



Tusaha kaalmada bulshada: gargaarka iyo ka-soo-ladnaanta COVID-19

Cusboonaysiinta Sebteembar 2020

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Adeegyada kaalmada

Degmada Melbourne waxaa ka go'an kaalmaynta bulshada, gargaarka caafimaadka iyo bulshada iyo da'daalka soo-ladnaanta qof walba oo ku nool, ka shaqeeya degmadeena.

Waan ognahay in khasatan tani tahay waqti ku adag dadka. Waxaan isu keenay liiska adeegbixiyayaasha, ururada bulshada iyo macluumaadka online-ka ah oo la heli karo si loo kaalmeeyo dadka inta lagu jiro safmarka loona siiyo gargaar iyo adeega soo-kabsashada bulshadeena.

Haddii ay ku haysato xaallad adag ama ku jirto waqti adag oo safmarka COVID-19 (coronavirus) waxaa laga yaabaa in adeegyadaani awoodaan inay ku anfacaan.

Waxaanu la xiriirnay ururadaan si loo ta'kiidiyo adeegyadooda inta lagu jiray waqtigaan. Iyada oo la sameeyey da'daal kasta si loo xaqiijiyo dhab ahaanta macluumaadka, faahfaahintu waxaa laga yaabaa inay isbedesho marka la fiiriyo xaalladaha isbedelaya. Waxaanu ku talinaynaa inaad ula xiriirto ururadaan si toos ah si loo ta'kiidiyo adeegyadooda hadda ah, samaynta ballamada iyo fahmida habkooda kala durugsanaanta dadka.

Telefoonka furan

Telefoonka furan ee soo socda ayaa la heli karaa 24 ka saac, maalin walba.

Haddii aad ka shakisan tahay inaad qabto coronavirus, wac 1800 675 398.

Turjubaan ma baahan tahay? Wac adeega Tarjumida qoraalka iyo afcelinta (TIS National) tel **131 450.**

Macluumaad guud ama talo ku saabsan COVID-19, wac 1800 020 080.

Khadkaani wuxuu bixiyaa macluumaadka caafimaadka, talooyinka kala fogaanshaha dadka, baahida gargaar ee degdegta ah (cunto, ka-warhayn, iyo daryeel shakhsiyeed), soo sheegida jebinta awaamiirta, macluumaadka la xiriira ganacsiga, iyo macluumaadka dadka ka shaqeeya sarta iyo shaqada dhismaha.

Fadlan u isticmaal 000 wixii degdeg ah keliya.

Websaytyada ku saabsan COVID-19

Macluumaadka COVID-19, waxaa fiican inaad isticmaasho websaytka rasmiga ah ee xukuumada halkii aad isticmaali lahayd warbaahinta bulshada ama macluumaadka akhbaarta.

Wasaarada Caafimaadka iyo Adeegyada Adamiga (DHHS)

Booqo websaytka DHHS [ee coronavirus-ka¹](http://www.coronavirus.vic.gov.au/) wixii cusboonaysiin ah iyo macluumaad hoose iyo talo ku saabsan calaamadaha, safarka iyo waxaad samayn karto si hoos loogu dhigo khatarta infakshanka. Waxaa waajiba inaad qaadata [maaskiga iyo daboolida sanko iyo afka²](https://www.dhhs.vic.gov.au/coronavirus-covid-19-transmission-reduction-measures) haddii aad guriga ka tagto (aadna jirto 12 sanadood ama ka weyn) aadna raacdo baratakoolka nadaafada COVIDsafe.

Macluumaad khaas ah oo ku saabsan hoos u dhigida khatarta infakshanka booqo [talaabooyinka hoos u dhigida gudbinta coronavirus-covid-19³](http://www.vic.gov.au/coronavirus-covid-19-restrictions-victoria)

Cusboonaysiinta macluumaadka ku saabsan xanibaadyada Fiktooriya booqo [coronavirus-covid-19-restrictions-victoria⁴](https://www.dhhs.vic.gov.au/coronavirus-covid-19-restrictions-victoria)

Macluumaadka luqadaha aan ka ahayn Ingiriiska, wac 131 450, ama booqo [tarjumadaha coronavirus-ka⁵](https://www.dhhs.vic.gov.au/coronavirus-covid-19-transmission-reduction-measures) Fiidiyowgii ugu dambeeyey ee Wasaarada Caafimaadka iyo Adeegyada Adamiga, booqo [YouTube⁶](https://www.youtube.com/channel/UCIV7G_xiYLEkqOvqkwoVA)

Wargelinta caafimaadka ee Xukuumada Australiya

Si aad u ogaato sida Xukuumada Australiya ula socoto wax ka qabashada COVID-19, iyo weliba taladii ugu dambaysay ee sarkaalka caafimaadka iyo nambarada kaysaska, booqo [novel-coronavirus-2019-health-alerts⁷](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert)

¹ <http://www.coronavirus.vic.gov.au/>

² <https://www.dhhs.vic.gov.au/face-coverings-covid-19>

³ <https://www.dhhs.vic.gov.au/coronavirus-covid-19-transmission-reduction-measures>

⁴ <http://www.vic.gov.au/coronavirus-covid-19-restrictions-victoria>

⁵ <http://www.coronavirus.vic.gov.au/translations>

⁶ https://www.youtube.com/channel/UCIV7G_xiYLEkqOvqkwoVA

⁷ <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Fidiyowgii ugu dambeeyey ee Wasaarada Caafimaadka iyo Adeegyada Adamiga, booqo [YouTube](#)⁸

⁸ <https://www.youtube.com/user/healthgovau/search?query=%22information+from+SBS%22>

Tusayaasha Kaalmada bulshada Online-ka

Adeeg Raadiye

Websaytkaani waa tuse ballaaran oo muujiya kaalmada bulshada kaas oo kaalmeeya helitaanka caafimaadka, samafalka iyo diiwaanada adeega bulshada. Baar adeegyada xaafadaha, code-ka boostada ama isticmaalida erayo gaara. Si loo galo tusaha, gal [Websaytka Raadinta Adeega](#)⁹

Macluumaadka bulshada iyo kaalmada Fiktooriya

Websaytadaani waxay ku xiraan dadka adeegbixiyayaasha agagaaraha. Si loo raadiyo adeegyada kala duwan iyo ururada bulshada ee xaafadaha, post code iyo magaca, gal [websaytka macluumaadka bulshada iyo websaytka kaalmada bulshada](#)¹⁰ ama [My Community Directory](#)¹¹

Apps-ka smartphones-ka iyo tablets-ka

La soo bax app-ka Coronavirus Australia oo macluumaadkii ugu dambeeyey; gal [coronavirus-australia-app](#)¹²

COVIDSafe app

App-kaan Xukuumada Australiya wuxuu u suurtageliyaa dadka in lala xiriiro haddii ay xiriiro la sameeyeen qof laga hellay COVID-19. Si aad u ogaato intaas ka badan la soo deg app-ka, aadna [covidsafe-app](#)¹³

Weydii Izzy app-ka

app-kaani wuxuu kaa caawimayaa inaad hesho adeegyada agtaada ah. Waxaad baari kartaa in ka badan 360,000 oo adeegbixiyayaal si loo hello gurisiinta, cuntada, daryeelka caafimaadka, talasiinta, talada sharciga, daaweynta qabatinka iyo ka sii badan. Adeegyo badan ayaa lacag la'aan ah qarsoodina ah. Haddii aad ku jirta shabakada Telstra mobile network, waxaad geli kartaa Ask Izzy xataa haddii aadan haysan credit. Si aad ula soo degto appka, gal [AskIzzy](#)¹⁴

Kaalmada arrima mucayina

Caafimaadka dhimirka

Kaalmo shakhsiyeed iyo tala-siin

Ma ka welwelsan tahay wixii ku saabsan COVID-19? Waxay noqon kartaa wax qalafsan in lala xaallo waqtigaan ay siyaaday hubaal-la'aantu iyo isbedeladaan degdegta ah. Ama haddii aad la daalaadhacaynayso isgooni-yeelka, ay ku haysato dhibaato dhaqaale xumo, aad hawl gacanta ku hayso, amaba aad ka welwelsan tahay mustaqbilka, waa muhiim waqtigaan inaad daryeesho caafimaadkaaga dhimirka.

Waxaan isu soo ururinay liista online ah oo khuduuda caafimaadka dhimirka iyo websaytayo. Gal oo sheekayso. Waxaad tilmaami kartaa jihada saxda ah is-kaalmayntaada ama kuwaad jeceshahay.

Haddii aad ku jirto xaallad degdeg ah, ama khatar degdeg ah oo wax is-yeellidaada ama kuwa kale, wac 000.

Isdilka iyo kaalmada qalalaasaha.

