



# King County

OFFICE OF EQUITY & SOCIAL JUSTICE

TUSMADA AGABKA CUDURKA COVID-19

**SOMALI COVID-19 RESOURCE GUIDE**

LAST UPDATED 4/22/2020

MULKIILAYAASHA  
GANACSIYADA  
YARYAR

BULSHOYINKA  
SOO GALOOTIGA  
IYO  
QAXOOTIYAASHA

SHAQO LA'AANTA  
CAAFIMAADKA BULSHADA  
GURIYAYNTA  
KAASHKA IYO ADEEGYADA  
GURIGA

**TUSMADA AGABKA CUDURKA COVID-19**

Xiligaan adag, waxaa adag inaad hesho taageerada aad u baahan tahay si aad u daryeesho qoysaskaaga. Nasiib wanaag, barnaamijyo badan oo kuwa dawlada ah ayaa balaariyay shuruudahooda u qalmida sabab la xariirta aafada coronavirus. Si aad u aragto liiska buuxa ee barnaamijyada gobalka ee aad u qalmi karto, buuxi xog aruurintaan ku jirta [Washington Connection](#). Haddii aad raadinayso adeeg gaar ah, dooro wax kamid ah qaybaha hoose si laguugu duwo ilaha adeegyada aad raadinayso.

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**LA XARIIR:**

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## SHAQO LA'AANTA

Haddii aad shaqo la'aan noqoto inta lagu jiro aafada coronavirus, qaabka ugu fudud ee aad ku codsan karto gunooyinka shaqo la'aantu waa inaad gasho webseetka Waaxda Amaanka Shaqada ee Washington (WA Employment Security Department). Haddii shaqada lagaaga saaray sabab la xariirta COVID-19, waxay u badan tahay inaad gunooyinka xaq u yeelato, xataa haddii aad tahay ganacsade ama aadan shaqayn jirin saacadaha caadiyan la rabo oo ah 680 saacadood. Shaqaalahaan waxaa ku jira shaqaalaha Lyft iyo Uber. Sidoo kale muddada sugitaanka ee halka asbuuc ah ee gunooyinka shaqo la'aanta ayaa meesha laga saaray. Waxaa intaas dheer, caymiska Kaabista Federaalka inta uu socdo Coronavirus ayaa ku kordhiyay \$600 qarash kasta oo shaqo la'aanta lagu bixin jiray asbuucii ilaa Luuliyo 31deeda.

Ka hor intaadan codsan, xaqiiji in xogtaan kuu diyaarsan tahay ([ESDWA](#)):

- **Nambardaada Social Security.** Sharciga federaalka ayaa kaa doonaaya inaad nambardaan keento si aad u hesho gunooyinka.
- **Magaca iyo ciwaanka shirkadii ugu danbaysay ee aad u shaqaynaysay,** ayadoon laga eegayn xiliga aad halkaas ka shaqaynaysay ama nooca shaqada aad samayn jirtay.
- **Taariikhdiisii u danbaysay ee aad u shaqaysay** shirkada aad u shaqaynaysay markii ugu danbaysay. Nidaamku ma aqbalaayo taariikh aan la gaarin. Haddii aad wali shaqayso, waxaad adeegsan kartaa taariikhda aad codsatay.
- **Magacyada iyo ciwaannada dhammaan dadka aad usoo shaqaysay intii lagu jiray labadii sano ee lasoo dhaafay.** Waa inaad qortaa liiska shirkadihii aad usoo shaqaysay labadii sano ee lasoo dhaafay. Codsiga oonleenta ah, waxaa ka banaan meel aad ku qorayso liiska ila 16 shirkadood. Haddii aad u shaqaysay wax ka badan 16 shirkadood 2 sano ee lasoo dhaafay, waa inaad gudbisaa codsigaaga gunada adoo wacaaya xarunta codsiga.
- **Taariikhaha aad u shaqaysay dhammaan shirkadaha.** Adeegso qiyaasaadkaaga ugu habboon haddii aadan xasuusan taariikhaha rasmiga ah. Waa inaad noo sheegtaa xogtaan waayo shirkada aad u shaqayso nama siinayso. Waxay kaliya noo sheegaan musharaadkaaga iyo saacadaha aad shaqaysay.
- **Haddii aad badanaa shaqadaada ku hesho midoow shaqaale,** magacaga iyo **nambarka maxaliga** ah ee midowgaaga ayaa la rabaa.
- **Haddii aad ku jirtay militariga labadii sano ee lasoo dhaafay, nambarkaaga DD214,** koobiga nambar kasta, 2 ilaa 8.
- **Haddii aad u shaqaynaysay dawlada federaalka ah labadii sano ee lasoo dhaafay, Foomkaaga Caadiga ah ee 8 (SF8) -** Ogaysiiska Loo diro Shaqalaha Federaalka ee kusaabsan Caymiska Shaqo La'anta, iyo **Foomka Caadiga ah ee 50 (SF50)** --Ogaysiiska Talaabada Shaqiga ah qasab maaha laakiin waxay boobsiinayaan codsigaaga.
- **Haddii aadan ahayn muwaadin Maraykan ah, nambarkaaga diiwaangalinta shisheeynimada** ee ay soo sartay United States Citizenship and Immigration Services (USCIS, Adeegyada Muwaadinimada iyo Soo galootiga ee Maraykanka).

