

# ADEEGYADA DADKA DEGGAN BOSTON OO UU SAAMEYNTA KU YEESHAY CUDURKA COVID-19 AYADOON LOO EGEYN XAALADDA SOOGALOOTIGA



MAYOR'S OFFICE  
FOR IMMIGRANT  
ADVANCEMENT  
Martin J. Walsh, Mayor of Boston

## Maclummaadka ku saabsan cudurka COVID-19, Waxaad:

- Booqan kartaa [boston.gov/coronavirus](https://boston.gov/coronavirus) (English) | [boston.gov/covid-19-so](https://boston.gov/covid-19-so) (Af-Soomali)
- Wici kartaa Lambarka Caafimaadka ee Maayarka oo ah **617-534-5050** (9 subaxnimo illaa 5 galabnimo)
- Qoraal u diri kartaa BOSSoomali **888-777 (Qoraal geli)**, kareeb wax calaamada ah oo aan qoraalka caadiga ah **ahayn, wax yar oo macno samaynaayo**
- Waci Boston **3-1-1** (24ta saacadoodba maalintii, 7da beri ee asbuuca). Luuqaddaada ku wac.

## Haddii aad u baahan tahay cunto...

### XAAFIISKA MAAYARKA EE CUNTADA (MAYOR'S OFFICE OF FOOD ACCESS)

**(617) 635-3717 | [boston.gov/food](https://boston.gov/food)**

Quraac iyo qado bilaash ah ayaa la siinayaa dhammaan carruurta iyo dhalinta reer Boston inta ay xiran yihiin Dugsiyada Dadweynaha ee Boston. Si aad u ogaatid goobaha iyo saacadaha, booqo

[boston.gov/departments/food-access/map-meal-sites-boston](https://boston.gov/departments/food-access/map-meal-sites-boston).

### MASS 211

**211 | [mass211.org](https://mass211.org)**

Ka hel maclummaad ku saabsan meelaha lagu bixiyo cuntada, bakhaarrada cuntada iyo goobaha waayeelku ka casheeyaan, iyo waxyaabo kale oo badan.

### TALEEFANKA MASHRUUCA CEESHKA (PROJECT BREAD FOODSOURCE HOTLINE)

**800-645-8333 | [projectbread.org/get-help/](https://projectbread.org/get-help/)**

Ka hel maclummaad ku saabsan bakhaarrada cuntada laga bixiyo iyo goobaha bulshadu ka hesho quudka.

## Haddii aad rabtid daryeel caafimaad...

### KHADKA CAAFIMAADKA EE MAAYARKA (MAYOR'S HEALTH LINE)

**617-534-5050 | [bphc.org](https://bphc.org)**

Caawimaadda luuqadaha badan waxaa la helaa **9 subaxnimo illaa 5 galabnimo**. Wac lambarka kor ku qoran si aad iskaga diiwaangeliso caymiska caafimaadka, u hesid xarumaha caafimaadka, sidoo kalena aad wax uga ogaatid maclummaadka ku saabsan daryeelka ilmaha, caawimaadda cuntada, adeegyada waayeelka, iyo caawimaadda sharciga.

**MUHIIM AH:** Dookhyada caafimaadka ee Massachusetts waxaa heli kara qof kasta, ayadoo aan loo eegyeyn xaaladaha soogaloootnimada. Baaritaanka, tijaabada, iyo daaweynta la xariira cudurka Coronavirus (COVID-19) saameynta kuma yeelanayaan go'aaminta lacagta la siiyo soogaloootiga.

## Hadii aad u baahantahay caruur haysmo

### xafiiska mayarka ee horumarinta dumarka

**617-635-3138 |**

[boston.gov/departments/womens-advancement/emergency-childcare-programs](https://boston.gov/departments/womens-advancement/emergency-childcare-programs)

xog ku saabsan xaaladaha degdega ah ee barnaamijka caruurta.

## Haddii aadan haysan hoy caawa iyo si aad u heshid guryaha raqiiska ah...

### WAAXDA GOBOLKA EE GURYO IYO BULSHO KOBCINTA, GARGAARKA DEGDEGGA AH EE GURIYEYNTA (MASS. DEPT. OF HOUSING AND COMMUNITY DEVELOPMENT, EMERGENCY HOUSING ASSISTANCE)

**866-584-0653 |**

[mass.gov/how-to/find-emergency-family-shelter](https://mass.gov/how-to/find-emergency-family-shelter) Adeegyada guryaha ee loogu talagalay qoysaska.

