



Liiska khayraadka bulshada COVID-19

Tusmada Qoraalka

Khadka tooska ah iyo su'aalaha ku saabsan COVID-19.....	2
Shakhsiyaadka khatarta badan kujira.....	2
Adeegyada daryeelka ilmaha	3
Goobaha shaybaadhka COVID-19.....	3
Tacadiga iyo dagaalka guriga dhaxdiisa.....	3
Waxbarashada iyo tobobarka.....	4
Kaalmada tamarta.....	4
Kaalmada cuntada.....	4
Guryaynta, kirada, iyo adeegga.....	4
Adeegyada sharciga.....	5
Caafimaadka, daryeelka ilkaha iyo araga.....	5
Caafimaadka maskaxda.....	5
Qaxootiga.....	6
Xaaladaha isticmaalka maandooriyaha.....	6
Gaadiidka.....	6
Bilaa shaqada.....	7

Khadadka tooska ah iyo su'aalaha ku saabsan COVID-19

- Khadka Macluumaadka Coronavirus ee Utah (waxaa la heli karaa 24 saacadood maalintii 7 maalmood todobaadkii) 1-800-456-7707
- Websayta coronavirus ee rasmiga ah ee gobolka Uta <https://coronavirus.utah.gov>
 - Su'aalaha badanaa la iswaydiyo <https://coronavirus.utah.gov/faq>
 - Macluumaad luuqado kale ah <https://coronavirus.utah.gov/multilingual-resources/>
- Qaabka wada sheekeysiga onlaynka ah (Ingiriisi iyo Isbaanish <https://coronavirus.utah.gov>)
- Xarumaha Kahortagga iyo Xakamaynta Xanuunka <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- Jaamacada Utah 844-745-9325 ama <https://healthcare.utah.edu/coronavirus/>
- Intermountain Healthcare 844-442-5224 ama <https://intermountainhealthcare.org/covid19-coronavirus/>
- Khadka MotherToBaby (su'aalaha ku saabsan in gabadha uurka leh ay u baylahdo COVID-19 ama inta ay naaska nuujinayso) (waxaa la heli karaa Isniin ilaa Jimce laga bilaabo 8 subaxnimo ilaa 5 galabnimo.) 1-800-822-2229 ama 801-328-2229 ama fariin qoraal ah 855-999-3525 <https://mothertobaby.utah.gov/>
- United Way 2-1-1 <https://211utah.org/>



Shakhsiyaadka Khatarta Badan Kujira

Adeegyada Dadka Waawayn iyo Dadka Gaboobay ee Utah waxay balaadhinaysaa khayraadkeeda ay caadiyan ku siiso dadka waayeeleka ah ee dadka ku jira khatarta badan ee COVID-19 kuwaas oo u baahan kaalmo inay joogaan guriga wakhtigan safmarka. Khadkan tooska ah waxaa marka kowaad iska leh dadka gurigooda deggan (aan ku jirin xarun daryeel) iyo dadka aan haysan nidaam kaalmo oo ka caawiya inay raacaan tilmaamaha khatarta badan ee “casaanka” ah. Iyada oo ay u mari doonaan Hay'ada Aaga degmada ee Waayeeleka, shakhsiyaadka waxaa la siin doonaa cunto, waxaa loo keeni doonaa waxyaabaha daruuriga ah (sida, raashinka qaydhiin, dawooyinka, dawooyinka loo qoray) iyo gaadiidka ay ku tagayaan balamaha caafimaadka. Waxa ay sidoo kale ka caawinaysaa dadka mushkiladaha ka hor joogsanaya inay gurigooda si amaan ah u joogaan (tusaale ahaan, dayactirka AC-ga si markaa ay guriga u joogi karaan).

