



Laqabsashada Cadaadiska iyo Cabsida COVID-19

- **Ka taxaddar caafimaadkaaga shucuureed.**
- **Ka naso nasashada daawashada, akhriska, ama dhageysiga sheekooyinka wararka,** oo ay ku jiraan kuwa baraha bulshada.
- **Ka taxaddar jirkaaga.**
 - Aad u neefso, kala bixi, ama ka fikir.
 - Isku day inaad cuntid cunto caafimaad leh oo miisaaman..
 - Samee jimicsi joogto ah..
 - Hurdo badan seexo..
 - Ka fogow khamriga xad dhaafka ah iyo isticmaalka daroogada.
- **Waqti u samee si aad u kala baxdo.** Isku day inaad sameyso waxqabadyo kale oo aad ka heshay.
- **Xaqiiqdii la xiriir kuwa kale.** Kala hadal dadka aad ku kalsoon tahay welwelkaaga iyo sida aad dareemeyso.
- **Ku xirnow bulshadaada- ama ururada diinta ku saleysan.** In kasta oo tallaabooyinka kala fogaaynta bulshada ay jiraan, tixgeli isku xirka khadka tooska ah, ee loo maro warbaahinta bulshada, ama taleefan ama boosto.

Caawinaad degdeg ah u hel dhibaataada:

- Wac 911
- Khadka caawinta Dhibaataada Musiibada: 1-800-985-5990 (riix 2 Isbaanishka), ama farriin ugu dir TalkWithUs Ingiriis ama Hablanos Isbaanish ilaa 66746. Isbaanishka ku hadla Puerto Rico waxay qoraal ugu diri karaan Hablanos 1-787-339-2663.
- Nooca Ka Hortagga Ismiidaaminta Qaranka: 1-800-273-TALK (8255) ee Ingiriisiga, 1-888-628-9454 ee Isbaanishka, ama Wadahadalka Dhibaataada Nolosha.
- Khadka Tooska ah ee Rabshada Guryaha: 1-800-799-7233 ama qoraal LOVEIS ugu dir 22522 Khadka Tooska ah ee Xadgudubka Caruurta: 1-800-4ACunug (1-800-422-4453) ama qoraal 1-800-422-4453
- Khadka Tooska ah ee Weerarka : 1-800-656-RAJADA (4673) ama Wadahadalka khadkatooska ah astaanta dibadda
- Soo-helidda Waayeelka: 1-800-677-1116 TTY Tilmaamaha
- Halyeey Khadka Dhibaataada: 1-800-273-HADAL (8255) ama Wadahadal Qalalaase ama qoraal: 8388255

Raadi bixiye daryeel caafimaad ama daaweynta cillad isticmaalka mukhaadaraadka iyo caafimaadka maskaxda:

- Si aad ugu xirto caafimaadka deegaanka iyo ilaha aadanaha ee bulshadeena, booqo www.helpsteps.com helpsteps.com
- Khadka Caawinta Qaranka ee SAMHSA astaanta dibadda: 1-800-662-CAAWIMA (4357) iyo TTY 1-800-487-4889
- [Websaydhka Adeegga Daaweynta](#) astaanta dibadda
- [Khariidad Is-dhexgal ah oo la Xushay Xarumo Caafimaad oo U Qalma Faderaalnimo astaanta dibadda](#)



Boston Public Health Commission | Infectious Disease Bureau

1010 Massachusetts Avenue | Boston, MA 02118 | www.bphc.org | 617-534-5611