

# COVID-19

## la socodsii dagganeyaasha

Maarso 19, 2020

### Talaabadaha fogeynta bulshada TCHC

Guryaha Bulshada Toronto (Toronto Community Housing) waxay hirgelisay talaabadaha fogeynta bulshada si ay u badbaadiso caafimaadka dadweynaha una hakkiso faafidda COVID-19.

- Xafiisyadana waa furan yahiin, hase ahatee lama ogola in la yimaado ballan la'aan ilaa laga soo saaro ogeysiis dambe. Shaqaalaha waxay la kulmi doonaan dadka daggan kaddib marka loo qabto ballan.
- Qolalka bulshada, qolalka nasashada iyo meelaha la isticmaalo waa laga xeray isu imaashada bulshada. Brograamyada raashinka ay keenaan wakaaladaha waa sii shaqeyn doonaan.
- Qolalka dhardhaqa waa furnaan doonaan, waxaa la nadiifin doonaa dhowr jeer maalin kasta.
- Waxaan sii wadnaa in aan bixino dayactirka degdegga, hase ahatee dhamaan codsiyada waxaa la dhamaystiri doonaa goor dambe.
- Waa la joojiyay hawlaha waaweyn ee lagu qabto gudaha qolka ilaa laga soo saaro ogeysiis kale, marka laga reebo hagaajinta qalabka dabka ee loogu talagalay badbaadinta nafta iyo baddalaadda marwaxadda hawada. Iibiyeyaasha sameeya shaqadaan waxay gashan doonaan qalabka badbaadinta si ay kuu badbaadiyaan.

### Maxaan sameyaa haddii aan rabo in aan shaqaalaha kala xariiro kiradeyda ama arrin kale?

Waxaad telefoonka ka dalban kartaa adeeg 24-saac ama waxaad qabsan kartaa ballan, adiga oo waca Xarunta Daryeelka Macaamilka (Client Care Centre), telefoonka **416-981-5500** ama [help@torontohousing.ca](mailto:help@torontohousing.ca).

### Maxaa laga oran karaa ammaanka iyo sekuritiga?

Qeybta Ammaanka Bulshada Askartena Khaaska (Community Safety Unit Special Constables) waxay weli ka shaqeyaan bulshada iyo qeybta CSU Dispatch, waxaa weli shaqeeyaa telefoonka **416-921-2323**.

### Naftaada aad ka badbaadisid cudurka

In aad saabuun iyo biyo ku dhaqidid gacmahaada ugu yaraan 15 sekan si aad isaga ilaalisid cudurka waxay la mid tahay adiga oo isticmaala nadiifiyaha gacanta, kaasoo ku yaraaday magaalada.

Ogow in badan: Booqo [torontohousing.ca/coronavirus](https://torontohousing.ca/coronavirus) ama [toronto.ca/covid-19](https://toronto.ca/covid-19).



Wac **416-981-5500** si ogeysiis kaan laguugu siiyo luqad kale ama qaab kale.