Lifeline

⁹ <https://www.serviceseeker.com.au/>

¹⁰ <http://www.cisvic.org.au/>

¹¹ <https://www.mycommunitydirectory.com.au/>

¹² <https://www.health.gov.au/resources/apps-and-tools/coronavirus-australia-app>

¹³ <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

¹⁴ <https://askizzy.org.au/>

13 11 14 (24 ka saacadood, maalin walba)

Qoraal (text) u dir 0477 131 114 (laga bilaabo 6 da maqribkii saacadaha bariga Australia, 7 da habeenkii) [Lifeline online-ka ee sheekada qalalaasaha](#)¹⁵ (laga bilaabo 7 fiidkii ilaa saqda dhexe, 7 da habeen ee asbuuca)

Dib u soo wicida adeega isdilka

1300 659 467

Wicida isdilku waa bixiyaha telefoonka-caafimaadka waxaana la heli karaa 24ka saacadood, maalin walba taas oo siisa telefoon mihnadeed oo lacag la'aana iyo talasiin online ah dadka degan Australia oo uu saameeyey isdilku, kuwaas oo ay ku jiraan:

- qof kasta oo dareemaya isdilid
- qof kasta oo ka welwelsan qof kale
- qof kasta oo daryeellaya qof kale oo dareemaya isdilid.
- qof kasta oo qof kaga dhintay isdilid
- mihnadlayaal caafimaad oo kaalmaynaya dad ay saamaysay isdil

Haddii aad u baahan tahay turjubaan kaa caawima inaad la hadasho adeegyadaas kore midkood, fadlan wac adeega tarjumida qoraalka iyo afcelinta (TIS National) tel: 131 450.

Adeeygo kaalmo oo kale iyo khadka caawimada

Urur	Kaalmo la bixiyey	La xiriir
Wasaarada Caafimaadka iyo Adeega Aadamiga	Talo guud iyo macluumaadka xagga kaalmaynta caafimaadka dhimirka.	Tabaha caafimaadka dhimirka ee COVID-19 ¹⁶
Beyond Blue Adeega Samaqabka Dhimirka ee Coronavirus	Kan waxaa loogu talagalay khadka telefoonka, waxaana ka shaqeeya minhadlayaasha caafimaadka loo hawlgeliyey wax ka qabashada safmarka. Waxay u qoondeeyeen fooram online ah 'oo la xaalaya inta lagu jiro safmarka coronavirus' kaas oo bixiya goob lagala xiriiro kuwa kale, la wadaago khibradaada lays dhaafsado fariimaha kaalmada. Waxaa kaloo jira macluumaadyo kala duwan oo loo qoondeeyey inay caawimaan samaqabkaaga iyo kaalmada kuwa kula jooga inta lagu jiro safmarka.	1800 512 348 (24 ka saacadood, maalin walba) Beyond Blue coronavirus ¹⁷ Kaalmada jirta ee Beyond Blue ayaa sii socon doonta inay shaqayso 1300 22 4636 (24ka saacadood, maalin walba) Beyond Blue – Hel kaalmo ¹⁸ sheekaysi Online ah: 3da casarkii ilaa 12 ka subaxii saacada Australiya ee bariga (AEST) (jawaab email 24 saac gudahood)
Care in Mind	Talasiinta dadka ku nool, ka shaqeeya, ama wax ka barta waqooyiga Melbourne, iyo xaafadaha galbeedka.	1300 096 269 (24ka saacadood, maalin walba) Care in Mind ¹⁹
Khadka Caawimada Carruurta	Lacag la'aan, gaar ah, iyo telefoon qarsoodi ah iyo adeega talabixinta online-ka ah ee dadka dhalinta ah oo jira 5 ilaa 25 sano.	1800 551 800 (24ka saacadood, maalin walba) Khadka Caawimada Carruurta ²⁰ Web-ka ku talasiinta sheekaysiga ²¹ Email counselling ²² (waxaa la hubiyey 8.00 subaxii ilaa 10 fiidkii maalin walba)

¹⁵ <https://www.lifeline.org.au/crisis-chat>

¹⁶ <https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19>

¹⁷ <https://coronavirus.beyondblue.org.au/>

¹⁸ <http://www.beyondblue.org.au/get-support>

¹⁹ <https://careinmind.com.au/>

²⁰ <https://kidshelpline.com.au/>

²¹ <https://kidshelpline.com.au/get-help/webchat-counselling>

²² <https://kidshelpline.com.au/get-help/email-counselling/>

Urur	Kaalmo la bixiyey	La xiriir
Headspace	Caafimaadka dhimirka qarsoodiga ah iyo macluumaadka sama-qabka, kaalmada iyo adeegyada caafimaadka dadka dhalinta yar oo jira 12 sano ilaa 25 sano iyo qoysaskooda.	1800 650 890 (9 ka subaxii ilaa 1 da habeenimo, maalin walba) Headspace ²³
Khadka ragga (MensLine)	Kaalmada, macluumaadka, adeega xawilaada ee caawimaada ragga si wax looga qabto dhibaatooyinka si wax ku oolla oo ficil ah. Adeega sheekada ee online-ka ahi wuxuu bixiyaa 30 daqiiqo oo dhab ah iyada oo uu kula shaqaynayo tala-bixiye. Fiidowga skype oo wada adeega sheekaysiga wuxuu bixiyaa 30 daqiiqo oo kaalmo wajiwaji ah oo uu bixinayo la-taliye.	1300 78 99 78 (24ka saacadood, maalin walba) Khadka ragga (MensLine) ²⁴
GriefLine	Adeegyada ku talabixinta online-ka iyo telefoonka iyo barnaamijyada carruurta.	1300 845 745 12 fiidkii ilaa 3 aroortii, maalin walba GriefLine ²⁵
Cilaaqaadka Australia (Relationships Australia)	Adeegyada kaalmada cilaaqaadka shakhsiyaadka, qoysaska iyo bulshooyinka. Fadlan ogsoonow tani maaha adeeg qalalaaso. Inta lagu jiray COVID-19, waxay sii wadeen bixinta adeega iyo telefoon la isticmaalay, online iyo kuwada hadalka ku shirida fiidiyowga, si kasta ha ahaatee adeegyada wajiwajiga ah oo hadda la heli karin. Booqo websaytkooda si aad u aragto ulana soo degto tabaha macluumaadka leh akhbaarta iy talooyin ku saabsan safmarka, oo lacag la'aana ah.	1300 364 277 Relationship Australia ²⁶
ReachOut	Ururka caafimaadka dhimirka online ah oo dadka dhalinyarada ah iyo waalidiintooda, iyada oo la bixinayo kaalmo wax ku oolla iyo wixii lagu caawin lahaa arrimaha maalmeed. Waxay kaloo bixiyeen macluumaad mucayina oo waalidiinta si ay u caawimaan dhalinyaradooda.	ReachOut ²⁷
SANE Australia	Waxay bixisaa adeegyo ay ka mid yihiin khad-furan (hotline) kulamo online ah, xawilaadyo, tabaha goobta-shaqada iyo u doodida wixii ku saabsan arrima caafimaadka dhimirka oo qalafsan.	1800 187 263 Sane ²⁸
Barta-kala-gudbinta (Switchboard) - Qlife	Talasiinta, macluumaadka iyo adeegyada xawilaada ee LGBTIQ+ dadka, qoyskooda iyo saaxiibadood	1800 184 527 ama sheekaysi online ah (3galabtii ilaa 12subaxii, maalin walba) Barta-kala-gudbinta ²⁹
Butterfly Foundation	Kaalmaynta dadka ay haysato dhibta cunta cunida khariban ama cunitaan khariban.	1800 334 673 The Butterfly Foundation ³⁰
Enliven	Tusaalayaal maadi ah oo sahlan iskuna xiran oo lagu caawimayo si kelinimo ah.	Naftdaada ka taxadar iskeli-yeelida ³¹

²³ <https://headspace.org.au/>

²⁴ <http://www.mensline.org.au/>

²⁵ <https://griefline.org.au/>

²⁶ <http://www.relationships.org.au/>

²⁷ <https://au.reachout.com/>

²⁸ <https://www.sane.org/>

²⁹ <http://www.switchboard.org.au/get-help/>

³⁰ <https://thebutterflyfoundation.org.au/covid-19>

³¹ <https://enliven.org.au/wp-content/uploads/2020/04/Taking-care-of-yourself-in-isolation.pdf>

Urur	Kaalmo la bixiyey	La xiriir
Dementia Australia	Talasii dadka daryeellaya qofka qaba hilmaanka oo guriga jooga.	Talooyinka dadka ku nool hilmaanka³²
Red Cross	Tusaalayaalka lagu caawimo shakhsiyaadka iyo qoysasku inay sii wataan samaqabka oo maareeyaan kelinada.	Talooyinka Laangayrta Cas Red Cross COVID-19³³

Su'aallaha badanaa la isweydiyo ee caafimaadka dhimirka (FAQs)

Waxaan qabaa xaallado caafimaadka dhimirka ee hadda jira...

Haddii ay ku qabsadeen dhibaatooyinka dhimirka caafimaadka oo horay u dhacay:

- Hawlgelinta shabakada kaalmadaada
- Aqoonsiga dareenka welwelka leh
- Horay u raadi kaalmada mihiyadeed haddii aad dhibaato qabto.

Kuwa hadda maaraynaya arrimaha caafimaadka dhimirka, sii wad qorshaha daaweyntaada lana soco wixii astaama ah oo soo baxa.

