee J&J/Janssen.

**Waa maxay mRNA sidee se u shaqeeyaa?** Tallaalada Moderna iyo Pfizer waa kuwo mRNA ka samaysan. Waxaa ku jira fariinsideyaasha RNA (mRNA). mRNA waa sidii buug wax tilmaamaya oo kale. Waxa ay jidhkaaga baraysaa sida loo samaysto barootiino aan waxyeello lahayn kuwaasoo u eeg barootiino dusha ka saaran karoonafayraska. Jidhkaagu waxa uu ka falceliyaa barootiinka waxaana uu samaystaa unugyada la dagaallanka cudurka iyo antibodhiyo kuwanoo aqoonsan kara lana dagaallami kara karoonafayraska.

### Xaaladaha Guusha laga gaaray

- Tallaalada COVID-19 waxay wax ka tarayaan ka hortagga caabuqa, xanuunka daran, iyo dhimashada. Si kastaba ha ahaatee, maadaama tallaaladu aysan waxtar 100% ah lahayn kaasoo ay kaaga difaacayaan caabuqa, dadka qaar si buuxda u tallaalan ayaa wali qaadi kara COVID-19. Caabuq haddii uu ku dhaco qof si buuxda u tallaalan waxaa loo yaqaanaa “caabuq weydaartay tallaalka (vaccine breakthrough infection)”.
- Dadka tallaalan ee uu ku dhaco caabuqu waa kuwo aad uga fog in uu ku dhaco xanuun daran marka la barbar dhigo kuwa aan tallaalayn ee uu ku dhaco COVID-19 laakiin weli waxay yeelan karaan astaamo aan saa u khattar badnayn.
- Dadka uu ku dhaco caabuqu iyagoo si buuxda u tallaalan waxay noqon karaan kuwo xanuunka gudbinaya. Dadka qaar ayaa dooran kara in ay taxaddar dheeraad ah muujiyaan si ay uga fogaadaan xaaladaha caabuqu ku dhacay iyaga oo si buuxda u tallaalan si ay u ilaaliyaan dadka qoyskooda ka tirsan ee da'da ah amase aan awoodin qaadashada tallaalka ayada oo ay sabab u tahay xaalado caafimaad.

### Tallaabooyinka kale ee kahortagga ah

Xattaa haddii aad tallaalan tahay, iyo **gaar ahaan haddii aadan tallaalayn**, sii wad ka taxaddaridda caafimaadkaaga iyo caafimaadka qoyskaaga iyo saaxibadaa adiga oo raacaya tallaabooyinka kahortagga ee aasaasiga ah.

**Xiro maaskare.** Xaqiiji in maaskaruhu daboolo afkaaga iyo sankaa labadoodaba si wanaagsana ugu dhegenyahay wajigaaga.

- Qof kasta oo ka weyn da'da 2 sano waa in uu xirtaa maaskare marka uu banaanka aadayo ama markasta oo aad ag joogto qof aadan la noolayn. Dadka qaba dhibaatooyinka ama xaladaha caafimaadka waxay codsan karaan diyaarin macquul ah oo shaqo haddii aysan awoodin in ay xirtaan maaskaraha.
- Gacan ka gayso ilaalinta shaqaalaha adeegga adiga oo xiranaya maaskare, tusaale ahaan meelaha gaadhiga wax lagu dalbado ama goob shidaal.
- Ku eekow maaskarahaaga: ha taaban ahana xiran maaskaraha dad kale.

**Guriga joog haddii aad xanuun dareemayso.** Xattaa haddii aad leedahay astaamaha fudfudud ama guud ahaanba aad dareemaysid caafimaad darro, waxaa muhiim ah in aad guriga joogto si aadan dadka kale khatar u galin. Guriga joog sidoo kale haddii aad:

- Sugayso natiijooyinka baaritaanka COVID-19, ama
- Aadan si buuxda u tallaalnayn aadna ka agdhawaatay qof qaba COVID-19 14kii cisho ee la soo dhaafay.

**Dhaq gacmahaaga** ilaa 20 ilbiriqsi adiga oo isticmaalaya biyo iyo saabuun, khaasatan marka aad hindhisto, qufacdo, aad joogto goobaha dad weynaha, aad isticmaalayso suuliga, iyo kahor iyo kaddib marka aad wax cunto.

- If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Regularly clean and disinfect frequently touched surfaces, like phones, doorknobs, and handles.

**Ilaali masaafadaada.** Yaree kulanka dhow ee dadka aadan la noolayn kana fogow masafo ugu yaraan 6 dhudhun ah gudaha iyo banaanka—xataa markii maaskaruhu kuu xiran yahay!

### Tilmaamaha kale:

- Ku hindhis ama ku qufac warqadda afka layska mariyo (ama suxulkaaga haddii aadan warqadda haysan). Ku tuur warqadda afka layska marinayo qashinka. Kaddib gacmaha dhaqo.
- Ka fogee gacmahaaga wajigaaga, indhahaaga, afkaaga, iyo sankaa.
- Ugu tag dhakhtarkaaga ama isbitaalkaaga ballamo joogto ah, sida daaweynta jirka, tallaalka, iyo nadiifinta ilkaha.

