



PBV

Xog Kooban

If you need language assistance, reasonable accommodation, or alternative format for any aspect of this process, or if you need this notice in an alternative format, please contact 612-342-1581 or FamilyHomes@mplspha.org. Hearing-impaired individuals needing accommodation may call TDD/TTY Minnesota Relay at 1-800-627-3529.

Haddii aad dooneyso in xagga luqadda lagaa caawiyo, ama aad adeeg kale u baahan tahay, ama hab kale laguugu soo gudbiyo nidaamkan ama ogeysiiskan hab kale laguugu soo diro, fadlan la xiriir 612-342-1581 or FamilyHomes@mplspha.org.
Dadka maqalka ku adag yahay ee doonaya in la caawiyo waxa ay soo wici karaan Minnesota Relay ee TDD/TTY ee 1-800-627-3529.



CODSI ADEEGYADA INTERPRETATION BILAASH

Aniga, _____, weydii Maamulka Guriyeynta Dadweynaha ee Minneapolis (MPHA) inay ii fidiso adeegyo turjubaan bilaash ah. Waxaan ku matalaa inaan hadli karin Ingiriisiga oo ah luqaddayda koowaad iyo in aan leeyahay awood xaddidan oo aan ku akhriyi karo, qori karo, ku hadli karo ama fahmay Ingiriisiga. Waxaan fahansanahay in tarjumaanka uu akhrin karo ama maqli karo macluumaadka qaaska ah aniga igu saabsan. Qandaraaska ama mutarjumka shaqaalaha MPHA wuxuu ogolaaday inuu hayo macluumaadka ku saabsan aniga oo khaas ah marka la raaco sharciga federaalka iyo gobolka.

Taariikh: _____
Saxiixa Macmiilka

Luqadda Asalka

English

This information is important, if you do not understand it, please call your MPHA representative, for free language assistance

Hmong

Yog koj tsi to taub txog cov noj lust seem ceeb no, thov hu mus rau ntawm tsev luam qhov chaw ua hauj lwM MPHA peb yuav pab ntxhais rau nej

Somali

Halkan waxaa ku qoran war ama akhbaar aad u muhim ah, haddii aad fahmi kari weydo, fadlan ula tag wakiilka hay'adda MPHA, si aad tarjumaad bilaash ah uga hesho.

Oromo

Beeksifni kun hedduu barbaachisaa dha. Yaadni isaa hoo isiniif hin galle ta'e, bakka bu'aa "MPHA" (Bulchiinsa Mana Mootummaa Magaalaa Minneapolis) akka afaan isiniif hiikamu gargaarsa tolaa gaafadhaa.

Amharic (Ethiopian)

ይህ መረጃ በጣም አስፈላጊ ነው። ምን እንደሚል የማይገባዎ ከሆነ፣ ከዚህ MPHA (የሚንያፖሊስ የመንግስት የመኖሪያ ቤቶች ባለስልጣን) ወኪል ጋር ተገናኝተው በነጻ የሚሰጥ የቋንቋ[ማስተርጎም] እርዳታ እንዲሰጥዎ ይጠይቁ።

Laotian

ຖ້າຫາກວ່າທ່ານບໍ່ເຂົ້າໃຈໃນຂໍ້ຄວາມຂ້າງນີ້, ທ່ານຕ້ອງໄຫຼ່ໄປຫາພັງ ຫ້ອງການເຮືອນຫລວງ MPHA ພວກເຮົາຈະຊ່ວຍອະທິບາຍໃຫ້ທ່ານ.

Spanish

Esta información es importante, si usted no lo entiende, por favor póngase en contacto con MPHA para asistencia lingüística gratuita.

Rev. Date 15.10.09

Guri macquul ah

Baahida loo qabo Guri macquul ah iyo Nexus inta u dhaxaysa Naafanimada iyo Hoyga.

Guri macquul ah waxaa ka mid noqon kara ka-reebidda qawaaniinta 'MPHA', qawaaniinteeda ama nidaamkeeda. In kasta oo MPHA ay aqbali karto xukunka qofka naafada ah in hoy loo baahan yahay, MPHA waxay u baahan kartaa qofka inuu muujiyo baahida loo qabo hoy ama inuu u oggolaado kormeerka qaybta. Sidoo kale, MPHA waxay baari kartaa beddellada hoyga la codsaday iyo / ama habab kale oo lagu bixiyo hoy la codsaday. MPHA waxay dooran doontaa dejin ku habboon oo ugu habboon uguna kharash badan waxtarna u leh MPHA.

Qofka naafada ah wuxuu leeyahay culeyska inuu muujiyo inuu jiro xiriir ka dhexeeya naafanimada iyo hoyga iyo xiriir ka dhexeeya naafanimada iyo heshiiska kirada. Qofku waa inuu sidoo kale muujiyaa in hoyga ay suuragal tahay inuu qofka u oggolaado inuu u hoggaansamo heshiiska ama barnaamijka iyo in qofku aqbalayo kaalmada lagama maarmaanka ah.

Haddii aad tahay qof naafo ah oo aadna rabto inaad codsato hoy macquul ah, fadlan la xiriir farsamayaqaanka u-qalmitaanka caawimaad.

Ma Waxaad

Tahay Dhibbane
Lagaga Eexday

Guri Siinta?

Hoy-siin caddaalad ah ayaa
xuquuqdaada ah!

Haddii lagu diiday xuquuqda
aad u leedahay Guri-siinta...waxaa
laga yaabaa in si sharci dara ah
lagaaga eexday.



Waxda Guriyeyta Maraykanka iyo Horumarinta Magaalooyinka
U.S. Department of Housing and Urban Development (HUD)

HALKA AAD U DIREYSO FOOMKAAGA AMA

AAD WAYDIINEYSO DALABKAAGA

Gobalka Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, iyo Vermont:

NEW ENGLAND OFFICE

Fair Housing Hub
U.S. Dept. of Housing and Urban Development
Thomas P. O'Neill, Jr. Federal Building
10 Causeway Street, Room 321
Boston, MA 02222-1092
Telefoonka (617) 994-8320 or 1-800-827-5005
Fakiska (617) 565-7313 • TTY (617) 565-5453
Cinwaanka: Complaints_office_01@hud.gov

Gobalka New Jersey iyo New York:

NEW YORK/NEW JERSEY OFFICE

Fair Housing Hub
U.S. Dept. of Housing and Urban Development
26 Federal Plaza, Room 3532
New York, NY 10278-0068
Telefoonka (212) 264-1290 or 1-800-496-4294
Fakiska (212) 264-9829 • TTY (212) 264-0927
Cinwaanka: Complaints_office_02@hud.gov

Gobalka Delaware, District of Columbia, Maryland, Pennsylvania, Virginia, iyo West Virginia:

MID-ATLANTIC OFFICE

Fair Housing Hub
U.S. Dept. of Housing and Urban Development
The Wanamaker Building
100 Penn Square East
Philadelphia, PA 19107
Telefoonka (215) 656-0663 or 1-888-799-2085
Fakiska (215) 656-3419 • TTY (215) 656-3450
Cinwaanka: Complaints_office_03@hud.gov

Gobalka Alabama, the Caribbean, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, iyo Tennessee:

SOUTHEAST/CARIBBEAN OFFICE

Fair Housing Hub
U.S. Dept. of Housing and Urban Development
Five Points Plaza
40 Marietta Street, 16th Floor
Atlanta, GA 30303-2808
Telefoonka (404) 331-5140 or 1-800-440-8091
Fakiska (404) 331-1021 • TTY (404) 730-2654
Cinwaanka: Complaints_office_04@hud.gov

Gobalka Illinois, Indiana, Michigan, Minnesota, Ohio, iyo Wisconsin:

MIDWEST OFFICE

Fair Housing Hub
U.S. Dept. of Housing and Urban Development
Ralph H. Metcalfe Federal Building
77 West Jackson Boulevard, Room 2101
Chicago, IL 60604-3507
Telefoonka (312) 353-7776 or 1-800-765-9372
Fakiska (312) 886-2837 • TTY (312) 353-7143
Cinwaanka: Complaints_office_05@hud.gov

Gobalka Arkansas, Louisiana, New Mexico, Oklahoma, iyo Texas:

SOUTHWEST OFFICE

Fair Housing Hub
U.S. Dept. of Housing and Urban Development
801 North Cherry, 27th Floor
Fort Worth, TX 76102
Telefoonka (817) 978-5900 or 1-888-560-8913
Fakiska (817) 978-5876 or 5851 • TTY (817) 978-5595
Cinwaanka: Complaints_office_06@hud.gov

Gobalka Iowa, Kansas, Missouri iyo Nebraska:

GREAT PLAINS OFFICE

Fair Housing Hub
U.S. Dept. of Housing and Urban Development
Gateway Tower II
400 State Avenue, Room 200, 4th Floor
Kansas City, KS 66101-2406
Telefoonka (913) 551-6958 or 1-800-743-5323
Fakiska (913) 551-6856 • TTY (913) 551-6972
Cinwaanka: Complaints_office_07@hud.gov

Gobalka Colorado, Montana, North Dakota, South Dakota, Utah, iyo Wyoming:

ROCKY MOUNTAINS OFFICE

Fair Housing Hub
U.S. Dept. of Housing and Urban Development
1670 Broadway
Denver, CO 80202-4801
Telefoonka (303) 672-5437 or 1-800-877-7353
Fakiska (303) 672-5026 • TTY (303) 672-5248
Cinwaanka: Complaints_office_08@hud.gov

Gobalka Arizona, California, Hawaii, iyo Nevada:

PACIFIC/HAWAII OFFICE

Fair Housing Hub
U.S. Dept. of Housing and Urban Development
600 Harrison Street, Third Floor
San Francisco, CA 94107-1300
Telefoonka (415) 489-6524 or 1-800-347-3739
Fakiska (415) 489-6558 • TTY (415) 436-6594
Cinwaanka: Complaints_office_09@hud.gov

Gobalka Alaska, Idaho, Oregon, iyo Washington:

NORTHWEST/ALASKA OFFICE

Fair Housing Hub
U.S. Dept. of Housing and Urban Development
Seattle Federal Office Building
909 First Avenue, Room 205
Seattle, WA 98104-1000
Telefoonka (206) 220-5170 or 1-800-877-0246
Fakiska (206) 220-5447 • TTY (206) 220-5185
Cinwaanka: Complaints_office_10@hud.gov

Ka dib marka aad la xidhiidh xafiiska deegaankaaga ugu bhaw oo aad wali hayso hu'aalo waxaad la xidhiidhi kartaa HUD:

U.S. Dept. of Housing and Urban Development
Office of Fair Housing and Equal Opportunity
451 7th Street, S.W., Room 5204
Washington, DC 20410-2000
Telefoonka (202) 708-0836 or 1-800-669-9777
Fakiska (202) 708-1425 • TTY 1-800-927-9275

Haddii aad ku dirayso interneetka, booqo: www.hud.gov

HALKAN KU
DHEJI
FARANKABO
OLADA

KU DIR:

Xog Uruurintan Cabashada Dadwaynaha waxaa lagu qiyaasaa in lagu buuxiyo 20 daqiiqo, oo ay ku jiraan wakhtiga dib loogu eegayo shuruudaha, raadinta xogta ileed ee jirta, uruurinta iyo xafidaada xogta loo baahan yahay, iyo waliba buuxinta iyo dib u eegida xog uruurinta.

Waaxda Guriyaynta iyo Horumarinta Magaalooyinka ayaa loo xilsaaray ururinta xogtan iyada oo la raacayo Qodobka VIII Xeerka Xuquuqaha Rayidka ee 1968, kaas oo dib loogu hagaajiyey xeerka Dib u eegida Guriyeynta Caddaalada ah ee 1988, {P.L.100-430}; Qodobkiisa VI ee Xeerka Xuquuqaha Rayidka ee 1964, {P.L.88-352}; Qeybta 504 ee Xeerka Dib u kabida ee 1973, ee dib loo habeeyey, {P.L.93-112}; Qeybta 109 ee Cinwaankiisu yahay I-Guriyeynta iyo Bulshada. Xeerka Horumarinta ee 1974, ee dib loo habeeyey, {P.L.97-35}; Xeerka Curyaamiinta Maraykan ee 1990, {P.L.101-336}; iyo Xeerka kala Soocidda Da'da ee 1975, ee dib loo habeeyey, {42 U.S.C.6103}.

Xogtan ayaa loo istimaali doonaa baadhitaanka iyo dabagalka cabashooyinka la xidhiidha eexashada guriyeynta. Xogtan waxaa laga yaabaa in loo gudbiyo Wasaarada Caddaalada ee dalka Maraykanka si ay u adeegsato hanaanka dacwadaha loo soo gudbiyo iyo dabagalka eexashada guriyeynta ama dacwad ku soo oogidda shaqsigu {yaadka} sameeyey falal eex ah oo dadka kala soocaya; iyo gobolka ama hay'adaha caddaalada guriyeynta ee deegaanka kuwaas oo maamulkoodu la mid yahay sharciyada guriyeynta caddaalada ah ee geedi socodka guriyeynta. Ku guuldaraysiga bixinta qaar ama gabi ahaan xogtii lagaa cosaday waxay horseedi doontaa in uu dibu dhac ku yimaado ama la diidaba taageerada HUD.

Soo bandhigida xogtan waa mid iqtiyaari ah.



