

Adeegyada iyo taageerada



Unite
against
COVID-19

Waa OK in la weyddiyo caawin. Inaga oo kawada shaqeyneyno midaan inta lagu jiro, waxaa jiro dad iyo hay'ado u suurtoogaleyso inay adiga ku taageeraan. Waxaa jiro tallo kala duwan, caawin, ama taageero haddii aad u baahantahay. Haddii aadan ku hadlin af Ingiriis, waxaad weydiin kartaa turjubaan markii aad soo waceysid inta badan waaxyada dowlada.

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| Gurmad ahaan | Ka soo wac 111 oo Dabka iyo Gurmadka, Booliska, Ambalaansaha ama Difaaca Rayidka. | 111 (Qadka Gurmadka) |
| Wixii tallo caafimaad ah <i>Waxay muhiim u tahay sida marwalba si loo hello taageerada caafimaadka haddii aadan fayoobeen. Uma baahnid inaad sugtid.</i> | Soo wac Dhaqtarkaaga, ama la xiriir Qadka caafimaadka wixii tallo caafimaad oo bilaash ah iyo warbixinta ay bixiyeen xirfadlayaasha tababaran. | 0800 611 116 (Qadka caafimaadka) www.healthpoint.co.nz |
| Wixii tallo caafimaad oo ku saabsan ilmaha ama carruurta | Soo wac Plunket si aad ula hadashid kaalisada Plunket. QadkaPlunket waa qadka caawinta waalidka oo bilaash ah iyo adeega tallada oo loo heli karo dhammaan qoysaska, qoysaska balaaran iyo daryeelayaasha. | 0800 933 922 (Qadka Plunket) |
| Wixii caafimaadka maskaxda ama taageerada la qabsiga <i>Si kastaba oo aad dareentid, waxaa jiro qof lala hadlo haddii aad u baahantahay.</i> | Soo wac ama fariin qoraal u soo dir 1737 si aad ula hadashid qof u tababaran inuu ku caawiyo. Wixii caawin gaar ah, waxaad la xiriiri kartaa Qadka caawinta Niyad jabka ama Qadka caawinta Alkulada Daroogada . | 1737 (1737 Qadka caawinta) 1737.org.nz 0800 111 757 (Qadka caawinta Niyad jabka) 0800 787 797 (Qadka caawinta Alkulada Daroogada) |
| Wixii taageerada rabshada qoyska ama rabshada galmada <i>Way wanaagsantahay in laga tago qoyskaaga si aad ugu haysid nafsadaada ama qof kale badbaado. Haddii aad u baahantahay inaad tagtid, caawin ayaa halkaas laga helayaa.</i> | Soo wac 111 haddii adiga ama qof kale uu halis dhow ku jiro oo inay wax gaaraan ama waxyeelaan nafsadooda. Hel adeegyada taageerada bulshada deegaanka ee aagaaga, soo wac Adeegyada Qoyska 211 qadka caawinta . U soo wac (Women's Refuge) Magangalyada Dumarka wixii tallo ah, hoy taageero oo badbaado ah markii aad la macaamileysid rabshada noloshaada. Soo wac Qadka caawinta Xadgudubka Waayeelka waa adeeg bilaash ah oo in dadka waayeelka ay kula soo xiriiri karaan haddii iyaga ama qof kale oo ay garanayaan ay la kulumayaan xadgudubka qofka weyn. | 111 (Qadka Gurmadka) 0800 211 211 (Adeegyada Qoyska 211 Qadka caawinta) www.familyservices.govt.nz/directory/ 0800 733 843 (Women's Refuge) 0800 32 668 65 (Qadka Xadgudubka Gofka weyn - Elder Abuse Hotline) |
| Wixii walaacyada ku saabsan fayd qabka ama badbaadada canuga | Soo wac Oranga Tamariki haddii canug ama qof yar uusan bad qabin, aan la daryeeleyn, ama ka gooniyoobay waaladiintooda ama daryeelayaasha. | 0508 326 459 (Oranga Tamariki) www.orangatamariki.govt.nz |
| Wixii hoy ku meelgaar ah | La xiriir Temporary Accommodation Service (Adeega Hoyga Ku meelgaarka) haddii aad si degdeg ah ugu baahantahay meel aad daganaatid. | 0508 754 163 (Temporary Accommodation Service) https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/ |
| Wixii tallada kireysiga iyo kireynta | Kala xiriir Tenancy Services (Adeegyada Kireynta) wixii warbixin dheeraad ah ee ku saabsan xaquuqaahaaga sharciga. | 0800 836 262 (Tenancy Services) www.tenancy.govt.nz |

Wixii helitaanka cuntada ama sheeyada muhiimka ah

Waxaan dhammaanteen u baahannahay cunto iyo sheeyada muhiimka ah sida daawada, marka fadlan ha isku dayin inaad baxdid la'aanteeda. Waxaa jiro qaabab badan oo midaan laguugu helayo.