Marka aad diyaariso xogtaada, [halkaan ayaad ka codsan kartaa](#). (<https://secure.esd.wa.gov/home/>) Haddii aad u baahan tahay taageero dheeraad ah, mashruuca Sharciga Shaqo La'aanta ayaa bixinaaya caawimaadooda sharci ee bilaashka ah. [Waxaad ka eegi kartaa webseetkooda wixii xog dheeri ah](#) ama ka wac 206-441-9178. Waxaad heli kartaa turjumaada dhammaan luuqadaha oo bilaash ah. (<http://unemploymentlawproject.org/covid-19/>)

## GURIYAYNTA

### Daymanka Guryaha iyo Kirooyinka

Haddii aadan awoodin inaad iska dhiibto kirada ama daynta guriga ee bisha sabab la xariirta aafada cudurka, la xariir mulkiilaha gurigaga ama shirkada daynta ku siisay si degdeg ah. Shirkado badan oo dayn bixiyaal ah ayaa dib u dhigaaya lacagihii laga qaadi jiray dadka guryaha leh.

**Amarka Hakinta Guri kasaarka** - Gudoomiyaha Gobalka Inslee ayaa ku baaqay amar lagu hakinaayo guryo ka saarida dadka ilaa Abriil 17keeda, taasoo macnaheedu yahay inaan guriga lagaa saari karin inta lagu jiro waqtigaan. Si taas ah, shaacinta ayaa ka mamnuucaysa mulkiilayasha guryaha inay ku siiyan ogaysiiska 20 maalin ah ilaa inay "muhiim u tahay maahee xaqijinta caafimaadka iyo badqabka kiraystaha ama dadka kale." Mulkiilayaasha dhulku sidoo kale kuguma dacwayn karaan sabab la xariirta inaad kirada bixin wayday. Ugu danbayntii, laamaha sharci fulinta waxaa mamnuuc ka ah inay raacaan amarada dadka guryaha looga saaraayo. ([Xafiiska Gudoomiyaha Gobalka](#)) Haddii aad u baahan tahay in lagaa caawiyo xaaladaada guriyaynta, waxaa jiro ururo dhawr ah oo awooda inay ku caawiyaan.

- [Catholic Community Services](#) - (206) 323-6336 - (<https://ccsww.org/get-help/housing/>)
- [El Centro De La Raza](#) - (206) 329-0786 - (<http://www.elcentrodelaraza.org/get-help/housing-economic-development/>)
- [Washington Homeownership Hotline](#) - (877) 894-4663 - (<https://dfi.wa.gov/homeownership>)
- [Saint Vincent de Paul Financial Assistance](#) - (206) 767-6449 - (<https://svdpseattle.org/get-help/online-help-request-form/>)
- [World Relief Seattle](#) - (253) 277-1121 - (<https://worldreliefseattle.org/>)
- [Men's homeless shelter](#) - oo ka shaqeeya Kent, Renton, iyo Federal Way. Waxaa la iskaga qorayaa Catholic Community Services SKC Shelter services (253) 854-0077 (<https://ccsww.org/get-help/shelter-homeless-services/>)
- [King County Women's Winter shelter](#) - YWCA Angeline's 2030 3rd Ave Seattle (between Lenora and Virginia). Diiwaangalinta haweenka ee Xarunta Gudbinta Haweenka inta u dhaxeysa 6 PM - 9 PM maalin kasta. Wixii ka danbeeya 9 PM, imoow ama wac (206) 436-8650.
- [Hospitality House](#) - Waxay u adeegtaa haweenka aan xaaska lahayn, carruurta haysan at 16003 14th Ave SW, Lake Burien Presbyterian Church. Screenings at (206) 242-1860 (<https://hospitalityhousesouthking.org>)
- [REACH Center](#) - Hooyga maalintii (hooy ayaa la siiyaa qoysaska iyo carruurta qaar) ee haweenka iyo carruurta 1055 S Grady Way- P2, (425) 277-7594, kaliya hooyga maalintii 8 PM - 5 PM Isniinta-Jamcada. REACH waxay bixisaa cuntooyin, dhar, dhar dhaqaal iyo xarun lagu qubaysto. (<https://www.reachrenton.org>)
- [Youth Housing Connection for Homeless Young Adults 18-25](#) - balamaha tooska loo tagaayo ayaa lagu sameeyaa wakaaladaha kaladuwan ayadoo ku xiran maalinta iyo waqtiga la joogo, (206) 328-5796 si aad xog dheeraad ah u hesho.
- [Family Housing Connection](#) oo u adeegta qoysaska bilaa hooyga ah ee ku nool meelaha aan loogu talagalin in dad ku nooladaan 2-1-1 ama 1-800-621-4636. Qoysasku waa inay markii hore ku noolaayeen wadooyinka, ama gaariyaal dhex seexan jireen. Dadka joogay hooyga ama meesha dadka kale la seexdaan uma qalmaan adeegga.

- [Tent Cities - Seattle](#) (206) 399-0412 -Wac si aad u ogaato helitaanka boos. Teendhooyinka banaanka la dhigto oo ay ayagu maaraysanayaan oo la siinaayo ragga, dumarka iyo lamaanayaasha. Goobaha ayaa isbadbadesha.