XOGTA EEXASHADA GURIYEYNTA

Waaxda Guriyeynta iyo Horumarinta Magaalooyinka Maraykanka
U.S. Department of Housing and Urban Development

Xafiiska Guriyeynta Caddaaladda ah iyo Fursadaha Loo Siman Yahay
Office of Fair Housing and Equal Opportunity

Fariimaha: (Fadlan daabac ama farwaaweyn ku qor) Si taxadar leh u akhri foomkan. Isku day in aad ka jawaabto su'aalahan oo dhan. Haddii aadan garanayn jawaabta ama su'aashu aanay ku qusayn, siday tahay ku dhaaf. Waxaad haysataa muddo sanad ah in aad ku soo gudbisno galka codsiga cabashada eexda. Codsigaaguna waa in uu saxeehan yahay taariikhduna ku xusan tahay.

Magacaaga

Cinwaankaaga

Magaalada

Gobalka

Sanduuqa boostada

Wakhtiga ugu haboon ee lagula soo hadli karo

Telafoonkaaga Maalintii

Telafoonkaaga habeenkii

Xagee kale baanu wici karaynaa hadii aanan ku heli karin?

Magaca qofka lala xidhiidhayno

Wakhtiga ugu haboon ee lala hadli karo

Telefoonka Maalintii

Telefoonka Habeenka

Magaca qofka lala xidhiidhayo

Wakhtiga ugu haboon ee lala hadli karo

Telefoonka maalintii

Telefoonka habeenkii

1 Maxaa kugu dhacay?

Sidee baa lagaaga eexday?

Tusaale ahaan: Ma waxaa lagu diiday fursad aad ku kiraysan lahayd ama aad ku iibsashay lahayd guri? Ma waxaa lagu diiday amaah? Ma waxaa lagu yidhi guri lama hayo iyada oo dhab ahaantii la hayo? Ma waxaa laguula dhaqmay si ka duwan kuwa kale ee iyaguna guryaha raadinaya?

Si kooban noogu sheeg waxa dhacay.

XOGTA EEXASHADA GURIYEYNTA

Waaxda Guriyeynta iyo Horumarinta Magaaloyinka Maraykanka
U.S. Department of Housing and Urban Development

Xafiiska Guriyeynta Caddaaladda ah iyo Fursadaha Loo Siman Yahay
Office of Fair Housing and Equal Opportunity

2 Waa maxay sababta aad u tahay dhibbane lagaga eexday guri siinta?

Ma laga yaabaa in ay ugu wacan tahay:

• isirkaaga • midabkaaga • diintaada • jinsigaaga • qaranka aad ka soo jeedo • xaaladdaada qoysnimo (qoysaska eh caruurta ay da'doodu ka hoosayso 18) • curyaanimada?

Tusaale ahaan: Ma waxaa guriga laguugu diiday isirnimadaada? Ma waxaa daynta laguugu diiday diinta aad aaminsan tahay awgeed? Ama laguugu diiday guri aad dagi lahayd carruurbaad leedahay awgeed?

Si kooban u sharax sababta aad u malaynayso in xuquuqahaaga guriyeynta laguugu diiday islamarkaana gooba geli qodobada aad isleedahay way ku haboon yihiin.

3 Yaad rumaysan tahay in uu kaa eexday?

Tusaale ahaan: ma wuxuu ahaa hantiile dhuleed, mulkiile, bangi, wakiilka guryo wadareed, muqalas, shirkad, ama hay'ad?

Cadee ruuxa aad isleedahay wuu kaa eexday.

Magaca

Cinwaanka

4 Halkee bay ka dhacday eedaynta eexda sharci darada ah?

Tusaale ahaan: Ma wuxuu aheyd qaybta guryaha kireysa? Guriga qoys kaliya? Guriyeynta dadweynaha ama guryaha laysku taageero? Guri hadba meel loo rari karo?

Ma wuxuu ahaa mid ka dhacay bangi ama hay'ad kale oo wax amaahisa?

Cinwaanka ku qor halkan hoose.

Cinwaanka

Magaalada

Gobalka

Sanduuqa boostada

5 Goormuu dhacay falkii ugu danbeeyey ee eexdu?

Ku qor taariikhda halka

_____ / _____ / _____

Wali ma socotaa eedaynta eexdu oo ma taagan tahay?

Haa _____ Maya _____

Saxeexa

Taariikhda

U dir foomkan HUD ama wakaalada guriyeynta caddaalada ah ee kuugu dhaw. Haddii aadan awoodin in aad buuxiso foomkan, waxaad si toos ah ula hadli kartaa xafiiskaas. Eeg cinwaanka iyo telefoonka ku qoran bogga dambe.

903-1_Somali



Waa Sharci Darro Eexashada Guri Bixintu Iyada oo la Raacayo Qodobadan...

- Isirka
- Midabka
- Qaran ahaan halka uu ka soo jeedo
- Diinta
- Jinsiga
- Xaalada qoysnimo (qoysaska wata carruurta da'doodu ka hoosayso 18, ama kuwa filanaya ilmo)
- Curyaannimo (haddii adiga ama qof adiga ugu dhaw uu yahay curyaan)

Haddii aad Aaminsan Tahay in Xuquuqahaaga Lagu Xadgudbay.

- HUD ama gobalka ama wakaalada guriyeynta caddaalada ku dhisan ee deegaanka waxay diyaar la tahay in ay kugu caawiso in aad gudbiso cabasho.
- Marka xogtaada la helo ka dib, HUD ama gobalka ama wakaalada guriyeynta caddaalada ku dhisan ee deegaanka ayaa kula soo xidhiidhi doona si ay kaala hadlaan arrimaha aad daynayso.

Ku xafido warbixintan meelaha aad wax ku kaydsato.

Taariikhda aad macluumaadkaaga u dirtay HUD: _____ / _____ / _____
Cinwaanka aad macluumaadkaaga ku dirtay:

_____ Xafiiska _____ Telefoonka

_____ Wadada

_____ Magaalada _____ Gobalka _____ Sanduuqa boostada

Haddii aadan jawaab ka helin HUD ama gobalka ama wakaalada guriyeynta caddaalada ku dhisan ee deegaanka muddo saddex todobaad ah marka laga bilaabo taariikhda aad foomkan dirtay, Waad la hadli karaysaa si aad u ogaato xaalada cabashadaadu halka ay marayso. Eeg cinwaanka iyo telefoonka ku qoran dhabarka danbe ee boggan.

Ka goo harkan, iskulab oo ku xidh xarijada qoyan ama mida qaralan (ha isku dhajin)

MA WAXAAD TAHAY DHIBBANE LAGAGA EEXDAY GURI SIIN?

“Riyada maraykanka ee ah helitaanka meel nadiif ah oo hagaagsan oo loogu yeedho ‘guri’ ayaa waxay ka turjumaysaa waxa aan rumaysanahay ee ah in qarankan, guusha iyo fursadiisu ay noqdaan kuwo uu ruux kasta heli karo.

