

# Minnesota's Children's Cabinet

## Golaha Ilmaha ee Minnesota

Waxa naga go'an ilaalinta amaanka, caafimaadka iyo fayoobida ilmaha. Hoos waxaa ku xusan khayraadyo gargaari kara adiga iyo qoyskaaga xilligan COVID-19 uu dillaacay.

### Habraaca COVID-19

Akhbaaraha ugu dambeeya ee ku saabsan cudurka COVID-19, fadlan ka eeg shabakada (website) [Waxda Caafimaadka ee Minnesota \(Minnesota Department of Health\)](#) ama wac khadka hay'ada MDH ee COVID-19 ka waqtiyada 7 subaxnimo ilaa 7 fiidnimo (turjubaano ayaa lagu heli karaa).

- **Su'aalaha caafimaadka ku saabsan:** 651-201-3920 ama 1-800-657-3903
- **Su'aalaha iskuulada iyo haynta ilmaha ku saabsan:** 651-297-1304 ama 1-800-657-3504

Akhbaar caafimaadka ku saabsan waxaa la heli karaa iyadoo luuqado kale ah oo ay ku jiraan [sida loo dhaqdo gacmaha \(how to wash your hands\)](#).

### Caafimaadka Dhimirka iyo Ilo Baahida Caafimaad ee Gaarka ah

Iminka, si ka badan sidii hore waa muhiin in cid walbaa ay hesho daryeelka caafimaadka dhimirka ah ee ay u baahan tahay si caafimaadkoodu u sugnaado. Hay'adaha gobolka ayaa si wada jir ah uga wada shaqeynaya taa si loo hubiyo in adeegyada caafimaadka ee dhimirka ay helaan dadka reer Minnesota, oo ay ku jiraan ilmaha, dhalinyarada iyo qoysaskuba, iyo in lagu xiro ururo aan dowli ahayn si loo gargaaro cidii u baahan gargaar, oo ay ku jiraan telefoon ku daryeelid bedesha booqashooyinkii rugaha caafimaadka iyo gargaaro kale oo fayoobida ah si looga caawiyo qoysaska wajahaan xaaladahan cusub.

Ilaha fayoobida dhimirka xilligan cudurka COVID-19 uu dillaacay waxaa laga heli karaa [halkan \(here\)](#). Khadadka caafimaadka dhimirka ee fidiya gargaarada lacag la'aanta ah si ay u gargaaraan dadka reer Minnesota ee ay haystaan dhibaatooyinka dhanka dhimirka ah ayaa **hoos** ku xusan. Fadlan sidoo kale tixgeli inaad la xiriirto hay'adaha la yiraa [Ururka Heerka Qaran ee Caafimaadka Dhimirka ee Minnesota \[National Alliance on Mental Illness \(NAMI\) Minnesota\]](#) (1-888-NAMI-Helps / 1-888-626-4435) ama [Bahda Caafimaadka Dhimirka ee Ilmaha ee Minnesota \(Minnesota Association for Children's Mental Health\)](#) ee (1-800-528-4511) si aad caawimaad u hesho, aadna u xirantid hababka caafimaadka dhimirka, aadna u hesho gargaar iyo khayraadyo.

- **Khadka Qoraal/dhambaal (text) u Dirka (Crisis Text Line):** Gurmad degdeg oo 24/7 saac ah ayaa diyaar ah haddii adiga ama qof aad taqaani uu leeyahay waali ama ay haysato dhibaato xagga caafimaadka dhimirka ah.
  - Dhambaal (text) u dir "MN" lambarka 741741
- **La xiriiirida Gurmadka Degmada** – ka hel lambarada telefoonada gurmadka caafimaadka dhimirka ee degmada halkan:
  - [Lambarada Gurmadka Degdega ah ee Caafimaadka Dhimirka ee Dadka waaweyn \(Adult Mental Health Crisis Response Numbers\)](#)
  - [Lambarada Gurmadka Degdega ah ee Caafimaadka Dhimirka ee ilmaha \(Children Mental Health Crisis Response Numbers\)](#)
- **Minnesota Warmline:** ma tahay qof weyn oo u baahan gargaar? La hadal qof qaabilsan khibradna u leh arrintaadda oo asaga laftiisu waayo aragnimo u leh cudurada ku dhaca dhimirka.
  - Wac 651-288-0400 ama dhambaal (text) ugu dir "Support" lambarka 85511