[Xagee ayaan ka heli karaa caawimaad la xariirta mulkiilaha guriga aan hadda daganahay?](#) → Midoowga Kiraystayaasha (206) 723-0500

[Waa la iga saaray guriga - maxaan samayn karaa/yaan wacayaa si uu ii caawiyo](#) → 2-1-1

[Guriyaynta Degdega ah/Ku meel gaarka ah](#)

YMCA (shelter) 206-461-4882

[Caawimaada Kirada](#)

Hope Line 425-869-6000

Hope link (Eastside) 425-943-7555

Solid Ground Tenant Services 206-694-6767

Community Information 206-461-3200

Housing & Essential Needs Programs 206-328-5755

King County Crisis Clinic 1800-621-4636 or 206-461-3222

Supportive Services for Veteran Families 206-545-2344

Catholic Community Services: 206-323-6336 or [Emergency Assistance](#) program 253-850-2523.

Waxaad ka helaysaa liiska dheeraadka ah [ee ilaha caawimaada gudaha Seattle halkaan.](#)

<https://tinyurl.com/uopjdl>

Waxaad ka helaysaa liiska dheeraadka ah [ee ilaha caawimaada gudaha gobalka ah halkaan.](#)

<https://tinyurl.com/w4anaa5>

## ADEEGYADA GURIGA

Gudoomiyaha gobalka Inslee ayaa ugu baaqday adeeg bixiyaasha dadwaynaha ee Gobalka Washington inay joojiyaan dulsaarada joojinta adeegyada ee dadka aan qarashka bixin inta lagu jiro xaaladaan degdega ah, inay ka dhafaan lacagta ganaaxa lasoo daahida qarashka oo laga qaadi jiray macamiisha shaqada waayay ama inay macaamiisha siiyaan qorshe ay lacagta tartiib iskaga dhiibaan, ayna balaarshaan barnaamijyada caawimaada bilka ee macaamiisha dhaqaale ahaanay samaaysay xaaladaan degdega ah.

### Adeegyada Guriga

- **Snohomish Public Utility District** Ma jari doonto adeegyada macaamiisha waqti xaadirkaan. Wixii xog dheeraad ah, wac Adeegga Macaamiisha oo aad ka helayso 425-783-1000 or [halkaan ka booqo webseetkooda](#). (<https://www.snopud.com/Safety/covid19.ashx?p=3792>)
- **Puget Sound Energy** adeegyada kama jarayso macamiisha, waxay meesha ka saaraysaa qarashka daahitaanka, waxayna bixisaa [barta caawimaada dhaqaale oo cusub oo la siiyo macaamisha danyarta ah ee u galma oo halkaan aad ka helayso](#). (<https://www.pse.com/pages/bill-and-weatherization-assistance>)
- **Seattle Public Utilities (SPU) iyo Seattle City Light (SCL)** ayaa bixinaaya qorshayasha qarash bixinta dib loogu dhigaayo. Adeegyada Guriga waa kasii shaqayn doonaan Seattle dhammaan muddada lagu jiro masiibada COVID-19 xataa haddii macaamiishu qarashka iska bixin waayaan. Macaamiisha guryaha la dagan yahay waxay dagsan karaan qorshayaal ay lacag si tartiib iskaga bixin karaan ayagoo kaashanaaya shirkadaha SPU ama SCL wacaayana 206-684-3000 ama iimeel u diraaqa [seattle.gov/utilities/about-us/email-question](http://seattle.gov/utilities/about-us/email-question).
- **Tacoma Public Utilities** - Dawlada hoose ayaa amartay adeegyada biyaha magaalada, nadiifinta bulaacada, biyaha daadka, iyo wasakhda adag ay joojiyaan jarista adeegyada sabab la xariirta in dadku bixin waayeen qarashka. Dawlada hoose ayaa sidoo kale ansixisay abuurista Barnaamijka Caawimaada Xaalada degdega ah ee ay fulinayso Tacoma Public Utilities si loo sahlo guryo badan inay xaq u yeeshaan caawimaad. [Boogo bogaan si aad u aragto inaad u qalanto aadna u codsato](#). (<https://www.mytpu.org/emergencyassistance/>)

### Interneetka (Wi-Fi kkhadka guud)

- **Comcast** - Comcast ayaa siinaysa macaamiisha cusub ee Internet Essentials laba bilood oo interneet bilaash ah. Waxaa lagu siin doonaa kiishad aad adigu rakibanayso oo wadata moodheem fiilo ah iyo madaxa interneetka. Halkaan ayaad ka helayso xog dheeraad ah.
- **Xfinity Hotspots** -Muddo 60 maalmood ah, aaladaha interneetka ee Xfinity Wi-Fi si bilaash ah ayuu ku isticmaalayaa qof kasta, ayna ku jiraan dadka aan ahayn macaamiisha Xfinity. Dhammaan macaamiishu waxay helayaan interneet aan xadidnayn oo bilaash ah; mana jiri doonaan qarash dulsaar ah oo laga qaadaayo dadka lasoo daaha lacagta ama aan iska joojin interneet ilaa iyo inta macmiilku la xariraayo Comcast si uu ugu sharxo xaalada.
- **CenturyLink** - CenturyLink waxay meesha ka saaraysaa qarashka dulsaarta lasoo daahida lacag bixinta, waxay bixinaysaa interneet aan xadidnayn oo ay siinayso macaamiisheeda mana jarayso interneetka dadka lacagta bixin waaya muddo 60 maalmood ah.
- **AT&T** - AT&T waxay bixinaysaa aaladaha Wi-Fi ga oo bilaash ah, waxay joojinaysaa ganaaxa lasoo daahida lacagta, mana goynayso adeegga dadka lacagta bixin waaya muddo 60 maalmood ah. Si lamid ah Comcast, AT&T waxay sidoo kale bixinaysaa galitaanka baraha Wi-Fi ga ee dadwaynaha u furan oo bilaash ah. Waxaa intaas dheer, macaamiisheeda interneetka guriga iyo macaamiisha interneetka xadidan ayaa heli doona interneet bilaa xadidaad ah.
- **Verizon** - Verizon waxay bixinaysaa aaladaha Wi-Fi ga oo bilaash ah, waxay joojinaysaa ganaaxa lasoo daahida lacagta, mana goynayso adeegga dadka lacagta bixin waaya muddo 60 maalmood ah.
- **T-Mobile** - T-Mobile waxay bixinaysaa interneet aan xadidnayn oo lasiinaayo dhammaan macaamiisha hadda ku taxan kuwaasoo leh qorshe interneet 60 maalmood ee soo socda. Waxay sidoo kale siinayaan interneet dheeraad ah dadka isticmaalaha aalada interneetka ee moobilka.

