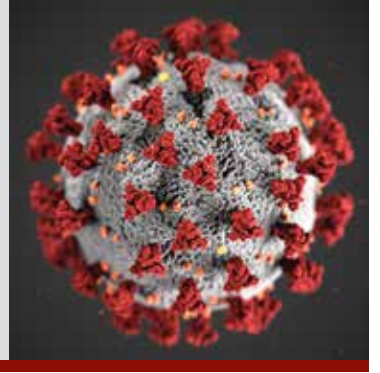


# L&I Sharuudaha iyo Hagidda loogu tala galay Kahortagga COVID-19

Xogtaan waa waqti xaadirkan laga bilaabo Febraayo 18, 2022.



Ganacsiyada waxaa laga doonayaa inay raacaan sharuudaha sida lagu shaaciyay Government Notice 20.25.15 (Ogeysiiska dawladda ee 20-25.15) iyo sida ku cad Amarkii Xoghayaha The Order of the Health Secretary of 20.03.4 (Caafimaadka ee 20-03.4.)

## Sharuudaha Shaqaaleysiiyayaasha ee Goobaha Dadweynaha

Shaqaaleysiiyayaasha waa qasab inay dhowraan oo sii wadaan bey'o shaqo oo badbaado leh oo aan lahayn COVID

- Daboollada wajiga ee loo baahan yahay ama maaskiyada loogu talagalay macaamiisha iyo shaqaalaha, dhammaan noocyada kala duwan ee goobaha shaqada, ayadoon loo eegeyn xaaladda tallaalka, goobaha gudaha ah ee dadweynuhu soo gali karo.
- Ganacsiyadu waa inay soo dhajiyaan boorar kuwaasi oo lagu dhajinaayo goob caan ah oo ay macaamiishu arki karaan oo ah meel kastoo meesha laga soo galo kuwaasi oo u sheegaya macaamiisha daboolka wajiga ee looga baahan yahay.
- Bixinta daboollada wajiga oo maro ah ama maaski intaa ka badbaado badan oo macaamiisha lagu siinayo lacag la'aan markii loo baahan yahay isticmaalka maaskiga.
- In had iyo jeer shaqaalaha u nugul oo uu ku dhici karo COVID-19 amaba la xaqiijiyay inuu ku dhacay waa in aan loo ogolaan inay ka ag shaqeeyaan dadka waxaana loo baahan yahay raacidda hagidda habboon ee gooni u soocidda iyo karantiilka.
- Bixinta agabyada gacma dhaqashada iyo waxyaabaha gacmaha lagu meyrto.
- Ku tababaridda shaqaalaha inay ogaadaan oo wax ka qabtaan dhibaatooyinka goobta shaqada oo uu kujiro COVID-19.
- Qiimeyn ku samaynta dhibaatooyinka la ogaaday oo uu ku jiro COVID-19 taasi oo qeyb ka ah shardiga haatan jira ee lagu bixinaayo goob shaqo oo badbaado iyo caafimaad leh iyo haddii ay munaasab tahay in la qaado tillaabooyin dheeraad ah si loo badbaadiyo shaqaalaha dhammaantii.

- Ku bixi ogeysiis qoraal ah hal maalin oo shaqo gudaheed kaasi oo la siinaayo dhammaan shaqaalaha, iyo shaqaaleysiiyayaasha shaqaalaha haysta qandaraas-hoosaadyada kuwaasi oo ku sugnaa isla goobta shaqo ee uu ku sugnaa qof laga helay COVID-19 (ayadoon qofkaa heybtiisa la shaacin.)
- Soo tebinta dillaacidda COVID-19 kaasi oo ay qaadeen 10 ama shaqaale ka badan oo jooga goobaha shaqada ama goobo shaqo oo leh in ka badan 50 shaqaale oo u shaqeeya L&I (Shaqadda iyo Warshadaha) 24 saacadood gudahood.