Marka la eego Sharciyada Guriyeynta Caddaalada ah, muwaadin kasta waxaa loo xaqiijiyey fursadda ah in uu nolol wanaagsan ku dhisto guriga uu doorbidayo — iyada oo aan la tixgelinaynin isirkooda, midabkooda, diintooda, jinsigooda, asalkooda, xaalada qoysnimo ama curyaannimo.”

SIDEEBAAD KU GARAN KARTAA EEXDA GURI SIINTA?

Marka la eego Xeerka Guri siinta Caddaalada ah, waa sharci daro in:

- Laguu diido in aad kiraysato guri ama lagaa iibiyo guri
- In lagu sheego in aanu guri jirin iyada oo uu jiro
- in lagu tuso guryo ama dhismayaal ku yaal xaafado gaar ah
- in loo sameeyo sharciyo kala duwan, shuruudo, ama maamuus iibinta ama kireynta guryaha
- Bixinta adeegyada guriyeynta ama fasiilaad kala duwan
- Xayeysiinta kireynta guryaha lala eegto dad gaar ah oo kaliya
- In lagu diido in aad hesho warbixinta ku saabsan amaahda, lagu diido daynta, ama lagugu xidho sharuudo kala duwan
- In lagu diido caymiska hantida
- Marmarsiiyo eex ah si laguu meermeeriyo
- In loo diido shaqsiyaadka curyaanka ah in ay soo bandhigaan sababo macquul ah haddii lagama maarmaan ay tahay in ruuxaasi uu helo fursad macquul ah oo uu ku heli karayo deegaankaas
- In lagu guuldaraysto dhismaha guryo badan oo si fudud loo heli karayo
- Cagajuglayn, xoog, hanjabaad, ama fargelin lagu sameeyo qof kasta oo doonaya in uu caawiyo ruux kale si uu u helo xuquuqihiisa/heeda guri siinta caddaaladda ah

DIWAANGALINTA
RABSHADA QOYSKA,
SHUKAANSIGA

TACADIYADDA GALMADA AMA
UGAARSIGA IYO ISDABA
MARINTA MAACLUUMAADKA

U.S. Qeybta Guriyaynta
Iyo Hormarinta Magaalooyinka

OMB Lambarka La ansixiyay. 2577-0286
Taariikhda uu dhacayo 06/30/2017

U Jeedada Foomka: Qodobka sharciga ee Ka hortaga Rabshadaha ka dhanka ah Haweenka (VAWA) waxa uu ka difaacayaa codsabayaasha, kiraystayaasha iyo ka qaybgalayaasha qaar kamid ah barnaamijyadda HUD in laga saaro, loo diido caawinta guriyaynta ama laga joojiyo caawintaasi guriyaynta sababo la xirriiro falalka rabsahadda qoyska, rabshadda jacayl, tacadiyadda galmada, ugaarsiga ka dhanka ah iyaga. Inkastoo magaca sharcigani, difaaca VAWA uu yahay mid diyaar u ah dhibanayaasha rabshadaha qoyska, rabshadaha ka dhasha isla gooni ahaanshada, tacadiyadda galmada iyo ugaarsiga, looma eegayo jinsiga qofka, kala saarida jinsiyaadka ama u kala eexashada jinsiga.

Isticmaalka Foomkani Ee Aan Waajibka Ahayn : Haddii aad ka codsanaysid qof ku siiyo guriyaynta magan galyada VAWA, waxaa laga yaabaa in uu ku siiyo codsi qoraal ah kaasi oo lagaa doonaayo in aad keentid cadeymo ku saabsan dhacda ama dhacdooyinka rabshadaha qoyska ,rabshadaha la xidhiidho iska kali noqoshada tacadiyadda galmada iyo u gaarsiga.

Ka jawaabida codsigani adiga ama shaqsi adiga ku matalo ayaa laga yaabaa inuu dhammaystiro foomkani aan waajibka ahayn una soo bandhigo qofka ku siinaayo guriyaynta ama waa suurtagal in aad adiga soo gudbisid mid kamid ah cadeymaha qofka saddexaad ee hoos ku xusan.

(1) Dukumeentiga aad adiga saxiixday, shirkadda ama qofka aad u shaqaysid ama qof iskiisa isu soo saaray inuu u adeego dhibanaha waxa uuna noqon karaa sharciyaqaan, mas'uul caafimaad, ama mas'uul caafimaad ee dhanka miirka ka shaqeeyo (si guud, "aqoonyahan") kaasi oo aad ka codsatay caawimaad la xidhiidho rabshadaha qoyska, rabshadaha isla gooni noqoshada, tacadiyadda, ama u gaarsiga ama waxyeeladda tacadiyadeed. Dukumeentiga waxaa waajib ah inuu noqdo mid qeexaayo ciqaabta la xidhiidho been sheegida in aqoonyahanka uu aaminsanyahay dhacda ama dhacdooyinka rabshadda qoyska, rabshadaha isla gooni noqoshada, tacadiyadda galmada ama u gaarsiga, kuwaasi oo dhacay lehna astaamaha "rabsahadaha qoyska," "rabshadaha isla gooni ahaanshada," "tacadiyadda galmada," ama, "u gaarsiga" ee sharciga HUD ee 24 CFR 5.2003.

(2) Diiwaanka dawlad goboleedka, dawladda, qabiilka, xuduuda waaxda meelmarinta sharciga degaanka, maxkamadda ama waaxda maamulka; am

(3) Isaga oo raali ah qofka bixiyo guriyaynta, qoraalka ama cadeymaha kale ee uu bixiyo codsadhaha ama kireystaha.

Soo Bandhigga Cadeymaha: xilliga la soo bandhigaayo cadaymaha 14 maalmood oo ay shaqo jirto ah laga bilaabo taariikhda aad heshid codsiga qoraalka ah ee kaaga yimaada qofka ku siinaayo guriyaynta, adiga oo waydiinayo qofka ku siinaayo guriyaynta cadeymaha dhacdooyinka rabshadda qoyska, shukaansiga, tacadiyadda galmada ama u gaarsiga. Qofka Ku Siiyo Guriyaynta Waxaa Laga Yaabaa, Balse Looma Baahno, In Uu Kordhiyo Xilliga Waqtiga La Soo Bandhigaayo Cadeymaha, Haddii Aad U Codsatid Kordhinta Xiliga Waqtiga. Haddii Macluumaadka La Codsaday Aan Lagu Soo Gudbin 14 Maalmood Gudahood Laga Bilaabo Marka Aad Heshid Cadeymaha Codsiga , Ama Kordhinta Taariikhda Uu Bixiyo Qofka Ku Siiyo Guriyaynta, Qofka Kusiiyo Guriyaynta Uma Baahno In u

Kusiiyo Difaaca VAWA. Qaybinta Ama Bixinta Foomkani Uma Adeegaayo In Uu Yahay Aqoonsiga Codsiga Qoraaleed.