## CAAWIMAADA KAASHKA AH

**Temporary Assistance for Needy Families (TANF)** waxay siinaysaa caawimaad lacag kaash ah iyo mid caafimaadka qoysaska baahan. Qaxootiyaasha iyo dadka soo galootiga ah ayaa xaq u yeelan kara TANF haddii ay buuxiyaan shuruudaha barnaamijka. Gudoomiyaha gobalka ayaa kordhisay shuruudaha u qalmida ee Family Emergency Assistance Program (Barnaamijka Caawimaada Xaalada Degdega ah ee Qoyska) si loogu daro qoysaska aan haysan carruurta. (DSHS)

Si aad xaq ugu yeelato TANF, qoyskaagu waa inuu haystaa maaliyad dhan \$6,000 ama kasii yar. Ilaha maaliyadu waa waxyaabaha sida:

- Koontooyinka jeega iyo kaydka
- Bakaarayaasha, maal galinta daynta ah, ama maaliyadaha faa'iidada laga helo
- Maal galin gaari oo ka badan \$10,000

Si aad u aragto inaad u qalanto iyo inkale, marka hore [mar xog aruurinta hubinta hore](#). Kadibna, si aad u codsato, [buuxi foomka](#). Foomku wuxuu qaadanayaa ku dhawad 60 daqiiqo si aad u buuxiso halka hubinta codsiguna qaadanayso inta u dhaxeysa 30-45 maalmood. Waxad codsan kartaa barnaamijyo badan iskumar.

Xog aruurinta hubinta hore: <https://tinyurl.com/v2tlx83>

Codsiga: <https://tinyurl.com/tuhfsgn>

Haddii aad doonayso inaad buuxiso foomka adoo adeegsanaaya luuqad kale, waxaad soo [dagsan kartaa foomka oo ku goran luuqada aad doonayso](#). ([https://www.dshs.wa.gov/office-of-the-secretary/forms?field\\_number\\_value=14-001&title=](https://www.dshs.wa.gov/office-of-the-secretary/forms?field_number_value=14-001&title=))

## Barnaamijyada Caawimaada Kaashka ah ee Bulshada

- **National Domestic Workers Alliance Fund** - Haddii aad tahay shaqaale ka shaqeeya arimaha guriga (tusale, shaqaalaha daryeelka guriga, sooro iyo/ama nadiifiyaha guriga), waxaad awoodi kartaa intaad hesho \$400 oo caawimaad kaash ah oo aad ka hesho sanduuqaan. [Halkaan ayaad ka codsan kartaa](#): <https://membership.domesticworkers.org/coronavirus-care-fund/>
- **One Fair Way Emergency Fund** - Haddii aad ka shaqayso shirkadaha adeegga, waxaad awoodi kartaa inaad hesho deeq kaash ah oo sanduuqaan uu ku siiyo. [You can apply here](#): <https://ofwemergencyfund.org/help>
- **COVID-19 Financial Solidarity** - Haddii aad leedahay koontada PayPal, Venmo, ama CashApp, waxaad codsan karta caawimaad [adoo adeegsanaaya foomkaan](#): <https://tinyurl.com/tw9karv>.Abaabulayaasha ayaa soo jeedinaaya inaad dalbato wax ka yar \$500 si lagaaga caawiyo gaarista yoolkaaga.

**The Plate Fund**- Caawimaada dhaqaalaha ee shaqaalaha adeegga cuntada ama maqaayadaha oo ku nool King County, kuwaasoo waajahaaya hoos u dhac lagu sameeyay saacadihii shaqadooda ama shaqadaba laga saaray sabab la xariirta masiibada COVID-19 ayaa codsan kara, ayna ku jiraan dadka macuunta dhaqa, dadka wax kariya, kabaryeeriyada, bixiyaasha cabitaanada baarka, shaqaalaha taraagyada cuntada iyo shaqaalaha biibatooyinka. Dadka horay u heli jiray taageerada dawlada waa inaysan codsan si dadka baahida dheeraadka ah qaba ay u helaan deeqahaan xaaladaha degdega ah

## CAAWIMAADA CUNTADA

**COVID-19 Mutual Aid Solidarity Network** - Haddii aad baahi u qabto cunto ama adeegyo kale, aadna ku nooshahay aaga Seattle, [buuxi foom](#) aad u gudbinayso ilaha adeegyada aad doonayso in laguugu keeno albaabka gurigaaga. Waxay dabooli karaan ilaa \$50 oo adeegga dukaanka ah. (<https://tinyurl.com/whspv2n>)

