

**Ma tahay qof naafo ah oo u baahan daryeel bixiyeyaal?**

**Ma liitaa difaacaaga jirka iyo/ama neef mareenka?**

**Ma tahay, ama ma daryeeshaa qof, qaba naafo dhanka  
kobaca ah, dhimirka,  
ama Alzheimer's?**

Inaad amaan qabto inta lagu jiro COVID-19 waxay ka dhigan tahay inaad heli karto daryeelka difaaca qof ilaa qof kale. Haddii adiga ama qof aad daryeesho uu u baahan yahay inuu helo maas garaati ama gacmo gashi, waan caawin karnaa. Xarunta Wadajirka ah ee Magaalada iyo Degmada (The City & County Joint Volunteer Center), la shanaysa Mashruuca Gaboowga iyo Naafada (Aging and Disability Project), ayaa haysa qalabka difaaca shaqsiga (PPE) oo xadidan si ay u siiso dadka aadka ugu baahan.

Fadlan nalasoo xariir (iimeelka la doorbiday) haddii aad ka faa'iidayso agabka PPE:

[AgingDisabilitySupplies@portlandoregon.gov](mailto:AgingDisabilitySupplies@portlandoregon.gov)

(503) 823-4000

Fadlan xaqiiji inaad kusoo darto:

- Magaca
- Ciwaanka
- Lambarka Taleefanka
- Meeqa daryeel bixiyeyaal ayaad haysataa?
- Waa maxay agabyada aad u baahan tahay?
- Hadda maheshaa adeegyada Degmada?



Agabyada ayaa hadda ah kuwo aad ukooban. Codsiyada aanaan sida degdega ah u buuxin karin waxaa la galin doonaa liiska sugitaanka. Wixii macluumaad dheeri ah, booqo: <https://www.portlandoregon.gov/civic/article/759335>



Magaalada Portland waxay ku dadaalaysaa inay bixiso helitaan macno leh oo ah dhanka adeegyada. Si aad u codsato fasiraad, turjumaad, wax ka bedelid, hoy, ama kaalmooyin kale ama adeegyo, la xiriir 503-823-4000, Kooxda: 711.