Sirta: Dhammaan macluumaadka lagu siiyo oo uu ku siiyo qofka ku siiyo guriyaynta oo kusaabsan dhacdooyinka ama dhacda, rabshadda qoyska, rabshadda shukaansiga, tacadiyadda galmada, ugaarsiga waa in loo xifdiyaa sir ahaan iyo in macluumaadkaasi aan lagu wadaagin meel u furan dadka oo dhan. Shaqaalaha qofka ku siiyo guriyaynta waa ka mamnuuc inay macluumaadkani helaan marka laga reebo in lagu siin waayo ama laguu diido macluumaadkani ee magan galyada VAWA iyo shaqaalaha noocaasi ah waa in aadan ciddna ama shirkadan siin macluumaadka, marka laga reebo in bixinta macluumaadkaasi uu yahay mid: 1) lagula heshiiyay adiga ama aad kula heshiisay qof qoraal in uu jiro waqti xadidan oo la bixin karo; ii) looga baahanyahay in loo isticmaalo ka saarida socoto ama dhagaysi la xiriiro joojinta caawinta; iii) haddi kale uu loo baahanyahay sharciga la adeegsan karo.

Waxaa dhamaystiri karo dhibanaha ama qof matalo dhibanaha rabshada qoyska ,rabshada shukaansiga ,tacadiyada galmada iyo ugaarsiga:

1. Taariikhda dhibanaha laga helay codsiga qoraalka ah: _____
2. Magaca dhibanaha: _____
3. Magacaagga (Haddii uu ka badalanyahay kan dhibanaha): _____
4. Magaca ama magacyada xubnaha ama xubinta qoyska kale ee ku qoran heshiiska: _____
5. Degaanka dhibanaha: _____
6. Magaca danbiilaha eedeysan (haddii la garanayo iyo in si dhibaato la aan ah loo shaacin karo)

7. Xidhiidhka danbiilaha eedeysan iyo dhibanaha _____
8. Taariikhda iyo waqtiga dhacdada ama dhacdooyinka (Haddii la garanayo): _____

10. Goobta uu shilka ka dhacay: _____

Adiga oo isticmaalayo luuqadaada, sharxaad ka bixi shilka:

<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

Tani waa xaqiijin in macluumaadka ku xusan foomkani uu yahay mid run ah oo sax ah in ay gaarsiisantahay aqoontayda iyo xasuustayda iyo in shaqsiga magaciisa uu ku xusanyahay qeybta labaad ee sare uu yahay ama uu ahaaba dhibane rabshada qoyska, rabshada isla gooni ahaanshada, tacadiyada

galmada iyo u gaarsiga. Waxa aan qirayaa in soo bandhigida macluumaad qalad ah uu burburinayo sax ahaanshada barnaamijka una horseedi karo in la diido soo bandhigida, joojinta caawimaada ama iska saarida guriga.

Saxiixa

la saxiixay (Taariikhda)

Caqabadaha wargalinta guud: Caqabada wargalinta guud ee soo uruurinta macluumaadkani waxaa lagu qiyaasayaa isku celcelin in ay qaadnayso hal saac celinta halkii jawaabba. Tani waxaa ka mid ah waqtiga soo aruurinta, dib u eegista, iyo gudbinta macluumaadka. Maluumaadka la bixiyay waxa isticmaalaya qofka bixinaya guriyaynta si uu u codsado diiwangalinta in codsadaha ama kireystaha in uu yahay dhibanaha rabshada qoyska, rabshadda la xidhiidho shukaansiga, tacadiyadda galmada ama ugaarsiga. Macluumaadku waxa uu ku gawracanyahay in uu ahaado mid la xifdisan sida ay qabto shuruudhada VAWA. Hay'adani waxa laga yaabaa in aysan soo aruurin macluumaadka adigana in lagaaga baahdo in aad dhammaystirto foomkani, marka laga reebo inuu cadeynayo maamulka xafiiska rasmiga ah ee u dammbeyay iyo lambarka maamulka miisaaniyada

Programs Providing Services to Battered Women and Their Children

Statewide

Program	City	County(s) Served	Business	Crisis
Battered Women's Legal Advocacy Project		Statewide	612-343-9842	800-313-2666
Brian Coyle Community Center: Immigrant Women's Advocacy Project	Minneapolis	Statewide	612-338-5282	
*Casa de Esperanza	St. Paul	Statewide	651-646-5553	651-772-1611
Centro Legal	St. Paul	Statewide	651-642-1890	
Day One		Statewide	866-223-1111	
Deborah's Place	Richfield	Statewide, primarily Twin Cities metro	612-716-9553	612-716-9553
Korean Family Enrichment Program	Minneapolis	Statewide	612-342-1344	
Minnesota Coalition for Battered Women	St. Paul	Statewide	651-646-6177	800-289-6177
Minnesota Network on Abuse In Later Life	St. Paul	Statewide	651-636-5311	
OutFront Minnesota	Minneapolis	Statewide	612-822-0127 ext. 101	800-800-0350
Praxis International	St. Paul	National, does not provide direct services	651-699-8000	

Twin Cities Metro Area: (Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington Counties)

Program	City	County(s) Served	Business	Crisis
African American Family Services	Minneapolis	Twin Cities Metro Area	612-813-0782	612-871-7878
*Alexandra House	Blaine	Anoka	763-780-2332	763-780-2330
*Asian Women United of Minnesota	St. Paul	Twin Cities Metro Area	651-646-2118	612-724-8823
Aurora Center	Minneapolis	University of Minnesota-Twin Cities	612-626-2929	612-626-9111
*B. Robert Lewis House	Eagan	Dakota	651-452-7288	800-336-7233
*B. Robert Lewis House	Hastings	Dakota	651-437-1291	800-336-7233
Battered Women's Justice Project	Minneapolis	Twin Cities Metro Area	612-824-8768	
Battered Women's Legal Advocacy Project	Minneapolis	Statewide	612-343-9842	800-313-2666
Breaking Free	St. Paul	Twin Cities Metro Area	651-645-6557	651-645-6557
Brian Coyle Community Center: Immigrant Women's Advocacy Project	Minneapolis	Statewide	612-338-5282	

