

# Xanuunka Coronavirus: Guriga Joog, Caafimaad Qab

## WAXYAABAH AY TAHAY INAAD OGAATO

### Shuruudaha Gobolka Washington

Si loo ilaaliyo amaanka shacabka oo markaa loo yareeyo faafitaanka Coronavirus, Badhasaab Jay Inslee waxa uu saxaexay "Wareegto Guriga Inla Joogo ah," oo dhaqan gashay Maarso 25. Wareegtadu - waxaa marka hore loogu talo geley laba todobaad - waxaa dhici karta in la kordhiyo, oo markaa la gaadhsiiyo Magaalada Tukwila.

Waxyaabo ay tahay in laga ogaato wareegtada:

- Qof kasta oo reer Washington ah waxaa looga baahan yahay inuu joogo guriga iyaga oo usoo baxaya moojee mid kamid ah dhawr hawlood. Macluumaad dheeraad ah waxa laga heli karaa: [coronavirus.wa.gov](https://coronavirus.wa.gov)
- Dhamaan isku imaatinka dadka ee faakidaysi, diimeed iyo madadaalo waa la mamnuucay.
- Dhamaan ganacsiyada - marka laga reebo kuwa daruuriga ah - waa in la xidhaa. Waxa ka aad eegtaa waxa ay yihiin ganacsiyada daruurigu: [coronavirus.wa.gov/whats-open-and-closed/essential-business](https://coronavirus.wa.gov/whats-open-and-closed/essential-business)

### Lahadal 9-1-1

Bilayska iyo Waaxda Dab Damiska Tukwila wixii xaalada degdeg ah ee nafta khatar gelinaysa. Hadii aad u aragto in aad calaamado Coronavirus ah oo markaa nafta khatar gelinaya (xumad, qufac, ama neefsiga oo kugu adkaata), la hadal **9-1-1**. Bilayskeena iyo Dab Damiskeena ayaa kaa caawin doona inaad hesho daryeelka aad u baahan tahay.

Waxa aad u sheegtaa runta obireetarka 9-1-1 inta ay le'eg yihiin calaamada aad qabtaayi. Hadii ay calaamaduhu yar yihiin, waxa aad sii wadaa inaad kala tashato dhakhtarkaaga daryeelka caafimaad bixiyaha ah.

## CAAFIMAADKA SHAKHSI AHAANEED

**Dadka Ka Fogaanshaha** waxaa weeye shayga ugu muhiimsan ee qof kastaa samayn karo ee uu kula dagaalami karo xanuunka. DHAMAANTEEN waxaa inoolaha baadhan yahay inaynu yarayno faafitaanka Coronavirus. Waxa aad kuwan ka dhigataa dhaqan:

- Waxa aad joogtaa guriga oo waxa aad iska ilaalisaan wixii aan daruuri ahayn ee kulanka dadka kale.
- Waxa aad xadidaa safarada aad ugu baxayso tukaanka, kaalinta iyo waxyaaba kale ee daruuriga ah.
- Hadii ay khasab tahay inaad qabato, waxa aad u jirsataa dadka 6 fuudh mar kasta.
- Waxa aad u maydhaa gacmaha si joogto ah oo waxa aad isticmaashaa sabuun iyo biyo, ugu yaraan 20 ilbidhiqsi. Waxa aad isticmaashaa gacmo nadiifiye marka aanad maydhi karin gacmaha.
- Waxa aad ka dhigataa dabeecad inaad is xasuusiyo in aanad taaban wajigaaga iyo inaad ku qufacdo ama hindhisto suxulkaaga.

## SAAMAYNAHA GANACSI

### Kaalmada Ganacsiyada Yaryar

Maamulka Ganacsiyada Yaryar (Small Business Administration, SBA) ee federalku waxa uu siinayaa \$2 milyan oo ka caawinaysa inay iskaga bixiyaa kharashkooda. Wixii macluumaad ah ee dheeraad ah, qabo:

[DisasterLoan.sba.gov/ela/Information/EIDLLoans](https://DisasterLoan.sba.gov/ela/Information/EIDLLoans)

### Sharuucaha Gobolka iyo Federalka

Waaxda Dakhliga Gobolka Washington waxa ay kordhinaysaa mudada qaadida cashuurta ama joojisay ganaaxyadii, wixii macluumaad dheeraad ah, booqo:

[dor.wa.gov/about/business-relief-during-covid-19-pandemic](https://dor.wa.gov/about/business-relief-during-covid-19-pandemic)

Adeegyada Dakhliga Gudaha waxa ay bixinayaan wakhti dheeraad ah oo dadku cashuurta sanadkii kusoo xareeyaan: Wixii macluumaad ah ee dheeraad ah, qabo:

[IRS.gov/coronavirus](https://IRS.gov/coronavirus)

Magaaladu waxa ay ku talinaynaa in aad si taxadir leh u akhrido waraaqaha saamaynta ganacsigaaga, oo ay ku jiraan dhaqaalaha la waayay, joojinta munaadabaha, iwm. Waraaqahan waxa loogu baahan karaa sheegada caymiska ama barnaamijka macluumaadka mustaqbalka ee hay'ada dawlada.

Hadii aad ka shaqayso, maamusho, ama leedahay ganacsi ku yaala Magaalada, iimeel u dir Hormarka Dhaqaalaha ee:

[Business@TukwilaWA.gov](mailto:Business@TukwilaWA.gov)

## SHAQAALAHA

### Bilaa Shaqo

Waxaa jira macluumaad gaar ah hadii shaqadaada uu sameeyay COVID-19. Ku dalbo:

**Qabo websaytka:** [ESD.wa.gov/unemployment](https://ESD.wa.gov/unemployment)

Qaybta cinwaanka macluumaadka cusub ee COVID-19 (coronavirus), waxa aad riixdaa:

[shuruudaha arjiga bilaa macalka](#)

**Taleefanka:** 1-800-318-6022

Waxa aad heshaa macluumaad ku saabsan khayraadka:

[UWKC.org/news/unemployed-due-to-coronavirus-pandemic-heres-where-to-get-help](https://UWKC.org/news/unemployed-due-to-coronavirus-pandemic-heres-where-to-get-help)

### Gunada Shaqalaha

Cid kasta oo shaqadoodu keeneyso in qof kale ay isasoo gaadhaan (shaqaalaha gurmada degdeg ama shaqaalaha daryeelka caafimaad, tusaale ahaan) ee xanuunsada - ama u baahan inay meel isku soo xidhaan - waxa ay dalban karaan Gunada Shaqaalaha. Wixii macluumaad ah ee dheeraad ah, qabo:

[LNI.wa.gov](https://LNI.wa.gov)

### Khayraadk Kale:

United Way ee Degmada County waxa ay sidoo kale haysaa macluumaad dheeraad ah oo khayraadka la heli karo ah. Booqo: [UWKC.org](https://UWKC.org)

# Khayraad Dheeraad ah Ayaa U Diyaar ah Dadka Degan Tukwila

*Magaalada Tukwila waxa ay si joogto ah u cusboonaysiin doonaa websaytkeega macluumaadka ay ku bixinayso iyo linkiyada la xidhiidha hawlaha Magaalada, dhacdooyinka iyo shaqooyinka. Booqo: [TukwilaWA.gov/COVID](http://TukwilaWA.gov/COVID)*

## ADEEGYADA

Shirkadaha waawayn ee adeegyada ee deegaanka oo dhan waxa ay ku dhawaaqeen barnaamijyo ka caawinaya dadka bixiyaha kharashka adeegyada inta lagu jiro wakhtigan xanuunka, oo ay ku jiraan inay joojitaan ka jarida wixii adeega ah ee aan lacagtooda la bixin.

### **Biyaha/Bulaacada Magaalada Tukwila**

Adeega lagama jari doono dadka hadii ayna bixin kharashkiisa wakhtigan. La hadal Waaxda Dhaqaalaha wixii macluumaad dheeraad ah oo waxa aad samaysaa qorshe aad ku bixinayso.

Taleefanka: **206-433-1835**

### **Barnaamijyada Qiimo Dhimista Laydhka Magaalada ee Seattle**

Waxa uu dhaqan galay markiiba, dhamaan macaamiisha SCL waxa ay samayn karaa qorshayaal kale oo ay ku bixinayaan hadii ay dhaqaalahooda uu sameeyay COVID-19. Adeegyada waxa loo bixin doonaa sidoodii waxaana is badalaya qorshahooda bixinta oo la dhaqan gelinayaa. Ilaa 60% dakhliga macmiilka u qalma.

