

Multnomah County

Waaxda Caafimaadka



Maarso 25, 2022

Ku socota: Shaqo Geliyayaasha Ismaamulka Multnomah*,
Ka socota: Waaxda Caafimaadka ee Ismaamulka Multnomah

Ujeedo: Talooyinka Shaqo kusoo laabashada ee COVID-19

Waad ku mahadsan tahay wax kasta oo aad u xaqiijiso in shaqaaluhu noqdaan kuwo caafimaad qaba, gacanna aad uga gaysanayso yaraynta khattarta ku faafinta COVID-19 dadka kale ee ku sugan goobta shaqada. Waxa aanu si dhab u qaddarinaynaa dhammaan dadaalka aad samaynayso si aad u baddasho qaabka ganacsigaagu ushaqaynayo.

Si loo yareeyo khattarta COVID-19 ganacsigana uu u noqdo mid furan oo shaqaynaya, waxaan rabnaa in an ku xasuusino in shaqaalaha qaba COVID-19 ay shaqada ku soo laaban karaan haddii:

- Ay kasoo wareegtay ugu yaraan 5 malmood illaa markii ay astaamahoodu bilowdeen ama 5 malmood kasoo wareegto markii baaritaanka lagaga helay COVID haddii aysan wax astaamo ah yeelaninba, IYO
- Astaamahooda COVID-19 ay yihiin kuwo fudud, kasoo raynaya, *ayna dareemayaan caafimaad ayna qabsan karaan waajibaadka shaqadooda, IYO*
- In ay ugu yaraan 24 saacadood kasoo wareegto markii ugu dambaysay ee ay qandhoda lahaayeen ayaka oo aan isticmaalin daawooyinka qandhada jabiya, IYO
- In ay awoodaan in ay xirtaan maaskare si fiican u le'eg marka ay dadka kale la joogaan ilaa muddo 5 malmood oo dheeraad ah

Haddiiba shaqaaluhu dareemayo caafimaad, khattarta ku uu ku faafinayo cudurka aad ayay u yaraanaysaa kaddib dhowrka malmood ee ugu horaysa caabuqa, sidaa darteed kusoo noqoshada shaqada shan malmood kaddib waxay yaraynaysaa fursadda gudbinta fayraska. Si kastaba ha ahaatee, **shaqaaluhu waa in uu xirtaa maaskare si fiican u le'eg mar walba marka uu dadka kale la joogo 5 malmood oo dheeraad ah astaamahana iska fiiriyo 10ka malmood oo dhan.** Haddii shaqaaluhu uusan awoodin in uu xirto maaskare si fiican u le'eg marka uu dadka la joogo 5 malmood oo dheeraad ah, waa in uu guriga joogaa 10 malmood oo buuxda.

Dadka leh astaamaha COVID-19 ayada oo aan loo eegayn in ay awoodaan in ay isbaaraan iyo in kale, waa in ay guriga ka joogaan shaqada iyo howlaha kale ugu yaraan 5 malmood ayna raacaan dhammaan tilmaamaha iskaliyeelidda. Xattaa hadii lagaa waayo COVID-19, waa in ay dhammaystiraan iskaliyeelidda si looga fogaado in ay ku faafiyaan wax kasta oo xanuun ah

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dadka kale. Natiijada aan saxda ahayn ee sheegaysa qofku inaanu qabin cudurka waa mid ku badan Omicron.

Waaxda Caafimaadka Ismaamulka Multnomah iyo Maamulka Caafimaadka Oregon waxay si gaar ah uga baajinayaan shaqo geliyayaasha inay ka codsadaan caddayn natiijo oo muujinaysa inaysan qabin COVID-19 si shaqaaluhu ay shaqada ugu soo laabtaan. Hab dhaqankani ma yaraynayo khattarta isu gudbinta COVID. Shaqaaluhu waxay shaqada kusoo laaban karaan marka ay buuxiyaan habraacyada kor ku qoran si ay usoo gabagabeeyaan iskaliyaynta ama karantiilka.