- Khadka tooska ah ee shakhsiyaadka khatarta badan ku jira (waxaa la heli karaa Isniin ilaa Jimce 8 subaxnimo ilaa 5 galabnimo) 877-424-4640
- Neighbors Helping Neighbors Utah 801-641-4441 <https://www.nhelpingn.com>
- United Way 2-1-1 <https://211utah.org/index.php/specific-populations>



Shakhsiyaadka Khatarta Badan Kujira:

- ✓ Dadka 65 jirka iyo kuwa ka wayn ah.
- ✓ Dadka ku nool guryaha xanaanada ama xarumaha daryeelka mudada dheer.
- ✓ Dadka qaba xanuunka sanbabka ama xiiqda dhexe ilaa daran.
- ✓ Dadka qaba xanuunada wadnaha ee aadka u daran.
- ✓ Dadka qaba mushkilada difaaca jidhka oo ay ku jiraan daawaynta kansarka, cabista sigaarka, xanuunada dhuuxa lafta ama xubin badadlidda, hoos u dhac difaaca, HIV ama Aydhis si liidata loo xakameeyay, iyo mudo badan isticmaalayay corticosteroids iyo wixii kale ee dawooyin ah ee daciifnaya difaaca.
- ✓ Dadka da' kasta oo qaba cayilka daran (culayska qofka oo loo qaybiyey dhererkiisa oo laba jibbaaran [BMI] >40) ama qaba xanuunada qaar, gaar ahaan hadii aan si wanaagsan loo xakamaynin, sida kuwa qaba macaanka, kalyo fadhiisi, ama beer xanuun.
- ✓ Dumarka uurka leh waa in lala socdaa maadaama oo la og yahay inay khatar ugu jiraan inay xanuun daran oo fayras qaadaan, laakiin, ilaa iminka macluumaadka la hayo ma muujinayo khatar sare oo COVID-19 ah.

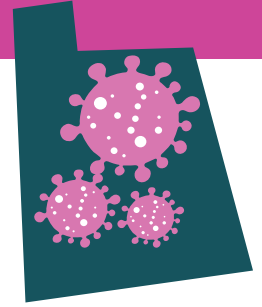
Adeegyada daryeelka ilmaha

- Department of Workforce Services <https://jobs.utah.gov/covid19/covidocc.html>
- One Utah Child Care waa daryeel ilme oo bilaash ah, ku meel gaadh ah oo la siinayo shaqaalaha daryeelka caafimaadka iyo shaqaalaha gurmada degdegga ah <https://coronavirus.utah.gov/child-care/#childcare>
- Su'aalaha badanaa la is waydiiyo ee waalidka iyo bixiyayaasha daryeelka ilmaha <https://coronavirus.utah.gov/child-care/>



Goobaha shaybaadhka COVID-19

Shaybaadhka COVID-19 waa bilaash. Lagaama dalban doono inaad bixiso lacag marka aad tagto goobahan. Laakiin, shirkadaada caymiska caafimaadka waa lagu dalici karaa kharashka marka lagu baadho. Laakiin adiga wax lacag ah lagaama qaadi doono; caymiskaaga caafimaadka ayaa bixin doona kharashka shaybaadhka 100%. Hadii aanad lahayn caymiska caafimaadka, kharashka shaybaadhka waxaa bixin doona Medicaid xataa hadii aanad ku jirin Medicaid. Waxaa taas suurto geliyay Sharciga Jawaabta Coronavirus ee Families First ee federaalka. Qofna waa in aanu uga baqan inuu is baadho lacag darteed.



- La hadal bixiyahaaga daryeelka caafimaad ama booqo <https://coronavirus.utah.gov/testing-locations/>
- Khariirada dhamaan goobaha shaybaadhka COVID-19 ee Utah <https://coronavirus.utah.gov/utah-covid-19-testing-locations/>
- TestUtah.com goobaheega shaybaadhka <https://www.testutah.com/>
- Intermountain Healthcare 844-442-5224 <https://intermountainhealthcare.org/covid19-coronavirus/get-testing/>
- Jaamacada Utah 844-745-9325 <https://healthcare.utah.edu/coronavirus/>
- Baska Badqabka Jaamacada Utah waxa laga helaa shaybaadhka COVID-19 todobaad kasta kuwaas oo ah goobaha soo socda:
 - Isniinta laga bilaabo 12 duhurnimo ilaa 4 galabnimo Centennial Park (5600 West 3100 South, West Valley City, UT 84119) waxa uu galbeed ka xigaa softball diamonds
 - Talaatada laga bilaabo 12 duhurnimo ilaa 4 galabnimo Central Park Community Center (2797 South 200 East, South Salt Lake, UT 84115)
 - Khamiista laga bilaabo 12 duhurnimo ilaa 4 galabnimo Sorenson Unity Center (1383 South 900 West, Glendale, UT 84104)
 - Jimce laga bilaabo 12 duhurnimo ilaa 4 galabnimo Copperview/MidValley Center (8446 South Harrison St, Midvale, UT 84047)
 - Macluumaadka xidhiidhka Baska Badqabka: Maria (562) 448-5389, Carmen (801) 441-0917, ama Bella (801) 648-9841