Programs Providing Services to Battered Women and Their Children

Program	City	County(s) Served	Business	Crisis
*Casa de Esperanza	St. Paul	Twin Cities Metro Area and Statewide	651-646-5553	651-772-1611
Centro Legal	St. Paul	Statewide	651-642-1890	
Chrysalis Center for Women	Minneapolis	Twin Cities Metro Area	612-871-0118	
Community/University Health Care Center	Minneapolis	Twin Cities Metro Area	612-638-0700	612-639-6363
*Cornerstone Advocacy Services	Bloomington	Hennepin	952-884-0376	952-884-0330
CSD of MN Deaf Domestic Violence Program	St. Paul	Twin Cities Metro Area	651-487-8867 (TTY)	
Deborah's Place	Richfield	Statewide, primarily Twin Cities	612-716-9553	612-716-9553
Division of Indian Work Greater Minneapolis Council of Churches	Minneapolis	Minneapolis	612-722-8722	
Domestic Abuse Project	Minneapolis	Hennepin	612-874-7063	612-874-7063
Domestic Abuse Project :Little Earth Advocacy Office	Minneapolis	Hennepin	612-728-5874	612-874-7063
Domestic Abuse Project: Minneapolis City Hall Advocacy Office	Minneapolis	Hennepin	612-673-3526	612-874-7063
Domestic Abuse Project: North Point Outreach Advocacy Project	Minneapolis	Hennepin	612-529-7477	612-874-7063
Fairview Domestic Abuse Services: Fairview Ridges Hospital	Burnsville	All surrounding Areas	952-892-2505	
Fairview WomanKind-Fairview Southdale Hospital	Edina	Twin Cities Metro Area	952-924-5775	952-924-8200
Fairview WomanKind-Fairview University Hospital	Minneapolis	All surrounding Areas	612-672-2701	612-672-2700
Family & Children's Service-PRIDE Program	Minneapolis	Minneapolis, St. Paul	612-729-0340	612-728-2062
Freeport West, Inc.	Minneapolis	Twin Cities	612-824-3040	612-874-1936
Hennepin County Domestic Abuse Service Center	Minneapolis	Hennepin	612-348-5073	
Hennepin County Medical Center Domestic Violence Intervention Program	Minneapolis	Hennepin	612-873-2636	612-336-0850
*Home Free	Plymouth	Northwest Hennepin	763-559-9008	763-559-4945
Home Free Community Program	Plymouth	Northwest Hennepin	763-545-7080	763-559-4945
Immigrant Women's Advocacy Project	Minneapolis	Twin Cities Metro Area	612-338-5282	
International Self-Reliance Agency for Women	Minneapolis		612-692-8840	
Jewish Domestic Abuse Collaborative: Jewish Family Services of St. Paul	St. Paul	Twin Cities Metro Area	651-698-0767	
Korean Family Enrichment Program	Minneapolis	Statewide	612-342-1344	
Lighthouse Program- Ridgeview Medical Center	Waconia		952-442-2191	
Lighthouse Program-St.Francis Medical Center	Shakopee		952-403-2258	
Minnesota Coalition for Battered Women	St. Paul	Statewide	651-646-6177	800-289-6177

Programs Providing Services to Battered Women and Their Children

Program	City	County(s) Served	Business	Crisis
Minnesota Indian Women's Resource Center	Minneapolis	Twin Cities Metro Area	612-728-2000	
Minnesota Network on Abuse in Later Life	St. Paul	Statewide	651-636-5311	
OutFront Minnesota	Minneapolis	Statewide	612-822-0127 ext. 101	800-800-0350
Park Nicollet Health Services AdvoCare	St. Louis Park	Park Nicollet and Methodist Hospital patients, general community	952-993-6907	952-993-6670
Phyllis Wheatley Community Center	Minneapolis		612-374-4342	612-384-0804
Praxis International	St. Paul	National, does not provide direct services	651-699-8000	
Project PEACE	Brooklyn Center	Brooklyn Center, Maple Grove, Robbinsdale and Crystal	763-533-0733	763-536-1850
Safe Journey-North Memorial Hospital	Robbinsdale	North Memorial Hospital patients, Northwest Hennepin County suburbs, Northside Minneapolis	763-520-2639	763-520-7070
SEWA-AIFW (Asian Indian Family Wellness)	Fridley	Twin Cities	763-234-3491	763-234-3491
*Sojourner Project	Hopkins	West Hennepin	952-933-7433	952-933-7422
Sojourner Project-Community Advocacy Project	Hopkins	West Hennepin	952-935-1004	952-933-7422
Sojourner Project- Intervention Project	Hopkins	West Hennepin	952-935-7007	952-933-7422
Southern Valley Alliance for Battered Women	Belle Plaine	Scott and Carver	952-873-4214	952-873-4214
Southern Valley Alliance for Battered Women-I'm O.K Children's Visitation Center	Belle Plaine	All surrounding Areas	952-873-4216	
Southern Valley Alliance for Battered Women-Scott County Criminal Intervention	Belle Plaine	Scott	952-873-4233	952-873-4214
St. Paul Domestic Abuse Intervention Project	St. Paul	St. Paul and Ramsey	651-645-2824	651-645-2824
*Tubman Family Alliance Anne Pierce Rogers Shelter	Cottage Grove	Hennepin, Ramsey, and Washington	612-768-0216	612-825-0000
*Tubman Family Alliance Harriet Tubman Shelter	Minneapolis	Hennepin, Ramsey, and Washington	612-825-3333	612-825-0000
Tubman Family Alliance Hennepin County Legal Program	Minneapolis	Hennepin, Ramsey, and Washington	612-673-2244	612-825-0000

Programs Providing Services to Battered Women and Their Children

Program	City	County(s) Served	Business	Crisis
*Tubman Family Alliance Hill Home	Lake Elmo	Hennepin, Ramsey, and Washington	651-653-6305	612-825-0000
Tubman Family Alliance North Point Office	Minneapolis	Hennepin, Ramsey, and Washington	612-521-0240	612-825-0000
*Turningpoint for Victims of Domestic/Sexual Violence	River Falls, WI	Pierce and St. Croix Counties in Wisconsin	715-425-6751	800-345-5104
*Women of Nation's/ Eagle's Nest Shelter, Community Advocacy Program	St. Paul	Twin Cities Metro Area	651-251-1603	651-222-5836
*Women's Advocates	St. Paul	Twin Cities Metro Area	651-227-9966	651-227-8284

Northeast Minnesota: Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, Pine and St. Louis Counties

Program	City	County(s) Served	Business	Crisis
Advocates Against Domestic Abuse		Aitkin, and portions of surrounding Area	218-927-2327	800-950-1242
Advocates for Family Peace	Grand Rapids	Itasca	218-326-0388	800-442-8565
*American Indian Community Housing Organization Dabinoo'igan Shelter	Duluth	All Areas	218-722-7225	218-722-2247
Bois Forte Victim Services	Nett Lake	Bois Forte Reservation	218-757-0111	866-362-2982
Cook County Attorney's Office General Crime Victim Services	Grand Marais	Cook	218-387-3669	
Domestic Abuse Intervention Project	Duluth	St. Louis and Carlton	218-722-2781	
Fond du Lac Reservation	Cloquet	Fond du Lac Reservation	218-879-1227	218-348-1817
Friends Against Abuse	International Falls	Koochiching	218-285-7220	866-778-6059
Grand Portage Reservation Tribal Council	Grand Portage	Grand Portage Reservation	218-475-2453	218-387-3030
North Shore Horizons	Two Harbors	Lake and Cook	218-834-5924	800-834-5923
Range Women's Advocates	Virginia	Northern St. Louis County (exclusive of Duluth area)	218-749-5054	800-345-5054
Rural Women's Advocates (Carlton County Sexual and Domestic Abuse Program)	Carlton	Carlton	218-384-8927	218-384-8927



