

PHASE 2

Jimicsi Gudaha Ah Ama Istuudiyado Liiska



City of Seattle

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Dulmar Guud

Waa maxay Wajiga 2aad?

Wejiga 2-aad wuxuu u oggolaanayaa ganacsiyada qaarkood iyo in ay ku soo laabtaan howshooda iyada oo la raacayo hagitaan adag ee xagga caafimaadka iyo amniga bulshada. Xubnah qoyska, shaqsiyaadka iyo ganacsatada u baahan tilmaamid gaar gaar ah ayaa ka dalban kara caawinaadda [Jawaabta Coronavirus ee Gobolka Washington](#) (Ingiriis oo keliya), wac Waaxda Gobolka Washington ee Waaxda Shaqada & Warshadaha ee gobolka Washington taleefanka 1-800-547-8367, tarjumaad ayaa la heli karaa ama waxay kula xiriirsiin karaan shaqaalaha Xafiiska Horumarinta Dhaqaalaha in ay ku caawiyay 206-684-8090, turjumaad ayaa la heli karaa.

Goorma ayuu Wajiga 2 bilaabmayaa?

Tilmaamaha jimicsiga iyo tababarka ayaa saameynaya ku leh shaqaalaha sameeynaya tababarada jimicsiga gudaha iyo tas-hiilaadka bixiya tabinta gaarka ah ee jimicsiga shakhsi ahaaneed ee u baahan helitaanka qalab takhasus leh, oo ay ku jiraan laakiin aan ku xaddidneyn qalama-rogodka, culeyska iyo tababarka adkeysiga, dagaal gacmeedka, yoga, iyo sidoo kale tababarida adeegyada jimicsiga iyo sidoo kale tennis hal hal iyo laba labo loo ciyaaro.

King County waxey gashay wajiga 2aad laga bilaabo Juun 19. Waaxda caafimaadka ayaa kala noqon karta mudnaantan waqtiga ay doonto. Tusaale ahaan, haddii tirada COVID-19 ay korodho, waxaan ku laaban karnaa wajiga 1.5 ama Wajiga 1.

Muxuu macne u leeyahay yahay Wajigayga 2aad ee jimicsigeyga ama Meheradaha Tababada?

Marka la eego tusaha wejiga 2-aad, waa inaad raacdaa waxyaabo gaar ah ee caafimaad iyo badbaado si aad ugu shaqeyso meheraddaada, oo ay ku jiraan laakiin aan ku xaddidnayn:

- Jimicsi gudaha ah ama istuudiyado tababar waa in aaney ka badneyn shan kaqeybgale fadhi kasta;
- Goobaha ciyaarta tennis-ka ee gudaha lagu ciyaaro waxaa loo oggol yahay qof qof ama laba laba keli ah in loo ciyaaro iyo barashada koox yar, waa haddi kooxdu aaney ka badneyn shan qof, waan in la ilaaliyo kala fogaanta bulshada;
- Lama oggola daryeel-caruurta xarunta dhexdeeda;
- Qubayska, barkadaha, garoonka kubbadda koleyga, iyo meelaha kale ee ciyaaraha, tuubbooyinka kulul, saunada, qolalka uumiga, iyo qurxinta maqaarka waa in la xiraa; iyo,
- Qolka labiska la gashado iyo musqusha waa in la xadido iyo gacmo-dhaqashada.

Xageen ka heli karaa macluumaad dheeri ah?

Magaalada ayaa wadeysaa in ay sii gudbiso macluumaadka ku saabsan Gobolka isla mark aan helno. Agab kasta oo ay Magaaladu abuurto waxay noqon doontaa mid lagu heli karo luqaddo kale. Isla markaas, waa inaad booqataa the Washington state [Department of Labor & Industries \(L&I\) website](#) (English only) Waxii macluumaad ah ee ku saabsan tilmaamaha dibu furida. Waxaad ka heli kartaa Governor's Phase 2 [guidance for professional services here](#) (English only), waxaad kaloo heli kartaa dulmar guud Governor's [Safe Start Washington plan here](#) (English only).

Dulmar Guud

Xafiiska Magaalada ee Horumarinta Dhaqaalaha (OED) wuxuu leeyahay boga [comprehensive resource page](#) oo ilahiisu u dhameystirany yahiiin ee ganacsiyada yar yar, hey'adaha aan macaash doonka aheyn, iyo shaqaalaha uu saameyey COVID-19. Boggan waa la cusbooneysiin doonaa markii macluumaad dheeri ah laga helo tilmaamaha Gobolka ee dib-u-furista ayaa la heli karaa.

