

Adeegyada iyo taageerada

Unite
against
COVID-19

Waa CAADI in la weydiiyo caawin. Inaga oo kawada shaqeyneyno midaan inta lagu jiro, waxaa jiro dad iyo hay'ado u suurto galeyso inay adiga ku taageeraan. Halkan waxaa ah talooyin kala duwan, caawimo, ama taageero haddii loo baahdo. Haddii aadan ku hadlin af Ingiriis, waxaad weydiin kartaa turjumaan markii aad soo waceysid inta badan waaxyada dowlada.



Ku Jira xaaladd degdeg ah	Ka soo wac 111 oo Dabka iyo Gurmadka, Booliska, ama Ambalaansaha.	111 (Khadka Gurmadka)
Wixii tallo caafimaad ah Waxay muhiim u tahay sida marwalba si loo hello taageerada caafimaadka haddii aadan fayoo been. Uma baahnid inaad sugtid.	Haddii aad qabto duri, hargab ama astaamaha COVID-19, is baadh. Soo wac Dhaqtarkaaga, ama la xiriir Healthline wixii tallo caafimaad oo bilaash ah iyo warbixinta ay bixiyeen xirfadlayaasha tababaran.	0800 358 5453 (Healthline – talada caafimaadka COVID-19) 0800 611 116 (Healthline – Tala Guud ee Caafimaadka) www.healthpoint.co.nz
Wixii tallo caafimaad oo ku saabsan dhalanka ama carruurta	Soo wac Plunket si aad ula hadashid kaalisada Plunket. PlunketLine waa qadka caawinta waalidka oo bilaash ah iyo adeega tallada oo loo heli karo dhammaan qoysaska, qoysaska balaaran iyo daryeelayaasha.	0800 933 922 (PlunketLine)
Wixii caafimaadka maskaxda ama taageerada la qabsiga Si kastaba oo aad dareentid, waxaa jiro qof lala hadlo haddii aad u baahantahay.	Soo wac ama fariin qoraal u soo dir 1737 si aad ula hadashid qof u tababaran inuu ku caawiyo. Wixii caawin gaar ah, waxaad la xiriiri kartaa Depression Helpline (Qadka caawinta Niyad jabka) ama Alcohol Drug Helpline (Qadka caawinta Alkulada Daroogada) .	1737 (1737 Khadka caawimada) 1737.org.nz 0800 111 757 (Qadka caawinta Niyad jabka) 0800 787 797 (Qadka caawinta Alkulada Daroogada)
Wixii taageerada rabshada qoyska ama rabshada galmada Way wanaagsantahay in laga tago qoyskaaga si aad ugu haysid nafsadaada ama qof kale badbaado. Haddii aad u baahantahay inaad tagtid, caawin ayaa halkaas laga helayaa.	Soo wac 111 haddii adiga ama qof kale uu halis dhow ku jiro oo inay wax gaaraan ama waxyeelaan nafsadooda. Hel adeegyada taageerada bulshada deegaanka ee aagaaga, soo wac Family Services 211 qadka caawinta . U soo wac Women's Refuge wixii tallo ah, hoy taageero oo badbaado ah markii aad la macaamileysid rabshada noloshaada. Soo wac Elder Abuse Helpline waa adeeg bilaash ah oo in dadka waayeelka ay kula soo xiriiri karaan haddii iyaga ama qof kale oo ay garanayaan ay la kulmayaan xadgudubka qofka weyn.	111 (Qadka Gurmadka) 0800 211 211 (Adeegyada QOyska 211 Khadka caawimada) www.familyservices.govt.nz/directory/ 0800 733 843 (Gaboodka Haweenka) 0800 32 668 65 (Khadka caawinta Xadgudubka Dadka waaweyn)
Wixii walaacyada ku saabsan fayo qabka ama badbaadada canuga	Soo wac Oranga Tamariki haddii canug ama qof yar uusan bad qabin, aan la daryeeleyn, ama ka gooniyoobay waaladiintooda ama daryeelayaasha.	0508 326 459 (Oranga Tamariki) www.orangatamariki.govt.nz
Wixii ah taageerada dhalin yarta	Youthline waxay taageertaa dhammaan dhalin yarta, ay ku jiraa kuwan dhibtu haysato. Youthline waxay bixisaa adeega khadka caawimada 24/7.	Youthline Wicitaanka bilaashka ah 0800 376 633 Fariinta qoraalka bilaashka ah 234 Webchat: https://www.youthline.co.nz/
Wixii baadiyaha ama taageerada beerashada	Kala xiriir Rural Support Trust deegaankaaga. Waxay kuu tilmaami karaan jihada saxda ah oo taageerada aad u baahantahay.	0800 787 254 (Ururka Taageerada Baadiyaha)