- **Khadka Ka Hortagga Isdilka (National Suicide Prevention Lifeline):** khadkan 24/7 saac -tobobada cishaba furani waxa uu bixiyaa gargaarka kolka aad isku buuqsan tahay, wuxuuna kuu hayaa ka hortag iyo ilo wax ka qabta dhibka adiga ama ehelkaa, iyo khyraadyo loogu talagalay xirfadlayaasha.
  - wac 1-800-273-TALK (8255)
- **Khadka Isticmaalka Maan-dooriyeyaasha iyo Maareynta Masiibada iyo Walwalyada ee Adeegyada Caafimaadka Dhimirka (Substance Abuse and Mental Health Services Administration Disaster Distress Helpline):** waxa uu fidiyaa talosiin iyo gargaar haddii adiga ama qof qoyska ahi uu dhib maskaxiyah ah haysto oo la xiriiramaasiibo.
  - Wac : 1-800-985-5990

Si wax looga qabto cudurka COVID-19, hay'adaha gobolku waxa ay sameeyeen wadaagaana khayraadyo si loo gargaaro fayobida dhimirka ilmaha iyo qoysaska kolka ay noloshooda wax ka bedeleen si ay u caawiyaan joojinta faafida COVID-19. Ilaha hadda jira waxa ku jira:

- [Gargaarida Hirgelinta Dhimirka xilliga lagu Jiro COVID-19 \(MDH\) \[Supporting Mental Promotion during COVID-19 \(MDH\)\]](#)
- [Ilaha Caafimaadka Dhimirka iyo Hab-dhaqanka xilliga lagu Jiro COVID19 \(MDH\) \[Mental and Behavioral Health Resources During COVID19 \(MDH\)\]](#)
- [Gargaarida dadka naafada ah xilliga lagu Jiro COVID-19 \(Supporting people who have disabilities during COVID-19\)](#)

Waalidiinta iyo daryeel-bixiyeyaasha (khaasatan kuwa ay u joogaan ilmaha baahida gaarka ah qaba) ee doonaya inay la hadlaan waalidiinta kale si ay isu kaalmaystaan ama u baahan caawimaad kali-kali ah si u fahmaan khayraadyada, Minnesota waxa ay leedahay dhowr urur oo caawin kara oo ay ku jiraan:

- [Disability Hub MN](#) waxa ay siisaa adeego lacag la'aan ah oo akhbaar, gudbin iyo gargaarba ah oo gobolka oo dhan ah dadka naafada ah, jirran, iyo wakiiladooda waxa ayna ku xirtaa adeegyada ururada bulshada.
- [Family Voices of Minnesota](#) waa urur waalidku maamulo oo siiya akhbaar, khayraad iyo gargaar qoysaska ay u joogaan ilmaha baahida gaarka ah qaba ama naafada ah.
- [PACER](#) waa urur khayraadyo siiya qoysaska ay u joogaan ilmaha naafada ah oo ay ku jiraan taakuleyn waalidiinta ah iyo shaqaale diyaar u ah inay caawiyaan qoysaska khadkooduna waa 952-838-9000 ama [pacer@pacer.org](mailto:pacer@pacer.org).

## Lacag Cadaan ah iyo Gargaar Dhaqaale

Xilligan cudurku dillaacay, Qaar ka mid ah sharuudahii barnaamijyada iyo adeegyada lagama maarmaanka ah waa la iska saamaxay ama wax baa laga bedelay si loogu ogolaado dadka reer Minnesota inay helaan gargaarka ay u baahan yihiin. Wax ka ogow saamaxaadaha ku meelgaarka ah ee ([Saamaxaadda ku meelgaarka ee Waaxda Adeegyada Bulshada ee Minnesot \(Temporary waivers from the Minnesota Department of Human Services\)](#)).

Khayraadyadan soo socda ayaa la heli karaa haddii adiga, ama qoyskaaga ama cid aad taqaano ay u baahan tahay gargaar dhaqaale:

- **Bridge to Benefits:** [aaladan baarida ah ee ku salaysan shabakada weysaytka](#) waxa ay kaa caawin kartaa inaad ogaato inaad xaq u leedahay barnaamijyada gargaarka dadweynaha, oo ay ku jiraan, SNAP, WIC, Barnaamijka Cuntada Iskuulka, Barnaamijyada Daryeelada Caafimaad ee Minnesota, Gargaarada Tamarta, iyo Haynta Ilmaha.
- **ApplyMN:** [Codsigan shabakadu](#) waxa uu kugu xiri karaa adeegyada degmada iyo gobolka si ay kaaga caawiyaan ka soo bixida baahida aasaasiga ah ee adiga iyo qoyskaaga. Isticmaal si aad u codsato [lacag cadaan ah, Barnaamijka Manfacyada Gargaarka Kabida Nafaqada \[Supplemental Nutrition Assistance Program \(SNAP\)\]](#), [Gargaarada haynta ilmaha \(child care assistance\)](#), iyo Gargaarada Degdeg ah. Wac 651-431-4000 si aad u waydiiso wixii su'aalo ah ee qabto.
- **Gargaarada Degdeg ah:** Qoyskaagu waxaa dhici karta inuu xaq u yeesho gargaar si wax looga qabto baahi degdeg ah, sida bixinta kirada ama biilasha korontada. La xiriir [hay'ada adeegyada bulshada ee degmadaada ama qabaaalka](#) si aad wax uga ogaato helitaanada, xaq u yeeladka iyo sida loo codsado.
- **Ha'yadaha Waxqabadka Beesha (Community Action Agencies):** [Shabakadani waxa ay aruurisaa](#) ilaha, gobolka, deegaanka, iyo kan dowlada dhexe ee caawin kara dadka iyo qoysaska danyarta ah.

**Gargaarada Shaqalaha Shaqo La'aan ah:** haddii shaqadii ay kaa dhamaatay, ama saacadahaagii si weyn loo yareeyey, ama aadan awoodin inaad shaqayso iyadoo sababtu tahay cudurkan COVID-19 ee dillaacay, waa inaad codsato manfacyada Shaqalaha Shaqo la'aanta noqda [Unemployment Insurance (UI)] la siiyo. Si aad u hesho akhbaar dheeraad ah oo ku saabsan manfacyada Shaqalaha Shaqo la'aanta noqda (Unemployment Insurance) ama si aad u codsato manfacyo kale, booqo [www.uimn.org](http://www.uimn.org). Hel [akhbaar kale oo ku saabsan manfacyada shaqaalaha shaqo la'aanta ah ama ka codso halkan. \(information about unemployment insurance or apply here\)](#). Gudoomiyaha gobolku waxa uu qaaday talaabo si uu ugu ogolaado bixin degdeg ah oo ah manfacyada shaqaalaha shaqo la'aanta ah, waxa uuna ka saamaxay shaqooyinka lacagahii dulsaarka ahaa ee la saari jiray. Sidoo kale, Koongarayisku waxa uu meelmariyey sharci siinaya \$600 oo dheeraad ah asbuucii dadka qaata lacagta shaqaalaha shaqo la'aanta ah la siiyo, waxa uun sharcigu dheereeyey mudadda manfacyada 13 asbuuc, wuxuu kaloo uu u abuurray barnaamij cusub dadka shaqo la'aanta ah iyadoo sababtu tahay COVID-19, laakiin aan awoodin inay qaataan macfayadda shaqaalaha shaqo la'aan ah la siiyo.

## Caymiska Daryeelka Caafimaadka

### Barnaamijyada Gobolka

Gobolka Minnesota waxa uu fidiyaa barnaamijyo iyo khayraadyo kaa caawin kara inay ka gargaaraan adiga iyo qoyskaaga dhanka caafimaadka xilligan lagu jiro ee uu cudurka COVID-19 dillaacay.

Isqor **Mnsure iminka ilaa iyo Abriil 21.** Haddii adiga ama qoyskaagu aad waqtigan kaar caafimaad la'aan tihiin, waxa aad is qori kartaan Mnsure iminka ilaa iyo Talaadada, Abriil 21. Fursadan qaaliga ah ee is qorida waxa heli kara shakhsiyaadka xaqqa u yeesha maadaama kiisaska cudurka COVID-19 ay wali sii kordhayaan. Qoysaska xaqqa u leh waxa ay ka codsan karaan iskana qori karaan kaararka Medical Assistance iyo MinnesotaCare markii ay rabaan. Ku ogow [xaq u yeeladka](#) ama akhbaarta helitaanka [af kale ah](#).

### Sii wadida adeegyada kaararka caafimaad ee Minnesota iyadoo la joojiyey cusboonaysiintooda sannadlaha ahayd.

Haddii adiga ama qof qoyskaaga xubin ka ahi aad lahaydeen kaararka Medical Assistance, Minnesota Coverage, ama Barnaamijka Kaarka Caafimaadka ee Ilmaha (Children's Health Insurance Program), hawshii cusboonaysiintii sanadlaha ahayd waa la joojiyey xilligan uu cudurka COVID-19 dillaacay.

Isqorida barnaamijyada wali waa ay furan tahay oo waa la heli karaa.

