



Aasaasiyaadka Daryeel-bixinta – Taariikhda Muraajacooyinka

Aasaasiyaadka Daryeel-bixinta, Soo-saaridii 3^{aad} ayaa si joogto ah loo cusboonaysiiyaa si loogu muujiyo isbeddellada xeerarka iyo hab-dhaqannada ugu wanaagsan. Si aad u hesho su'aalaha ku saabsan muraajacooyinkan, fadlan email ugu dir tcdutrngdev4@dshs.wa.gov.

Taariikhaha Muraajacada:

Ka eeg salka geeska midig ee jeldiga gadaale ee buugaagga akhriska ah si aad u hesho taariikhda muraajacada.

Taariikhda muraajacada hadda waa 10/24. Waxaad nuqulka hadda ka soo degsan kartaa [Manhajka iyo Agabka DSHS ee la heli karo](#).

Muraajacada 8/23

Haddii nuqulka buugaagga akhriska uu yahay muraajacada 8/23, fadlan dib-u-eeg waxyaabahan ku soo kordhey, ka eeg nuqulka hadda barta internet-ka, oo boggan la isticmaal buugaagga akhriska ah:

- **Bogga 126 hoosta "Wajahidda Cudurrada Dhiigga Ka Dhasha":** Waxaa laga saarey hagidda adeegsiga haydarojiin berogsaydh haddii uu wajaho dhiig ama dheecaano jireed iyadoo la raacayo hagidda la cusboonaysiiyay ee laga helay xarunta CDC.
- **Bogga 421 hoosta "tilmaamayaasha (CDC) ... ee loogu talagalay xirashada iyo iska bixinta PPE":** Linkiga cusub ee hagidda CDC: <https://www.cdc.gov/infection-control/media/pdfs/strive-ppe101-508.pdf>
- **Bilow ilaa dhammaad:** Sixitaanna yaryar oo lagu sameeyay qoraallada iyo ereyada.

Muraajacada 12/21

Haddii nuqulkaaga buugaagga akhriska uu yahay muraajacada 12/21, fadlan dib-u-eeg waxyaabahan ku soo kordhey, ka eeg nuqulka hadda barta internet-ka, oo boggan la isticmaal buugaagga akhriska ah:

- **Bogga iv, ka-dib Xuquuqda Lahaanshaha Sawirrada:** Kuddar "Nagala Soo Xiriir: Haddii aad qabto su'aalo, walaacyo, ama talo soojeedin ku saabsan buuggan akhriska, fadlan naga la soo xiriir TCDUTrngDev4@dshs.wa.gov."
- **Bogga 5, hoosta "Waxa Aad Ka Filan Karto Macallinka":** Kuddar "Haddii aad qabto walaacyo ku saabsan tababbarkaaga, fadlan ka wac Qaybta Tababbarka DSHS lambarkan (360) 725-2550. Looma baahna in aad magacaaga sheegto."
- **Bogga 88, 358, 365: Ka-dib marka la sheego isdilis, oo lagu darey "Khadka Tooska ah ee Dhibaatooyinka & Isdilista 988 (The 988 Suicide & Crisis Lifeline) ayaa kaa caawin kara ka hortagga isdilista. Khadka tooska ah (Lifeline) ayaa bixiya taageero cod ama qoraal sir ah, bilaash ah, oo 24/7 ah oo loogu talagalay dadka haysta kurbo dareen la xiriira ama dhibaato isdilis. Kaliya garaac ama farriin u dir 988."**

- **Bogga 103, hoosta “Noocyada Xadgudubka”:** Qeexidda la cusboonaysiiyay ee xadgudubka galmada, jirka, iyo dhimirka si loo waafajiyo Xeerka Maamulka ee Washington waxaanna ka mid ah ficillada ama ficil la'aanta ula-kaca ah ama taxaddar la'aanta ku yimaada.
- **Bogga 139, hoosta “Talooyin loogu talagalay Ka Caawinta Macmiilka in uu Socdo”:** Waxaa lagu darey hagiid ah in waxyar gadaal iyo dhinac laga istaago macmiilka oo ah sida ugu wanagsan ee loo taageero haddii ay noqdaan kuwo aan xassilnayn.
- **Bogga 140, hoosta “Socod Caawiyeyaasha”:** Waxaa lagu darey hagiid ah in aadan marnaba socon xagga hore ee macmiilka adeegsanaya socod caawiyaha. Istaag macmiilka gadaashiisa ama dhinaciisa marka aad ka caawinayso in ay socdaan. Waxaad gaar ahaan ka taxaddartaa goobaha halista-sare leh sida musqusha iyo/ama qolka qubeyska.
- **Bogga 147, hoosta “Yareynta Halista Dhicidda”:** Waxaa lagu darey hagiid ah in waxyar gadaal iyo dhinac laga istaago macmiilka oo ah sida ugu wanagsan ee loo taageero haddii ay noqdaan kuwo aan xassilnayn.
- **Bogga 166, hoosta “Qubeyska”:** Waxaa lagu darey hagiid ah in musqulaha qubeyska iyo qolalka qubeyska ay yihiin meelaha ay ka jiraan halista-sarreysa ee dhicidda. Istaag macmiilka gadaashiisa ama dhinaciisa marka aad ka caawinayso in ay socdaan. Marnaba ha socon xagga hore ee macmiilka adeegsanaya socod caawiyaha.

Dhammaadka Muraajacooyinka