

# Gurmadka Degdega ee Victoria:

Maareynta badqabkaaga shucuureed iyo sida aad ku heli karto Lacagaha Gargaarka Degdegga ah



## **Xaalad degdeg ah oo dhacday miyeey saameyn kugu yeelatay?**

Buug-yarahan ayaa kaa caawin kara inaad samayso falcelis si aad u maarayso falcelintaada inta lagu guda jiro iyo ka dib markay xaalad degdeg ahi timaado.

Waxa kaloo bixisaa macluumaad ku saabsan sida aad u heli karto taageero dhaqaale oo hoos timaada Barnaamijka Caawinta Dhibaatada Shakhsiga (Personal Hardship Assistance Program).

Haddii ay naftaadu halis kujirto, waa inaad had iyo jeer wacdaa nambarka **Saddexda Ebar (000)** si aad ula hadasho booliiska, dab-damiska ama ambalaasta.

# Inta lagu jiro xaaladda degdegga ah

Inaad markasta xog-ogaal ahaato ayaa waxay kaa caawin kartaa inaad badbaado ku noolaato.

## La soco wixii soo kordha

- Kala soco VicEmergency wixii digniino iyo ogeysiisyo la xiriira musiibooyinka sida dabka, duufaannada, daadadka iyo waxyaabo kaloo badan ah. Waxaad VicEmergency kasoo degsan kartaa App Store-ka ama Google Play, ama booqo website-ka [emergency.vic.gov.au](http://emergency.vic.gov.au)
- Waxaad kaloo wici kartaa khadka taleefanka ee VicEmergency oo ah **1800 226 226**

## Ha ogaadaan dadka kale inaad nabad qabto

- U dir fariin qoyska iyo asxaabta adoo u sheegaya meesha aad joogto iyo inaad nabad qabto

### Haddii aad dhagool tahay, maqalku kugu adag yahay ama aadan awoodin inaad hadasho, nagala soo xiriir Adeegga Gudbinta ee Qaranka (National Relay Service):

- Dadka isticmaala TTY soo waca **1800 555 677** ka dibna weydiista in laidiin ku xiro **1800 226 226**
- Dadka isticmaala Hadalka iyo Dhegeysiga soo waca **1800 555 727** ka dibna weydiista in laydin ku xiro **1800 226 226**
- Dadka isticmaala gudbinta internetka ku xirma NRS ka dibna weydiista in laydinku xiro **1800 226 226**

Haddii aadan ku hadlin luuqada ingiriiska, ka wac Adeegga Fasiirida iyo Turjumida nambarka **131 450** si aad u hesho macluumaad la fasiray oo ka yimid Khadka Telefoonka ee VicEmergency.

## Si loo maareeyo falcelinta jireed, maskaxeed iyo shucuureed

Waxaa laga yaabaa inaad dareemayso falcelinno kala duwan oo jirka, maskaxda iyo shucuurtaba ah taas oo ay sababtay xaalad degdegga ah. Sida ay dadka u saameeyso falcelinada noocaan ah waa mid ay ku kala duwanaa karaan. Waqti xaadirkan, waa muhiim inaad daryeesho caafimaadkaaga maskaxda iyo kan qoyskaagaba, sidoo kalena haddii ay suurtagal tahay, inaad ka warqabtid asxaabtaada iyo deriskaaga.



Ku xirnow dadka kale - xitaa haddii aadan rabin inaad ka hadasho wixii dhacay - oo isticmaal istaraatiijiyadu caawin kara markaad wax ka qabanayso waaya-aragnimada cadaadiska leh ee horay loo maray. Naftaada xasuusi waxyaabihii aad ku fiicnayd si aad naftaada iyo nafta dadka kaleba uga caawiso inaad kaga gudubtaan marxalada adag.



Caafimaadka jirka oo la wanaajiyo wuxuu gacan ka geysanayaa in caafimaadka maskaxda uu fiicnaado. Isku day inaad nolol-maalmeedkaaga u qaabeeyso qaab kuu oggolaanaya inaad sameeyso jimicsi joogto ah iyo inaad nasato, si aad fiican wax u cunto aadna sidoo kale fursad u hesho waxyaabaha aad ka hesho.