<p>Wixii helitaanka cuntada ama sheeyada muhiimka ah</p> <p>Waxaan dhammaanteen u baahannahay cunto iyo sheeyada muhiimka ah sida daawada, marka fadlan ha isku dayin inaad baxdid la'aanteeda. Waxaa jiro qaabab badan oo midaan laguugu helayo.</p> <p>Haddii aad diraysid saadad, xasuuso inaad ka fogaatid 2 miitir gaar ah oo xiro waji daboolashada.</p>	<p>La hadal shabakooyinka taageeradaada sida qoyska, qoyska balaaran, saaxibada, iyo dariska si aad u aragtid haddii ay ku soo gaarsiin karaan waxyaabaha daruuriga ah.</p> <p>Haddii aad u baahan tahay dawo, la xidhiidh farmasiigaaga.</p> <p>Isku day adeegyada keenista cuntada sida dukaanka wayn ee keenista cuntada guriga, xidhmooyinka cuntadda, cuntooyinka la talaagadeeyay ee hore loo diyaariyay, rukun ku qaadashada bogosyada cuntooyinka (sida My Food Bag iyo Hello Fresh) ama adeegyo kale oo kasta oo cunto badan dirid ah.</p> <p>Haddii aad u baahan tahay caawimada maaliyada si aad u iibsato cunto, Work and Income ayaa halkan u jooga si ay kuu caawiyaan.</p> <p>Haddii aad u baahan tahay cunto degdeg ah, la xidhiidh kaydkaaga cuntadda wixii taageero ah – eeg linkiga adeeg bixiyahaaga maxaliga ah.</p> <p>Haddii aad isku dayday oo aanad heli karin taageerada dhexda wax ka mid ah doorashooyinkaas sare, la xidhiidh Civil Defence and Emergency Management (CDEM) Group (Kooxdaada maxaliga ah ee Difaaca Madniga iyo maaraynta Gurmada).</p>	<p>Ciidanka ardayda mutadawiciinta ah ee Auckland ku salaysan alaab dirida aan taabashada lahayn https://shop.sva.org.nz</p> <p>https://shop.countdown.co.nz/shop/content/priority-assistance/ (Countdown)</p> <p>https://www.newworld.co.nz/shop (New World)</p> <p>Hoos ka eeg Shaqada iyo dakhliga lambarada 0800 iyo linkiyada. www.familyservices.govt.nz/directory/ (Foodbanks)</p> <p>www.civildefence.govt.nz/find-your-civil-defence-group/</p>
<p>Wixii taageerada dhaqaalaha ah</p> <p>Waxaa jiri kara taageero loo heli karo loo shaqeeyayaasha, shaqaalaha iyo kuwan waayay shaqadooda ama dakhligooda la yareeyay, ama caawimada lagu iibsado cunto.</p>	<p>Booqo websaydka Work and Income oo taageerada dhaqaalaha oo baahiyada.</p> <p>Waad ka codsan kartaa faa'idada muhiimka ah onleenka oo hubi u qalmidadaada caawimada cuntada.</p> <p>Sidoo kale waad ka isticmaali kartaa agabka taageerada dhaqaalaha COVID-19 websaydka Unite Against COVID-19 si aad u aragtid taageerada lagu heli karo.</p>	<p>www.workandincome.govt.nz</p> <p>https://my.msd.govt.nz/ (Deeqda cuntadda & abka dheefta)</p> <p>0800 559 009 (Qadka Guud)</p> <p>0800 552 002 (Waayeelada 65+)</p> <p>0800 88 99 00 (Ardayda)</p> <p>www.Covid19.govt.nz/business-and-money/financial-support/covid-19-financial-support-tool/</p>