### Haddii aad leedahay shaqo ka fog guriga:

- **Dharka iyo kabaha iska baddal** marka aad guriga timaaddo gacmahana dhaqo ugu yaraan ilaa 20 ilbiriqsi.
- **Ka fikir in aad maaskaraha ku dhex xirato gurigahaddii aad la nooshahay qof khattar badan ugu jira in uu la xanuunsado COVID-19.**

## Sida si amaan ah la isugu yimaado

**Sannadkii la soo dhaafay isu imaatinadu waxay aad uga duwanaanyeen sidii beryihii hore.** Sannadkaan waxaan heli karnaa in aan si ammaan ah isugu imaano saaxiibadeena iyo qoyskaba *haddii aan qaadno tallaabooyinka looga hortagayo faaftaanka COVID-19.*

**Wali waxaan u baahanahay inaynu taxaddarno.** COVID-19 wali bulshadeena ayuu ku dhex jiraa. Isbitaaladu waxay ku dhowyihiin in ay buuxsamaan shaqaalhooduna waa mid kooban. Waxaan ogaanay in COVID-19 ku dhex faafayo dugsiyadeena, wakhtiga waxqabadyada xiisadaha ka danbeeya, iyo meelaha kale ee bulshadu isugu timaaddo. Waxaad gacan ka gaysan kartaa in dugsiyadu sii furnaadaan isbitaaladuna sii shaqeeyaan adiga oo isu imaatinada u qabsanaya si mas'uuliyad ku jirto. Waxaynu ubaahanahay dhammaanteen inaynu hawl galno si aan ujojino faaftaanka COVID-19.

## Isugu imaada meel bannaan haddii ay macquul tahay waxaadna samaysaa waxyaabaha soo socda:

**Xasuusi in qof kasta uu guriga joogo marka uu:**

- Xanuunsan yahay ama uu leeyahay wax calaamado ah oo xanuunka muujinaya,
- Sugayso natiijooyinka baaritaanka COVID-19, ama
- Ka agdhawaa qof qaba COVID-19 14kii maalmood ee la soo dhaafay.
- U sheeg dhammaan martida in ay si buuxda isu tallaalan hadday suurogal tahay.
- Xasuusi dadka in sida ugu nabadgalyada badan caruurta iyo dadka waaweyn ee aan istallaalin ay tahay in ay guriga joogaan.
- Xasuusi dadka in ay isu jirsadaan ugu yaraan lix fiit. Soo koob dadka isu imaanaya si aad u xaqiijiso inay macquul tahay in lix fiit ah inay dadku isu jirsadaan.



## Haddii aad isugu imaanaysaan dhisme gudihis:

- Qof kastaa waa in uu xirtaa maaskare, haddii uu tallaalan yahay iyo haddii uusan tallaalnaynba.
- Soo kooba tirada dadka isu imaanaya.
- Fur daaqadaha iyo albaabada si aad u kordhiso hawada soo galaysa.

## La tacaamulidda cadaadiska kaaga imaanaya saaxiibada

Waxaa laga yaabaa in aad saaxiibadaa kugu qasbaan inaad udhexgashid qaab aan ammaan ahaynd, khaasatan hadda oo in badan oo naga mid ah ay tallaalan yihiin. Qof ayaa laga yaabaa in uu soo jeediyo in aydaan u baahnayn in aad maaskare xirataan ama aad kala fogaataan. Waxaad u baahan tahay in aad taqaano qaabka aad isu badbaadin karto mararka oo kale. Inkasta oo ay u muuqan karto haddii lasoo hadal qaado aan cajib gelin saaxiibadaa, waxaa muhiim ah in lagala hadlo badqabka saaxiibada. Marka aad hadlayso, qofna ha ceebayn. Taa baddalkeeda, ku baraaruji arrinka.

**Waa kuwaan qaar kamid ah xeeladaha loola hadlo saaxiibada:**

- Isku day in aadan u hadlin qaab eedayn ah.
- U sharrax waxa kiiska caabuqu ku dhacay isagoo si buuxda utallaalan uu yahay (eeg kiisaska caabuqu ku dhacay iyagoo si buuxda u tallaalan ee ku xusan qaybta [Kahortagga](#)) saaxiibadaa iyo in aad doorbidayso in aad taxaddar dheeraad ah doonayso inaad samayso si aad u ilaaliso dadka qoyskaaga ah.
- Ogaysii sababta aad badqab u dareemayso marka aad jir ahaan kala fogaataan aadna xirataan maaskaraha, tusaale ahaan: "Waxaan la kulmaa ayayday mana rabo in ay xanuunsato."
- Wax dhiba kuma jiraan in aad si toos ah u dhahdo in aadan ammaan dareemayn, aadan jeclaan lahayd in maaskare la xirto lana kala fogaado.
- Adigu noqo ka bilaabaya. Haka baqin in aad dhahdo maya qof ku tidhaahdo doonaya inaad is aragtaan haddii aadan raaxo dareemayn.
- Diyaari naftaada ogowna sida aad uga falcelinayso haddii aan lagu maqlin. Xaqiiji in aad badqabkaagu sugan yahay kana fikir in uu la falanqayso saaxiib ku taageera wadasheekaysiga kaddib.