Waxaan doonayaa in aan hello cilmi-nafsi yaqaan ama tala-bixiye...

Australian Psychological Society's 'helida dhakhtar cilmi-nafsi ah' adeega dadka aqoonta leh, dhakhtarada madaxa banaana. Macluumaad intaas ka badan, booqo [Australian Psychological Society³⁴](#)

Psychotherapy and Counselling Federation of Australia 'Hel dabiici-ku-daaweeye' bixiya shaqo baaritaan si ay kuu caawimaan inaad hesho tala-bixiye ama dabiici-ku-daaweeye maskaxeed. Booqo [PACFA³⁵](#)riixna 'Find Therapist'.

Mihnadlayaasha caafimaadka dhimirka ayaa hadda bixiya adeegyada talabixinta online-ka ah. Haddii aadan hubin wixii si fiican kuugu shaqayn kara adiga, markaad la hadlayso dhakhtarkaaga GP (doctor) waa meel fiican oo laga bilaabi karo.

Waxaan rabaa dhimista medicare xagga fadhiyada talasiinta...

Si aad hesho dhimista Medicare xagga fadhiyada talasiinta waxaad u baahan doontaa inaad abaabusho qorshe daryeel oo caafimaadka dhimirka dhakhtarkaaga. Qorshaha daryeelka caafimaadka dhimirka, waxaad xaq u leedahay dhimista medicare-ka ilaa 10 ballan oo shakhsiyeed iyo 10 ballan oo kooxeed sanad walba adeegyada caafimaadka dhimirka sida dhaqtarka maskaxda iyo u adeegaha bulshada.

Ogsoonow: Xukuumada Australiya waxay bixin doontaa 10 [siyaada ah](#) oo dabiici ku daaweeyaha maskaxda dadka fadhiyada looga baahan yahay xanibaadyo siyaada ah meelaha ay saamaysay mawjada labaad safmarka COVID-19.

Si aad u hesho qorshe daryeel caafimaad, la samayso balan dhakhtarkaaga weydiisana qiimaynta qorshaha daryeelka caafimaadka. Dhakhtarkaagu wuxuu ku siin karaa adeega xawilaad adeeg agtaada ah, ama waxaad weydiisan kartaa qof aad adigu dooratay.

Rabshada qoyska

Haddii adiga ama qof aad taqaan uu khatar degdeg ah ku jiro wac 000.

Ama haddii ay aamaan tahay in la sameeyo, la xiriir Safe Steps 24/7 oo adeega qalalaasaha tel: 1800 015 188 caawimo iyo kaalmayn darteed.

Guriga waad ka tegi kartaa haddii ay jirto rabshad qoys, ama rabshad qof kale guriga ku samaynayo, aadan khatar ku jirto, iyada oo aan ku xirnayn xanibaada agtaada ka jirta, taas oo ay ku jirto saacadaha ka baxsan

³² <https://www.dementia.org.au/resources/coronavirus-covid-19-helpsheets/tips-for-people-living-with-dementia>

³³ <https://www.redcross.org.au/stories/covid-19>

³⁴ <http://www.psychology.org.au/>

³⁵ <https://www.pacfa.org.au/>

bandowga. Haddii uu booliis ku joojiyo, u sheeg inaad ku dareemayso amaan daro guriga waana ku caawimi doonaan. Degaan amaana iyo rabshada kaalmada qoyska ayaa la heli karaa.

Urur	Kaalmo la bixiyey	La xiriir
Victoria Police	Soo sheeg rabshada qoyska haddii ay ku haysato ama aad ka welwelsan tahay saaxiibo, qoyska ama deriska. Kala hagaha 000 ayaa kugu xiri kara turjubaan haddii loo baahan yahay.	Si aad uga warbixiyo wicitaan degdeg ah wac 000 ama booqo rugta booliiska ³⁶
Wasaarada Caafimaadka iyo Adeega Aadamiga	Talada ku saabsan rabshada qoyska ama macluumaadka wixii caawimo ah.	Helitaanka kaalmada rabshada qoyska inta lagu jiro COVID-19 ³⁷ Wax ka qabashada qalalaasaha rabshada qoyska inta lagu jiro COVID-19 ³⁸
Xarunta Dhaqamada-kala duwan ee Lidka Rabshada Qoyska	Caawin luqadaha aan ka ahayn Ingiriiska.	1800 755 988 (Isniinta ilaa Jimcaha, 9 subaxii ilaa 5 galabtii) Macluumaadka dumarka ³⁹
Qalalaasaha Rabshada Qoyska ee Safe Steps ee Xarunta Wax-ka-qabashada Qoyska	Caawimaadaha dumarka iyo carruurtooda ee ay haysato rabshada qoyska ee khadka telefoonka iyo adeegyada kaalmada khaaska ah. Waxay caawintaa ka badbaadayaasha rabshada si wax looga soo bogsado rafaadka looguna noolaado nolol xor ka ah rabshada.	1800 015 188 (24 ka saacadood, maalin walba) Khadka telefoonka wax-ka-qabashada rabshada qoyska ⁴⁰
1800respect	Macluumaad qarsoodi ah, talasiin iyo adeegyada kaalmaynta la heli karo ee dadka ay saamaysay faraxumaynta, guriga ama rabshada qoyska iyo dhibaataaynta. Kaalmaynta ayaa waxaa heli karaa shakhsiyadka khatarta ku jira, ama ay haysato guri la'aantu.	1800respect/1800 737 732 (24 ka saacadood, maalin walba) 1800respect ⁴¹
Centre Against Sexual Assault	Caawin dadka ay ku soo dhacday faraxumayn.	1800 806 292 (24 ka saacadood, maalin walba)
Child Protection Crisis Line	Haddii aad welwel ka qabto ilmaha asi aad u weyn taas oo ay keentay dhibaataayn iyo dayac, waxaa waajiba inaad la xiriirto xafidaada ilmaha taas oo ku adeegta meelaha ilmuhu ku nool yahay.	1300 664 977 (Isniinta ilaa Jimcaha, 9subaxii ilaa 5galabtii) Saacadaha shaqada ka dib 13 12 78 (Isniinta ilaa Jimcaha, 5 galabtii ilaa 9 subaxii. Sabtida iyo Axada iyo maalmaha fasaxa 24ka saacadood, maalin walba)
Xuquuqda Dadka waaweyn ee reer Fiktooriya.	Dhibaataaynta dadka waaweyn waa qaab rabshad qoys taas oo ay ku jirto ficil kasta oo u keena dhibaataayn qof weyn waxaana fuliya qof ay yaqaaniin oo ay aamineen sida xubin ka mid ah qoyska ama saaxiib. Waxyeellayntu waxay noqon kartaa mid jireed, dhaqaale, bulsho ama galmood si xun ula dhaqan ama dayacaad. Xuquuqda Dadka Waaweyn ee reer Fiktooriya waxay bixiyaan macluumaad, kaalmayn iyo talo. Adeegyada waxaa ku jira: Khadka caawimada, adeegyada dhaqaalaha khaaska ah, kaalmada mudada gaaban iyo u hadlida shakhsiyeed.	1300 368 821 (Isniin, Talaada, Khamiis iyo Jimce, 10subaxii ilaa 5galabtii) www.seniorsrights.org.au ⁴²

³⁶ <http://www.police.vic.gov.au/family-violence>

³⁷ <http://www.dhhs.vic.gov.au/getting-support-family-violence-covid-19>

³⁸ <http://www.dhhs.vic.gov.au/family-violence-crisis-response-and-support-during-coronavirus>

³⁹ <http://www.intouch.org.au/information-for-women>

⁴⁰ <http://www.safesteps.org.au/our-services/services-for-women-children/247-family-violence-response-phone-line>

⁴¹ <http://www.1800respect.org.au/>⁴¹

⁴² <http://www.seniorsrights.org.au>

Isticmaalida aalkolada iyo daroogada

Urur	Kaalmo la bixiyey	La xiriir
Healthdirect	Waxay bixisaa liiska adeegyada la xiriira aalkolada iyo daroogada agagaarkaaga.	Healthdirect ⁴³
Khadka tooska ah	Lacag la'aan iyo qarsoodi talasiinta aalkolada iyo daroogada iyo xawolaada Fiktooriya. Toos ula sheekaysiga Lataliye mihnadle ah.	1800 888 236 (24 ka saacadood, maalin walba) Ku tala siinta online. ⁴⁴
Harm Reduction Victoria	Tabaha macluumaadka online-ka ah iyo Kaalmada Daawada Kaalmada Pharmacotherapy (PAMS) ee adeega dadka isticmaala daroogooyinka inta lagu jiro COVID-19.	Harm reduction Victoria macluumaadka COVID-19 ⁴⁵ 128 Peel Street, North Melbourne

Gurisiinta iyo Guri la'aanta (Housing and homelessness)

