

ILAALINTA BADBAADADA QOYSASKEENA IYO CARUURTEENA INTA LAGU JIRO MUDDADA COVID-19

Waaxda Adeegyada Aadanaha Iyo Caafimaadka ee Maine (DHHS); Xafiiska Adeegyada Ilmaha iyo Qoyska (OCFS), waxay isku halaynaa xirfadleyda, bulshada iyo xubnaha qoyska, iyo kuwa kaleba inay aqoonsadaan oo ay soo sheegaan ku-tagri falka ubadka iyo dayacaadda. OCFS waxay aqoonsantahay masiibada hadda jirta ay kordhin karto walaaca, cabsida, go'doominta, xasillooni darrida dhaqaale, suurtagalnimada abuurista khatarta sare ee xadgudubka ilmaha iyo rabshadaha qoyska dhexdooda ka dhaca. Xirfadlayaasha, bulshada iyo dadka kaleba waa inay sii wadaan xiriirinta qoysaska si ay u bixiyaan taageerada loo baahan yahay, hagitaan iyo wacyigelin, si wixii walaac ah ee la soo gudboonaadaan looga shakiyo in lagu xadgudbay iyo dayaca.

Si caadi ah ula hawlgal

Caruurta iyo daryeel bixiyayaashooda

- Samee qorshe cad oo ku saabsan sida lagula soo xiriiri karo iyo goorta aad qorsheynayo inaad ula xirnaato.
- U xaqiiji awooddai lagu yeesho wada hadal qarsoodi ah marka lala hadlayo carruurta iyo qoysaska.
- Qoysaska ka taageer sidii ay uheli la'haayeen aaladaha ay ugu baahan yihiin xiriirada tooska ah ee fog.
- U sharax sida ay u shaqayn doonto wada sheekaysiga fiidiyowga, kulamada khadka tooska ah iyo wicitaanada taleefanku.

Goorta ilmuhu muujiyo xadgudub/dayaca

- Hadda carruurta amaan yihiin oo ay ka jawaabaan su'aalahaaga, ka hel faahfaahinta ugu badan ee suurtagalka ah, sida GOORTA/GOOBTA ay wax ka dheceen, SIDA sheey canugga u dareensiiyay, ama WAXAY dhaawacyadu u eg yihiin (cabirka, qaabka, meesha). Adeegso xiisaha caadiga ah oo
- Weydii su'aalo dabagal oo furan si loo caddeeyo macluumaadka.

Weydii su'aalo oo noqo qof raba in uu wax kasta ogaado

- Si joogto ah ula hadal carruurta iyo daryeelbixiyayaashooda. Weydii su'aalo ku saabsan waxa sida wanaagsan u socda, sida ay dareemayaan, waxa ay tahay waxa walwal ka ay ka qabaan, waxa ugu fiican ee ay jecel yihiin marka la joogo guriga iyo waxa ka maqnaanaya inaanaan dugsiga dhigan, iwm.
- Dhageyso waxa carruurta ay dhahayaan oo arag wixii isbeddel ah ee ku yimaadda sida ay uga jawaabayaan su'aalaha.
- Weydii haddii ay u baahan yihiin wax taageero ah oo aad kala shaqeyso xallinta si loo helo taageeradaas.

Soo Sheegida Ku-tagri Falka ama Dayaca Ubadka

- Qof KASTA ayaa soo sheegi karo wixii tagrifal(dhibaato)/daayac ah. **Dadka sida xirfad leh ula shaqeyya carruurta waxaa sharcigu uu uga baahan yahay** inay soo sheegaan ama soo gudbiyaan wixii tuhun oo xadgudub ama dayacaad ah. Muhiim maahan in warbixinta marka hore la soo caddeeyo in xadgudub ama daayacaad ay dhacday ama la geystay. Halkan guji [Sharciga soo Sheegida Qasabka ah ee Maine \(Maine's Mandated Reporter Law\)](#).
- Si aad uga soo sheegto Xadgudubka Caruurta iyo Dayaca, fadlan soo wac 1-800-452-1999, waxaan furannahay 24/7.

Jawiga la soco

- Jawiga si fiican ula soco inta lagu guda jiro wada sheekaysiga fiidiyaha wixii isbedel ah ee wixii dabeecadaha ah, iyo sidoo kale cod kasta oo aad maqashid inta hadalka uu socdo, tusaale, qaylo
- Indhaha ku hay oo qor wixii nabarro ah ama calaamadaha aad ku aragto canuga aad la xiriirayso.
- Weydii cida guriga joogta, dhugna u yeelo jawiga iyo cida laga yaabo inay dhegeyso wicitaanka.