### Qorshayaasha Caafimaadka ee Minnesota

Hogaamiyayaasha gobolku waxay iska kaashadeen qorshayaasha caafimaadka ee ururada sama-falka ee deegaanada ka qaadida carqaladaha horyaal daryeelada iyo kaararka caafimaadka xilligan uu cudurka COVID-19 dillaacay. Tixraac habraaca qorshahaaga caafimaad si aad si fiican ugu fahamtid isbedelada gaarka u ah kaarkaaga.

Qaar ka mid ah isbedelada xubnaha ku jira kaararka **caafimaad ee ganacsiga ah** waxaa ku jira:

- **Kharash la'aan isaga baarid COVID-19.** Dadka reer Minnesota wax lacag ah oo la xiriira baarida COVID-19 laguma soo dalaci doono.
- **Kharash la'aan isbitaal dhigida la xiriirta COVID-19.** Qorshayaasha intooda badani xubnaha wax lacag ah laguma soo dalici doono haddii ay u baahdaan in isbitaal loo dhigo COVID-19 awgii ayna isticmaalaan isbitaal kaarkoodu xiriir la leeyahay.
- **Helitaanka Daryeelada telefoonka.** Qorshayaasha intooda badani iyo daryeel-bixiyeyaashu waxa ay kordhiyeen adeegyada telefoon ku daryeelka ah, kaas oo u ogolaada dadka reer Minnesota inay helaan daryeelka ay u baahan yihiin iyagoo gurigooda amaan ku ah.

**Kaararka Caafimaadka ee shaqaddu waa kala duwanaan karaan.** Qaar badan oo dadka reer Minnesota waxa ay haystaan kaar caafimaad oo shaqo, oo leh nidaamyo u gaar ah. Gobolka Minnesota kuma khasbi karo manfacyadaas oo dhan inay bixiyaan kaararka shaqadu, laakiin waxa uu ku dhiiri galiyaa in shaqooyinku ay bixiyaan manfacyo la mid ah kuwa loo bixiyo COVID-19 awgii.

## Guryaha

Khayraadyadan iyo isbedeladan soo soca waxa ay caawiyaan in la hubiyo in dhamaan dadka Minnesota helaan goob amaan ah oo ay Joogaan xilliga Amarkan Guriga Joogida ah uu jiro (Stay at Home order).

- [Akhbaar iyo ilo ku saabsan guryaha Minnesota](#). Bartan (site) waxa ay bixisaa akhbaar iyo khayraadyo badan oo kala duwan oo caawin kara kiraystayaasha, mulkiilayaasha guryaha, iyo amaah-bixiyeyaashaba. Waxaana ku jira Su'aalaha Inta badan la Iswaydiiyo (FAQs) iyo akhbaar afaf-badan ku qoran.
- [Akhbaar iyo -ilo ku saabsan ka Hortagga Takoorida iyo ka Saarida guryaha](#). Bartan (site) oo iska kaashanayaan hay'ada Guryaha ee Minnesota iyo Waaxda Xaquuqda Aadanahu waxa ay bixisaa akhbaar afaf-badan ku qoran. La xiriiir Khadka tooska ah ee caawimaada ee Minnesota ee Waaxda Xaquuqda Aadanaha ee ah 1-833-454-0148 ama [khadka halkan](#). Adeegyo Turjubaanid/ Turjubaanid ah ayaa la hayaa.
- **Khadka Tooska ah ee tacadiga iyo Gacanqaadka Qoyska Dhexdiisa ah (Domestic abuse and violence hotline)**. Waxaa jira goobo gabaad ah oo u furan cidii ay haystaan dhibaato ah tacadi iyo gacanqaad. Wac khadka tooska ah ee gurmada ee gobolka Minnesota oo dhan ah (Minnesota's statewide crisis hotline) ee ah 1-866-223-1111 ama dhambaal (text) u dir lambarka 612-399-9995. [Ka ogow wax badan oo ku saaban khayraadyada Cornerstone](#).

## Joojinta guryo ka saarida xilligan cudurka COVID-19

Si loo ilaaliyo caafimaadka iyo fayoobida dadka reer Minnesota xilligan cudurku dillaacay ayaa Gudoomiyaha gobolku waxa uu saxiixay amar joojinaya guryo ka saaritaanada. Hase yeeshee, kiraddii lama yareyn lamana saamaxin waqtigan hadda ah. Kolka ay joojinta guri ka saaridu dhamaato mulkiilayaasha guryahu waxa ay xareysan karaan ashtakaoyin guri ka saarid ah, sharciyada guri ka bixinta ahna waa la fulin karaa kolkaa. Ku bixin la'aanta kiradda waqtigii la rabay in la bixiyo waxa ay saameyn kartaa kiridhidkaaga ama waxa ay dhalin kartaa dhibaatooyin saameyn kara mustaqbalka guri helidaadda. Halkan waxaa ku qoran khayraadyo fidiya akhbaar dheeraad ah:

- **Akhbaar dheeraad ah oo ku saabsan Amarka Sare (Executive Order)**. [Dukumiintiga Su'alaha inta badan la iswaydiiyaa](#) waxa uu bixiyaa akhbaar dheeraad ah oo ku saabsan amarka joojiyey guriga ka saaritaanada. (Sidoo kale waxaa la heli karaa amarka isagoo ah afafka ku qoran [[Isbaanishka](#), [Hmoongka](#), iyo [Soomaaliga](#)].
- **Gargaar Degdeg ah**. Haddii aad tahay kirayste aadna u baahan tahay gargaar degdeg ah, la hadal mulkiilaha gurigaagga. Waxaad kaloo la xiriiri kartaa [hay'adaha adeega bulshada ee Degmadda](#), [United Way](#), Ha'yada Waxqabadka Beesha (Community Action Agency), ama Waaxda Adeega Bulshadda (Department of Human Services).
- **Gargaar Sharci**. Haddii aad tahay kirayste, waxa aad heli caawimaad dhanka sharciga ah oo arrimo badan quseeysa, oo ay ku jiraan hagaajinaddu, guri ka saariddu, lacagta dabaajiga ah, ku xad-gudubka xaquuqdaadda ee mulkiilaha guriga iyo wax kale oo badan. Wac Khadka HOME Line's ee ah 612-728-5767.
- **Haddii aad hesho ogaysiis guri ka saaritaan ah**. Haddii aad hesho ogaysiis guri ka saaritaan ah xilligan xaaladda degdeg ahi ay jirto, waxaad la xiriiri kartaa xafiiska Xeer-Ilaaliyaha Guud (Attorney General's) si aad u [ashtakooto](#).
- **Mulkiilayaasha guryaha**: haddii aad tahay mulkiile guri oo dhib ka haysto bixinta deynta guriga, waxaa jiri kara waxyaabo aad sameyn kartid. Akhbaar waxaa laga heli karaa shabakada (website) [Shabakada Hogaanka Dhagaalaha Macmiilka \(Consumer Financial Bureau\)](#).

## Adeegyada

Bixinta korontadu iyana waxaa dhici karta inay xaq u yeelata sida ku qoran gargaaradda dhaqaale ee degdeg ah ee kor ku xusan. Qaar badan oo ka mid ah shirkadaha telefoonada, mareegaha khadka internetka ku waxa ay saxiixeen waxa la yiraa "[balangaadka Mareykanku inuu Xiriirsanaado](#)" ("[Keep America Connected Pledge](#)") mana ay goynayaan adeegyada ama waxa ay fidinayaan qorshayaal cusub oo kale oo wixii lacag ah lagu bixinayo. Qaar badan oo ka mid ah adeeg bixiyeyaashaasi sidoo kale, waxa ay furayaan qaabab ay dadku hawada (hotspots) uga qabsadaan mareegaha iyo u fidin Wi-Fi lacag la'aan ah ardayda iyo qoysaska danyarta ah.

- **Comcast**: Comcast, waxa ay lacag la'aan ugu furaysaa aalado khadka internetka ah (Xfinity Wi-Fi Network) ah wadanka oo dhan, kuwaa oo ku xiri qoysaska danyarta internet lacag la'aan ah si loo gargaaro guriga wax ku barashada xilligan iskuulada la xiray.

- **Barnaamijka Gargaarka Tamarta [The Energy Assistance Program (EAP)]:** Barnaamijka waxa uu ka caawiyaa bixinta kharashyada kulaylinta guryaha iyo hagaajinta kulayliyaha (Faarnisyada) qoysaska dakhli ahaanta xaqqa ugu yeesha. Ka ogow sida loo [codsado \(apply\)](#) bixiyaha Gargaarka Tamarta ee [Deegaankaaga](#) (your [local Energy Assistance provider](#)) inta ka horeysa Juun 1.

## Daryeelida Ilmaha

Cudurkan COVID-19 ee dillaacay waxa u saameyn weyn ku yeeshay adeegyada daryeelida ilmaha, ee qoysaska iyo daryeel-bixiyeyaasha labadaba. Halkan, hoose waxaa ku xusan ilo caawin kara arrintan.