Intaas waxaa sii dheer, Xafiiska heerarka Shaqada ee Seattle wuxuu leeyahay macluumaad dheeri ah oo ku saabsan masuuliyadaada sida uu dhigayo sharciga lacag bixinta qofka jiran Seattle Paid Sick iyo wakhtiga Badbaadada (PSST), iyo sidoo kale fasaxa lacag bixinta laxiriira COVID-19 ee hoos imanaya Sharciga ka Jawaabaya Coronavirus-ka Federalka (FFCRA). Labada fasaxa FFCRA iyo PSST labadaba waxay ilaaliyaan caafimaadka dadweynaha iyagoo hubinaya in shaqaalaha iyo caruurta ay guryahooda joogaan oo ay uga fogaaan karaan shaqaalaha, iskuulka, iyo macaamiisha markay jiran yihiin ama markay jiraan xaalad caafimaad oo degdeg ah. Wixii macluumaad dheeraad ah ee ku saabsan PSST, waxaad booqan kartaa [Office of Labor Standards PSST COVID-19 Q&A here \(waxaa lagu heli karaa luuqado badan\)](#). Macluumaad dheeri ah oo ku saabsan [FFCRA COVID-19](#) ayaa laga heli karaa halkan (Ingiriis oo keliya).

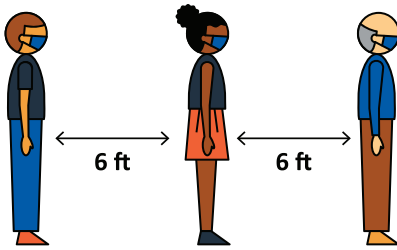
Tag Qalabka Isticmaalka!

Qalabkan dib-u-furista waxaa soo saaray Magaalada Seattle, waxaana loogu talagalay in lagu bixiyo macluumaad la heli karo, heer-sare ah kuna saleysan tilmaamaha ay dejisay Waaxda Caafimaadka iyo Caafimaadka Dadweynaha - Seattle & King County si looga caawiyo shakhsiyaadka, qoysaska, iyo ganacsigu si guul leh in ay dib ugu bilaabaan adeegyadii gudaha ee marxaladda 2-aad.

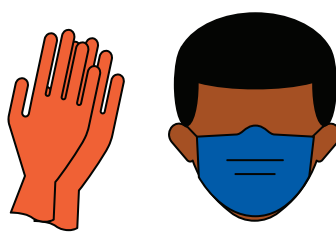
Liiska hubinta wajiga 2aad ee Jimicsiga iyo Tabarada

Caafimaadka iyo Amniga Shaqaalaha

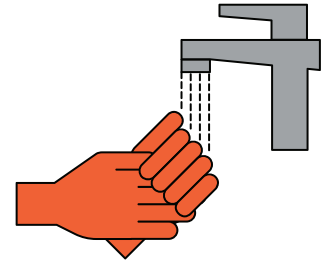
Hubso in aad bixiso jawi shaqo oo badbaado leh oo aad wacyi geliso shaqaalaha adeegga guriga wixii ku saabsan calaamadaha, astaamaha, iyo qodobbada halista ee la xiriira cudurka COVID-19, iyo sida looga hortago faafitaanka coronavirus-ka ee shaqada. Macluumaadkaani waa inuu ku jiraa tillaabooyinka lagu qaadayo goobta shaqada si bulshadu u kale dheraato, gacmo-dhaqid joogto ah, iyo taxaddarro kale, oo lagu bixiyo luqadda uu shaqaaluhu si wanaagsan u fahmo. Booqo bogga www.kingcounty.gov/covid to si aad uga hesho hagista caafimaadka dadweyne in kabadan 30 luqadood.



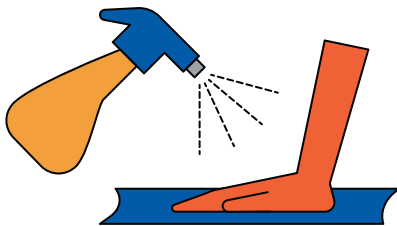
- Joogtee ugu yaraan lix fiit in ay isu jirsadaan shaqaalaha iyo macaamiisha markasta.