## Sharuudaha Shaqaaleysiiyayaasha ee Goobaha Aan Ahaayn Kuwa Dadweynaha

- Goobaha dadweynuhu aysan soo gali karin, shaqaaleysiiyayaashu waxay u ogolaan karaan shaqaalaha sida buuxda loo tallaalay ee xaaladda uu shaqaaleysiiyuhu xaqiijiyay inay iska siibaan daboolka wajiga ama maaskiga markii ay gudaha ku jiraan.
- Intaas waxaa dheer, qof kaligii shaqeeynaya wuxuu sidoo kale iska siibi karaa daboolka wajiga ayadoon loo eegeyn xaaladiisa tallaalka. "Kali" waxay ka dhigan tahay in shaqaalaha aanu dad kale ku dhex jirin oo aanu filanaynin ama ay yar tahay inay isasoo gaadhaan dad kale. Tusaaleyaasha waxaa ka mid ah:
  - Qof kaligii xafiis kashaqeeya albaabkuna u xiran yahay kaasi oo aan loo badinayn in uu qof soo booqdo.
  - Shaqaalaha cagafta ama wiishka wada oo keligis ku dhax xidhan shidhka.
  - Darawalada gaadiidka keena alaabada oo aysan dadka isa soo hor istaagin marka ay alaabta keenayaan ama qaadayaan.
  - Shaqaale nadaafad oo kaligii shaqeeya.
- Shaqaaleysiiyayaasha waxaa ay sidoo kale door bidi karaa inay dalbadaan daboollada wajiga xataa haddii goobta dadweynuhu uusan soo gali karin shaqaalahana aanan si buuxda loo tallaalin.
- Shaqaaluhu waxay xaq u leeyihiin inay si iskaa wax u qabso ah u xirtaan maaski iyo qalabka kale



Division of Occupational Safety and Health



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ee badbaadada markii aan loo baahneyn-haddiiba isticmaalkiisu uusan abuureyn dhibaato badbaado ama mid amni.

- Dhammaan sharuudaha kale ee aan la xiriirin daboollada wajiga oo ay ku jiraan tababarka, nadiifinta, qiimeynta dhibaataada, ogeysiinta iyo sharuudaha kale wali way ka sii shaqeynayaan goobaha aan ahayn kuwa dadweynaha.

## Kindly, do spacing here, it should be “ Xaaladdaha Tallaalka”

Shaqaaleysiiye kasta oo xulanaaya inuu u ogolaado shaqaalaha sida buuxda loo tallaalay inay ka shaqeeyaan ayagoon xirneyn maaski goobaha gudaha ah ee dadweynaha aan loogu tala galin waa inay xaqiijiyaan xaaladda tallaalka ee shaqaalaha. Shaqaaleysiiyeyaashu waa inay awoodaan inay muujiyaan hannaanka la isticmaalay si loo xaqiijiyo xaaladda tallaalka ee shaqaalaha. Si kastaba ha ahaatee, loogama baahna inay heystaan nuqulka saxda ah ee diiwaannada xaqiijinta tallaalka ee shaqaalaha.

Noocyada la aqbali karo ee xaqiijinta waxaa ka mid ah:

- kaarka tallaalka ama sawirka kaarka tallaalka.
- Dukumiinti ka socda bixiyaha daryeelka caafimaadka.
- Diiwaanka nidaamka xogta tallaalka ee dawladda gobolka.
- Nuqul daabacan oo ah is xaqiijin ka socota qofka shaqaalaha ah ama loo saxiixay si elektaroonik ah. Xasuusnoow: shaqaaleysiiyaha loogama baahna inuu is xaqiijin ka dhigo ikhtiyaari si loo xaqiijiyo tallaalka xaaladiisa.

Markii la hirgalinaayo hannaanka xaqiijinta, shaqaaleysiiyeyaashu waa inay tixgaliyaan sharuuc kale oo laga yaabo inay khuseeyaan.

## Hagid Dheeraad ah oo lagu ilaalinayo Shaqaalaha

Xogtaan soo socota waa tala waxaana loogu tala galay inay ku caawiso shaqaaleysiiyeyaasha inay bixiyaan goob shaqo oo badbaado iyo caafimaad leh. Si kastaba ha ahaatee, waxaa jiri kara sharuudo gaar ah oo ay tahay in la raaco looguna tala galay hawlo gaar ah kuwaasi oo leh halis sare oo fayrasku laisku gudbin karo.