**COVID-19 South King County and Eastside Mutual Aid** - Haddii aad baahi u qabto cunto ama adeegyo kale, aadna ku nooshahay aaga South King County ama Eastside, [buuxi foom](#) aad u gudbinayso ilaha adeegyada aad doonayso in laguugu keeno albaabka gurigaaga. Waxaad codsan karta caawimaad dhaqaale oo lagaa siiyo adeegyadaada dukaanka haddii aad u baahan tahay. (<https://tinyurl.com/ud8955o>)

## Taageerada cuntada ee Ardayda Dugsiyada Dawlada

Marka lagasoo tago xirnaanshaha dugsiyada, [degmooyin badan oo kuwa dugsiyada ah](#) dhammaan daafaha degmada King County ayaa qaybinaaya qado dhammaan asbuuca. Qoysaska la socda ardaydooda ayaa cuntada qayb ka heli kara. Fadlan booqo [webseetka degmada dugsiyada ee deegaankaaga](#) si aad u hesho meelaha cuntada laga bixinaayo.

## Adeegyada Dukaanka ee bilaash ah ee FEEST Seattle oo lasiinaayo Qoysaska ardaydoodu Dhigato Dugsiyada FEEST

Qoysaska ardaydu u dhigtaan dugsiyada sare ee Chief Sealth, Evergreen, Rainier Beach, Tyee ayaa codsan kara adeegyada dukaanka oo BILAASH ah oo loogu keenaayo guryahooda. Waxa aad u baahan tahay waa inaad buuxisaa foomka oonleena ah oo aad ku qorayso liiskaaga adeegga dukaanka, xogta lagaasoo wacaayo, iyo marka aad doonayso in laguugu keeno adeegga. [Booqo lifaaqaan si aad u codsato adeegyada dukaanka:](#)  
<https://www.feestseattle.org/grocery-delivery-for-feest-families/>

## Taageerada Cuntada ee WA-BLOC ee Bulshada Deegaanka Rainier Beach Community

WA-BLOC waxay qado bilaash ah oo kulul siinaysaa ardayda dagan Rainier Beach Community maalin kasta Talaadada iyo Khamiista 1:00 PM ilaa 3:00 PM waxaana lagu qaybin doonaa Xarunta Rainier Beach Community inta dugsiyadu xiran yihiin. Waxaad xog dheeri ah ka helaysaa [bogga Facebook ga ee WA-BLOC](#).  
([https://www.facebook.com/pg/wabloc/posts/?ref=page\\_internal](https://www.facebook.com/pg/wabloc/posts/?ref=page_internal))

## Northwest Harvest SODO Community Market

Northwest Harvest SODO Community Market waxay siinaysaa cunto horay oo baceeyay, cuntooyinka horay loo diyaarshay, iyo adeegyada dukaanka ee banaanka la dhigan karo oo albaabka gurigaaga laguugu keenaayo. Looma baahna inaad soo gasho xarunta. Adeeggaan ayaa u furan qof kasta DA' KASTA OO UU JIRABA. SODO Community Market wuxuu ku yaalaa xaafada Seattle's SODO oo ku taala 1915 4th Ave S, meel u dhaw wadada 4th Ave S & S Holgate St. Goobo dheeraad ah iyo xogta gaadiidka [halkaan ayaa laga heli karaa:](#)  
<https://www.northwestharvest.org/sodo-community-market>

## Meals on Wheels

Meals on Wheels waxay bixisaa cuntooyinka bilaashka ah oo guriga laguugu keenaayo lana siinaayo dadka jira 60+ ee aan awoodin inay gurigooda ka baxaan. Haddii aad ka yartahay da'da 60, waxaad bixin kartaa \$7 cuntadiiba si laguugu keeno cuntadaada guriga. Waxaad [oonleena ahaan uga codsan kartaa halkaan:](#) <https://www.tfaforms.com/4734393>

## Food Lifeline

Si aad u hesho kaydka cuntada ee kuugu dhaw, [halkaan gali nambarka boostada gurigaaga:](#)  
<https://foodlifeline.org/need-food/>



### Daryeelka Carruurta

Haddii aad u baahan tahay inaad shaqayso inta dugsi xiran yahay, waxaa jiro adeegyo kaladuwan oo ay bixiso Department of Social and Health Services (Waaxda Adeegyada Bulshada iyo Caafimaadka ee Washington) oo bixiya daryeelka carruurta.

**Child Care Aware** barnaamijkaan waxaa loo diyaarshay inuu ka caawiyo qoysaska helitaanka daryeelka carruurta oo u dhaw guryahooda iyo/ama goobahooda shaqada. Booqo [webseetka](#) ama wac 800-446-1114 si aad ula xariirto kooxda kaa caawin doonta raadinta daryeelka carruurta oo gaar ah.

(<https://childcareawarewa.secure.force.com/providerupdate/CCAWAOnlineLookUp>)

Barnaamijka Gobalka ee **Qoysaska, Saaxiibada iyo Dariska** waxaa ku jira ayeeyooyinka, eedooyinka/habaryaraha iyo adeerada/abtiyaasha, duqoowda, ilmaha walaalkooda ka wayn, saaxiibada, dariska iyo dadka kale ee ka caawiya qoysaska bixinta daryeelka carruurta. Qoysaska qaar ayaa heli kara caawimaad ay iskaga bixiyaandaryeelahooda. Booqo [webseetka](#) ama wac 866-482-4325 si aad u hesho xog dheeraad ah.