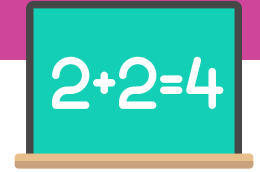
Tacadiga iyo dagaalka guriga dhaxdiisa ah

- Khadka Xiriirka Tacadiga Guriga ee Utah (waxaa la heli karaa 24 saacadood maalintii 7 maalmood todobaadkii) 1-800-897-5465
- Khadka Dhibaataada Tacadiga Galmada (waxaa la heli karaa 24 saacadood maalintii 7 maalmood todobaadkii) 1-888-421-1100
- Iskaashiga Tacadiga Guriga Utah <https://www.udvc.org/>
- Holy Cross Ministries <https://hcm.utah.gov/>
- United Way 2-1-1 <https://211utah.org/index.php/family-support>



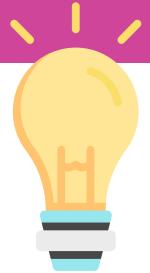
Waxbarashada iyo tobobarka

- Khayraadka waxbarashada COVID-19 <https://coronavirus.utah.gov/education/>
- United Way 2-1-1 <https://211utah.org/index.php/education>



Kaalmada tamarta

- Barnaamijka Bartilmeedka Kaalmada Tamarta Guriga Utah (Utah Home Energy Assistance Target, HEAT) 1-866-205-4357 <https://jobs.utah.gov/housing/scso/seal/heat.html>
 - Arjiga onlaynka ah <http://sealapp.utah.gov/index.do>
 - Waxa aad qabsataa balan si lagu caawiyo <https://jobs.utah.gov/housing/scso/seal/offices.html>
- Rocky Mountain Power iyo Dominion Energy MA jari doonaan laydhka/gaasta hadii aan la bixin lacagta (waxa aad la hadli kartaa qorshayaasha bixinta kharashka/waxa aad dalbataa wakhtiga dheeraad ah si aad lacagta u bixiso)
 - <https://www.dominionenergy.com/company/coronavirus>
 - <https://www.rockymountainpower.net/about/newsroom/service-safety-covid-19.html>
- Kaalmada Adeegyada Utah WAXAA LAGAGA XIDHIIDHI KARAA 800-328-9272



Kaalmada cuntada

- United Way 2-1-1 <https://211utah.org/index.php/food>
- Hadii aad u baahan tahay kaalmo cunto, dalbo gunooyinka SNAP <https://jobs.utah.gov/covid19/covidother.html>
- Liiska khayraadka cuntada Utahns Against Hunger <https://uah.org/covid19>
- Qaybinta cuntada iyo Kaydka Cuntada Utah <https://www.utahfoodbank.org/find-a-pantry/>
- Kaalmada Kumeel Gaadhka ah ee Qoysaska Baahan <https://jobs.utah.gov/services/tevs/tanfcontract.html>
- Barnaamijka Seed Library oo kaa caawinaya inaad cuntadaada beerato <https://services.slcp.org/theplot#SeedLibrary>
- Khayraadka cuntada Degmada Salt Lake 801-526-0950 ama 1-866-435-7414 <https://www.slc.gov/sustainability/food-covid/>



Guryaynta, kirada, iyo adeegyada

- United Way 2-1-1 <https://211utah.org/index.php/housing-and-utilities>
- Utah Community Action <https://www.utahca.org/>
- Kahortagga Bilaa Guriga iyo Guryaynta Dhakhsaha ah <https://jobs.utah.gov/housing/scso/hprrh/>
- Macluumaadka kirada iyo ka saarida guryaha COVID-19 <https://jobs.utah.gov/covid19/evictionofacts.pdf>
- Utah Community Action 801-359-2444