- **Qoysaska raadinaya haynta ilmaha.** Haddii aad tahay shaqaale lagama maarmaanka ah aadna u baahan tahay haynta ilmaha wac Khadka Tooska ah ee Wargelinta Waalidka (Parent Aware Hotline) ee ah 1-888-291-9811 si lagu gargaaro. Shaqaalaha lagama maarmaanka ah ee u baahan ilmo haynta ay ka heli karaan khayraadyo iyo goobaha haynta ilmaha ee furan shabakadaha [mn.gov/childcare](#).
- **Bixiyeyaasha daryeelada ilmo haynta.** Bixiyeyaasha daryeelada ilmo hayntu waa shaqaale lagama maarmaan ah waana ay furnaan karaan. Bixiyeyaasha daryeelada haynta ilmaha waxaa lagu dhiiri galinayaa inay mudnaanta koowaad siiyaan ilmaha shaqalaha lagama maarmaanka ah iyagoo adeecaya habraacyada caafimaad dadweynaha iyo akhbaarta ku jirta shabakada [mn.gov/childcare](#). Waxa aanu ku dhiiri galinaynaa daryeel-bixiyeyaashu [inay si joogta ah u cusboonaysiiyaan xaaladooda iyo mugooda si ay uga caawiyaan inay helaan qoysaska u baahan ilmo haynta.](#)

## Ilaaha Cuntooyinka

Haddii adiga, qoyskaaga, ama qof aad taqaan uu dhib ka haysto helida cunto, halkan hoose waxaa xusan liisaska khayraadyada iyo barnaamijyada idin caawin kara.

- **Hunger Solutions Minnesota (Xalalka Gaajada ee Minnesota).** Barnaamijka waxa uu ka shaqeeyaa ciribtirka gaajada ee gobolka oo dhan. Taa waxaa ku jirta [khariidad sheegaysa goobaha ay ka jiraan cunto lacag la'aan ah ama jaban oo ilmaha la siiyo](#), ama [khariidad sheegaysa meelaha cuntada macaawinada ah laga bixiyo, dukaamada gada cuntada jaban iyo khayraadyo kale](#). Khadka Macaawinada cuntadu sidoo kale waxa uu eegi karaa xaaladada waxa uuna ku siin xalal. Haddii dhib kaa haysto awoodida gadashada cuntada ama helida cuntada wac 1-888-711-1151, isticmaal [aalada lagu wada hadlo](#), ama [buuxi foomkan](#).
- **Xiriiriyayaasha Gaarka ah ee SNAP (SNAP Outreach Specialists).** Haddii aad u baahan tahay gargaar cunto, gaar u qaabilsanayaasha barnaamijka waxa ay ku siin karaan akhbaar kale oo ku saabsan helida Gargaarka Barnaamijka Gargaarka Kaabida nafaqada (SNAP) [Supplemental Nutrition Assistance Program (SNAP)]. [Ogow, sida la isu qoro loona isticmaalo manfacyada](#) si aad u gaarto go'aano warqaba oo ku saabsan gadashada cunto caafimaad iyo nafaqaba leh.
- **Macaawimada Cuntada (Food shelves).** Haddii ay ku haysato baahi cunto degdeg ah ama ku haysato dhibaato dhaqaale adiga oo aadan cunto gadan karid, macaawinooyinka cuntooyinka ee deegaankaagu waa ay ku caawin karaan. Qaar badan oo ka mid ah goobaha mucaawinooyinka cuntaddu waxa ay leeyihiin daaqad gaarigu soo istaagi karo ama qaabab kale oo cuntada looga soo qaadan kara oo ilaalinaya amaankaaga. Akhbaar dheeraad ah waxaa laga heli karaa [Shabakada \(Second Harvest Heartland's website\)](#).
- **Summer Eats.** Maadaama dugsiyada dowlada ama rugaha cuntada ee bulshaddu ay xiran yihiin, bartani (site) waxa ay ku xirtaa caruurta ka yar 18 ka sano meelo laga bixiyo cuntooyin lacag la'aan ah oo nafaqo leh. [Fadlan isticmaal bartan](#) si aad u hesho in ka badan 400 oo meelood oo gobolka oo dhan ku yaal oo gobolku uu ku siiyo cunto lacag la'aan ah ilmaha, ama la soo bax (download) aabka gacanta (mobile app).