Shaqaalahaaga uu ku dhacay COVID-19 wuxuu daabacan karaa waraaqdan si ay uga caawiso:

1. Inay helaan caddayn muujinaysa inay shaqada kusoo laaban karo haddiba uu buuxiyo shuruudaha kor ku xusan, iyo/ama
2. Inay helaan caddayn muujinaysa in loo shaqeeyayaashu aysan u baahnayn in ay weyddiyaan shaqaalaha uu ku dhacay cudurku baaritaan COVID-19 oo muujinaya in aysan qabin cudurka. Waraaqda waxaa si onleen ah looga heli karaa <https://multco.us/file/90264/download>.

Xog dheeraad ah oo ku saabsan COVID-19 marka la joogo goobta shaqada ayaa laga heli karaa ilahaan:

- **Haddii shaqaalaha laga helo cudurka:** multco.us/covid-positive-employee
- **Ma lagaa helay Covid-19:** <https://govstatus.egov.com/or-oha-covid-19-positive-test>
- **Hagaha faafiska ee goobta shaqo:**
<https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le3927.pdf>
- **Aaladaha ganacsiga iyo tilmaamaha:** multco.us/covid-business-guidance
- **Tilmaamaha guud ee CDC ee loogu tala galay loo shaqeeyayaasha:**
<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

*Shaqaalaha goobaha mudada dheer dadka lagu daryeelo, dugsiyada, daryeelka caafimaadka, iyo goobaha kale ee khaaska ah ee ay shaqaaluhu la shaqaynayaan shakhsiyaadka nugal waa in ay raacaan tilmaamaha baaritaanka, iskaliyeelidda, iyo karantiilka uu siinayo xirfadlahoodu ama waaxda caafimaadka deegaanka.



Kusoo laabashada Shaqada ee Dadka uu Ku Dhacay COVID-19

Haddii shaqaalahaagu **lahaa astaamaha** COVID-19, waa uu kusoo laaban karaa shaqada haddii uu “Haa” kaga jawaabo su’aalaha **1-3 iyo 5** ee hoose:

1. Miyaa ay wax ka badan 5 maalmood kasoo wareegto xiligii ay astaamahaagu bilowdeen?

Haa, waxaa laga joogaa wax ka badan 5 maalmood ilaa intii ay astaamuhu igu bilowdeen.

Taariikhda astaamuhu bilowdeen: _____

Maya, lagama joogo wax ka badan 5 maalmood ilaa intii ay astaamuhu igu bilowdeen

2. Astaamahaagu ma kasoo raayeen oo hadda kaliya xanuun yar ma daremaysaa mase awoodaa inaad shaqadaadii qabato?

Haa astaamahaygu waa ay kasoo raayeen waxaana dareemayaa caafimaad igu filan oo aan ku shaqayn karo

Maya astaamahaygu kama soo rayn

3. Ma kasoo wareegtay 24 saacadood markii ugu danbaysay oo aad yeelato qandho gaaraysa 100.4F (38C) ama kasii badan adiga oo aan isticmaalin daawooyinka qandhada jabiya?

Haa, waxaa kasoo wareegtay wax ka badan 24 saacadood illaa xilligii iigu danbaysay qandhada aniga oo aan isticmaalin daawooyinka qandhada jabiya

Maya, kama soo wareegan wax ka badan 24 saacadood ilaa xiligii aan qandhada lahaa

Haddii shaqaalahaagu **marna lahayn astaamaha** COVID-19, waa uu kusoo laaban karaa shaqada haddii uu “Haa” kaga jawaabo su’aalaha **4 iyo 5** ee hoose:

4. Ma kasii wareegtay wax ka badan 5 maalmood ilaa xiligii aad heshay natiijada in aad cudurka qabto COVID-19?

Haa, waxaa kasoo wareegtay wax ka badan 5 maalmood illaa xilligii la iga helay fayraska COVID-19. Xilliga aad heshay natiijada in aad cudurka qabto ah: _____

Maya, waxaa kasoo wareegtay wax ka badan 5 maalmood, illaa xilligii la iga helay COVID-19

5. Ma awooddaa oo ma rabtaa in aad xirato maaskare 5 maalmood oo dheeraad ah, wakhti kasta, marka aad dadka kale la joogto?

Haa

Maya

Magaca _____

Saxiixa Shaqaalaha _____

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