Haddii saaxiibka uu doonayo macluumaad dheeraad ah oo ku saabsan COVID-19, waxaad la wadaagi kartaa ilaha lagu kalsoonaan karo. Eeg qaybta [Ilaaha](#) ee xagga dambe.

## Maxaa dhacaya haddii dadka aad la nooshahay aysan qaadanayn tallaabooyinka looga hortagayo COVID-19?

Ma maamuli kartid dadka kale, laakiin waxaad xaquuq kasta u leedahay in aad naftaada ilaaliso. Haku khasbin in ay saad wax u aragto wax u arkaan. Diiradda saar is ilaalintaada taa baddalkeeda.

### Waa kuwaan waxyaabaha qaar aad samayn karto:

- Samee tallaabooyin aad ku taxaddarayso oo dheeri ah marka aad guriga joogto. Is tallaal haddii aad awooddo, xiro maaskarahaaga, gacmaha dhaqo markasta, si joogto ahna u tirtir meelaha inta badan la taabto.
- Hel saaxiib ama qof weyn oo aad la wadaagto walaacaaga kusaabsan COVID-19. La hadal qof ku daryeelaya kuna dhegaysanaya.
- Bilow wadasheekaysi ku saabsan waxa aad u baahan tahay (eeg tusaalooyinka).

Xaaladdaanu waxaa laga yaabaa in ay adagtahay, laakiin waad ka gudbi doontaa. Xasuusnow in aad soo martay ood kasoo gudubtay wakhtiyo adag waayihii hore.

*“Waxaan ogaaday in aadan xiran maaskarahaaga marka aad la joogto dadka aan qoyskaaga/kooxdaada ahayn taasina waxay i dareensiinaysaa badqab la`aan.”*

*Ka hadal cidda saxda ah ee kooxda kujirta, iyo tirada dadka aad ku qanacsan tahay ee ku jira kooxdaasi. Weydii: “Ma kusoo daraynaa saaxiibada dhowdhow kooxdeena? Ka warrn qoyska balaaran?”*

*“Kuma qanacsani in kooxdeenu ay sidaan u badato. Waxaan u malaynayaa in ay ku fiicantahay in ay ahaadaan kaliya saaxiibada iyo qoyska dhow.”*

- Waxay noqon kartaa mid wax ku ool ah in **xadduudu la sameeyo**—“waalidkaygu ma ogola kala fogaansho la`aan”—waxay gacan ka gaysan kartaa khilaafka saaxiibada. Xaqiiji in aad ka wada hadashaan xadduudahaan aadna oggolaato inuu ra'yigiisa ku darsado.





## Tilmaamaha loogu tala galay waalidiinta/daryeel bixiyeyaasha: Taageeridda dhalinyarada wajahaysa cadaadiska dhiggooda kaga imaanaya

Kala sheekaysiga caruurtaada cadaadiska dhiggooda kaga imaanaya iyo flashooyinkaagu waxay ka caawin karaan in ay ka gudbaan xaaladaha aan wanaagsanayn ay dhici kartana in ay khattar wataan. Saaxiibka canuggaaga iyo xataa xubno kale oo qoyska kamid ah ayaa laga yaabaa in ay doortaan in aysan xiran daboolka wajiga ayna ilaaliyaan kala fogaanshaha jireed. Tani waxaa laga yaabaa inay sababto in ay ku wareeraan xaaladda ayna kuusoo raadsadaan wanaaggaaga ama waanadaada.

Waa kuwaan dhowr qaab oo aad ku taageeri karto caruurta aadna awood kusiin karto in ay sameeyaan dookha saxda ah:

- **Dhegayso** waxaadna **garwaaqsataa** tabashooyinkooda adiga oo aan isku dayayn in aad ku riixdo ajendahaaga.
- **Weydii waxa ay kaaga baahan yihiin** si ay arintaan uga gudbaan si ammaan leh.
- Haddii loo baahdo, hayso **ilo** rasmi ah iyo macluumaad gacanta kujira si aad ula wadaagto ama u tilmaan illo onleen ah.
- Xasuusi xaaladihii la soo dhaafay ee ay muujiyeen **awooddo** oo ay markaasi ka gudbeen, markii ay arrintaasi ku gudo jireen, sida ay u badbaadi lahaayeen.
- Ha ogaadeen in ay tahay **mid wanaagsan in dadka waaweyn talo la weydiyo** Iskuna halleeyo saaxiibada kale ee taageeraya go'aankooda ah xirashada maaskaraha.
- **Xasuusi in ay ka taxaddaraan sida ay dareemayaan:** haddii ay dareemayaan in ay wax ka khaldan yihiin xaaladda, sidaa ayay tahay.
- Qorshee sida **loo ilaaliyo dadka aadka u jilicsan** ee qoyskaaga ah haddii aad la nooshahay qof da' ah ama qof qaba xaalado caafimaad oo hore.