(<https://www.dcyf.wa.gov/services/earlylearning-childcare/ffn>)

**Interneet Balaaran oo ay Bilaash ku helayaan Ardaydu** - Si gacan looga siiyo ardayda, si ay interneet u helaan ayna dugsi ugu xirnaadaan, Altice waxay interneet bilaash ah siinaysaa dhammaan ardayda K-12 iyo kuleejka muddo 60 maalmood ah. Waxaad ka codsan karaa [halkaan](#): <https://www.alticeusa.com/news/articles/feature/corporate/altice-usa-brings-free-broadband-k-12-and-college-students-during-coronavirus-pandemic>

### [Daryeelka Carruurta ee Xaalada degdega ah ee Shaqaalaha Muhiimka ah ee Magaalada Seattle ayaa laga heli karaa halkaan.](#)

Haddii aad tahay shaqaale muhiim ah kaasoo ku nool ama ka shaqeeya [King County](#) aadna doonayso helitaanka caawimaadaha daryeelka carruurta ee xalada degdega ah oo bilaash ah, fadlan wac Xarunta Child Care Aware of Washington Family oo aad ka helayso 1-800-446-1114 kadibna foomak isqorista u gee shaqaalaha Xarunta Qoyska. Kadib marka lagu qoro, khabiir dhanka ilaha adeegyada ah ayaa ka shaqayn doona inuu kuu helo adeeg bixiye daryeelka carruurta bixiya oo buuxin kara baahiyaha qoyskaaga. Xaqiijinta shaqada iyo/ama ciwaanka gurigaaga ayaa qasab ah.

**Fadlan ogsoonow:** Si loo boobsiiyo shaqada, udir dukumiintiyada xaqiijinta ee lagaa rabo ciwaanka [subsidy@childcare.org](mailto:subsidy@childcare.org).

**Cadaynta Shirkada aad u shaqayso:** Waa inay ku jiraan magaca shaqaalaha iyo shirkada uu u shaqeeyo, iyo ciwaanka jireed ee goobta shaqada. Sawirka mid kamid ah waxyaabaha soo socda ayaa nagu filnaan doona:

- Astaanta aqoonsiga shaqada;
- limeel lagasoo diray xarunta shaqada oo magaca iyo xogta lagaala xariiraayo ku taalo watana saxeex;
- Kaarka ganacsiga **AMA** risiidhka mushaarka **AMA** jadwalka shaqada w/shirkadu ka muuqato.

Dukumiintiyadu waa inay ka waynaan 3 bilood, uu ku qoran yahay magaca shaqaaluhu, waana inaysan noqon kuwo boqshadaysan ama kuwo shaqsi ah. **Haddii aad waajahayso hooy la'aan ama haddii kale aad awoodi la'dahay xaqiijinta ciwaanka gurigaaga, fadlan noosoo sheeg waxaana ku siin doonaa qaabab kale oo aad ku cadayso shaqada.**

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- Soo gudbi **MID** kamid ah liisnaan:
  - Biilka Adeegga Guriga (Gaaska, Biyaha/Qashinka, Nalka/Korontada, fiilada, taleefanka laandhi-laynka)
  - Caymiska Guriga/Kiraystaha
  - Dukumintiga Daynta Guriga AMA **LABO** kamid ah liisnaan oo ilo kale ka yimaada: biilalka kale, Ruqsada Darawalnimada, Dukumiintiyada Gunada (DSHS, SSI, Risiidhka lacgta, iwm.), dukumiintiga Caymiska (caafimaadka gaariga, iwm.), Dukumiintiga dhaqaalaha (Bayaanka Baanka, shaqo gabka, baaqiga kaarka daynta) ama Sbar loogada ama waraaqda Wakaalada Guriyaynta.

## ILAHA ADEEGYADA SOO GALOOTIGA AAN SHARCIGA HAYSAN

Haddii aadan haysan sharci, waxaa suurtagal ah inaad u qalmin caawimaada federaalka iyo tan gobalka. Hase yeeshee, waxaa jiro ilo ka baxsan kuwa dawlada oo awoodi kara inay ku caawiyaan inta lagu jiro waqtigaan.

### Barnaamijyada Caawimaada Kaashka ah

Haddii aad wajahayso caqabad dhaqaale, waxaa jiro dhawr sanduuq oo aad codsan karto caawimaadooda.