How is your rent calculated

- MPHA will verify your gross income and benefits received (ex. Wages, Social Security, etc.) MINUS any deductions (disability, dependent deductions, etc.) to calculate 30% of your net income

- Example:

<u>Income</u>	<u>Amount</u>
Social Security	\$500.00 per month
Wages	\$800.00 per month
<hr/>	
	\$1300.00 monthly income x 12 months = \$15,600.00
	\$15,600.00 yearly income
Minus	-\$400.00 – disability deduction
	-\$480.00 – dependent deduction (1 minor child)
	<hr/>
	\$14,720.00 net yearly income

$$\$14,720.00 \div 12 \text{ months} = \$1,227.00 \times 30\% = \$368.00$$

Markii qaybta qoyska la oggolaado oo heshiiska HAP la fuliyo, qoysku waa inuu raacaa qawaaniinta hoos ku taxan si loo sii wado ka qaybgalka barnaamijka Voucherka.

Qoysku waa inay:

- Macluumaadka la keeno ee Maamulka Guryaha Dadweynaha Minneapolis (MPHA) ama HUD ay go'aamiyaan inay lagama maarmaan tahay
- caddeyn keen oo muujineysa dhalashada ama sharciga socdaalka ee loo qalmo
- Sii macluumaadka dakhliga qoyska - kor u kaca ama yaraynta waa in lagu soo sheegaa qoraal ahaan soddon (30) maalmood gudahoodProvide Family composition information– must notify Section 8 in writing within thirty (10) days when there is a change.
- Sii kaararka Lambarka Bulshada xubnaha qoyska.
- Xubnaha qoyska ee jira 18 sano iyo wixii ka weyn waa inay saxeexaan oo soo gudbiyaan foomamka oggolaanshaha si loo helo macluumaadka.
- Ka codso oggolaanshaha MPHA maqnaanshaha qaybta ka weyn 30 maalmood. Maqnaanshaha la fasaxay kama badnaan karo 90 maalmood. Qoys kasta oo ka maqnaa inka badan 30 maalmood fasax la'aan waa laga joojinayaa barnaamijka.
- U oggolow Hay'ada Guriyeynta Dadweynaha ee Minneapolis inay eegaan qaybta waqti macquul ah iyo ogeysiis macquul ah kadib.

Qoysku waa inay:

- Ku ogeysii MPHA iyo milkiilaha ogeysiis sax ah oo qoraal ah ka hor inta uusan qoysku ka guurin guriga.
- U isticmaal qaybta lacaawinayo inay qoys degaan. Waaxdu waa inay ahaataa guriga keliya ee qoyska.
- Ku ogeysii MPHA qoraal ahaan soddon (10) maalmood gudahood dhalashada, korsashada ama maxkamaddu ay siisay haynta ilmaha.
- Ka codso oggolaansho qoraal ah MPHA toban (10) maalmood gudahood ka hor intaadan ku darin xubin kasta oo kale oo qoyska ka mid ah degganaha qaybta.
- Si dhakhso leh ugu wargalin MPHA haddii xubin reerka ka mid ahi aanu ku sii noolayn guriga
- Si dhakhso ah u siiyo MPHA nuqul ka mid ah ogeysiiska milkiilaha ka saarida oo ay hesho.
- Masuul ka noqo wixii jabin ah ee Heerka Tayada Guryaha (HQS) oo ay sababaan reerka ama martidooda.

Qoyska (oo ay ku jiraan xubin kasta oo qoyska ka mid ah) waa inaysan:

- Ku xadgudubka heshiis kasta oo dib u bixinta wixii lacageed ee lagu leeyahay Maamulka Guryaha Dadweynaha.
- Go'aan kasta oo khatar ah ama soo noqnoqda oo heshiis ijaareedka ah, waxaa ku jira kiro aan la bixin.
- Samee khiyaano, laaluush, ama wax kasta oo kale oo musuqmaasuq ama fal dambiyeed ah oo la xiriira barnaamij kasta oo guryeynta Federaalka ah.
- Suuqa kiraynta ama sii deynta ama ha meeleeyo heshiiska kirada ama wareejinta qeybta.
- Hesho Gargaar ku saleysan kiraystaha Qaybta 8 adoo helaya kaalmooyin kale oo guryeyn ah, isla hal guri ama qayb kale
- Ijaarato unug uu leeyahay waalidka, cunugga, ayeeyo / awoowe, ayeeyo, walaasha ama walaalka xubin kasta oo ka mid ah qoyska kaqeybgalayaasha, haddii aysan u oggolaan MPHA inay tahay deggene macquul ah.
- Ku hawl gal ama ugu hanjabo dhaqan xumeyn ama rabshe ku saabsan shaqaalaha Maamulka Guryaha.
- Ku lugyeela si xun u isticmaalka aalkolada qaab qatar ku ah caafimaadka, badbaadada ama xaq u lahaanshaha deganaansho nabadeed ee degganeyaasha kale iyo dadka deggan agagaarka dhismaha.

Qoyska, martida ama dadka uu kiraystaha gacanta ku hayo waa inaysan:

Ku hawlan adeegsiga sharci darrada ah ee shey la xakameeyey oo khatar ku ah caafimaadka iyo amniga ama xaq u lahaanshaha deganaansho nabadeed ee degganeyaasha kale

Ku lug yeelo fal la xiriira daroogada ama fal dambiyeed.

Ka dhig qaybta guriga ama dhismayaasha inay waxyeelloobaan ama xirtaan wixii

ka hooseeya duugga iyo jeexa.

Qoyska ayaa mas'uul ka ah:

Bixinta wixii adeegyo ah ee looga baahan yahay leas-ka

- Bixinta iyo dayactirka agab kasta oo uu kiraystuhu doonayo.