Urur	Kaalmo la bixiyey	La xiriir
Launch Housing	Ururka ku salaysan Melbourne kaas oo bixiya degaan, degaanka qalalaasha, kaalmooyinka takhasuska ah, iyo adeegyada iyo hurda xumada kuwa khatarta ku jira. Meelaha laga hellaa waa Collingwood, St Kilda or Cheltenham qiimaynta, macluumaadka gurisiinta iyo caawimada degaanka.	1800 825 955 Adeegyada Guri la'aanta Launch Housing ⁴⁶
Salvation Army	Quraac, qado iyo casho laga bixinayo Lighthouse Cafe oo laga qaadanayo daaqaada adeega cinwaanka Westwood Place. Cuntada iyo baagaga daryeelka shakhsiyeed ayaa iyagana laga qaadi karaa 69 Bourke Street, Melbourne. Qubayska ayaa isagana lagu heli karaa codsi, waxaa jira meel xubnaha bulshadu ka geli karaan. Kalkaaliyayaasha caafimaadka ee St Vincent ayaa goobta jooga waqtiyo la xadaday loomana baahna ballan. Rugaha caafimaadka iyo CoHealth mobile health waxay shaqeeyaan maalma go'an.	1800 266 686 Day cafe (7da subaxii ilaa 1da duhurkii) Twilight cafe (4 galabtii ilaa 11 ka habeenimo) Kalkaalisada caafimaadka oo joogta (Isniinta ilaa Khamiista, 9kii ilaa 1da duhurkii) CoHealth guurguura (Isniinta iyo Arbacada, 10.30 subaxii ilaa 12.30 duhurkii)
Adeegyada Frontyard Youth	Barnaamijka degaanka ee dadka dhalinyarada ah oo jira 16ka ilaa 25ka. Adeegyo ayaa hadda lagu bixiyaa ballan keliya si loogu dhigo turada dadka joogga meesha la wadaagayo.	9977 0077 ama 1800 800 531 frontyard@mcm.org.au Frontyard ⁴⁷
Cohealth – Faras magaalaha	Waxay bixiyaan xawilaadaha launch housing, rug caafimaad wareegta iyo barnaamijka la xiriirida kalkaalisada caafimaadka. Waxaa la heli karaa daryeelka xaalladaha qalafsan oo degdega ah keliya. Qof walba waxaa lagu baarayaa irida hore. Waxaa hoos loo dhigay gelitaanka qubaysiga iyo tas-hiilaadka lawndariga shuruudaha nadiifinta dartood.	9448 5536 CoHealth - Faras magaalaha ⁴⁸ (Iniinta ilaa Jimcaha, 10ka subaxii ilaa 4 galabtii)
Living room	Adeegyada caafimaadka asaasiga ah oo bixinaya daryeel caafimaad oo lacag la'aana si loo wanaajiyo	9945 2100 1800 440 188

⁴³ https://www.healthdirect.gov.au/australian-health-services/results/melbourne-3000/tihcs-aht-10870/drug-and-alcohol-treatment-services?pageIndex=1&tab=SITE_VISIT

⁴⁴ <https://www.directline.org.au/online-counselling>

⁴⁵ <https://www.hrvic.org.au/covid19-you>

⁴⁶ <https://www.launchhousing.org.au/homelessness-services>

⁴⁷ <http://www.mcm.org.au/homelessness/frontyard>

⁴⁸ <https://www.cohealth.org.au/locations/central-city-2/>

	samaqabka bulshada iyo dhimirka shakhsiyaadka kuwaas oo khatar ugu jira, ama ay haysato guri la'aani.	
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Gargaar cunto

Adeeg	Kaalmo la bixiyey	La xiriir
Sahayda Gargaarka degdegta ah	Xukuumada Fiktooriya waxay kaalmaynaysaa dadka looga baahan yahay is-gooni yeelida, kuwaas oo cuntadu yar tahay ama aanba haysan, aana lahayn sahabakad qoys oo iyaga kaalmeeya. Deganayaasha xaqa u leh ayaa heli doona laba asbuuc cuntada loo baahan yahay waxaana la geyn doonaa albaabkooda. Cuntooyinka waxaa ka mid ah cuntooyin ay ku jiraan caanaha mudada dheer oolaan kara, baasto, siiriyaal, khudaar baakadaysan iyo sonkor. Sahayda daryeel caafimaadka ayaa iyadana loo qaybin karaa deganayaasha xaqa u leh sida saabuunta, daawada lagu cadaydo ayaa iyadana la bixin siin doonaa dadka xaqa u leh sida saabuunta, daawada cadayga iyo deodorant. Waxyaalla intaas ka badan ayaa laga yaabaa ina la bixiyey iyada oo ku xiran baahida dadka guruga degan, sida naabiga ama caanaha ilmaha.	1800 675 398 Sahayda gargaarka degdegta ah ee dadka reer Fiktooriya oo qaba baahida ugu badan. ⁴⁹
Cunto ay keentay Degmada Melbourne.	Degmada Melbourne waxay bixisaa guryaha, adeega bixinta cuntada dadka waaweyn iyo dadka waaweyn oo iinta qaba. Qiimaha cuntada \$8.10 midkiiba. Na soo wac si aad u ogaato haddii heli karto.	9658 9658
Mecwacare	Daryeelka <i>Mecwac</i> wuxuu ku bixiyaa guriga, adeega cunta bixinta dadka waaweyn iyo dadka qaba iinta . Qiimaha cuntada \$10.50 midkiiba.	8573 4650
Digir wixii kale	Bixinta cunto caafimaad oo la heli karo kuwa halista ku jira, khatarta ama baahan. Offering food delivery online, Uber eats delivery, restaurant take away, long-life vacuum packed. Dhamaan cuntooyinka markaad dareento.	Digir wixii kale ⁵⁰
Tusaha Cuntada bulshada ee Degmada Melbourne	The City of Melbourne has created a resource with information on how to access affordable, fresh healthy food, food banks, parcels, vouchers, community meals, food education, community gardens, food rescue, markets, food delivery and shopping support.	Community Food Guide ⁵¹
Dukaamada waaweyn iyo dukaamada loo yaqaan convenience stores	La xiriir supermarket-ka agtaad ah si aad u barato sida lagu hello gurigeynta, click and collect, cuntada iyo baakadaha, iyo adeega qaadida ee bulshada.	Coles ⁵² Foodworks ⁵³ IGA ⁵⁴ Woolworths ⁵⁵ 7-Eleven ⁵⁶
Suuqa beeralayda	Suuqyada qaarkood ayaa weli ka shaqaynaya gooba kala duwan ee agagaarka Melbourne. Booqo website-ka si loo hello suuqyada la xiray sababna ay u tahay xanibaadaha COVID-19.	mfm.com.au ⁵⁷
Maxaa ka socda tusaha Melbourne ee makhaayadaha	Waxa ka socda Melbourne blog ayaa haya liiska goobaha cuntada dhamaan Melbourne oo bixinaya cunto la qaadanayo iyo/ama guriga la keenayo. Kaas	Makhaayadaha cuntooyinka ayaa keeni doona albaabkaaga ⁵⁸

⁴⁹ <https://www.premier.vic.gov.au/emergency-relief-packages-victorians-who-need-it-most>

⁵⁰ <https://www.lentilasanything.com/coronavirus-response>

⁵¹ <https://www.melbourne.vic.gov.au/community/health-support-services/health-services/Pages/community-food-guide.aspx>

⁵² <https://shop.coles.com.au/a/national/content/priority-service-information>

⁵³ <https://foodworks.com.au/ndis>

⁵⁴ <https://igashop.com.au/>

⁵⁵ <https://www.woolworths.com.au/shop/discover/priorityassistance>

⁵⁶ <http://www.7elevendelivery.com.au/>

⁵⁷ <https://mfm.com.au/>

agagaarka, goobaha kafeega iyo adeega keenida.	waxaa ka mid ah bixinta adeegyada iyada oo ay qabanayaan hawshaan Deliveroo iyo Uber Eats.	
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Adeegyada caafimaadka

Haddii aad u baahan tahay daryeel caafimaad oo degdeg ah wac saddex eber (000).

Waad ka bixi kartaa gurigaaga daryeelka caafimaadka, haddii aad dareento amaan la'aan ama xaallad degdeg ah iyada oo aan ku xirnayn xanibaadyada, kuwaas oo ay ku jiraan bandowyada dibada ah.

