

Ku nabad gal guriga

Amaanka qoyska inta lagu jiro COVID-19

MAXAAN SAMAYN KARAA SI AAN U XAFIDO NAFTAYDA IYO KUWA KALE?

AHOW QOF LALA XIRIIRI KARO

Haddii aad qabto welwel ku saabsan saaxiibkaa ama xubin qoyska ka mid ah, joogto u wac si aad uga war hayso.

Aamin ma tahay in la isticmaalo mobile? Isku day wada xiriir kale iyo habka warbaahinta bulshada, sida WhatsApp ama Signal?

- Dhegayso adiga oo aan wax go'aansan
- Caawin inaad aqoonsato dabeecada
- dhibaataaynta Samay qorshe amaan

Haddii aad ku jirto khatar degdeg ah, **wac 000**

MAXAA DHACAYA HADDII AAN U BAAHNAHAY IN AAN TAGO?

Waa laga yaabaa inaad ka tagto guriga mar walba si aad u tagto
Xaallad khatar ah.

Waa inaad xirataa wejiga maaskaro markii aad ka tageyso gurigaaga, haddii laga reebay mooyee. Haddii ay dhacdo in xannibaadda la xakameeyo, ka eeg shabakadda DHHS, ama wac xarunta sharciga bulshada ee deegaankaaga si aad u hesho macluumaadka ugu dambeeyay.

<https://www.dhhs.vic.gov.au/coronavirus/somali>

Qalalaasaha
adeega degaanka ayaa caadi u shaqaynaya

CAAWIMA NOOCEE AH AYAA LA HELLI KARAA SI LOO SIYAADIYO AMAANKA?

AMARADA FARAGELINTA FV

Dhamaan Maxkamadaha Magistrate-ku waa furan yihiin, rabshada qoyskana waxaa la siiyaa mudnaan.

Haddii aad leedahay dhagaysi la diiwaangeliyey aadna welwel ka qabto amaankaaga, la xiriir xalalka Maxkamada.

Dalabyada shakhsiyan ayaa loo soo gudbin karaa haddii taasi tahay xalka ugu fiican oo amaanka, ama waxaad awoodaa inaadka [xerasoonline-ka](#).

<https://www.mcv.vic.gov.au/>

TALADA SHARCIGA IYO CAAWIMADA

[Flemington & Kensington Community Legal Centre](#) wuxuu furan yahay 9:00 subaxii – 5:00 galabtii, Isniinta ilaa Jimcaha. Dhamaan adeegyada hadda waxaa lagu bixiyaa telefoonka.

Haddii aad ka shaqayso Flemington ama Kensington wac 9376 4355 ama isticmaal [foomka online-ka ah](#) form si aad u codsato ballan. <https://flemkenlegal.org/contact>

Waxaa la heli karaa adeegyada mutarjumka - 131 450 (TIS)

GOBOLKA OO DHAN IYO WADANKA

[Safe Steps](#) waxaa la siiyaa 24/7 ka caawimada qalalaasaha ee Fiktooriya. <https://www.safesteps.org.au/>

1800 015 188 safesteps@safesteps.org.au

WIRE

Macluumaad lacag la'aana iyo kaalmada dumarka ee Livechat | <https://www.wire.org.au/>

1300 134 130
support@wire.org.au

ADEEGYADA KU SALAYSAN BULSHADA

Women's Health West (Footscray)

Ka wac rabshada qoyska si aad u cararto tel **9689 9588** ama **1800 015 188** saacadaha shaqada ka dib

Haddii aad ku jirto khatar degdeg ah oo guriga ka jirta, **wac 000**.

Shaqaalaha adeegyada degdegta ah ayaa qiimayn doona heerka khatar ka caafimaadka si ay saraakiishu u yimaadaan.

Ha ka shaki qabin inaad raadsato caawimo.

Qorshaynta aamaanka

WAC AMA BOOQO [1800 RESPECT](https://www.1800respect.org.au/help-and-support/safety-planning/) MACLUUMAAD INTAA KA BADAN

<https://www.1800respect.org.au/help-and-support/safety-planning/>

Hel gooba la garan karo ee guriga halkaas oo dadku ay markhaanti ka noqon karaan kuwa kale.

Carruurta ha ku jirto qorshahaaga amaanka. Xaqiiji inay ogyihiin cinwaankooda iyo sida loo waco 000.

Isticmaal calaamadaha iyo erayada baaqa ah si aad ula xiriirto saaxiibadaa, qoyskaaga iyo deriskaaga.

Haddii aad khatar ku jirto, wac 000 ama la xiriir booliiska agtaada ah.

Ka qaad meesha waxyaallaha lagu isticmaalo karo in wax lagugu yeello.

Xerayso/qoro meelaha lagala xiriirto xaalladaha degdegta ah telefoonkuna had iyo jeer ha ahaado mid kuu shaqaynaya aadna haysato. Ka tirtir wixii maclumaad ah internet iyo telefoonka.

Diyaarso boorso xaalladaha degdegta ah oo ay kuugu jiraan dukumintiga muhiimka ah, furayaasha, daawada iwm.