Macluumaad kasta oo qoysku bixiyo waa inay noqdaan kuwo run ah, dhammeystiran, oo la xaqiijin karo

Haddii aad ku jawaabto haa midka mid ah su'aalahan soo socda, Fadlan weydii bixiyaha daryeelka caafimaad ee ilmahaaga baadhis dhiig oo ah liidh

Y	N	Miyuu ilmahaagu ku noolyahay ama sijoogto ah usoo bookhda guriga ama hor 1978?
Y	N	Miyuu ilmahaagu haystaa xubno qoys ama saaxiibo la ciyaaro kuwaasoo haysta una nugul walaxda/maadada liidh?
Y	N	Miyuu ilmahaagu calaaliyaa ama cunaa waxyaabaha aan cuntada ahayn sida dhoobada, jibka rijiyeyan, tabaashiirta, qalinka midabada xaydha, ama looxaanta?
Y	N	Miyey cida kugula nool guriga shaqeeyaan ama haystaan rajada ay ku isticmalayaan maadada liidh ka?
Y	N	Miyuu ilmahaagu ku haboonyahay daryeelka Minnesota ama Taakulada Caafimaad?

Macluumaadka Tijaabinta Dhiiga leh Maadada Liidh

Bixiyahaaga daryeelka caafimaad wuxuu ka tijaabin karaa ilmahaaga in dhiigiisu leeyahay maadada liidhka. La xidhiidh xafiiskaaga caafimaad ee dadweynaha degmada wixii macluumaad dheeri ah oo ku saabsan sida loo ilaaliyo badbaadada ilmahaaga ee maadada liidhka.

Warbixinada

Macluumaad dheeri ah oo ku saabsan liidhka iyo sida ugu amaansan ee loo samayn karo dayactirka guryihii la dhisay wixii ka horeeyey 1978:
<http://www.health.state.mn.us/lead>

Macluumaadka dib u xasuusinta caruusadaha iyo qalabka kale caruurto ku ciyaarto, booqo:
<http://www.cpsc.gov/Recalls/>



Lead & Healthy Homes Program
 Environmental Health Division
 (Liidh & Barnaamijka Guryaha ee Caafimaad Qaybta Caafimaadka Deegaanka)
 P.O. Box 64975
 St. Paul, MN 55164-0975

Wixii macluumaad dheeri ah fadlan nagala soo xidhiidh:
 Talefoon:651-201-4620
 Ama bookho boggayaga intarneetka:
<http://www.health.state.mn.us/lead>

Maal-gelinta mashruucan waxaa bixiyey
 CDC Grant CDC-RFA-EH14-1408PPHF14

Waxaa la helay 12/2015

Soo If Bixida Maadada/Walaxda Liidh Ee Xilliga Caruurnimada

Miyey Caruurtaadu Halis Ku Sugaan Yihiin



Waa maxay maadada liidh ka?

Liidh waa maado/ bir culus taasoo ay tahay inaan laga helin jidhka dhexdiisa. Liidh ku jirta jidhka waxay sababi kartaa dhibaatooyin caafimaad oo daran. Warka wanaagsani wuxuu yahay in soo if baxa maadada liidhka laga hor tagi karo.

Sidee maadada liidhku kusoo gashaa jidhka?

Liidh waxuu kasoo gudbi kartaa hooyada una gudbi karaa ilmaheeda yar xiliga uurka. Ilmaha iyo caruurta yar yari ba waxay raadiyaan wax yaabaha kaga xeedhan dunidan iyagoo afkooda dhigaya waxyaalaha ay helaan; tani waxay galin kartaa khatar ah inay liqaan waxyaabo yaryar oo ah maadada liidhka.

MAJIRO dhiig ka nadiif ah heerka liidhka.

Saameynta ugu macquulsan ee soo if baxda ee maadada liidhka waa

- Waxyeelo ku dhaca Maskaxda, Kaliyaha, & Beerka
- Hoos u dhac koriinsho
- Hoos u dhac isku xidh
- Dabeecad qalafsan
- Dareen gaabni
- Naaqusnaan caqli
- Akhriska ama dhibaatooyinka kale ee waxbarasho

Caruurta laga arkay/ kasoo if baxday maadada liidhka waa kuwo had iyo jeer u muuqda caafimaad qab.

Habka kaliya ee lagu ogaan karo haddi adiga ama ilmahaagu kasoo if baxaan maadada liidhka waa inaad marto baadhis dhiig oo ku saabsan liidhka.

Ilaha ugu caansan maadada liidhka

Liidh kuma jirto gaasoliinka ama rinjiga, laakiin weli waa laga heli karaa guryihii hore ee la dhisay wixii ka horeeyey 1978, gaar ahaan rinjiga, boodhka, iyo ciidaba.

Boodhka Liidhka waa ilaha ugu weyn ee hadda kasoo if baxa caruurta. Furista iyo xidhista daaqadaha lagu rinjiyeeyey maadada liidhka ayaa ah ilaha ugu weyn ee boodhka liidhka. Caruurta wey ku neefsan karaan ama liqi karaan boodhka liidhka.

Ilaha kale ee macquulka ah

Nacnac yada qaar la dhoofiyo ama qalabka caruurta ku ciyaarto ayaa ka kooban maadada liidhka. Macluumaadka waxsoo saarkaas taasoo ku jiri karto liidhka, la xidhiidh Qaybta Caafimaad ee Minnesota (MDH) ama Koomiishanka Badbaadada Waxsoo saarka Macmiilka (CPSC).

Dheryaha dhoobadaa qaar lasoo dhoofiyo iyo kuwa gacanta lagu sameeyaba waxay ka kooban yihiin liidh dhexdoodu. U isticmaal kaliya cunto karinta ama kaydinta cunto haddii aad hubto inaysan ka koobnayn maadada liidhka.

Qasabadaha biyaha qaar waxaa ku jira liidh. Markaad u isticmaalayso biyaha qasabada cabis, wax karis, ama cuntada caruurta:

1. Ka sii daa biyaha QABOW muddo 60 ilbidhiqsi intaadan isticmaalin ka hor
2. Dabadeedna soo kululee biyaha sida loogu baahdo.



Ilaalinta badbaadada caruurta

- Haddii gurigaaga la dhisay ka hor 1978 uuna leeyahay daxal ama rinji soo fuqay, dib u habayn ku samee adigoo isticmaalaya dhaqanka shaqo badbaadada. Macluumaad dheeri ah waxaad ka heli kartaa bogga interneetka ee MDH.
- Maydh gacmaha caruurta, mujurucyada, iyo qalabka caruurta ku ciyaarto si aad had iyo jeer uga saarto boodhka.
- Si joogto ah u masax dhulka, looxa daaqada, iyo meelaha ay caruurta ku ciyaarto.
- Waa in caruurta ku ciyaarto dooga dushiisha intay ku ciyaari lahaayeen boodhka.
- Iska saar kabaha markaad guriga galayso si aad iskaga ilaaliso inaad la gasho ciida taasoo la socon karto maadada liidh ka.
- Haddii aad ka shaqayso shaqo ah maadada liidhka ama walxaha ku xegaaran, maryaha iska badal oo maydho intaadan guriga tagin ka hor.