## Haddii canuggaagu ku noolyahay in ka badan hal guri

Caruurta qaar ayaa ku qaata qayb kamid ah todobaad kasta guryo kala duwan. Mid kamid ah waalidiinta ama daryeel bixiyeyaasha ayaa laga yaabaa in uu leeyahay fikrad ku saabsan taxaddarka COVID-19 oo ka duwan midka kale.

Waa kuwaan qaar kamid ah tilmaamaha looga gudbayo nolosha guryaha badan marka aysan dadku isku ra'yi ahayn:

- **Kordhi xiriirka.** Falanqeeya welwelkaaga iskuna day in aad hesho qaabab aad ku wada shaqayn kartaan.
- **Dib uhaybayn ku samee jadwalka bookhasho haddii loo baahdo.**
- **Ka ilaali canuggaaga isku dhacyada** sida ugu badan ee ugu macquulsan.



# Daryeelka caafimaadka maskaxdaada iyo jirkaaga

- **Sii naftaada daryeel iyo taxaddar dheeraad ah inta lagu gudo jiro wakhtigan adag.** Nolosheena aduunyada iyo tan maalinlaha ahba si weyn ayay isku badashay, taasina waxay noqon kartaa mid adag. Waxa laga yaabaa inaad dareentid caadi maalin, laakiin murugo dhab ah, werwer, baqdin, ama xanaaq maalinta xigta.
- Dadku waa kuwo dulqaad leh. **Waxaad tahay mid ka xoogan kana awood badan inta aad ogtahay.** Haddii aad ka fikirayso caqabadihii aad soo dhaaftay, waxaad xasuusan doontaa awoodahaaga iyo waxa horey kuu caawiyay.
- **Raadso kaalmo haddii culays badan aad dareentid ama aadan badqabin.** Eeg qaybta [laha](#) loogu tala galay laynanka qalalaasaha iyo macluumaadka la talinta.
- Eeg santuuqyada hoose ee loogu tala galay waxyaabaha aad samayn karto maalin kasta si **aad u daryeesho naftaada.**

## Caafimaadka maskaxda

### Daalka COVID

Ma ku daashay xirashada maaskaraha iyo kala fogaanshaha bulshada? Ma ku daashay in lagaa hor istaagay ama aad awoodi weyday in aad ka qaybqaadato qaar kamid ah howlaha aad jeceshahay? Kaligaa ma tihid, waxa aad waajahaysana magac ayay leeyihiin: Daalka COVID. Hay'adda Caafimaadka Adduunka waxay ku qeexaysaa "ka karaan jabka raacitaanka tallaabooyinka taxaddarka". Ka daalidda cudurka safmarka ah waa xaalad rogaal celineed oo dabiici ah taasoo ay sabab u tahay khattarta caafimaadka bulshada ee dabo dheeraatay – khaasatan mid ubaahan hirgelinta tallaabooyin waaweyn ee ku yeesha saamayn aan horay loo arag nolosha maalinlaha ah ee qof kasta, oo ay kamidka yihiin kuwa uusan fayrasku sida tooska ah u saamayn.

Haddii aad si buuxda u tallaalan tahay, waa ay ku cadho gelin kartaa in aadan awoodin in aad samayso dhammaan waxyaabihii aad samayn jirtay kahor cudurka safmarka ah. Si kastaba ha ahaatee, wali waa arrin muhiim ah in aad raacdo talooyinka caafimaadka bulshada si aan u ilaalino dadka nagu hareereysan kuwaas oo khattarta badan ugu jira in ay qaadaan COVID-19 taasoo ay sabab u tahay da'dooda ama caafimaadkooda, iyo in aan ilaalino dadka aan tallaalnayn sababo caafimaad dartood. Waa in aan ku dadaalnaa sidii aan dadka kale uga badbaadin lahayn COVID-19.

Waa mihiim in aan ogaano in wax walba aysan waligood jirayn. Waxaad maaskaraha iska dhigi doontaa aadna ku raaxaysan doontaa howlahaaga sida ugu dhakhsaha badan marka ay ammaan noo noqoto dhammaanteen.

- Marka aad dareento welwel ama aad nasiino u baahato, **joogso oo qaado neefsi dheer.** Waxaad sidoo kale isku dayi kartaa baaraandagid, ciyaarta yoga, ama waxaad ka fikiri kartaa wax aad ku faraxsantahay.
- **U naxariiso naftaada.** Is xasuusi: "Waxaan samaynayaa waxa ugu wanaagsan ee aan awoodo."
- **Fasax ka qaado waxa ku murugaynaya,** oo ay kamidka yihiin wararka iyo baraha bulshada.
- **Ka qaado nasashooyin joogto ah kombuyuutarka.**
- Dadka qaar ayaa u baahan in mar un ay kaligood noqdaan si ay dib tamar ugu helaan. **Qaado wakhti aad kaligaa tahay** marka aad ubaahato.
- **Raadso kaalmo** haddii aad u wareegayso khamriga iyo maandooriyaha si ay ladnaan kuu dareensiiyaan.
- **Ku xirnow dadka kale.** Kala hadal dadka aad aaminsantahay sida aad dareemayso.
- **Ku xirnow bulshadaada iyo ururada diimaha.** Dad badan ayaa hadda yeesha kulamo fogaan arag ah.