### XAAFIISKA MAAREYNTA GURIYEYNTA (OFFICE OF HOUSING STABILITY)

**617-635-4200 | [boston.gov/housingstability](https://boston.gov/housingstability) |**

[HousingStability@boston.gov](mailto:HousingStability@boston.gov)

Ka hel xogta caawimaadda iyo joogtaynta amaanka la isku halayn karo, iyo dookhyada guryaha la iska bixin karo, maclummaadka dadka guryaha kireysta iyo xaquuqdooda iyo waajibaadkooda, caawimaada jiheynta shaqsiga iyo nidaamyada hoyga qoysaska.

**MUHIIM AH:** Laga bilaabo Sabtida, Maarsa 14keeda sharciga guri ka saarista kumeel gaarka ah ee **Boston Housing Authority (BHA, Maamulka Guriyeeynta Boston)** ayaa dhaqan galaya. Arintan waxay sii soconaysaa inta **Massachusetts ay ku jirto xaaladda degdega ah**. **Haddii aad fariin ku saabsan guri-ka-saarista ka heshid Xaafiiska Maareynta Guriyeeynta** (la xariir xafiiska kor ku xusan).

## Haddii aad shaqada ama mulkiilaha guriga kala kulantay takoor ama ay si xun kuula dhaqmeen...

**XAAFIISKA TAYADA IYO CADDAALADA EE GURIYEYNTA (OFFICE OF FAIR HOUSING AND EQUITY)**

**617-635-2500 | [boston.gov/fairhousing](http://boston.gov/fairhousing)**

La xariir haddii lagugu takooray helitaanka guriyeenta, adeegyada dadweynaha, hoyga ama shaqada.

**CITY LIFE/VIDA URBANA**

**617-934-5006 Eng | 617-397-3737 Span | [clvu.org](http://clvu.org)**

wac

xaaladaha ku saabsan arimaha guryaha

## Haddii aad raadinaysid caawimaad sharci...

**XAAFIISKA MAAYARKA EE HORMARINTA SOOGALOOTIGA (MAYOR'S OFFICE FOR IMMIGRANT ADVANCEMENT)**

**617-635-2980 | [boston.gov/immigrants](http://boston.gov/immigrants)**

Rugta Taloooyinka Caafimaadka ee ku taala Xarunta Boston waxaa lagula xariiri karaa taleefan illaa war dambe U dir [ImmigrantAdvancement@boston.gov](mailto:ImmigrantAdvancement@boston.gov) iimay si aad maclumaad u heshid.

**GARYAQANNADA U DOODA XUQUUQDA MADANIGA (LAWYERS FOR CIVIL RIGHTS)**

**617-981-4308 | [lawyersforcivilrights.org/coronavirus](http://lawyersforcivilrights.org/coronavirus)**

Ka hel caawimaad bilaashka ah oo sharci ah looguna talagalay shaqsiyaadka, qoysaska, kooxaha bulshada, iyo ganacsiyada yaryar si looga hortago cudurka COVID-19.

## Haddii aad ka weyn tahay 55+...

**GUNOOYINKA LAGU SALEEYO DA'DA (AGE STRONG COMMISSION)**

**617-635-4366 | [boston.gov/agestrong](http://boston.gov/agestrong)**

Caawimaadda guriyeenta, gaadiidka, daryeelka caafimaadka, shaqada, iyo fursadaha mutadawacnimada ah ee loogu talagalay dadka deegaanka (da'dooduna ka weyn tahay 55+).

## Haddii aad ka badbaadday xadgudub...

**SAFELINK**

**877-785-2020 | [casamyrna.org/get-support/safelink](http://casamyrna.org/get-support/safelink)**

Caawimaadda qarsoodiga ah, qorshaynta amniga, xariirka tooska ah ee lala yeelanaayo dadka leh hoyga iyo gudbinta adeegyada bulshada ee shaqeeya 24/7.