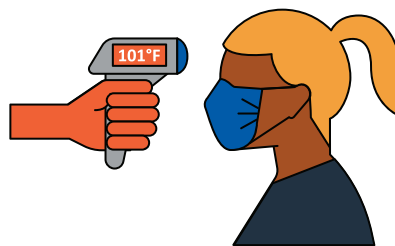
- Bixi oo sii shaqaalaha marada daboosha snaka iyo afka iyo gacngashi la tuuri karo marka la isticmaalo. Booqo seattle.gov/mayor/covid-19/seattle-protects si aad u hesho waji dabool adiga iyo shaqaalaha.



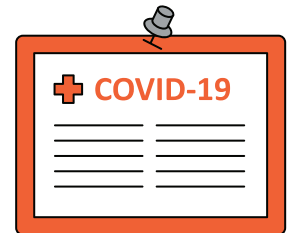
- Hubso in aad gacmaha si isdabjoog ah u dhaqid



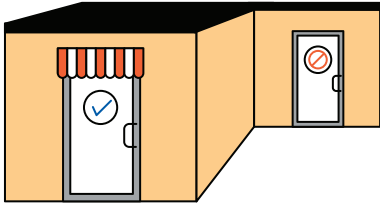
- U xilsaar kormeere COVID-19 wakhti/xili kasta oo shaqo isgoo howshiisu tahay kormeerida caafimaadka iyo badbaadada shaqaalaha uuna hubiyo nadaafada saxda ah, iyo in la raacay nidaamka baarista.



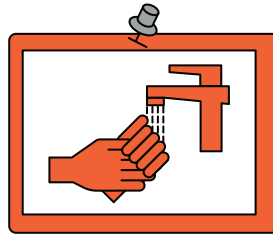
- Samee oo baar heerkul ah shaqaalaha ee astaamaha COVID-19 mar kasta uu soo galayo shaqada. Haddii shaqaale uu ka muuqdo astaamo, u diro guriga isla markaaba oo si qoto dheer u nadiifi aagagga / sagxadaha uu shaqaaluhu taabtay.



- Macluumaadka badbaadada e COVID-19 iyo shuruudaha muuqaalka la arki karo.



- Meesha ugu horeysa ee ganacsiyada lag soo galo waa in ay ahataa albaabka hore lana xaddido gelitaanka albaabada dambe ama meelaha kale ee laga soo galo. Haddii albaabka hore laga soo galo waayo, u oggolow marin kale ee laga soo galo.



- Ku dhaji calaamadaha habka isticmaalka faydhowrka dhamaan goobta shaqada; gacmo-dhaqista muddo 20 ilbiriqsiyo, adoo isticmaalaya gacmo nadiifiye, isticmaal gacmagashiga halka mar la isticmaalo marka hababka kale ee nadiifinta gacmaha aan la heli karin.

Caafimaadka iyo Amniga Macmiilka

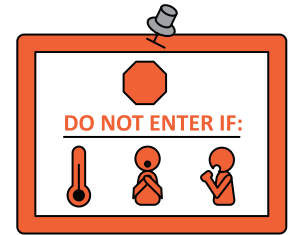
Muuji tilmaamaha caafimaadka guud ee ugu dambeeyay ee luuqadaha badan ee ku saabsan goobtaada. Caafimaadka Dadweynaha - Seattle & King County waxaad ka soo degsan kartaa buustrada darbiga lagu dhajiyo in ka badan 30 luqadood oo bilaash ah oo barta laga heli karo iyo oo bilaasha ah www.kingcounty.gov/covid.



- Macaamiisha waa inay saxiixaan tanaasulka oggolaanshaha iyo in ay doonayaan siyaasada dib u furida iy gelitaanka dhismaha; dharka tababarka waa in lagu xirtaa xarunta waana in macaamiishu horey soo qaataan tuwaal u gaar ah, maadaama adeega tuwaalka aan la oggolayn.



- Ciyaartoyda kubada Teeniska waa in ay kensadaan kubadooda.



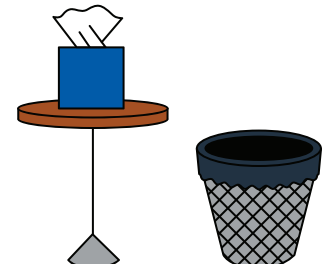
- Calaad ku dhaji ilinka hore ee laga soo galo adigoo u sheegaya macamiisha in aysan soo geli karin haddi laga helay ama eysan wali kasoo kaban cudurka ama ay qabaan calaamadaha COVID-19.



- Khadka online ama telefinka ka xajiso yado ay jirto ikhtiyaar hor u bixinta lacagta.