- **Betancourt Macias Family Emergency Fund** - Qof kasta oo aan haysan sharci wuxuu [deego lacageed ka codsan karaa halkaan: https://www.undocuscholars.com](https://www.undocuscholars.com)
- **National Domestic Workers Alliance** - Haddii aad tahay shaqaale ka shaqeeya arimaha guriga (tusale, shaqaalaha daryeelka guriga, sooro iyo/ama nadiifiyaha guriga), waxaad awoodi kartaa intaad hesho \$400 oo caawimaad kaash ah oo aad ka hesho sanduuqaan. [Halkaan ayaad ka codsan kartaa: https://membership.domesticworkers.org/coronavirus-care-fund/](https://membership.domesticworkers.org/coronavirus-care-fund/)
- **One Fair Way Emergency Fund** - Haddii aad ka shaqayso shirkadaha adeegga, waxaad awoodi kartaa inaad hesho deeq kaash ah oo sanduuqaan uu ku siiyo. [Halkaan ayaad ka codsan kartaa: https://ofwemergencyfund.org/help](https://ofwemergencyfund.org/help)
- **COVID-19 Financial Solidarity** - Haddii aad leedahay koontada PayPal, Venmo, ama CashApp, waxaad codsan karta caawimaad [adoo adeegsanaaya foom](https://www.adaoadeegsanaayafoom.com) Abaabulayaasha ayaa intaas kadib ku galinaaya liiska sugayaasha si laguugu daro liiska xaashida. Abaabulayaasha ayaa soo jeedinaaya inaad dalbato wax ka yar \$500 si lagaaga caawiyo gaarista yoolkaaga. (<https://tinyurl.com/tw9karv>)
- **Deeqaha Warbarashada ee Cusboonaysiinta DACA** - El Centro De La Raza ayaa siinaysa deeqo waxbarasho shaqsiyaadka u baahan gurmada dhaqaale si looga taageero bixinta qarashaadka cusboonaysiinta DACA. Waxay kuusoo dirayaa jeeg qarashkiisa la siiyay Department of Homeland Security (Waxda Amaanka Qaranka) oo buuxa. [Halkaan kudir foomka: http://www.elcentrodelaraza.org/get-help/daca/?fbclid=IwAR3rhuFR-XBxREQ\\_DsuVPIZ8C-EUmYGZb4RFcBv7tiBr33KJbMMi4ePvORQ](http://www.elcentrodelaraza.org/get-help/daca/?fbclid=IwAR3rhuFR-XBxREQ_DsuVPIZ8C-EUmYGZb4RFcBv7tiBr33KJbMMi4ePvORQ)
- **Deeqda Gurmada COVID-19 ee Shaqsiyaadka Aan sharciga Haysan ee Jooga Washington** - Codsiyada ayaa furmaaya Abriil 8deeda, waxayna qiyaasayaan inay gurmada ku qaybiyaan lacag u dhaxaysa \$500- \$1,500 qofkiiba. [Buuxi foomkaan si aad ugu biirto liiskooda sugtayaasha: https://tinyurl.com/vh2c8k4](https://tinyurl.com/vh2c8k4)

## ILAHA ADEEGYADA SOO GALOOTIGA AAN SHARCIGA HAYSAN AYAA SII SOCDA

### Helitaanka Daryeelka Caafimaadka

Marka koobaad — haddii aad u baahan tahay daryeel, aad dhakhtarka. Si aad naftaada iyo dadka kula jooga u badbaadiso, waa muhiim inaad hesho daryeel caafimaad haddii aad isku aragto astaamaha xanuunka. Halkaan waxaad ka helayaa xog muhiim ah oo aay tahay inaad xasuusnaato:

- Haddii aadan lahayn caymis, baaritaanku waa bilaash waxaana samaynaaya Nidaamka Caafimaadka ee Masiibada Qaran.
- Waxaa jiro sharciyo adag oo dagan kuwaasoo difaacaaya sirta xogta aad ku bixisay booqashadaada. Fulinta sharciga soo galootiga ayay mamnuuc ka tahay inuu dad ku xiro xarumaha daryeelka caafimaadka, sida isbitaalada, xarumaha caafimaadka, iyo xarumaha daryeelka degdega ah marka laga reebo xaalado aad u kooban.
- Uma baahnid caymis caafimaad si aad u booqato dhakhtarka. Xarumaha caafimaadka bulshada ayaa bixinaaya daryeelka caafimaadka oo bilaash ah iyo mid qiimo jaban ayadoon laga eegayn aqoonsiga soo galootinimada.
  - Hel xarumaha caafimaadka ee kuu dhaw: <https://findahealthcenter.hrsa.gov/>
  - Hel xarumaha caafimaadka ee bilaashka ah iyo kuwa deeqda ah: <http://www.nafcclinics.org/find-clinic>
- Si aad xog badan uga ogaato xaqiqaadada marka aad helayso daryeelka caafimaadka, [akhri xaashidaan xaqiqaada: https://protectingimmigrantfamilies.org/wp-content/uploads/2020/02/You-Have-Rights-Protect-Your-Health-Updated-February-2020-ENGLISH.pdf](https://protectingimmigrantfamilies.org/wp-content/uploads/2020/02/You-Have-Rights-Protect-Your-Health-Updated-February-2020-ENGLISH.pdf)

**Guriyaynta** — Dhammaan barnaamijyada caawimaada guriyaynta ee kor ku qoran ayay heli karaan soo galootiga aan sharciga haysan. Fiiri qaybta “Guriyaynta” ee kore.

**Cuntada iyo Agabka** — Dhammaan barnaamijyada caawimaada cuntada ee kor ku qoran ayay heli karaan dadku ayadoon laga eegayn aqoonsigooda soo galootinimo. Arag qaybta “Caawimaada Cuntada” ee kore.

[Ka fiiri xaashidaan](https://tinyurl.com/wrmeqhk) liiska sida joogtada ah loo cusboonaysiiyo ee ilaha dadka aan sharciga haysan: <https://tinyurl.com/wrmeqhk>

## DAYMAHA GANACSIYADA YARYAR IYO CAAWIMAADA MASIIBADA

### [Payroll Protection Program](#)

Daynta SBA oo ka caawinayso ganacsiyada inay shaqaalahoodu sii shaqeyaan inta lagu jiro masiibada cudurka Coronavirus (COVID-19).