## Caafimaadka jidheed

- **Yeelo jadwal joogto ah** oo ah marka aad toosto, aad labisato, cunayso, waxbaranayso, ciyaarayso, banaanka aadayso, aadna seexanayso. Jadwaladu waxay naga caawin karaan in aan fiicnaan dareeno marka noloshu hubanti la`aan tahay.
- **Cun cuntooyin iyo nusasaace joogto ah**, oo ka kooban borutiin, qudaar, haruur, iyo miro.
- **Cab biyo maalinkii oo dhan.**
- **Jirkaaga si joogto ah uga shaqaysii**, hadday rabto ha noqoto jimicsi, iskala bixin, socosho, ku jaasidda heesaha, ama howl kale oo aad ka hesho. Isku day in aad qaadato waxbarasho cusub oo onleen ah!
- **Get plenty of sleep**, 8-10 hours. Take naps if you cannot get enough sleep during the night or feel tired.
- Samee wakhti aad **ku nasato kuna ciyaarto**. Samee howlo aad ku raaxaysato.
- **Xaddid caffeine** (cabitaannada tamarta, kafeega, shaaha madow, shukulaatada). Ha haysan caffeine aad ugu dhow wakhtiga hurdada.

## La tacaalidda khasaaraha iyo murugada

Waxaa laga yaabaa in aad wajahayso khasaaro iyo murugo—ahow mid naftiisa unaxariista. Waayidda qof aad jeclayd, xubin qoyska ah, saaxiib, shaqo, guri, ama xataa qaab nololeed waxay noqon karaan il murugo mararka qaarna jaahwareer. Safmarka COVID-19 waxaa laga yaabaa in uu sidoo kale ku xasuusiyo khasaaro ama wax welwel lahaa oo kugu dhacay wakhti hore, taasoo keenaysa dhammaan shucuurta kala duwan.

Qof kasta waxa uu u dareemayaa murugada si qofka kale kal duwan. Waxaa laga yaabaa in aad dareento murugo xooggan, welwel, cabsi, xanaaq, rajo beel, ama shucuur kale. Waa ay adkaan kartaa in aadan waxba dareemin. Waxaa laga yaabaa in ay kugu adkaato in aad seexato ama in aad mar walba rabto in aad seexato. Waxaa laga yaabaa in aadan gaajo dareemin ama aad dareento gaajo ka badan sida caadiga ah.

Naftaada daryeel sidoo kalena ogow in ay caadi tahay in aad marka uu wakhtigu socdo aad dareento fiicnaan. Dhammaanteen waxa aynu u bugsannaa si inoo gaar ah.

Marka aad murugoonayso waa muhiim in aad:

- Isku daydo in aadan ku xukumin naftaada ama dadka kale waxa ay dareemayaan, ama muddada ay ku qaadanayso in ay wanaag dareemaan.
- Ufirsida aad dareemayso.
- U ogolow naftaada in ay oydo.
- Isticmaal wicitaanka telefoonada, fariin qoraalada, wadasheekaysiga muuqaalka ah iyo baraha bulshada si aad ugu xirnaato qoyska iyo saaxiibadawanaagsan kuna taageeraya.
- Raadso taageero. Eeg [Ilaaha](#) hoose.



## Caawinta la qabsiga caruurta: Tilmaamaha loogu tala galay waalidiinta iyo daryeel bixiyeyaasha

### Waxaa laga yaabaa in aad aragto isbadalo dhanka dabeecadda ah haddii canuggaagu dhibtoonayo:

- Isbadalka dhanka shakhsiga ah. Tusaale ahaan: Canugga aamusan oo daryeelka leh waxaa laga yaabaa in uu noqdo mid qaylo badan oo xanaaqaya. Canugga isagu bulshaawiga ahi waxaa laga yaabaa in uu noqdo mid xishood badan oo cabsanaya.
- Butaacinta shucuurta iyo muujinta xanaaqa.
- Qarowga ama cabsi inuu seexdo kaligii ama marka layrku dansanyahay.
- Ku tiirsanaanta dadka kale iyo oohin iyo cabaad ka badan sida caadiga ah.
- Ku laabashada dabeecadda caruurnimo, sida ku kaadinta sariirta iyo nuugista suulka.

