



Taageerada Bulshada ee Sheridan: Sahayda COVID-19

Baaritaanka COVID-19 & talaalka

- Maxaad samaynaysaa hadii aad ka shakido inaad qabtid Covid-19?
<https://www.mhealth.org/care/conditions/covid-19>
- Iska caabinta Covid19 ee magaalada Minneapolis
<http://www.minneapolismn.gov/coronavirus/WCMSP-223288>
- Istalaalka iyo Goobaha Talaalka:
<https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp>
- Baaritaanka iyo goobaha la isku baaro:
<https://mn.gov/covid19/get-tested/testing-locations/index.jsp>

Shaqo La'aanta

- Faa'iidooyinka shaqo la'aanta inta lagu jiro COVID-19
<https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp>
- Caawimaad Sharci: Faa'iidooyinka Shaqo La'aanta
<https://www.lawhelpmn.org/self-help-library/work/unemployment-benefits>

Cunto Bilaash ah

- Qadka caawinta cuntada
<http://www.hungersolutions.org/programs/mn-food-helpline/>
- Raadinta baqaarada cuntada ee MN
<https://www.foodpantries.org/st/minnesota>
- Miiska Cuntada (Cuno Firii ah)
<http://gracempls.org/service/little-kitchen-food-shelf/>
- High Rise Mobile Food Shelf (Cuno Firii ah)
<https://www.esns.org/foodprograms>
- Meals on Wheels (Cuno firii ah)
<https://meals-on-wheels.com/>

Caafimaad guud iyo caafimadka miyirka

- Telephonka caawinta dhibaataada caafimadka maskaxda ee Hennepin:
 - Adult 1-612-596-1223
 - Child 1-612-348-2233
- Khayraadka caafimadka maskaxda ee Minnesota
<https://mentalhealthmn.org/support/community-resources/statewide-mental-health-resources/>
- Xarunta Gargaarka Qoyska ee Laanqayrta Cas ee Maraykanka
<https://www.redcross.org/virtual-family-assistance-center.html>
- Xadgudubka Maandooriyaha iyo Goobta adeegyada caafimad ee maskaxda.
<https://www.samhsa.gov/find-treatment>

Taageerada guriyeynta iyo hoy La'aanta

- Caawinta Kirada ee MN
<https://www.renthelpmn.org/>
- HOME Line: Caawimaad sharci oo loogu talagalay kireystayaasha
<https://homelinemn.org/>
- Caawinta guriga keradisa iyo hoy la'aanta ee St. Stephen's
<https://ststephensmpls.org/get-help>

Sidaad u ilaalinlahayd naftaada iyo dadka kale:

- Is tallaal!
- Maski xiro
- Kadheeroow 6 talaabo dadka kale
- Ka fogow dadka badan iyo meelaha hawo fican lahayn
- Gurigaga jog hadada xanusantahay
Wixii macluuumad dheeraad ah, booqo,
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

sheridanneighborhood.org