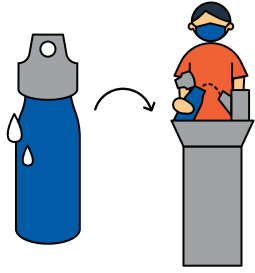


- Si joogto ah u nadiifi una nadiifi aagagga dusha sare ee la isticmaalo, musqulaha, iyo aalad kasta oo ay adeegsadaan shaqaalaha.

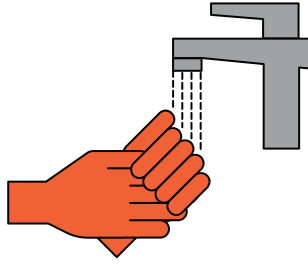


- Keen waraaqaha gacmaha la isga tiro, gacmo nadiifiyeyaasha, jeermis-dilaha, iyo Qasac qashinka laga rido dhamaan goobta shaqada lana dhiga meel ay dadku gari karan oo waddi karaan. kharash ah ugu fadhiyin shaqaalaha. Hubso in haamah qashinka aysan xannibin wadooyinka la maro.
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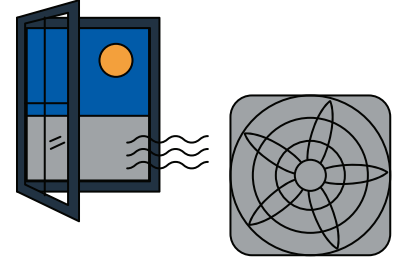
PHASE 2 JIMICSI GUDAHA AH AMA ISTUUDIYADO LIISKA



- Macaamiisha waa inay keensadaan dhalooyinka biyah lahu shubto si ay haanta biyaha ugu shubtaan dhallooyinka biyaha.



- Tababarayaashu waa inay dhaqaan gacmahooda oo ay isticmaalaan gacmo nadiifiye ka hor cashar kasta.



- Kordhi hawada markay suurtagal tahay adigoo furaya daaqadaha, albaabada iyo / ama isticmaalaya marawaxadaha.



- Tixgeli in macamiishu ay aad rabitaan kood ku ogoladan in ay qoraan magaca, telefoonk numbarka, iyo maalinta ay soo booqdeen meheradaada si ay kaaga caawiso fududeynta raadintooda.

Waad ku mahadsan tahay iskaashigaaga!

Ilaha Kale

Haddii aad qabtid wax su'aalo ah oo ku saabsan macluumaadka soo socda, fadlan soo wac hay'adahaas. Markaad soo waceyso, hadaad ubaahantahay caawinaad luqadeed, fadlan noogu sheeg af ingiriiska luqada aad dooranayso. Mid ka mid ah shaqaale ku hadla labada luqadood ayaa ku soo waci doona, ama waxaan telefoonka ugu yeeri doonnaa turjubaan qolo saddexaad oo kaa caawiya wadhadalka.

Fadlan la soco in ay na soo wacayaan dad badan oo doonaya cawimaad, sidaa darteed waxay qadaneysaa in aad sugto wakhti dheer. Waxa kale oo aad sugi kartaa khadka talefoonka inta turjubaanka lagu soo xirayo.

Mawduucyada	Hey'ada	Telfoon lambar
<ul style="list-style-type: none"> Xeerarka Guud ee dib u furista. Xisaabinta inta qof eee markiiba joogi karto rugta ganacsiga. Barnaamijka Ilaalinta Jeegaga Deynta ah. Ka eeg websitka halkan here. Xeerarka wax ka badalida kirada iyo guryo ka saarista. Ka eeg websitka halkan here. Codsiga ogolaanshaha dibedda. 	Xafiiska Horumarinta Dhaqaalaha- Office of Economic Development	(206) 684-8090
<ul style="list-style-type: none"> Ilaha dhaqaale ee laga heli karo Magaalada, Gobolka iyo Dowlada Dhexe. Is Diiwaangelinta baaritaanka COVID-19 oo bilaash ah. Ka eeg websitka halkan here. 	Xafiiska Adeegga Macaamiisha -Customer Service Bureau	(206) 684-2489
<ul style="list-style-type: none"> Soo sheegida waxyabaha eexda ku saabsan. Ka eeg websitka halkan here. 	Xafiiska Xuquuqda Madaniga -Office for Civil Rights	(206) 233-7100
<ul style="list-style-type: none"> Talooyinka Caafimaadka Dadweynaha ee COVID-19. Ka eeg websitka halkan here. 	Caafimaadka Dadweynaha ee Seattle-King County- Seattle-King County Public Health	(206) 477-3977