## Gargaarka Dhaqaale ee la siiyo Ardayda Kuleejooyinka

Si loo caawiyo in ardayda kuleejooyinka dhigta, ardayda ilmaha leh iyo qoysasku ay dhaqaale ahaan xasiloon yihiin xilligan uu dillaacay cudurku, ardaydu waxaa u sii socon doonta inay helaan lacagta gargaarka dhaqaalaha ah ee uu gobolku siiyo, xataa haddii ay ka tagaan qaar fasalada ka mid ah. Kuwaa waxaa ku jira lacagta lagu siiyo saacadaha shaqadda iyo waxbarashada isugu jira iyo deeqda ka bixinta haynta ilmaha ee ay ku tiirsan yihiin. Akhbaar dheeraad ah waxaa laga heli karaa: [Habraaca Gargaarka Dhaqaale ee Gobolka Xilligan COVID-19](#).

## Gargaarada Ganacsiyada

Dhowrkii asbuuc ee la soo dhaafay, dhowr barmaamij oo gobolka iyo dowlada dhexe leeyihiin ayaa la dhisay si loo gargaaro ganacsiyada yaryar ee dhibku haysto xilligan cudurka COVID-19 uu dillaacay. Ganacsiyada yaryar, oo ay ku jiraan bixiyeyaasha daryeelada ilmo-haynta ah iyo hay'ada samafalka waxaa dhici karta sidoo kale inay xaq u yeeshaan gargaarada ganacsiyada. Hase yeeshee, xaaladda barnaamijkan dowlada dhexe waa ay isbedalaysaa – waxaana dhici karta in la xiro – iyadoo la eegayo helitaanka lacagaha dowladda dhexe ee uu qoondeeyey Koongaraysku. Fadlan ka eeg shabakada, [sba.gov/disaster](https://sba.gov/disaster) meesha barnaamijkan xaalkiisu marayo. Gabi ahaanba, hab raaca guud ee ganacsiyada yaryar, u isticmaal [bartan](#).

Ilaha dowlada dhexe waxaa lagu daray:

- [Amaahaha Masiibada COVID 19 ee Maamulka Ganacsiyada Yaryar ee Dowlada Dhexe \(Federal Small Business Administration COVID 19 Disaster Loans\)](#)
- [Balaarinta Dowlada Dhexe ee Amaahaha Masiibada Waxyeelada Dhaqaale ee Maamulka Ganacsiyada Yaryar \(Small Business Administration's Economic Injury Disaster Loans\)](#)
- [Barnaamijka cusub ee Ilaalinta Jeega Shaqada \(New Paycheck Protection Program\)](#)

La talin kali-kali ah oo ganacsiyada la siiyo oo la xiriirta COVID-19 oo ka timaada ([ilaha iskaashiga SBA da \(SBA Resource Partners\)](#)).

**Gargaarka Dhaqaale ee Bixiyeyaasha Daryeelada Haynta ilmaha.** Barnaamijyadda daryeelada haynta ilmaha ee shatiga lehi waxa ay hadda codsan karaan deeq si ay u gargaaraan xilligan xaaladda degdegga ahi ay jirto. Dadka helaya waxaa la xushaa bil walba, deeqahaas waxa ay ka bilaabmaan \$4,500. [Wax badan ka ogow xaq u yeeladka iyo sida loo codsado.](#) Lix Hay'adood o Samafal oo la yiraahdo (Minnesota Initiative Foundations) Urur la yiraa (Think Small) sidoo kale waxa ay abuureen [barnaamij](#) si loo siiyo gargaar dhaqaale oo degdeg ah iyo akhbaar bixiyeyaasha daryeelada haynta ilmaha ee shatiga leh ee miyiga Minnesota (Greater Minnesota) iyo kuwa Magaalooyinka Mataanahha ah (Twin Cities).

## Gargaarida Amaanka Caafimaadka Shaqaalaha ee Goobaha Shaqada

**Ilaalinta Shaqaalaha ee la Xiriirta COVID-19.** [Dukumiintigan ku saabsan ilaalinta shaqaalaha](#) ee Waaxda Shaqada iyo Shaqaalaha ee Minnesota (Department of Labor and Industry), iyo Waaxda Xaquuqda Aadanaha Minnesota (Minnesota Department of Human Rights), Waaxda MN ee Shaqada iyo Horumarinta Dhaqaalaha (MN Department of Employment and Economic Development), iyo Hay'ada (Minnesota OSHA) waxa ay hayaan akhbaar ku saabsan Ilaalinta Shaqaalaha ee la xiriirta COVID-19, oo ay ku jiraan isticmaalka Sharciyada Xanuun ku Maqnaanshaha ama kuwa Ehel Xanuunsan ku Maqnaanta [Family Medical Leave Act (FMLA)], takoorida, oo ay ku jiraan akhbaar ku saabsan u fududaynta macquulka ah, manfacyada shaqaalaha shaqo la'aanta ah la siiyo, xaqqa shaqaalaha shaqada ku dhaawacma, isbedelada xaaladaha shaqaalaha iyo amaanka iyo caafimaadka goobaha shaqada.