Adeeg	Kaalmo la bixiyey	La xiriir
Dhakhtarka Guriga imanaya (Home Doctor)	Haddii dhakhtarkaagu guud (dhakhtar) la xiro ama adiga qof kaleeto oo aad taqaan u baahan yahay daryeel caafimaad habeenada asbuuca ama Sabtida iyo Axada, wac dhakhtarka aan lacagta qaadan, dhakhtarka booqda guriga saacadaha shaqada ka dib. Dhakhtaro ayaa la hellaa habeenada asbuuca laga bilaabo 6 da fiidkii, maalinta, maalinta Sabtida laga bilaabo duhurkii iyo maalinta Axada oo dhan iyo maalmaha fasaxa. Adeegaani wuxuu daboolaa Gobolada Melbourne. Isticmaal online tilmaamaha xaafada si loo xaqiijyo haddii waxaa laga helayaa agagaarkaaga.	13 74 25 Dhakhtarka Guriga imanaya (Home Doctor) ⁵⁹
Daawooyinka iyo warqadaha daawada	Australia Post waxay wada shaqayn la leedahay Pharmacy Guild of Australia si loogu keeno daawooyinka taas oo ah adeega keenida daawada guriga. Farmashiyaashu waxay siin karaan macmiilaha daaweyn bil walba ah oo lacag la'aana in ka yar 500 garaam oo daawo ah iyo sahay kale oo muhiima iyaga oo isticmaalaya Australia Post.	La xiriir farmashiyaha agtaada ah si aad u weydiiso adeegaan.
Adeega daawada Guriga	Waxaa loo asaasay inay kaalmeeyaan dadka inta lagu jiro safmarka coronavirus. Waxay kaalmaysaa: <ul style="list-style-type: none"> - dadka lagu goonii-yeelay gurigooda sida uu ku taliyey dhakhtarka caafimaadku, sida waafaqsan talada guri isku keli-yeelida arrimaha la xiriira Guddiga Mabaadiida Ilaalinta Caafimaadka Australia ee kaysaska la ta'kiidiyey oo COVID-19. - Dadka buuxiya kiriteeriyada borotakoolka heer qaran ee qiimaynta dadka looga shakiyey caabuqa COVID-19 ka dib markii la sameeyey la-tashiga khadka COVID-19 (Qaranka iyo D/goboleedka), dhakhtar iyo kaalkaalisada caafimaadka, ama tababaraha COVID-19 ee shaqaalaha baarista caafimaadka. - Dadka da' ahaan ka weyn 70. - Dadka ka weyn 50 sanadood oo ah Aboriginal iyo Torres Strait Islander. - Dadka qaba dhibaato weyn oo caafimaad ama difaacooda jirku aany wanaagsanayn. - Waalidiinta leh carruur yaryar iyo dumarka uurka leh. 	La xiriir farmashiyahaaga ama dhakhtar si aad u ogaato haddii aad xaq u leedahay adeegaan.
Daawo	Farmashiyaasha qaarkood oo ah kuwa isku xiriiisan waxay kaalmeeyaan bixinta daawooyinka iyaga oo isticmaalaya boostada, fakis, email ama habka ku gudbinta elekatarooniga ee teknoolojiga daawa u qorida.	La xiriir farmashiyaha agtaada ah si aad u weydiiso adeegaan.

⁵⁸ <https://whatsonblog.melbourne.vic.gov.au/melbourne-restaurants-that-will-deliver-to-your-door/>

⁵⁹ <https://homedoctor.com.au/locations/melbourne>

	Farmashiyaaqaan ayaa isaguna ku siin kara xaashida daawooyinka warqada hal bil xaalladaha degdegta ah marka laga saaro jadwalka 8 aad ee daawooyinka.	
Baarista COVID-19	Waxaa jira dhowr meelood oo baarista oo kala duwan Fiktooriya gudaheeda. Eeg websaytka DHHS si aad u hesho meesha kuugu dhow ee baarista.	Xaggee laga hellaa isbaarida ⁶⁰
Baarista COVID-19	<p>DHHS waxay caawimi doontaa dadka reer Fiktooriya ee u nugul oo degan agagaaraha Melbourne oo guriga lagu baarayo lagana caawimayo hoos u dhigida faafiska COVID-19.</p> <p>Wicida adeega baarista⁶¹ wuxuu qaarkeen u suurtagelinayaa kuwa ugu nugul inay hellaan baarista COVID -19 oo uu sameeyo farsama-yaqaan caafimaadka aqoonta u leh. Adeegu wuxuu siiyaa dadka aan awoodin inay ka tagaan guriga dhaawac dartiis, socodka ama sabab kale oo uu mudnaan ku yeesho qofku.</p> <p>Adeega waxaa heli kara shakhsiyaad qaba astaamaha COVID -19 oo buuxiya shuruudaha soo socda:</p> <ul style="list-style-type: none"> • Dadka qaba dhaawaca, xaallada caafimaad oo daba dheeratay ama tabardari saamaynaysa socdka. • Dad qaba dhibaato jireed oo dhex-dhexaad ama mid aad u daran ama iinta maskaxeed ama bulsho. • Dadka qaba xaallad u dhexaysa dhexdhexaad iyo mid aad u daran oo maskaxeed taas oo aan la cayimin inay tahay iinta-xaallad-bulsho. • Daryeellayaasha qof qaba iin u dhexaysa xaallad iska roon iyo xaallad liidata. <p>Dadku waxay u baahan yihiin inay wacaan Dhakhtar Guud wixii xawilaad ah (haddii ay u malaynayaan inay yihiin kuwa u nugul dhibta) ee baaritaanka COVID -19 si loo helo adeeg muujiya in aanay awoodin inay ka tagaan guriga aadaana goobta baarista ee jirta, tusaale ahaan iyada oo ay caawimayaan qoyska iyo kaalmooyinka bulshada.</p>	Wac khadka Victorian COVID-19 oo ah 1800 675 398 oo dooro 9 si aad u hesho haddii aad xaq u leedahay adeega.

Kaalmada sharci iyo dhaqaale

Kaalmada xukuumada Australiya

Xukuumada Australiya waxay bixinaysaa kaalmo dhaqaale si ay u kaalmayso dadka Australiyaanka ah inta lagu jiro COVID -19. Caawimadaan waxaa ka mid ah lacagta kaalmada, lacagaha lagu kaalmeeyo dadka guriga degan iyo ogolaanshaha superannuation-ka horay loogu siidaynayo si aan joogta ahayn. Macluumaad intaas ka badan gal kuwa soo socda:

- [Maaliyada](#)⁶²
- [Xafiiska Cashuuraha Australiya](#)⁶³
- [Services Australia](#)⁶⁴

⁶⁰ <https://www.dhhs.vic.gov.au/where-get-tested-covid-19>

⁶¹ <https://www.dhhs.vic.gov.au/call-to-test-covid-19>

⁶² <https://treasury.gov.au/coronavirus/households>

⁶³ <https://www.ato.gov.au/General/COVID-19/Support-for-individuals-and-employees/>

⁶⁴ <https://www.servicesaustralia.gov.au/individuals/news/more-financial-support-people-affected-coronavirus>

Qaybta hoose waxay bixisaa faahfaahin siyaad ah oo kaalmada lacag bixinta mucayinka ah qaarkeed ee Xukuumada Australiya.

Adeeg	Kaalmo la bixiyey	La xiriir
Dadka aan hadda lacagta ka qaadan xukuumada Australiya	Shakhsiyaad qaarkood ayaa laga yaabaa inay xaq u leeyihiin lacagbixin haddii iyaga, ama qoyskooda, uu saamayey coronavirus oo aanay awoodin inay shaqeeyaan, lana gooni yeellay ama isbitaal la dhigay.	Shakhsiyaadka uu saameeyey coronavirus ⁶⁵
Dadka hadda lacagta ka qaata xukuumada Australiya	Shakhsiyaadka hadaba hella lacagta waxaa laga yaabaa inuu saamyey isbedelka ku dhacay lacagta ay hellaan. Tan waxaa ku jira qoysaska, kuwa shaqada raadinaya, Australiyaanka waayeelka ah, dadka qaba iinta, ardada iyo kuwa tababarka ku jira iyo daryeellayaasha.	Dadka haddeerba hellayaa lacagta. ⁶⁶
Lacagta shaqa-raadiyaha	Lacagta Shaqada-Hayuhu waa lacagbixin kabiid ah oo dhan \$550 labadii asbuucba dadka da'doodu 22 ka sano ay uga hartay shaqa ka fadhiisadku, dadka aan shaqayn ama si ku meel gaara aan u awoodin inay shaqeeyaan, oo aan ka qaadan lacagta Shaqa-Hayaha ee shaqaaleeyaha. Xaalladaha deganaha waxaana saamaysda habka qiimaynta dakhliga. Qiimaynta hantida waa laga joojiyey lacagta iyo kuwa kale oo badan.	Macluumaadka lacagta Shaqa-hayaha ⁶⁷
Lacagaha kaalmada khaaska ah oo Centrelink ka qaata lacagta	Kuwa ka qaata Centrelink Laba lacagood oo ah Kaalmaynta Dhaqaalaha oo dhan \$750, kuwaas oo ay ku jiraan kuwa qaata Shaqa-Hayaha iyo Gunada Dhalinyarada. Tii ugu horaysay waxaa la bixiyey Maarso tan ku xigtana waxay noqonaysaa bartamaha Luulyo.	Xaashida Xaqiiqada - Lacagaha kaalmada kuwa guriga degan (PDF 200 KB) ⁶⁸
Lacagaha loogu daro kuwa qaata lacagta Centrelink iyo kaalmada lacageed ee kale	Kuwa cusub iyo kuwa qaata Shaqa-Raadiyaha iyo kuwa qaata lacaga kale oo Centrelink waxay helli doonaan lacag kabis ah oo dhan \$550 labadii asbuucba, taas oo aan loo eegayn hantida ama mudada sugida. Mudnaanta lacagta Shaqa-Raadiyaha iyo gunada dhalinyarada ayaa la dheereeyey si loogu daro shaqaalaha joogtada ah kuwaas oo ka baxay ama lumiyeey shaqadooda, keli u shaqeeyaha, qofka iskiis u shaqeeya, kuwa qabta shaqada aan joogtada ahayn, shaqaalaha kunturaada ku shaqeeya oo dakhligoodu hoos u dhacay, kuwa daryeellaya qof uu saameeyey coronavirus. Eeg websaytka Maaliyada wixii macluumaad ah oo intaa ka badan, iyo weliba kaalmada dakhliga dheeraadka ah, oo guriga shaqada ku qabta oo dalban kara superannuation-ka.	Xaashida xaqiiqada - Kaalmada dakhliga shakhsiyaadka (PDF 253 KB) ⁶⁹

Kaalmada Xukuumada dadka reer Fiktooriya

Qaybta hoose waxay bixisaa faahfaahin siyaad ah oo kaalmada lacag bixinta mucayinka ah qaarkeed ee Xukuumada Fiktooriya.