Taleefanka: **206-684-0268**

### **Barnaamijka Kaalmada Tamarta Guriga Qoyska Dhakhliga Yar (Low-Income Home Energy Assistance Program, LIHEAP)**

Hadii waxaa ugu badan ee aad gurigaaga ku diirsataa uu yahay laydh, gaas, ama saliida kulayliyaha, oo aad markaa u baahan tahay in lagaa caawiyo bixinta kharashka adeegan wakhtiga jiilaalka, balan:

Taleefanka: **253-517-2263**

### **Puget Sound Energy**

PSE kama jari doonto macaamiisha hadii ayna bixin lacagta wakhigan. Si aad wax badan uga ogaato, la hadal saacadaha shaqada (Isniin-Jimce, 7:30am–6:30pm)

Taleefanka: **1-888-225-5773**

Online: [PSE.com](http://PSE.com)

### **Comcast, Verizon, CenturyLink, T-Mobile, Spectrum Mobile, AT&T**

Dhamaan waxa ay taageeraan dadka uu sameeyay COVID-19. Waxa aad la hadashaa shirkaada wixii macluumaad ah ee gaarka ah.

## CUNTADA

### **Tukwila Pantry**

Goobta: 3118 S. 140th St. Taleefanka: **206-431-8293**  
Maalmaha ay furan tahay: Talaata, Khamiis iyo Sabti  
Saacadaha ay furan tahay: 12:30 ilaa 2:30pm  
12:00 ilaa 12:30pm, KALIYA DADKA WAAWAYN

### **Qadada Dadka Waawayn**

Waxaa lagu siiyaa cunto bilaasha ah maalintii dadka nuqul, dadka waawayn ee meel ku xidhan taas oo markaa loo marinayo Baraamijka Madadaalada Dadka Waawayn ee Tukwila. La Hadal Xarunta Bulshada Tukwila wixii macluumaad dheeraad ah. Taleefanka: **206-768-2822**

### **Gunooyinka Cuntada DSHS**

Saacadaha waraysigu waa 8:00am–3:00pm, Isniin-Jimce Tiro aad u badan darteed; waxaa dhici karta in lagu habsaamo. Taleefanka: **1-877-501-2233**

## TACADIGA GURIGA DHAXDIISA

### **24-saacadood Khadka Ololaynta iyo Taageerada**

Taleefanka: **425-656-7867**

## KIROOYINKA

Maadaama oo ay ka jirto Xaalada Degdega ah Gobolka oo dhami ee Washington maadaama oo uu jiro COVID-19, Badhasaabka Inslee waxa uu amray in la joojiyo si kumeel gaadh ah dadkii laga saarayay guryaha maadaama oo ayna bixin kirada. Xafiiska Bilayska Degmada King ma fulin doono ka saarida guryaha Degmada King wixii aad bixin kirada. Sidoo kale, Golaha Magaalada Tukwila waxa ay dhaqan geliyeen xeer markaa lagu fududaynayo isfahanka dadka laga saarayo.

### **Xuquuqda Kiraystaha**

**Mashruuca Cadaalada Guryaynta** – Wixii muranka ka saarida guriga ah  
Isniin-Jimce, 8:00am–12:00pm  
Taleefanka: **253-234-4204**, Isbaanish: **206-267-7090**  
Iimeel: [HJPstaff@KCBA.org](mailto:HJPstaff@KCBA.org)

### **Uruka Kiraystayaasha**

**Khadka Xuquuqda Kiraystayaasha: 206-723-0500**

Saacadaha Isniin-Arbaco: 10:00am–12:30pm iyo 1:30am -4:00pm  
Khmiis: 10:00am–12:30pm  
Sabti: 11:00am–3:00pm

**Adeegyada Bilaa Aadanka Tukwila**  
*Hadii aad DEGAN TAHAY TUKWILA, fadlan usoo hadal wixii macluumaad ah ee ku saabsan xaalada degdeg ah kirada ama kaalmada adeega ee dakhli yaraanta.*  
Taleefanka: **206-433-7181** ama **206-433-7180**



**Magaalada Tukwila – 206-433-1800**

Booqo: [TukwilaWA.gov/COVID](http://TukwilaWA.gov/COVID)  
wixii macluumaad ah