### Waxaa jira waxyaabo aad samayn karto si aad u kaalmayso canuggaaga:

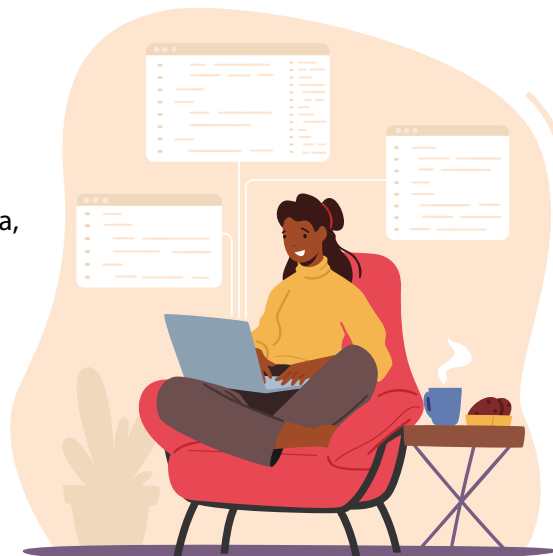
- **Ahow mid deggen.** Ku daji ereyo iyo ficilo deggen.
- **U sharrax xaqiiqooyinka.** Haka beensheegin xaaladda; sii macluumaad run ah oo fudud kaasoo ku saabsan waxa dhacaya iyo sida qofku badqabkiisa u ilaalinayo. Marka ay su'aalo ku weyddiyaan, xaqiiji in ay jawaabahaaga fahmeen. Ha siin macluumaad ka badan midka ay isticmaalayaan ama fahmi karaan.
- **Deji.** U sheeg in ay badqabaan, aan laga tagi doonin, aadna adigu u joogto si aad u ilaaliso.
- **La falanqee welwelkooda iyo baqdintooda.** U ogolow wakhti ay ku xalin karaan sida ay wax u dareemayaan waxa dhacaya. Ka taxaddar in aadan u muujin in aad xukumayso dareenkooda. Xasuusi in ay tahay caadi in la baqo. In aysan u baahnayn in ay geesi ahaadaan ama mid adag. In ay caadi tahay in la ooyo.
- **In ay raacaan ruutiinadoodii.** Cuntooyinka, howlaha, hurdada, iwm. waa in ay ahaadaan «caadi» sida ugu macquulsan.
- **Yaree ka la socoshada warbaahinta.** Tabinta wararka (ama barahha bulshada) kuwaas oo ku saabsan cudurka safmarka ah waxay kordhin kartaa welwelkooda.
- **U ogolow in ay dareenadooda ku muujiyaan farshaxan iyo muusig.** Ku dhiiri gali in ay wax sawiraan, riinjiyeeyaan, heesaan, qalabka ay ku ciyaaraan, ama ay sheekooyin sheegaan. Ku dhiiri gali in ay sheekadooda ku dhameeyaan, "Laakiin waanu naqaanaa sida loo ahaado mid badqaba."
- **Sii xabad galin badan, dhoola caddayn badan, iyo ereyo naxariis leh.** Taageer ubaahnaanshiyahoda ay u baahan yihiin inay kaa ag dhawaadaan.
- **Wax ka baddal shuruucda.** U ogolow in ay haystaan alaabta habeenkii ay isku maaweeliyaan, sida caruusadaha xayawaanka ah iyo iftiinada habaynkii.
- **Xaqiiji in ay ogyihiin in aysan mas'uul ka ahayn** waxa dhacaya.
- **Qayb haka noqdaan dadaalada soo kabashada.** Sii shaqo ay si ammaan ah ku dhammayn karaan si aad awood ugu siiso ugana caawiso in ay u arkaan in waxkasta ay si wanaagsan u socdaan.
- **Iyaga sii xukun iyo awood.** Ayada oo waxyaabo badan ka bixi doonaan awooddooda, u tilmaan waxyaabaha ay wali maamuli karaan. U ogolow in ay maamulaan waxyaabaha fudfudud sida waxa ay xiranayaan, waxa ay cunayaan, iyo halka ay seexanayaan.
- **Ha ceebayn.** U sheeg in aysan ahayn khaladkooda haddii ay ku laabtaan dabeecaddooda caruurnimo (sariir ku kaadinta, nuugista suulka) mar labaad; waxay la tacaalayaan isbaddal cabsi leh.

## U diyaar garow COVID-19: Qorshe samee!

Qaabka kale ee lagu yarayn karo welwelka iyo walbahaarka waa in horey qorshe loo sii sameeyo. Haddii adiga ama qof kamid ah qoyskaaga uu xanuunsado, waxa uu noqon karaa wakhti wareer iyo naxdin leh. Horey usii ogaanshaha waxa aad qaban doonto haddii ama marka uu wakhtigu yimaado wakhtiga adagi waa fikir fiican iyo waana mid awood ku siinaysa.

### Qorshe u samee sida aad adiga ama qoyskaaga daryeel ku heli lahaydeen haddii aad xanuunsataan.

- Qor magaca iyo lambarka teleefoonka dhaqtarkaaga ama xarunta caafimaad
- Qor dhibaato kasta oo caafimaad oo hadda jirta sida neefta ama sonkorowga qof kasta oo jooga gurigaaga
- Qor dhammaan daawooyinka uu qof kasta qaato
- Caddee qofka daryeelaya caruurta, rabaayadda, ama dadka kale ee ku nool gurigaaga kuwaas oo u baahan kormeer ama daryeelka haddii midkood xanuunsado
- Kala hadal saaxiibada iyo dariska iskacaawinta waxyaabaha loo baahan yahay sida adeegyada raashinka, adeegyada, ama daryeelka rabaayadda
- Xaqiiji in aad hesho daawooyin kugu filan, cunto, iyo adeegyada kale haddii aad u baahato in aad guriga joogto muddo todobaadyo ah marka aad xanuunsan tahay ama haddii aad u baahato in aad karantiilnaanto. Ka xaqiiji farmashigaaga adeegyada iimaylka lagu dalbado
- La wadaag qorshahaaga qof kasta oo aad la nooshahay