Adeegyada sharciga



- United Way 2-1-1 <https://211utah.org/index.php/legal>
- Adeegyo sharci oo bilaash ah oo onlayn ah oo looyaro isdirayaal ah <https://www.utahlegalhelp.org/vlc>

Caafimaadka, daawaynta ilkaha, iyo araga

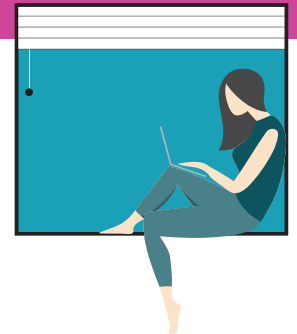
Iyada oo laga jawaabayo Sharciga Jawaabta Coronavirus ee Families First, Utah Medicaid ma xidhi doonto wixii kiisas Medicaid ama CHIP ah ee u qalmay laga bilaabo Maarso 18, 2020. Kiisaska, ama xubnaha, waxa ay sii wadi doonaan inay helaan gunooyinka ilaa dhamaadka mudada xaaladan degdegga ah. Xubnaha waxaa la wargelin doonaa wakhtigaas hadii ay dhacdo in la badalo ama la xidho kiiskooda. COVID-19 dartiis, Medicaid waxay sidoo kale joojin doontaa shuruudaha Wada Shaqaynta Bulshada. Xubnaha Medicaid looma baahna in la duwaan geliyo si ay u shaqeeyaan oo looma baahna inay buuxiyaan qiimaynta, barnaamijyada tobobarka, ama inay raadsadaan shaqooyin. Dhamaan kiisaska, ama xubnaha, waxay sii wadi doonaan inay helaan gunooyinka ilaa dhamaadka mudada xaaladan degdegga ah. Wixii macluumaad dheeraad ah, booqo <https://medicaid.utah.gov/covid-19/>.



- Ka dalbo gunooyinka Medicaid <https://medicaid.utah.gov/apply-medicaid/>, ama wac Waaxda Adeegyada Shaqaalaha 1-866-435-7414 ama Degmada Salt Lake 801-526-0950
- United Way 2-1-1 <https://211utah.org/index.php/health-and-dental>

Caafimaadka maskaxda

- Khadka Mushkiladaha Utah iyo Kooxda Gagaarka ee Wareegeysa (waxaa la heli karaa 24 saacadood maalintii 7 maalmood todobaadkii) 1-801-587-3000 <https://healthcare.utah.edu/uni/programs/crisis-diversion.php>
- Khadka Tooska ee Shaafinta Caafimaadka Dareenka (waxaa la heli karaa 7 maalmood todobaadkii 10 subaxnimo ilaa 10 habeenimo) 833-442-2211 (la-talinta waxaa lagu sameeyaa 19 luuqadood)
- Khadka Caawimada Saxariirka Masiibada SAMHSA (waxaa la heli karaa 24 saacadood maalintii 7 maalmood todobaadkii) 1-800-985-5990 ama fariin "TALKTWITHUS" ah oo loo diro 66746 (Isbaanish ayaa lagu heleyaa)
- United Way 2-1-1 <https://211utah.org/index.php/mental-health>
- Khadka Degdegga ah ee dadka deggan Degmada Salt Lake ee aan ku jirin mushkilada laakiin u baahan taageero ama dhiiri gelin (7 maalmood todobaadkii 8 subaxnimo ilaa 11 habeenimo) 801-587-1055
- Dalada Guddinta Caafimaadka Maskaxda Hooyada (qulubka iyo walaaca uurka iyo dhalmada kadib) <https://maternalmentalhealth.utah.gov/>
- Qaybta Utah ee Istimcaalka Maandooriyaha iyo Caafimaadka Maskaxda <https://dsamh.utah.gov/>
- App-ka SafeUT <https://healthcare.utah.edu/uni/safe-ut/>
- App-ka is-daryeelka ee MyStrength (60 maalmood oo tijaabo ah oo bilaash ah iyada oo la isticmaalayo koodhka lagu galayo ee ah: UDHSguest33)
- Khadka Kahortagga Iskhaarajinta Qaran (waxaa la heli karaa 24 saacadood maalintii 7 maalmood todobaadkii) 1-800-273-8255
- Khayraadka caafimaadka maskaxda COVID-19 <https://coronavirus.utah.gov/Mental-health/>
- Iskaashiga Kahortaga Iskhaarajinta ee Utah <https://utahsuicideprevention.org/>
- Ururka Maraykanka ee Kahortaga Iskhaarajinta Utah cutubkeeda <https://afsp.org/chapter/utah>
- Ururka Qaran ee Xanuunada Maskaxda Utah <https://namiut.org/>