Ilooyinka la heli karo

- **Waaxda Caafimaadka & Adeegyada Aadanaha (Department of Health and Human Services), Xafiiska Adeegyada Caruurta iyo Qoyska**
1-877-452-1999
<https://www.maine.gov/dhhs/ocfs/>
- **Khadka Tooska ah ee Rabshada Guriga**
1-866-834-HELP (4357)
www.mcedv.org

Si loo soo Sheego Ku-tagri falka ubadka ama Dayaca, Wac 1-800-452-1999

Kuwa Maqalka/Maqalka oo ku ada Isticmaal Maine Relay 711

TAGRI FAL CANUG/DAYAC NOOCYADA IYO SOO SHEEGIDA

JIR AHAAN

- Ilmuhu waxaa ku yaalo nabarro, murgacasho, gubasho, calaamadaha qaniinyada, lafo jajabay ama dhaawacyada kale ee aan la sharixin, ee u muuqan kuwo wax gaaray, ama laga shakiyo.
- Ilmuhu waxaa laga yaabaa inuu soo sheego xanuun uu u keenay wax waalidka ku sameeyay, in kasta aanu lahayn calaamado muuqda oo dhaawac ah.
- Ilmuhu wuxuu si toos ah u joogay qol ay dhacdooyinka rabshadaha qoyska ka dhaceen.
- Dabci ahaan, waxaa dhici karta in canuga u muuqdo inuu ka baqayo daryeel bixiyaha (xannaaneeyaha) marka meesha ka dhow yahay.

NIYAD

- Ilmuhu wuxuu u muuqan karaa mid baahsan, murugeysan, ama shucuur ahaan aan la xiriirin daryeel bixiyayaasha.
- Daryeel bixiyaha waxaa lagu yaqaanaa ama laga maqlay in si joogto ah u eedeeyo, hoos ugu dhigo, ama u canaanto canuga.
- Ilmuhu wuu ka warqabaa oo inuu la kulmay dhacdooyinka qalalaasaha qoyska ee ka dhex dhaca ee u dhaxeeya daryeel bixiyayaasha.

GALMADA LA

- Waxaa dhici karta in ilmuhu sharxo in qaab galmo u taabtay waalid, daryeel bixiye, ama qof kale oo guriga la jooga.
- Waxaa dhici karta in ilmuhu muujiyo aqoon galmo ama dabeecad aan caadi aheyn marka da'dooda loo eego.

DAYACID

- Ilmuhu uu goob joog ka yahay adeegsiga muqaadaraadka sharci darrada ah ee daryeelayaasha, iyo/ama heli karo waxyaabo aan badbaado u la'hayn guriga dhexdiisa yaala.
- Ilmaha aan si ku filan aan loo kormeerayn ee da'dooda iyo awoodda koritaanka.
- Baahida aasaasiga ah ee canugga, cuntada, waxbarashada ama caafimaadka, caafimaadka ilkaha, ama daryeelka caafimaadka dhimirka aana la buuxin.

Tusaalooyinka marka aad dabagal ku samayn karto si aad u hesho macluumaad dheeri ah ama aad wici karto Xafiiska Adeegyada Ilmaha iyo Qoyska marka walaac ka jiro waxaa ka mid ah:

- Wax kasta oo daryeel bixiyaha ama canugga uu kuu sheegay oo welwel kugu reeba ee ku saabsan amaanka ilmaha
- Canugga ama daryeel-bixiyuhu qabo dhaawacyo ama dhaawacyada, welwel, ama nabar aan sharraxneyn.
- Daryeel bixiyaha u umuuqdaa inuu kujiro saameyn ilaa xad ay saameyn ku yeelanayso awoodda ay u leeyihiin daryeelka badbaado ee canugooda
- Waxaad idhaha ku haysaa caddaynta isticmaalka maandooriyaha ee sharci darada ah ee guriga dhexdiisa (tusaale ahaan, waxyaabaha muqaadaraadka loo isticmaalo) ama khataraha kale ee u horseedi kara ilmaha dhaawac/jirro (tusaale ahaan, hubka la gaar, xaalado aad u liita)
- Ilmuhu wuxuu u muuqdaa ama u dhaqmaa si ka duwan sida caadiga ah iyaga ama waxaa macquul ah in laga filayo
- Waxaad si isdaba joog ah aaddan u awooddin inaad la xiriirto qoyska (oo aan ku xirneyn caqabadaha sida internetka, in aad ku hesho dhanka taleefanka) oo si daran aad uga walaacsan tahay nabadgelyadooda (tusaale ahaan walaac hore ee xagga amniga ah oo ka dhashay rabshadaha guriga ama isticmaalka maandooriyaha)