## Haddii aad rabtid khad internet ah...

**WAAXDA TEKNOOLAJIYADA (DEPARTMENT OF INNOVATION AND TECHNOLOGY)**

**617-635-4783 |**

**[boston.gov/news/internet-connectivity-supports-during-coronavirus-covid-19-response](http://boston.gov/news/internet-connectivity-supports-during-coronavirus-covid-19-response)**

Ka hel ilaha lagu taageeraayo khadadka muhiimka ah, sida: internetka. Si aad maclumaad dheeraad ah u heshid, iimayl u dir [digital.equity@boston.gov](mailto:digital.equity@boston.gov).

## Haddii aad leedahay ganaci yar...

**XAAFIISKA MAAYARKA EE QAABILSAN KOBINTA DHAQAALAH (MAYOR'S OFFICE OF ECONOMIC DEVELOPMENT)**

**311 ama 617-635-0355 | [boston.gov/smallbusiness](http://boston.gov/smallbusiness)**

Taageerada mulkiilayaasha ganacsiga yaryar.

**MUHIIM AH:** Shirkadda Dhaqaale Korinta ee Gobolka Massachusetts Growth Capital Corporation (MGCC) waxay ka shaqeyn doontaa dhamaan codsiyada maalgelinta amaahda \$10 ka milyan ah si loo bixiyo gargaar dhaqaale oo la siinaayo ganacsiyada Massachusetts ee uu saameeyay cudurka COVID-19. Si aad maclumaad dheeraad ah u heshid booqo: [empoweringsmallbusiness.org](http://empoweringsmallbusiness.org).

## Haddii aad tahay shaqaale...

**QAREENKA GUUD EE GOBOLKA (MASSACHUSETTS ATTORNEY GENERAL)**

**617-727-3465 |**

**[mass.gov/how-to/file-a-workplace-complaint](http://mass.gov/how-to/file-a-workplace-complaint)**

Waxa uu aqbalaa cabashooyinka onlayinka ah kuna saabsan mushaharka dhimista, lacagta saacadaha dheeraadka ah ee shaqada, waqtiga qofku xanuunsan yahay, waqtiyada gaagaaban ee loogu talagalay cuntada, iyo ilaalinta shaqaalaha.

**MASSCOSH**

**617-505-8940 | [masscosh.org](http://masscosh.org)**

**wac xog ku saabsan xuquuqda shaqaalaha**

**GREATER BOSTON LEGAL SERVICES**

**617-603-1530 | [gbls.org](http://gbls.org)**

**Wac xog ku saabsan xuquuqda shaqo la'aanta**

## **Haddii aad tahay arday ama macalin...**

### **DUGSIYADA DADWAYNAHA BOSTON (BOSTON PUBLIC SCHOOLS)**

**617-635-4783 | [bostonpublicschools.org/coronavirus](http://bostonpublicschools.org/coronavirus)**

Waxaad ka helaysaa macluumaadka ku saabsan goobaha lagu bixinaayo qadada iyo quraacda bilaashka ah ee loogu talagalay dhamaan ardayda BPS, aalada Chromebooks ee loogu talagalay inay arday onlaynka wax uga bartaan, talooyinka iyo macluumaadka loogu talagalay macalimiinta.

### **Tusmooyin kale**

#### **QAREENKA GUUD EE MASSACHUSETTS**

#### **(MASSACHUSETTS ATTORNEY GENERAL)**

**[mass.gov/guides/resources-during-covid-19](https://mass.gov/guides/resources-during-covid-19)**

#### **CAAWIN SHARCI OO GOBOL (MASSLEGALHELP)**

**[masslegalhelp.org/health-mental-health/covid-19](https://masslegalhelp.org/health-mental-health/covid-19)**

#### **Isbahaysiga MIRA (MIRA Coalition)**

**[miracoalition.org/resources/covid19](https://miracoalition.org/resources/covid19)**

#### **Xaqa shaqaalaha iyo fasax yadooda**

**[https://docs.google.com/document/d/1i4KbrJ7Tw99Bmq3RBe-\\_z8\\_s3IlSXX0XD05O-ljm08g](https://docs.google.com/document/d/1i4KbrJ7Tw99Bmq3RBe-_z8_s3IlSXX0XD05O-ljm08g)**



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