La hadal shabakooyinkaaga taageerada sida **qoyska, qoyska balaaraan, saaxibada, iwi iyo dariska** si aad u aragtid haddii lagu soo gaarsiin karo sheeyada muhiimka ah.

Haddii aadan laheyn shabakado taageero, ama aysan kuu suurtoogaleyn inay ku caawiyaan, waxaad ku dalban kartaa bargaashka onleenka oo dukaamada.

Haddii dooqyada kore aysan kuu shaqeynin adiga, ama aadan haysan helitaanka intarneetka, waxaad la soo xiriiri kartaa **Civil Defence Emergency Management Group (Kooxdaada Maareynta Gurmada Difaaca Rayidka)** si loo gaarsiyo sheeyada muhiimka ah, oo ay ku jiraan:

- > Cuntada
- > Biyaha
- > Bargaashka
- > Cuntada Xayawaanka
- > Daawooyinka
- > Karinta
- > Shidaalka
- > Dharka
- > Go'yada

shop.countdown.co.nz/shop/content/priority-assistance (Countdown)
ishopnewworld.co.nz (New World)
shop.sva.org.nz
(Ciidanka Ardayga Iskaa wax u qabsiga)
www.civildefence.govt.nz

Civil Defence Emergency Management Groups

Northland – **0800 790 791**
Auckland – **0800 222 296**
Waikato – **0800 800 405**
Bay of Plenty – **0800 884 222**
Tairāwhiti – **0800 653 800**
Taranaki – **0800 900 077**
Manawatū-Whanganui – **0800 725 678**
Hawke's Bay – **0800 422 923**
Wellington – **0800 141 967**
Nelson - Tasman – **0800 50 50 75**
Marlborough – **03 520 7400**
West Coast – **03 900 9329**
Canterbury – **0800 24 24 11**
Otago – **0800 322 4000**
Southland – **0800 890 127**
Chatham Islands – **03 305 0033**
dheeraad ah **715**

Wixii baadiyaha ama taageerada beerashada

Kala xiriir **Rural Support Trust (Ururka Taageerada Baadiyaha)** deegaankaaga. Waxay kuu tilmaami karaan jihada saxda ah oo taageerada aad u baahantahay.

0800 787 254 (Rural Support Trust)

Wixii caawin ah oo fahamka xaquuqahaaga

Kala xiriir **CAB (Xafiiska Tallada Muwaadinka)** wixii tallo bilaash ah iyo warbixinta ku saabsan COVID-19 iyo xaquuqahaaga.

0800 367 222 (bilaash ka ah taleefonada leenleena iyo mobeelada)
www.cab.org.nz (websaydka leh sheekada onleenka)

Wixii tallada shaqada iyo taageerada

U ogow xaquuqahaaga sida shaqaale oo ku hay nafsadaada badbaado.

Kala xiriir **Work and Income** haddii aad raadineysid shaqo ama aad haysid boos u baahan in la buuxiyo.

Kala soo xiriir **Employment NZ** ama booqo websaydkooda oo wixii warbixin ee xaquuqahaaga sida shaqaale.

Kala xiriir **Worksafe** wixii warbixin oo u shaqeynta si badbaado ah.

0800 779 009
(Qadka Shaqada iyo Daqliga Shaqo Raadinta)
www.workandincome.govt.nz

0800 20 90 20
(Employment New Zealand)
www.employment.govt.nz

0800 030 040 (Worksafe)
www.worksafe.govt.nz

Wixii taageerada dhaqaalaha ah

Haddii dhaqaale ahaan dhibaatooneysid, way wanaagsantahay inaad taageero weydiisataa.

Booqo websaydka **Work and Income** oo taageerada dhaqaalaha oo baahiyada gurmada iyo kuwa socdo.

Waxaad ka codsan kartaa faa'idada ugu weyn onleenka oo fiiri u qalmidaada caawinta cuntada.

www.workandincome.govt.nz
<https://my.msd.govt.nz/>
(App-ka deeqda cuntada iyo faa'idada)
0800 559 009 (Qadka Guud ee MSD)
0800 552 002 (Waayeeleda 65+)
0800 88 99 00 (Ardayda)

Wixii warbixin dheeraad ah oo taageerada kale

Waxaa jiro hay'ado badan oo ka shaqeynayo inay hubiyaan in qof walba la daryeelo.

Booqo websaydka **Unite Against COVID-19** ama la xiriir **New Zealand Government Helpline (Qadka caawinta Dowlada New Zealand)**.

0800 779 997 (New Zealand Government Helpline)
www.Covid19.govt.nz
www.govt.nz/about/about-us/contact-us/