Fadlan Xafiiska Adeegyada Ilmaha iyo Qoyska ee Maine ka wac 1-800-452-1999 si aad u soo sheegto wax kasta oo ah ee ka yimaada Ku-tagrifalka Caruurta iyo Dayacidda

ILO DHEERAAD AH EE LAGU AQOONSADO OONA LOO SOO SHEEGAYO WAXYEELADA/DAYACA CARRURTA

Doorka barayaasha ee kahortagga xadgudubka iyo dayaca: <https://www.childwelfare.gov/pubPDFs/educator.pdf>

Barta Macluumaadka Daryeelka Ilmaha - Aqoonsiga Xadgudubka & Dayaca:
<https://www.childwelfare.gov/pubPDFs/signs.pdf>

Hagida Gargaarka (HelpGuide): <https://www.helpguide.org/articles/abuse/child-abuse-and-neglect.htm>

Qataka Tooska & Ilmaha Caawinta Ilmaha ee Qaranka (Child Help National Resources & Hotline):
<https://www.childhelp.org/childhelp-hotline/>

Ururka Caafimaadka Aduunka (World Health Organization): Covid-19 iyo Rabshada Gudaha Qoyska:
<https://www.who.int/reproductivehealth/publications/emergencies/COVID-19-VAW-full-text.pdf>

ILOOYINKA LOOGU TALAGALAY BARAYAASHA IYO DARYEEL BIXIYAYAASHA SI AY ULA XIRIIRAAN QOYSASKA

KA HORTAGGA TAGRI-FALKA ILMAHA EE AMERICA (PREVENT CHILD ABUSE AMERICA):
<http://preventchildabuse.org/coronavirus-resources/>

SAMHSA (Ku Xadgudubka Maandooriyaha iyo Maamulka Adeegyada Caafimaadka Dhimirka) :
<http://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

NAEYC: <https://www.naeyc.org/our-work/families/tips-video-chatting-young-children>

APA (Ururka Cilmi-nafsiga ee Mareykanka) (America Psychological Association): <https://www.apa.org/topics/covid-19/telehealth-children>

NASW (Ururka Qaranka ee Shaqaalaha Bulshada) (National Association of Social Workers):
<https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus>

ILOOYINKA KALE EE GOBOLKA MAINE OO DHAN

Waaxda Caafimaadka iyo Adeegyada Aadanaha, Xafiiska Adeegyada Caruurta iyo Qoyska 1-877-452-1999
<https://www.maine.gov/dhhs/ocfs/>

2-1-1 Maine, Inc. (Macluumaad bilaash ah & u Gudbin): Garaac 211 ama 1-877-463-6207 (Gobolka ka Baxsan)
<https://211maine.org/>

Xafiiska Adeegaha Taageerada Madax-bannaanida Lacagta (OFI): Khadka Telefoonka Guud ee OFI 1- (800) -442-6003

Khadka Tooska ee Shaqo la'aanta Maine: 1- (800) -593-8660 <https://www.maine.gov/unemployment/>

Xadgudubka Qaangaarka dad ku Tiirsan/Duqoqda: 1-800-624-8404 (Codka) ama 711 (Maine Relay)

Xarunta Xakamaynta Sunta: 1-800-222-1222 (Codka) 1-877-299-4447 (TTY) [Xarunta Sunta ee Waqooyiga New England](#)

Khadka Tooska ah ee Dhibaataada Gobolka Maine 1-888-568-1112 (Codka/TTY) (Khadka Dhibaataada ee Tooska ah)

Suicide Prevention Line (Khatka ka Hortagga Isbiimayska) 1-800-273-TALK (8255) [Barnaamijka Kahortagga Isbiimaynta Dhalinta Maine](#)

Khadka Tooska ah ee Rabshada Guriga 1-866-834-HELP (4357) www.mcedv.org

Taageerada Weerar Galmo la xiriira: 1-800-871-7741 (Codka) 711 (TTY) <https://www.mecasa.org>

ANAGOO KU HADLAYNA MAGACA WAAXDA ADEEGYADA AADANAHA IYO CAAFIMAADKA, XAFIISKA ADEEGYADA ILMAHA IYO QOYSKA, WAXAAN MAHADCELIN AAN KA BIXINNAYNAA SHAQADA SOCOTA EE WAXBARASHADA, BIXINTA DARYEEL CAAFIMAAD IYO BIXIYEYAASHA CAAFIMAADKA DHIMIRKA IYO XIRFADLEYAASHA KALE IYO XUBNAHA BULSHADA EE NAGALA SOO QEYB GALA SI AAN U ILAALINO CARRURTA IYO QOYSASKA MAINE MEEL AAMIN AH. IYO CAAFIMAAD.



All Maine Children & Families

**SAFE, STABLE,
HAPPY, HEALTHY**