Adeeg	Kaalmo la bixiyey	La xiriir
Lacagta kaalmada shaqaalaha	Lacag hal mar ah oo dhan \$1500 ayaa waxaa heli kara shaqaalaha aan awoodin inay shaqeeyaan inta lagu jiro isgooniyeelida, oo aan haysan dakhli inta lagu jiro mudadaas aana xaq u lahayn lacag fasax, fasax khaasa oo safmarka ama kaalmayn dakhli oo kale.	Lacagta kaalmada shaqaalaha ⁷⁰

⁶⁵ <https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19>

⁶⁶ <https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19/if-you-already-get-payment-from-us>

⁶⁷ <https://www.servicesaustralia.gov.au/individuals/services/centrelink/jobseeker-payment>

⁶⁸ https://treasury.gov.au/sites/default/files/2020-03/Fact_sheet-Payments_to_support_households_0.pdf

⁶⁹ https://treasury.gov.au/sites/default/files/2020-04/Fact_sheet-Income_Support_for_Individuals.pdf

⁷⁰ <https://www.dhhs.vic.gov.au/covid-19-worker-support-payment>

	Mashruucu wuxuu kaloo xaqiijinayaa isla marka qofka la baaro, waxay xaq u leeyihiin \$300 oo ah lacagta kaalmada ee Xukuumada Australiya - waxaase shardi ah inay buuxiyaan mudnaanta mashruuca hadda jira.	
Shaqaa raadiyayaasha	U shaqaynta Fiktooriya waxay ka caawintaa shaqaalaha lumiyey shaqooyinkooda coronavirus-ka dartiis inay hellaan fursada shaqo ee mudada gaaban ah ama marmar ah. Marka lagu daro meelaynta shaqo, kharajku wuxuu kaloo caawimi karaa horumarinta xirfadaha ama caawinta dadka qaata aqoonsi degdeg ah si aad u bilawdo shaqada.	U shaqaynta Fiktooriya (Working for Victoria) ⁷¹
Caawimida bixinta korontada, gaaska ama korontada	Mashruuca Deeqda Gargaarka (Utility Relief Grant Scheme) wuxuu siiyaa dadka xaq u leh ee reer Fiktooriya oo haysta Health Care ama Veterans Gold Card kuwaas oo ay haysato dhibaato dhaqaale ama ijaarka siyaaday, lacag bixin dhan ilaa \$650 adeeg walba muddo dhan laba sanadood, ama \$1300 dadka ay isku shirkadi siiso tamarta (energy).	Mashruuca Deeqda Gargaarka (Utility Relief Grant Scheme) ⁷²

kaalmo ururo kale ka imanaysa

Table-ka hoose wuxuu bixiyaa faahfaahin siyaada ah oo kaalmo sharci ama iyo dhaqaale oo la heli karo.

Adeeg	Kaalmo la bixiyey	La xiriir
Lacagta deynnta ah ee shakhsiyeed (oo ay ku jirto lacagta deyn bixinta guriga)	Bangiyada qaarkood ayaa sahlay xaalladaha deyn bixinta ee macmiilaha waqtiga adag, taas oo ka mid tahay dib-u-dhigida ama dib u haynta qaabka deynnta loo bixinayo.	Suaallaha badanaa macaamiishu isweydiiso ee COVID-19 ⁷³
Deganayaasha guryaha iyo dadka khatarta ugu jira guri la'aanta	Kiraystayaasha degan ama dadka ku nool guryaha la wadaago, guryaha bulshada, guryaha loo yaqaan caravan Park ama guryaha khaaska u ah kuwa iinta leh, ayaa laga yaabaa inay ka baxaan ijaarashada haddii ay dhacdo dhibaato dhaqaale. Kuwa guryaha iska leh waxaa laga yaabaa in aanay ka saari karin kiraystayaasha doonaya inay sii joogaan hadday rabaan, marka looga saarayo khasaare ay guriga u geysteen, fal dembi ah, rabshad aad u daran ama haddii kiraystuhu uu bixin karo ijaarka laakiin uu diido inuu bixiyo. Kiraystayaasha laguma qori karo liiska deganayaasha ama liiska madow haddii aanay awoodin inay bixiyaan ijaar sabab la xiriirta COVID-19.	Xuquuqdaada iyo Consumer Victoria – COVID-19 ⁷⁴ Kirasyatyaasha reer Fiktooriya - Ijaarka baaqday iyo COVID-19 ⁷⁵
Lacag dhimista telefoonka iyo internet-ka	Weydii kuwa bixiya internetkaaga iyo telefoonka haddii ay ogol yihiin dhimis ama caawimo COVID-19 dartiis. Optus waxay bixisaa xal lagu joojinayo qorshaha hadda ah haddii aanay u baahnayn adeega. sidoo kale inay ka joojiyaan lacagta laysaga qaado la daahida iyo joojinta goynta iyo hawalaha qaadashada deynka.	Kaalmada Telstra ee COVID-19 ⁷⁶ Kaalmada Optus ee COVID-19 ⁷⁷
Talasiinta dhaqaalaha	Dhowr adeeg oo ah adeega la talinta dhaqaalaha ayaa wuxuu bixiyaa kaalmada adeega sanada oo ah dhan wuxuuna siiyaa kaalmo shaqaalaha, ganacsiga iyo bulshada guud oo ay saamaysay dhibtu. Talasiinta dhaqaaluhu waa lacag la'aan waana adeeg qarsoodi oo ay bixiyaan ururada bulshada, xarumaha sharciga iyo qaar ka mid ah hay'adaha xukuumada. Baar 'Money	Macluumaadka Talasiinta dhaqaalaha ee Moneysmart ⁷⁸

⁷¹ <http://vic.gov.au/workingforvictoria>

⁷² <https://services.dhhs.vic.gov.au/utility-relief-grant-scheme>

⁷³ <https://www.ausbanking.org.au/wp-content/uploads/2020/03/COVID-19-Customer-FAQs.pdf>

⁷⁴ <https://www.consumer.vic.gov.au/resources-and-tools/advice-in-a-disaster/coronavirus-covid19-and-your-rights>

⁷⁵ <https://www.tenantsvic.org.au/advice/coronavirus-covid-19/rent-arrears-and-covid-19/>

⁷⁶ <https://www.telstra.com.au/covid-19>

⁷⁷ <https://www.optus.com.au/about/media-centre/coronavirus-support#get-in-touch>

⁷⁸ <https://moneysmart.gov.au/managing-debt/financial-counselling>

	Smart' si aad u hesho adeegyada kuugu dhow.	
Adeegyada Talasiinta dhaqaalaha beeralayda iyo xolla dhaqatada.	Adeegaani wuxuu talasiin lacag la'aana, qarsoodi ah oo madaxbanaan kuwa mudan ee ah soo-saarayaasha waxyaallaha asaasiga ah, kalluumaysiga, kuwa kaymaha, iyo kuwa kale ganacsiga ku salaysan baadiyaha. Agriculture Victoria wacxay caawimi karaa in la hello bixiyayaasha adeega agagaaraha.	Adeega talasiinta dhaqatada beeraha iyo xollaha⁷⁹

⁷⁹ <http://www.agriculture.gov.au/ag-farm-food/drought/assistance/rural-financial-counselling-service/vic>