# Ilaha

## Ahow mid war qaba

Waxaanu wax cusub ka baranaynaa COVID-19 maalinkasta, laakiin wali waxaa jira waxyaabo badan oo aanaan ogayn. Macluumaadka waxaa loo cusboonaysiinayaa si joogto ah. Xasuusnow: in waxkasta oo aad onleenka ka akhrido aysan ahayn sax. Waa kuwaan websaytyo la isku hallayn karo oo leh macluumaadkii ugu danbeeyay (waxay ku diyaarsan yihiin luuqado fara badan):

- Ismaamulka Multnomah: [multco.us/covid19](https://multco.us/covid19)
- Maamulka Caafimaadka Oregon (Oregon Health Authority (OHA)): [govstatus.egov.com](https://govstatus.egov.com)
- Xarumaha Xakamaynta Cudurada (Centers for Disease Control (CDC)): [cdc.gov](https://cdc.gov)

## Tilmaamaha la raaci karo si loo kala saaro runta iyo beenta xogta onlaynka ah

Marka aan sheeko ka aqrino onleenka waxay inta badan la' dahay ama ka maqan fahamka guud. Sababtaan darteed, waxaad u baahan tahay in aad raacdo SIFT Framework.

- **Jooji.**
- **Baar** isha aad soo xiganayso.
- **Hel** warbixin buuxda.
- **Daba gal** waxyaabaha la sheegayo, xigashooyinka iyo warbaahinta ilaa aad ka ogaanayso markii ugu horraysay siday udhaceen.

Intaa waxaa dheer, ka digtoonow si wacana isooga firi luuqadda caadifada ku salayasn aqoonsana marka aad arkayso uun kali ah xogta aad hore u aaminsan tahay. Anaka oo isticmaalayna aaladahaan degdega ah ee waxtarka leh, waxaan sare u qaadi karnaa aqoonteena warbaahinta waxaana si fican u ogaan karnaa cidda ka danbaysa macluumaadka, meesha caddayntu ka imanayso iyo in loo soo bandhigay qaabka saxda ah.

## Raadso taageero

Waxaad raadsan kartaa kaalmo xagga caafimaadka maskaxda ah ama murugada ah xilli kasta. Marka aad dhibtoonayso, ha u arkin kaligaa, ama in aad rabto in aad qof la hadasho un, halkaan ayaan kuu joognaa.

### Dugsigaaga

[Xarumaha Caafimaadka Ardayda Ismaamulka Multnomah](#) waxay siinayaan daryeel caafimaad iyo la talin caafimaadka maskaxda ah dhammaan da'yarta Ismaamulka Multnomah kuwaas oo da' doodu u dhexayso 5-18 sano ha lahaadeen ama yaysan lahaan caymis. Da' yar kasta oo kunool Ismaamulka Multnomah waxay daryeel ka heli karaan xarun kasta. Eeg qoraalka bogga xiga.

**Wac dugsigaaga degmada** si aad u hesho macluumaad ku saabsan adeegyada la talinta ardayda, cuntada, ilaha haddii aad wajahayso guri la'aan, teknoolojiyadda, iyo waxyaalo kaloo badan:

- **Dugsiga Degmada Centennial** | 503-760-7990 | [csd28j.org](https://csd28j.org)
- **Dugsiga Degmada Corbett** | 503-261-4200 | [corbett.k12.or.us](https://corbett.k12.or.us)
- **Dugsiga Degmada David Douglas** | 503-252-2900 | [ddouglas.k12.or.us](https://ddouglas.k12.or.us)
- **Dugsiga Degmada Gresham-Barlow** | 503-261-4550 | [gresham.k12.or.us](https://gresham.k12.or.us)
- **Dugsiga Degmada Parkrose** | 503-408-2100 | [parkrose.k12.or.us](https://parkrose.k12.or.us)
- **Dugsiyada Dadweynaha Portland** | 503-916-2000 | [pps.net](https://pps.net)
- **Dugsiga Degmada Reynolds** | 503-661-7200 | [reynolds.k12.or.us](https://reynolds.k12.or.us)
- **Dugsiga Degmada Riverdale** | 503-262-4840 | [riverdaleschool.com](https://riverdaleschool.com)
- **Dugsiyada gaarka loo leeyahay ama waxdhigista guriga:** Si toos ah ula xiriiir dugsigaaga.