<p>Wixii tallada kireysiga iyo kireynta</p>	<p>Kala xiriir Tenancy Services wixii warbixin dheeraad ah ee ku saabsan xaquuqahaaga sharciga.</p>	<p>0800 836 262 (Adeegyada kiraysiga guryaha)</p> <p>www.tenancy.govt.nz</p>
<p>Wixii ah arrimaha daryeelka xawayaanka</p>	<p>Soo wac Qaybaha khuseeya walaacyada daryeelka xawayaanka iyo waydiinama oo ka warbixi arxan darrada.</p> <p>Wixii ah gurmadyada daryeelka xawayaanka, sidoo kale waxaad soo waci kartaa Xarunta SPCA eemaxaliga ah.</p>	<p>0800 00 83 33 (MPI)</p> <p>https://www.sPCA.nz/report-animal-cruelty</p>
<p>Wixii ah taageerada ganacsiga</p>	<p>Dhammaan ganacsiyada New Zealand iyo ganacsadayaasha keliya ayaa heli kara taageerada iyo talada ku saabsan taageerooyinka dhaqaale ee dowladda, helida talada iyo tababarka bilaashka ah ama khibrada la kabo, waxa Heerarka Digniinta kala duwan la macno tahay ama joogtaynta ganacsiga.</p> <p>Loo shaqeeyayaasha sidoo kale waxay talo gaar ah ka helaan isbeddela shaqaale gelinta, fayo qabka shaqaalaha, iyo buuxinta waajibbaadyadaada caafimaadka iyo badbaadada.</p>	<p>North Island 0800 500 362</p> <p>South Island 0800 505 096</p>
<p>Wixii tallada shaqada iyo taageerada</p> <p>U ogow xaquuqahaaga sida shaqaale oo ku hay nafsadaada badbaado.</p>	<p>Kala xiriir Work and Income haddii aad raadineysid shaqo ama aad haysid boos u baahan in la buuxiyo.</p> <p>Kala xiriir Employment NZ ama booqo websaydkooda oo wixii warbixin ee xaquuqahaaga sida shaqaale.</p> <p>Kala xiriir Worksafe wixii warbixin oo u shaqeynta si badbaado ah.</p>	<p>0800 779 009 (Qadka Shaqada iyo Daqliga Shaqo Raadinta)</p> <p>www.workandincome.govt.nz</p> <p>0800 20 90 20 (Shaqada New Zealand)</p> <p>www.employment.govt.nz</p> <p>0800 030 040 (Worksafe)</p> <p>www.worksafe.govt.nz</p>
<p>Wixii warbixin dheeraad ah oo taageerada kale</p> <p>Waxaa jiro hay'ado badan oo ka shaqeynayo inay hubiyaan in qof walba la daryeelo.</p>	<p>Booqo websaydka Unite Against COVID-19</p> <p>Si ay kaga caawiso fahamka xuquuqahaaga iyo waajibbaadka, oo aan kuu sii wno taageerada walba oo aad adigu u baahan tahay, la xiriir Waaxda Talada Muwaadiniinta (Citizens Advice Bureau).</p>	<p>www.Covid19.govt.nz</p> <p>0800 367 222 (Xafiiska La talinta Muwaadiniinta)</p>

Warbixinta laga qaaday websaydka COVID-19, Covid19.govt.nz, kaas oo si joogta ah loo cusbooneysiyo. Hadda sida Ogosto 2021.