Kaalmaynta kooxo gaar ah

Dadka waayeelka ah, kuwa iinta leh iyo daryeellayaasha

Urur	Kaalmo la bixiyey	La xiriir
Carers Victoria	La tallinta wakhtiga gaaban, adeega taageerada cilmi nafsadeed iyo dareenka maskaxeed ee loogu talagalay qoysaskooda iyo xannaaneeyayaasha. Kolka xafiiskoodu ka xiran yahay booqdayaasha toos ula kulankuna aanu hadda jirin, weli waa ka caawimi karaan daryeellayaasha: kaalmada shucuurta iyo talada adeega, telefoon ama kulan online ah oo talasiineed, nasinta guriga ah iyo adeegyo kale oo muhiima inay yimaadaan gurigaaga, qalab iyo aallado la keenayo, qalab laga yaabo in uu ku caawimo iyo kaalmada online-ka ah iyo waxbarashada.	1800 514 845 (Isniinta ilaa Jimcaha, 8:30 subaxii ilaa 5 galabtii) Carers Victoria⁸⁰
Xukuumada Fiktooriya	Xukuumada Fiktooriya waxay siisaa daryeellayaal bixiya talo caafimaad, tusaalayaal kugu haynaya fiyoobi.	Macluumaadka dadka leh iinta iyo daryeellayaashooda markay ku jiraan goon-yeelida (Word 64 KB)⁸¹
National Disability Insurance Scheme (NDIS)	NDIS waxay leeydahay macluumaad khaasa oo leh iin ku saabsan isbedelka adeega waxaana laga hellaa kaalmooyinkooda bogga COVID-19. La xiriir NDIS si aad u codsato dib u eegida qorshaha.	1800 800 110 (Isniinta ilaa Jimcaha, 8 subaxii ilaa 8 galabtii) Macluumaadka NDIS COVID-19⁸²
Barnaamijka Kaalmada Commonwealth	Kaalmada heerka gelitaanka dadka waaweyn kuwaas oo u baahan caawimada si ay guriga u joogaan	1800 200 422 (My Aged Care) My Aged Care⁸³
Barnaamijka Daryeelka Bulshada iyo Guriga	Mecwacare waxay siisaa dadka iinta leh oo jira 65 sanadood kuwaas oo awoodooda madaxbanaanida ku noolaanshuhu khatar ku jirto. Adeegyada waxaa ka mid ah caawimada guriga, daryeel shakhsiyeed, adeega cuntooyinka guriga la keeno, kaalmada bulsho, dayactirka guriga iyo nasniinta.	8573 4650
Gargaarka Musaafuriinta (Travellers Aid)	Travellers Aid waxay bixiyaan kaalmada wixii lagu socdo waxayna ijaaraan qalab iyo adeegyo wada socda oo laga hello Flinders Street iyo Southern Cross Stations.	Gargaarka Musaafuriinta (Travellers Aid)⁸⁴
Able Australia - Ablelink	Able Australia weli waa furan tahay waxayna sii wadaa bixinta adeegyada iinta, kuwaas oo ay ku jiraan kaalmada indha-dhega la'aanta, iyo kaalmooyinka bulshada ee dadka waaweyn.	1300 225 369 Able Australia⁸⁵ <i>Fadlan ogsoonow in Ross House (Xafiiska guriga Ablelink) hadda uu xiran yahay.</i>

Kuwa dhaqan ahaan iyo luqad ahaan kala duwan iyo macluumaadka la heli karo oo COVID-19

Urur	Kaalmo la bixiyey	La xiriir
Victorian Multicultural Commission	Kaalmada iyo u hadlida kuwa dhaqan ahaan iyo luqad ahaan kala duwan ee reer Fiktooriya.	⁸⁶ Macluumaadka COVID-19⁸⁷

⁸⁰ <https://www.carersvictoria.org.au/>

⁸¹ <https://www.dhhs.vic.gov.au/people-disability-and-carers-home-isolation-coronavirus>

⁸² <https://www.ndis.gov.au/coronavirus>

⁸³ <https://www.myagedcare.gov.au/>

⁸⁴ <https://www.travellersaid.org.au/>

⁸⁵ <https://ableaustralia.org.au/>

⁸⁶ <https://www.multiculturalcommission.vic.gov.au/coronavirus-support-services>

⁸⁷ <https://www.multiculturalcommission.vic.gov.au/coronavirus>

Aqbal Caafimaadka Dhimirka Dhaqamada badan	A national platform for multicultural communities and Australian mental health services to access resources, services and information in a culturally-accessible format. Saaxada bulshooyinka dhaqamada badan ee qaran iyo adeegyada caafimaadka dhimirka Australiya inay helaan ilaha wax soo saarka , adeegyada iyo macluumaadka qaab dhaqan ahaan ay ku heli karaan.	Aqbal Caafimaadka Dhimirka⁸⁸
Xukuumada Fiktooriya	Macluumaad qoran oo ku saabsan COVID-19 in ka badan 40 luqadood oo bulshada kuwaas oo ay ku jiraan: Burmese, Chinese, Dari, Hazaragi, Khmer, Pasto, Persian, Turkish, Urdu iyo Vietnamese.	Macluumaad la tarjumay oo ku saabsan COVID-19⁸⁹
Xukuumada Australiya	Fiidiyowyo ayaa la heli karaa kuwaas oo leh macluumaad ku tarjuman wixii ku saabsan COVID-19.	Fiidowga macluumaadka COVID-19 ee Xukuumada Australiya oo ah afaf kala duwan⁹⁰
Ethnolink	Macluumaad xul ah oo ah wixii qoran iyo wixii hadala oo luqadaha bulshada, oo Xukuumada Australiya iyo midda Fikriya ay diyaariyeen.	Macluumaad la tarjumay ee Ethnolink COVID-19⁹¹
SBS	Macluumaadka fiidiyowga ee COVID-19 in ka badan 60 luqadood.	Macluumaadka fiidiyowga ee COVID-19⁹²
Tarjumaadaha caafimaadka (Health Translations)	Macluumaadka la tarjumay ee ku saabsan COVID-19 waxaa bixisay 'Health Translations' kuna bixisay luqada badan.	Turjumaadaha Caafimaadka⁹³
Wasaarada Waxbarashada ee Xukuumada Fiktooriya	Talada ku saabsan barashada guriga ku salaysan oo luqada badan oo bulshada.	Talada la tarjumay ee kuwa wax ku barta guriga⁹⁴

Bulshooyinka Aboriginal iyo Torres Strait Islander

Urur	Kaalmo la bixiyey	La xiriir
Ururka caafimaadka la xakameeyey ee Bulshada reer Fiktooriya ee Aboriginal-ka ah	Tala mucayina, kaalmada caafimaadka, macluumaadka ku saabsan COVID-19 iyo adeegyada Aborijinaalka iyo jaalliyadaha Torres Strait.	Macluumaadka iyo kaalmada VACCHO COVID-19⁹⁵
Xukuumada Fiktooriya – Wasaarada Caafimaadka iyo Adeega Adamiga	Macluumaad ku saabsan kala fogaanshaha dadka, helida cunto iyo sahayda muhiimka ah, talooyinka kale, adkaynta iyo qadarinta dhaqamada.	Macluumaadka bulshooyinka aborijinaalka COVID-19⁹⁶
National Indigenous Australians Agency	Da'daal habaysan oo lagu xafidayo khatarta ka soo horjeeda Australiyaanka asaliga ah, iyada oo diirada la saarayo kuwa degan meelaha durugsan lana ilaaliyo helitaanka cuntada.	Macluumaadka NIAA COVID-19⁹⁷

⁸⁸ <https://embracementalhealth.org.au/>

⁸⁹ <https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>

⁹⁰ <https://www.youtube.com/user/healthgovau/search?query=%22information+from+SBS%22>

⁹¹ <https://www.ethnolink.com.au/covid-19-coronavirus-translated-resources/>

⁹² <https://www.sbs.com.au/language/coronavirus>

⁹³ <https://www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentEnglishResource?Open&x=&s=Coronavirus>

⁹⁴ <https://www.education.vic.gov.au/parents/learning/Pages/home-learning-translated-advice.aspx>

⁹⁵ <http://www.vaccho.org.au/about-us/coronavirus-information/finding-support/>

⁹⁶ <https://www.dhhs.vic.gov.au/coronavirus-information-aboriginal-communities>

⁹⁷ <https://www.niaa.gov.au/indigenous-affairs/coronavirus-covid-19/information-individuals>

Qoysaska leh carruurta

Urur	Kaalmo la bixiyey	La xiriir
Adeegyada qoyska ee Degmada Melbourne	Hooyada iyo caafimaadka dhalaanka, talaalka, daryeelka ilmaha, kaalmada waalidka iyo talasiinta	9340 1422 familyservices@melbourne.vic.gov.au
Xukuumada Fiktooriya	Macluumaadka waalidiinta leh carruur, dhalinyaro ah, iyo kuwa aan dugsiga gaarin iyo kuwa dugsiga gaaray, caafimaadka iyo guri ku barashada, barashada talada guriga ee luqadaha bulshada.	Macluumaadka waxbarashada ⁹⁸ Adeegyada waxbarasho ee waalidiinta ⁹⁹
Khadka Caawimada Waalidiinta	Kaalmada qalalaasaha ee waalidka	13 22 89 (8 subaxii ilaa saqda dhexe, maalin walba)
Kuwa dhowaan carruur dhalay	Waxyaalla fan ah oo carruurta iyo waalidiinta oo guriga lagu qabanayo	Fanka qoyska kala fogaanshaha bulshada ¹⁰⁰
Barashada maktabada	Macluumaadka Waxbarashada carruurta inta lagu jiro xiritaanka dugsiga	Macluumaadka waxbarashada ¹⁰¹