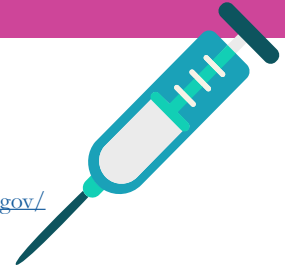
Qaxootiga

- Waaxda Utah ee Adeegyada Shaqaalaha Adeegyada Qaxootiga <https://jobs.utah.gov/refugee/>
- Xiriirka Qaxootiga Utah <https://serverefugees.org/>
- Golaha Qaxootiga Maraykanka <https://rcusa.org/covid-19/>



Xaaladaha isticmaalka maandooriyaha

- Qaybta Utah ee Istimalka Maandooriyaha iyo Caafimaadka Maskaxda <https://dsamh.utah.gov/>
- Adeegyada daawaynta isticmaalka maandooriyaha ee Utah <https://dsamh.utah.gov/contact/location-map>
- Bixiyayaasha daawaynta caafimaadka habdhaqanka deegaanka ee loo marayo SAMSHA <https://findtreatment.samhsa.gov/>
- United Way 2-1-1 <https://211utah.org/index.php/mental-health>
- Daawaynta xaalada isticmaalka daroogada iyo caawimada isticmaalka opioid <https://www.opidemic.org/treatment/>
- Naloxone <https://naloxone.utah.gov/>
- Adeegyada Isdhaafsiiga Siriijka Utah <http://health.utah.gov/epi/prevention/syringeexchange/UTSEPEventSchedule.pdf>
- Utah Support Advocates for Recovery Awareness (USARA) 385-210-0320 <https://www.myusara.com/>



Gaadiidka

- United Way 2-1-1 <https://211utah.org/index.php/transportation>



Bilaa shaqo

Maadaama oo tirada dadka dalbanayaa ay badan yihiin, shakhsiyaadku waa inay fishaan inay arkaan kala go' heerarkii adeegga ee caadiga ahaa oo ay ku jiraan taleefano badan iyo wada sheekeysiga oo wakhti la sugo iyo sidoo kale 21-30 maalmood oo uu qaato dalabku.

- Caymiska bilaa shaqada <https://jobs.utah.gov/covid19/covidui.html>
 - Go'aaminta u qalanka bilaa shaqada <https://jobs.utah.gov/ui/home/Home/UiEligible>
 - Su'aalaha badanaa la iska waydiiyo bilaa shaqada COVID-19 <https://jobs.utah.gov/covid19/uifaqemployees.pdf>
- Nidaamka dalabka gunada bilaa shaqada safmarka <https://jobs.utah.gov/covid19/pandemicuiclaims.pdf>
- United Way 2-1-1 <https://211utah.org/index.php/employment>
- Aqoon iswaydaarsiga maqal iyo muuqaalka ah ee shaqaalaha shaqada looga fadhiisiyo si kumeel gaadh ah <https://jobs.utah.gov/covid19/templayoffvirtualworkshop.pdf>
- Su'aalaha badanaa la iska waydiiyo COVID-19 ee cida loo shaqeeyo <https://jobs.utah.gov/covid19/uifaqemployers.pdf>
- Aqoon iswaydaarsiga Adeegyada Jawaabta Degdegga ah waxaa loogu talo galay inay ka helaan kaalmo degdeg ah shirkadaha iyo shaqaalaha shaqada laga fadhiisiyo iyo warshadaha xidhitaankooda <https://jobs.utah.gov/employer/business/prelayoff.html>
- Degmooyinka Salt Lake iyo South Davis: (801) 526-4400
- Degmooyinka Weber iyo North Davis: (801) 612-0877
- Degmada Utah: (801) 375-4067
- Intii Kale ee Gobolka iyo Wixii Ka Baxsan Gobolka: 1-888-848-0688