## Laynanka dhibaatooyinka caafimaadka maskaxda

- **Xarunta Wicitaanka Caafimaadka Maskaxda Gobolka Multnomah** | 503-988-4888, taleefanka bilaashka ah 800-716-9769 - Taageero bilaash ah 24/7, iyadoo turjumaanona ay diyaar kuu yihiin. [multco.us/behavioral-health/mental-health-crisis-intervention](https://multco.us/behavioral-health/mental-health-crisis-intervention)
- **Lambarka Kahortagga Isdilka ee Qaran** | 1-800-273-TALK (8255) or text <273TALK> to 839863. En español: 888-628-9454. TTY: 800-799-4TTY (4889). [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
- **Laynka dhalinyarada Oregon** | Fariin ayada oo ah teen2teen udir 839863 ama wac 877-968-8491 inta u dhexaysa 4 galabnimo - 10 habaynimo si aad isula hadashaan. Ama qof weyn la hadal 24/7. [oregonyouthline.org](https://oregonyouthline.org)
- **Khadka teleefoonka Dhibaatooyinka Dhalinyarada** | 1-800-442-HOPE (4673)
- **Iskaashatada Oregon Khadka Caawinta Dhalinyarada ee 24ka saac** | 1-877-553-TEEN (8336)
- **Mashruuca Trevor** | 1-866-488-7386 - 24/7 ka hortagga isdilka dadka LGBTQa ah. [thetrevorproject.org](https://thetrevorproject.org)
- **Trans Lifeline Hotline** | 877-565-8860 - Oo loogu tala galay su'aalo weydiinta iyo dadka dhibtoonaya ama u baahan in ay la hadlaan qof, waxaa la heli karaa dad ku hadlaya Isbaanish. [translifeline.org/hotline](https://translifeline.org/hotline)
- **Crisis Text Line** | Wuxuu bixiyaa kaalmo dhanka caafimaadka maskaxda ah iyo ka caawinta dhibaatooyinka oo qoraal ah, bilaash ah, 24/7ah tayo sarena leh. Fariin ahaan ereyga HOME ugu dir 741741 si laguugu xiro Lataliye dhanka Qalalaasaha ah. [crisistextline.org](https://crisistextline.org)

## Ilaha dheeraadka ah ee loogu tala galay dhalinyarada iyo qoysaska

- Ilaha loogu tala galay **kaalmada ardayda waxbaranaysa**: [multco.us/supportingstudents](https://multco.us/supportingstudents). Macluumaadka waxaa laguheli karaa luuqado badan. Eeg waraaqda ogeysiiska ee bogga xiga.
- **Ilaha Caafimaadka Maskaxda ee Dhaqanka Ugaarka ah**: [multco.us/novel-coronavirus-covid-19/culturally-specific-behavioral-health-resources](https://multco.us/novel-coronavirus-covid-19/culturally-specific-behavioral-health-resources)
- **Ilaha guud ee laga heli karo Ismaamulka Multnomah**: [multco.us/novel-coronavirus-covid-19/community-resources](https://multco.us/novel-coronavirus-covid-19/community-resources)
- **Wac 2-1-1** si aad u hesho macluumaad dheeraad ah oo ku saabsan cuntada, kirada iyo kaalmooyinka adeegyada, daryeelka caruurta, ku xirnaanshaha ururada bulshada, iyo kuwo kale oo badan. Ama fariin ahaan ugu dir furaha deegaankaaga (zip code) 898211 (TXT211). Iimayl. [211info.org](https://211info.org) Saacadaha: Isniinta-Jimcaha, 8 subaxnimo-6 galabnimo. Tarjumaano ayaa diyaar kuu ah.

## Fursadaha aad ku lug yeelan karto

### Guddiga Dhalinyarada Multnomah (Youth Commission (MYC))

- [MYC](#) waa waaxda siyaasadda dhalinyarada ee rasmiga ah ee ay leedahay Magaalada Portland iyo Ismaamulka Multnomah.
- To get involved, email [andrea.marquez@portlandoregon.gov](mailto:andrea.marquez@portlandoregon.gov) or [erika.molina-rodriguez@multco.us](mailto:erika.molina-rodriguez@multco.us)

### Urogaal Celinta Cudurka safmarka ah ee Ardayda Portland

- Koox arday ay hogaaminayso kaasoo ku xiraya ardayda ururada u baahan kaalmada inta lagu jiro cudurka safmarka ah. Halkan ka baro xog dheeraad ah [pspandemicresponse.com](https://pspandemicresponse.com).

### Ku tabaruc rogaal celinta COVID ee Ismaamulka Multnomah ama ku deeq alaab

- [multco.us/novel-coronavirus-covid-19/donate-volunteer-slow-spread-covid-19](https://multco.us/novel-coronavirus-covid-19/donate-volunteer-slow-spread-covid-19)



# MULTNOMAH COUNTY student HEALTH CENTER

## ABOUT US



Student Health Centers are like having a doctor's office at school.



We're here to keep you healthy so that you can focus on thriving in school and beyond.



We welcome all Multnomah County students age 5-18, no matter your race, origin, religion, income, gender, sexual orientation, or immigration status.

There are no out-of-pocket costs. We will see you with or without health insurance.

## OUR SERVICES

- Regular exams
- Sports physicals
- Illness/injury care
- Immunizations
- COVID-19 testing & vaccines
- Mental health services
- Sexual health services
- Routine lab tests
- Prescription medications
- Vision, dental, and blood pressure screenings
- Health education, counseling, and wellness promotion

## Student Health Centers Locations



[www.multco.us/student-health](http://www.multco.us/student-health)

Call to schedule an appointment

