

# Ku soo noqoshada guriga daadadka ka dib

Macluumaad ku saabsan sida aad u badbaadi karto daadadka ka dib

**Somali | Soomaali**

## OFFICIAL

Markaad ku soo noqoto gurigaaga daadadka ka dib, akhri macluumaadkan si aad naftaada iyo qoyskaaga uga badbaadiso dhaawac ama jirro imaan karta.

## Sida si nabad ah guriga loogu soo noqon karo

- Weligaa haku dhex socon, haku dabaalan, hana ku dhex kaxeyn gaari biyaha daadadka, xataa haddii ay tahay biyo dageen aan aad u qodnayn. Ka fogee carruurta iyo xayawaanka rabaayada ah ilaa ay nabdoon tahay in lasoo noqdo mooyee.
- Biyaha daadadka iyo dhoobada hadii ay taabtaan maqaarkaaga waxay keeni karaan jirro iyo caabuq. Ka fogow taabashada biyaha daadadka oo gacmahaaga si joogto ah ugu dhaq saabuun.
- Xiro kabo aan biyuhu soo gali karin iyo gacan-gashi caag (rubber) ah ama galoofyada maqaarka laga sameeyay marka aad wax nadiifinayso.
- Dabool meel kasta oo jirkaaga ah oo dhaawacan ama nabarro ah oo laga yaabo inay biyaha daadadku gaari karaan. Haddii aad dhaawacanto ama meel jirka ka mid ah jeexanto, nadiifi dhaawaca oo la xidhiidh dhakhtarkaaga isla markiiba.
- Iska ilaali waxyaalahan ka hor inta aadan guriga soo gelin:
  - ✓ daadadku waxay sababi karaan bulaacaduhu inay soo galaan gurigaaga
  - ✓ gaaska ama korontada ayaa laga yaabaa inay waxyeelo soo gaaraan
  - ✓ waxaa laga yaabaa in dhismaha gurigaaga ay dhibaato soo gaarto
  - ✓ masaska iyo xayawaanka kale ayaa laga yaabaa inay gabaad ka dhigtaan gurigaaga, daashka ama beertaada
  - ✓ bannaanka u saar biyaha fadhiidka ah ee ka buuxsamay weelasha deyrkaada yaala maadaama ay kaneecadu ku dhex noolaato
  - ✓ haddii ay jirto meelo gurigaaga ah oo caaro madoobaad ah (mould) leh, waa inaad nadiifisaa ka hor intaadan dib ugu guurin gurigaaga.
- Haddii korontadu tagtay, hubi cuntada ama daawooyinka talaajadda ku jira. Waxaa laga yaabaa inaad u baahato inaad iska tuurto.
- Ha ku isticmaalin koronto dhaliyaha sida sahlan loo qaadan karo (portable generator) gudaha sababtoo ah waxay soo saari karaan kaarboon moono-oksaydh kaas oo aad loogu xanuunsan karo.
- Daadadku waxay wasakhayn karaan biyaha aad cabto. Ka hubi shirkada biyahaaga in biyaha tuubadaadu ay yihiin kuwo la cabi karo. Haddii aadan ku jirin biyaha dhexe (mains water) oo aad u malaynayso in daadadku ay saameeyeen biyahaaga gaarka ah, la xidhiidh golaha deegaankaaga.
- Ha ku dabaalan marin-biyoodyada, xeebaha, ama barkadaha dabaasha maadaama laga yaabo inay wasakhoobeen.
- Daadadku waxay sababi karaan qaybo ka mid ah gurigaaga sida tuubooyinka biyaha qaada (pipes), shaadhka sibidhka (cement sheeting) ama mutuleelada inay dhaq dhaqaaq sameeyaan. Haddii aad hesho dhagaxa asbestos, waxba haku samayn lana xidhiidh golaha deegaankaaga.

- Haddii nidaamka biyaha wasakhda qaada (waterwaste system) ay daadadku saameeyeen, yaree isticmaalka biyaha oo la xiriir kuwa tubooyinka sameeya.

### Naftaada ka taxadar

- Waa caadi in aad la kulanto shucuur badan, qaado daqiiqad si aad naftaada uga taxadarto oo aad ula xiriirto dadka ehelkaaga ah si ay kuu caawiyaan.
- Haddii aad dareemayso culays badan, waxaad wici kartaa Xarumaha Caafimaadka Maskaxda iyo Ladnaanta (Mental Health and Wellbeing Hubs) si aad u heshid taageero lacag la'aan ah 1300 375 330.
- Haddii aad ka welwelsan tahay caafimaadkaaga, u tag GP'gaaga. Wac 000 haddii ay timaado xaalad degdeg ah. Haddii aadan awoodin inaad wacdo, waa inaad u safartaa isbitaalka kuugu dhow.
- Haddii adiga ama qof aad taqaan ay dhibaato heysato, wac Lifeline 13 11 14 ama Beyond Blue 1300 224 636.

### Hel taageero dhaqaale

- Haddii gurigaaga daadad saameeyeen, waxaa laga yaabaa inaad xaq u yeelato lacag-bixin degdeg ah oo hal mar ah. Wixii macluumaad dheeraad ah booqo <https://emergencypayments.dffh.vic.gov.au>.
- Kaalmada dib-u-asaasidda (Re-establishment Assistance) ayaa laga yaabaa in la heli karo haddii aadan ku noolaan karin gurigaaga sababo la xiriira burbur soo gaaray, ama haddii aadan geli karin gurigaaga in ka badan 7 maalmood. Wixii macluumaad dheeraad ah, booqo <https://services.dffh.vic.gov.au/personal-hardship-assistance-program>.
- Gunnada Kasoo-kabashada Masiibooyinka (Disaster Recovery Allowance) ayaa loo heli karaa shaqaalaha iyo ganacsatada keligood ah ee ku lumiyay dakhligoodii masiibo weyn oo dhacday awgeed. Waxaad heli kartaa lacag-bixin soconaysa ilaa 13 toddobaad masiibada markay dhacday ka dib. Booqo <https://www.servicesaustralia.gov.au/natural-disaster-events?context=60042> wixii macluumaad dheeraad ah.
- Waxa laga yaabaa inaad u qalanto Lacag bixinta Kasoo-kabashada Musiibada ee Dawlada Australia (Australian Government Disaster Recovery Payment) haddii dhaawac halis ahi kusoo gaadhay ama si xun ay daadadku u waxyeleeyeen gurigaaga. Dadka waaweyn waxay heli karaan \$1,000 carruurtuna waxay heli karaan \$400. Booqo <https://www.servicesaustralia.gov.au/victorian-floods-october-2022-australian-government-disaster-recovery-payment> wixii macluumaad dheeraad ah.
- Ka wac Khadka kasoo-kabashada Daadadka (Flood Recovery Hotline) 1800 560 760 si aad u hesho caawimo hoy ku meel gaar ah iyo taageero kale.
- Haddii aad u baahan tahay in lagaa caawiyo arrimaha caymiska, wac khadka musiiibooyinka ee Golaha Caymiska Australia (Insurance Council Australia) 1800 734 621.

Si aad ugu heshid daabacaadan qaab sahlan, iimayl u dir [pph.communications@health.vic.gov.au](mailto:pph.communications@health.vic.gov.au)