- **Su'aalaha ku saabsan xanuun ku maqnaanta iyo lacag qaadashada,** kala xiriir Waaxda Shaqada iyo Shaqaalaha ee Minnesota (Department of Labor and Industry), khadka ah 651-284-5075, 800-342-5354 ama [dli.laborstandards@state.mn.us](mailto:dli.laborstandards@state.mn.us) si lagaaga jawaabo wixii su'aalo ah.
- **Su'aalaha ku saaban u fududaynta ama arrimo kale oo la xiriira takoorid goobta shaqada ah** kala xiriir Khadka Waaxda Xaquuqda Aadanaha ee Minnesota ee Takooridaha (Minnesota' Department of Human Rights Discrimination Helpline) ee Waaxda Xaquuqda Aadanaha ee Minnesota (Department of Human Rights) ee ah 1-833- 454-0148 ama [khadka halkan](#). Adeego Safiraad/Turjumaad ah ayaa la heli karaa.
- **Su'aalaha ku saabsan amaanka goobaha shaqada iyo fulinta sharciyada** kala xiriir Hay'ada Fulinta OSHA ee Minnesota (Minnesota OSHA Compliance) [osha.compliance@state.mn.us](mailto:osha.compliance@state.mn.us), 651-284-5050 ama 877-470-6742. Afaf kale ayaa lagu heli karaa khadka telefoonka.
- **Su'aalaha ku saabsan manfacyada shaqaalaha shaqo la'aanta noqda la siiyo,** ka eeg shabakada [www.uimn.org](http://www.uimn.org) si aad wax badan uga u ogaato ama aad u codsato manfacyada.

## Canshuurta

Maalinta canshuur xareynta dib baa loo dhigay oo waxaa laga bedelay Abriil 15 keeda oo waxaa laga dhigay Luulyo 15, 2020. Qaar badan oo ka mid ah rugaha canshuurta lacag la'aanta looga xareystaa waa ay joojiyeen gargaaradii canshuur xareynta ahaa ee ay bixin jireen. Kuwani waa qaar ka mid ah khayraadyada kaa caawin kara adeegyada la xiriira canshuurta iyo habraaca.

- Ka xareysiga canshuurta ee lacag la'aanta khadka internetka (online): Ka ogow akhbaar badan oo arrintaa ku saabsan iyo xaq u yeelashada [Waaxda Canshuuraha ee Minnesota \(Minnesota Department of Revenue\)](#)
- Afaf kale: ku hel akhbaarta canshuurta [afaf kale](#)
- Lacagaha Saameynta Dhaqaalaha loo bixinayo: [Ka ogow wax badan oo ku saabsan lacagaha saameynta dhagaalaha loo bixinayo](#), oo sidoo kale loo yaqaan kobcinta dhaqaalaha ee dowlada dhexe

## Gargaaro kale oo Dheeraad ah ee Qoysaska

Hoos waxaa ku qoran qaar ka mid ah khayraadyada gargaari kara waalidka, mas'uuliyiinta, ama cidii kale ee ilmo haysa.

- [Khadka Tooska ah ee Heerka Qaran ah ee Gargaarka Waalidka \(National Parent Helpline\)](#)
- [Khadka Tooska ah Gargaarka Ilmo-Dhalidda ka Dib ee Caalamiga ah \(Postpartum Support International Helpline\)](#)
- [Ilmaha Ilmaha iyo Qoysaska ee MDH ee COVID-19 ka \(MDH Child and Family Resources About COVID-19\)](#)
- [Khayraadyada Beelaha Minnesota ee Daryeelaya Ilmaha la Korsanayo iyo Adkaysiga Xilligan uu Coronavirus \(COVID-19\) ku Dillaacay. \(Minnesota Communities Caring for Children Resources for Adaptation and Resiliency During th Coronavirus \(COVID-19\) Outbreak\).](#)
- [Shabakada \(website\) Iga Caawi Inaan Koro \(Help Me Grow\)](#)

## Khudad kale oo Toos ah oo Dheeraad ah oo ku saabsan COVID

- [Khadka Tooska ah ee Su'aalaha Caafimaadka \(Health Questions Hotline\):](#) 651-201-3920 ama 1-800-657-3903
- [Khadka Tooska ah ee Xarunta Hawl-galada Xaaladaha Degdeg ah ee Gobolka \[State Emergency Operations Center \(SEOC\) Hotline\]:](#) 651-297-1304 ama 1-800-657-3504