### [Coronavirus \(COVID-19\) SBA Disaster Assistance](#)

Maamulka Ganacsiyada Yaryar ee Maraykanka ayaa siinaaya gobalada gobalo gaar ah iyo deegaano daymaha dulsaartu ku yartahay ee federaalka ee masiibada ee hantida shaqada lana siinaayo ganacsiyada yaryar ee la ildaran dhaawaca dhaqaale ee wayn sabab la xariirta cudurka Coronavirus (COVID-19).

### [Coronavirus \(COVID-19\) SBA Relief Options](#)

Dookhyada badan ee maaliyada dadka raadinaaya gurmada

### [The CARES \(Coronavirus Aid, Relief and Economic Security\) Act Frequent Questions](#)

Association of Washington Businesses (AWB) ayaa leh bog ay ku qoran yihiin su'aalaha badanaa la iswaydiiyo, iyo jawaabaha, la xariira COVID-19.

### [Coronavirus \(COVID-19\) SBA Guidance and Resources](#)

Dookhyada Maaliyada Coronavirus iyo Tasmada ee Ganacsiyada iyo Shirkadaha

### [Other SBA Funding Programs](#)

Lifaaqyada barnaamijyada kale ee maal galinta SBA

### [How SBA Loan Programs Work](#)

SBA waxay la shaqaysaa dayn bixiyaasha si ay u siiyaan dayn ganacsiyada yaryar Wakaaladu si toos ah dayn uma siiso mulkiilayaasha ganacsiyada yaryar. Taas badalkeed, waxay dajisaa tusmooyinka daynta ee ay sameeyaan dayn bixiyaasha iskaashiga la leh, ururada hormarinta bulshada, iyo xarumaha baxsha daynta dhaqaale. SBA waxay yaraysaa khatarta dayn bixiyaasha waxayna u fududaysaa inay dhaqaalaha helaan. Arintaas ayaa fududaysa in ganacsiyada yaryar ay helaan dayn.

### [Washington State's Central COVID-19 Webpage](#)

Kani waa webseetka rasmiga ah ee Gobalka Washington, oo ay maamusho Joint Information Center (JIC, Xarunta Xogta iskudhafan) ee Gobalka. JIC waa qayb kamid ah Xarumta Shaqooyinka Xaalada Degdega ah ee Gobalka Washington oo ay maamusho Camp Murray. Webseetkaan waxaa ku jiro xog la xariirta: caawimaad dhaqaale oo qusaysa ganacsiyada iyo shaqaalaha, xogta caymiska ee ganacsiyada, daymaha ganacsiyada yaryar iyo ilaha khayriga ah

[Startup Washington](#) waxaa ku jira agabyada kaladuwan ee heer Gobal iyo heer Federaal iyo ilaha.

ILAHA LUUQADA EE KING COUNTY

<p style="text-align: center;"><b>KING COUNTY</b></p> <p style="text-align: center;"><b>ILAHA LUUQADA GUDAHA</b></p> <p style="text-align: center;"><b>ADEEGGA</b></p>	<p style="text-align: center;"><b>GOBALKA WASHINGTON</b></p> <p style="text-align: center;"><b>IYO ILAHA KALE EE LUUQADA</b></p> <p style="text-align: center;"><b>GUDAHA</b></p>
<ul style="list-style-type: none"> <li>○ <a href="#"><u>Amharic</u></a></li> <li>○ <a href="#"><u>Arabic</u></a></li> <li>○ <a href="#"><u>Chinese</u></a></li> <li>○ <a href="#"><u>Dari</u></a></li> <li>○ <a href="#"><u>Filipino – Tagalog</u></a></li> <li>○ <a href="#"><u>French</u></a></li> <li>○ <a href="#"><u>Hindi</u></a></li> <li>○ <a href="#"><u>Hmong</u></a></li> <li>○ <a href="#"><u>Japanese</u></a></li> <li>○ <a href="#"><u>Khmer – Cambodian</u></a></li> <li>○ <a href="#"><u>Korean</u></a></li> <li>○ <a href="#"><u>Lao</u></a></li> <li>○ <a href="#"><u>Marshallese</u></a></li> <li>○ <a href="#"><u>Oromo</u></a></li> <li>○ <a href="#"><u>Pashto</u></a></li> <li>○ <a href="#"><u>Persian (Farsi)</u></a></li> <li>○ <a href="#"><u>Somali</u></a></li> <li>○ <a href="#"><u>Spanish</u></a></li> <li>○ <a href="#"><u>Thai</u></a></li> <li>○ <a href="#"><u>Tigrinya</u></a></li> <li>○ <a href="#"><u>Ukrainian</u></a></li> <li>○ <a href="#"><u>Vietnamese</u></a></li> </ul>	<ul style="list-style-type: none"> <li>○ <a href="#"><u>Washington State COVID Educational Materials 26+</u></a></li> <li>○ <a href="#"><u>Center for Disease Control (CDC) Resources in Languages other than English</u></a></li> <li>○ <a href="#"><u>American Sign Language COVID-19 resources</u></a></li> <li>○ <a href="#"><u>Washington State COVID-19 Video Series</u></a></li> <li>○ <a href="#"><u>Center for Disease Control (CDC) ASL COVID-19 Video Series</u></a></li> <li>○ <a href="#"><u>Harvard COVID-19 Fact Sheets in 30 languages</u></a></li> </ul>