Dadka dhalinta yar iyo ardada

Urur	Kaalmo la bixiyey	La xiriir
Wax ku barashada Australia (Xukuumada Australiya)	Macluumaadka iyo kalamada ardada dibadaha ka yimid.	1300 981 621 (Isniinta ilaa Jimcaha, 9 subaxii ilaa 5 galabtii) Email: international.students@dese.gov.au Kaalmada ardada ¹⁰²
Barashada Ardada (Xukuumada Fiktooriya)	Ardada dibada ka yimid oo ajnabiga ah waxay heli karaan ilaa \$1100 taas oo qayb ka ah kaalmada degdegta ah ee Xukuumada Fiktooriya taas oo caawin doonta kumanaan arday ah oo dadka degaan dawladda Goboleedka oo dhan.	Ardada dibadaha ka timid kharajka gargaarka degdegta ah ¹⁰³
The Venny	Wuxuu ku yaallaa JJ Holland Park wuxuna shaqaynayey 30 sanadood, The Venny wuxuu bixiyaa goob leh cunto iyo waxyaalla yaryar oo la cuno ee ardada jirta 5 ilaa 18 sanadood iyo qoysaskooda. Inta lagu jiro waqtigaan goobta cayaarta bulsho ee carruurta, ee ku yaalla JJ Holland Park, waxaa xiran yahay. Waxayse bixiyaan maalmo cayaareed oo online-ka ku salaysan maalinta Talaadada, Jimcayasha iyo Sabtiyada 1da duhurkii.	9376 0589 Email: Info@thevenny.org.au The Venny ¹⁰⁴
The Drum	Wuxuu ku siiyaa adeegyo dhalinyarada Carlton, Kensington, North Melbourne, Faras magaalaha iyo guryaha dadweynaha ee ku yaalla Richmond iyo Collingwood. Inta waqtigaan lagu jiro way sii soconaysaa in la bixiyo talasiin, hawl-xaalladeed iyo kaalmada waalidnimada oo online ah ama telefoonka lagu bixinayo. Dhamaan kooxaha iyo siminaarada ayaa iyagana loo bedelay online.	9663 6733 The Drum ¹⁰⁵
Adeegyada Frontyard Youth	Barnaamijka degaanka ee dadka dhalinyarada ah oo jira 16ka ilaa 25ka. Adeegyo ayaa hadda lagu bixiyaa ballan keliya si hoos loogu dhigo tirada dadka jooga	9977 0077 ama 1800 800 531 Email: frontyard@mcm.org.au

⁹⁸ <https://www.education.vic.gov.au/parents/Pages/default.aspx>

⁹⁹ <https://www.education.vic.gov.au/parents/services-for-parents/Pages/default.aspx>

¹⁰⁰ <https://newywithkids.com.au/family-fun-social-distancing-coronavirus/>

¹⁰¹ <https://www.education.com/resources/>

¹⁰² <https://www.studyinaustralia.gov.au/English/student-support>

¹⁰³ <https://www.studymelbourne.vic.gov.au/help-and-support/support-for-students-coronavirus/international-student-emergency-relief-fund>

¹⁰⁴ <http://www.thevenny.org.au/>

¹⁰⁵ <https://thedrum.ds.org.au/contact/>

	meesha la wadaagayo.	
Mashruucyada Dhalinyarada (CBD)	Adeegyada caafimaadka asaasiga ee taskhsuska ah, La tashiga dhakhtarka guud, talasiinta, Opioid Replacement Therapy (ORT), kaalmada faragelinta gaaban, Hepatitis C iyo Rugta Caafimaadka ee Beerka, u xawilida adeegyo kale oo caafimaad, kaalmada iyo xalalka daaweynta. Outreach, irbadaha la geeyo ee barnaamijka silingaha, ka hortegida iska badinta iyo si amaana u isticmaalida iyo talada amaana u isticmaalida, naloxone lacag la'aana iyo tababarka wax ka qabashada iska badinta, talasiinta, daryeelka shilka ka dib, iyo kaalmada dhalinyarada.	Qolka degaanka (The Living Room) 9945 2100 Mashruuca Dhalinyarada ee Lugaynaya (Youth Projects Foot Patrol) 0412 155 491 ama 1800 700 102
Headspace – Adeega Caafimaadka Dhimirka Dhalinyarada	Adeeg telefoon oo online ah kaas oo kaalmeeya dadka dhalinta yar oo u dhexeeya 12 iyo 25 sano iyo qoysaskooda oo ay haysato waqtiyo qalafsani. Si wax looga qabto COVID-19, xarumaha headspace qaarkood ayaa dib u habayn ku samaynaya adeegooda si loogu biiriyo online-ka iyo ku talasiinta telefoonka.	1800 650 890 Headspace ¹⁰⁶
ReachOut	Ururka caafimaadka dhimirka ee Online-ka ah oo leh maclumaad lacag la'aana oo dhalinyaradad yaryar iyo waalidiintooda. Waxaa ku jira ururinta apps-ka samaqabka iyo caafimaadka oo loogu yeero toolbox	ReachOut ¹⁰⁷ The toolbox ¹⁰⁸
Khadka Caawimada Carruurta	Lacag la'aan, telefoon barayfit ah lacag la'aana ah iyo adeega talasiinta dadka da' ahaan jira 5 ilaa 25 sano.	1800 55 1800 (24 ka saacadood, maalin walba) Khadka Caawimada Carruurta ¹⁰⁹ Web-ka ku talasiinta sheekaysiga ¹¹⁰ Email counselling (ku-talasiinta moobaylka) ¹¹¹
Youth Beyond Blue – brave program	Barnaamijka dabeecada faham lagu caawimayo dadka dhalinyarada ah oo jira 8 ilaa 17 sanadood oo leh walaac.	Brave 4 you ¹¹²
Mood gym	An online cognitive behavioural therapy program to help young people aged 12 to 25 with depression	Mood gym ¹¹³
La jaanqaadka walaaca	EBook-ga carruurta iyo kuwa koran	La jaan-qaadka walaaca ¹¹⁴

Kuwa Visa-ha haysta

Urur	Kaalmo la bixiyey	La xiriir
Xukuumada Australiya	Macluumaadka ku saabsan qabanqaabinta Waaxda socdaalka iyo waajibaadka inta lagu jiro COVID-19.	Waaxda Socdaalka iyo qorshah xuduuda inta lagu jiro COVID-19 ¹¹⁵
	Macluumaad ku saabsan fiisaha lagu joogayo Australia waxaa lagu hellaa luqada kala duwan.	Mudnaanta Visa-ha iyo joogits Australiya ¹¹⁶

¹⁰⁶ <http://www.headspace.org.au/covid-19/>

¹⁰⁷ <https://au.reachout.com/>

¹⁰⁸ <https://au.reachout.com/sites/thetoolbox>

¹⁰⁹ <https://kidshelpline.com.au/>

¹¹⁰ <https://kidshelpline.com.au/get-help/webchat-counselling>

¹¹¹ <https://kidshelpline.com.au/get-help/email-counselling/>

¹¹² <https://brave4you.psy.uq.edu.au/>

¹¹³ <http://www.moodgym.anu.edu.au/welcome>

¹¹⁴ <http://www.playingwithanxiety.com/>

¹¹⁵ <https://covid19.homeaffairs.gov.au/>

¹¹⁶ <https://covid19.homeaffairs.gov.au/staying-australia>

Fair Work Commission	Macluumaadka shaqaalaha kuwaa oo ah soogalooti ama kuwa haysta Visooyin. Macluumaad la tarjumay ayaa iyagana la heli karaa.	Macluumaadka shaqaalaha soogalootiga ah iyo kuwa Visada haysta inta lagu jiro COVID-19¹¹⁷
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Marabida

Urur	Kaalmo la bixiyey	La xiriir
Adeegyada maaraynta xayawaanka ee Degmada Melbourne	Degmada Melbourne waxay bixisaa adeegyada maaraynta oo ay ka midka yihiin diiwaangelinta, baarista iyo waxbarashada ku saabsan masuuliyad qaadka lahaanshaha marabida.	9658 8816 Adeegyada Maaraynta xawaanka¹¹⁸
Dukaamada cuntada marabida	Cuntada marabida waxaa laga dalban karaa online dukaamada marabida sida Pet Stock, Pet Barn, My Pet Warehouse, ama la xiriir dukaanka xaafadaada ee marabida si aad u hubiso inay guriga kuugu keeni karaan.	Websayt-yada muhiimka ah waxaa ka mid ah: Petbarn¹¹⁹ Petstock¹²⁰ My pet warehouse¹²¹

¹¹⁷ <http://www.fairwork.gov.au/find-help-for/visa-holders-migrants/migrant-worker-and-visa-holder-information-during-coronavirus>

¹¹⁸ <https://www.melbourne.vic.gov.au/residents/pets/animal-management-services/Pages/animal-management-services.aspx>

¹¹⁹ <http://www.petbarn.com.au/>

¹²⁰ <http://www.petstock.com.au/c/covid19>

¹²¹ <https://www.mypetwarehouse.com.au/>