- Tallaalka COVID-19 waa aaladda ugu wanaagsan ee looga hortago faafidda fayraska. Shaqaaleysiiyeyaashu waa inay taageeraan oo ku boorriyaan shaqaalaha in la tallaalo.
- Siyaabo kale oo lagu dhimo halista faafidda COVID-19 ee loogu tala galay shaqaalaha waxaa ka mid ah:
  - In la sii wado kala fogaanshaha shaqaalaha aan la tallaalin gaar ahaan goobaha gudaha ah ee hawada fiican aan lahayn ama markii lala shaqeynaayo dadweynaha.
  - Inta ugu badan oo la heli karo in la gaarsiiyo hawada fareeshka ah iyo hawada fiiltareysan goobaha leh ee nidaamyada Kululeynta, Hawo Soo Gelin, iyo Hawo Qaboojin [Heating,

Ventilation, and Air Conditioning, HVAC], iyo ku daridda fiiltareyn goobaha hawada fiican aan lahayn.

- Siinta maaskiga shaqaalaha goobaha la buux dhaafiyay ee gudaha ah ku sugan aad ayaa loo dhiirigalinayaa (sida goobaha isboortiga, bandhigyada, dhoollatusyada, xafladaha konsheertooyinka ah, iyo goobaha la midka ah).
- Bixinta maaski ka badbaado badan daboolka wajiga ee marada ah kuwaasi oo loogu tala galay shaqaalaha halis intii hore ka badan ugu jira in cudurka ay faafiyaan ama uu ku dhex faafo. Tusaaleyaasha waxaa ka mid ah maaskiyada qalliinka, KN95s, iyo xaaladaha qaarkood, qalabka lagu neefsado.

## Dejin Macquul ah iyo Takoor

Shaqaaleysiiyeyaashu waa inay xaqiijiyaan in goobaha shaqadu ay sii ahaadaan kuwo badbaado iyo caafimaad dadka oo dhan u leh, ayadoo ay kujiraan shaqaalaha qaba dhibaatooyinka caafimaad darro ama naafada ah (eeg Sharciga Ameerikaanka Naafada ah, ama ADA, ee kujira [www.eeoc.gov/laws/guidance/fact-sheet-disability-discrimination](http://www.eeoc.gov/laws/guidance/fact-sheet-disability-discrimination)).

Intaas waxaa dheer, Sharciga Heerarka Shaqada Xaaladaha Degdegga ah ee Caafimaadka (HELSA) waxaa uu ka badbaadiyaa shaqaalaha halista sare ku jira in laga saaro, in si joogto ah loo baddalo, ama takoor lagu sameeyo inta ay joogaan goobta shaqada haddii ay jiid doontaa si aysan baylah ugu noqon cudur faafa ama la kala qaado inta lagu jiro xaalad degdeg ah oo caafimaad darro oo dadweyne. Sharcigaan waxaa maamula L&I haatanna wuxuu ku taxaluqaa dejinta(jiifka) la xiriira COVID-19.

## Dhigaalada

L&I *Which Mask for Which Task?* (Maaskigeed loo isticmaalaa Shaqadeed?) wuxuu leeyahay xog ku saabsan baylah u noqoshada halis sare iyo xulashada maaskiga: [www.Lni.wa.gov/go/F414-168-000](http://www.Lni.wa.gov/go/F414-168-000)

Hagidda COVID-19 ee L&I waxaa ku jira dhigaalada laga helo Xarumaha Xakamaynta Cudurrada (Centers for Disease Control and Prevention, CDC), Waaxda Caafimaadka (Department of Health, DOH) iyo Iyo Maamulka Bad-qabka iyo Caafimadka Goobta Shaqada (Occupational Safety and Health Administration, OSHA) ee Mareykanka. [www.Lni.wa.gov/CovidSafety](http://www.Lni.wa.gov/CovidSafety).

Amarkii daboolka wajiga ee Xoghayaha Caafimaadka ee DOH oo leh faahfaahinta sharuudaha iyo waxyaabaha la reebay: [www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/Secretary\\_of\\_Health\\_Order\\_20-03\\_Statewide\\_Face\\_Coverings.pdf](http://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/Secretary_of_Health_Order_20-03_Statewide_Face_Coverings.pdf)

Soo tebi xadgudub ku saabsan COVID-19: [www.coronavirus.wa.gov/report-safe-start-violation](http://www.coronavirus.wa.gov/report-safe-start-violation)

*Marka la codsado, taageerada luqadda ajnabiga ah iyo qaababka lagula xiriiro dadka naafada ah waa la heli karaa. Wac 1-800-547-8367. Istimaalayaasha TDD, waca 711. L&I waa loo-shaqeeye leh fursado loo siman yahay.*