Ka fogow daroogooyinka ama khamriga si aad u maareeyso xaalada aad kujirto, maadaama ay taasi kuu horseedi karto dhibaatooyin badan.



Haddii dareemayso shucuur xooggan xusuusnoow in markaad ka hadasho welwelkaaga iyo dareenkaaga markaad diyaar u tahay inay taasi sababi karto in la maareeyo.



Haddii aad dareemayso culaysyo badan oo aadan maareyn karin marxaladaas, ka raadso saaxiibkaa iyo qoyskaaga caawimaad ama la xiriir adeegyada taageerada. Xilligay doontaba ha noqotee haddii aad ka walwalsan tahay caafimaadkaaga maskaxda ama qof ehelkaaga ah caafimaadkooda maskaxda, ka wac Lifeline nambarka 13 11 14 ama Beyond Blue lambarka 1300 224 636.

# Sida aad ku heli karto taageero/caawimaad

Waxaa jira agabyo la heli karo waxayna ku xiran tahay waxa aad u baahan tahay.

## Wax ka ogoow taageerada aad heli karto

- Wac khadka degdegga ah ee VicEmergency
- Booqo bogga internetka ee VicEmergency
- Wac golaha deegaankaaga ama booqo boggooda internetka. Haddii aadan hubin cida golaha deegaankaaga ah, booqo: [www.vic.gov.au/know-your-council](http://www.vic.gov.au/know-your-council)

## Go'aan ka gaar meesha aad doonayso inaad joogtid

- Haddii lagu sheegay in aadan ku laaban karin gurigaaga, waxaad u baahan tahay inaad hesho meel kale oo amaan ah oo aad joogi karto. La xiriir qoyska iyo asxaabta oo ka codso inay ku caawiyaan.
- Haddii aadan haysan meel kugu habboon oo aad aadi karto, wac golaha deegaankaaga si aad ugala hadasho fursadaha taageerada hoyga degdegga ah ee aad heli karto.

## Wax ka ogow kaalmada dhaqaale

Marka ay xaalad degdeg ah ka dhacdo gobolka Victoria, taageero dhaqaale ayaa laga yaabaa inaad heli karto.

Wax ka ogoow taageerada la heli karo:

- Mareegta VicEmergency ama khadka tooska ah ee
- shaqsi ahaan Xarunta Gargaarka Degdegga ah, marka la furo.

## Lacagaha Gargaarka Degdegga ah



Waxaa laga yaabaa inaad Dowlada Victoria ka hesho Lacag Gargaar Degdeg ah haddii markaas la heli karo lacagahaas.

Lacagtaas gargaarka degdegga ah waxay kaa caawin kartaa inaad kusoo iibsato waxyaabaha aad zaaidka ugu baahan tahay, oo ay ka mid yihiin:

- cuntada
- dharka
- daawooyinka
- hoy/meel aad degto.

Lacagaha gargaarka degdegga ah waa qiyaas go'an oo loogu talagalay qof kasta oo qoyskaaga ka mid ah.

Lacagahan laguma saleeyo inta lacag ah ee aad hesho.

Waxaad u baahan doontaa inaad codsato lacagtan. Qof ka socda Dowladda Victoria ayaa eegi doona codsigaaga/arjigaaga. Way kuu sheegi doonaan haddaad xaq u leedahay lacagtan.

Waxaa laga yaabaa inaad codsigaaga u gudbin karto, Xarunta Gargaarka Degdegga ah ee kuugu dhow intaad toos ugu tagto, haddii ay furan tahay.

## Taageero dhaqaale ka hel VicEmergency

Khadka Degdegga ah ee VicEmergency - 1800 226 226 (riix 9 si aad u hesho turjubaan)

Mareegta VicEmergency - [www.emergency.vic.gov.au/relief](http://www.emergency.vic.gov.au/relief)

# Tallaabooyinka xiga - Mustaqbalka fog inaad ka fakirto

## Sida aad u maareyn karto falcelinta maskaxda, jirka iyo shucuurta muddo ka dib

Waxyaabaha aad sameyn karto ee kaa caawin kara inaad soo kabato waxaa ka mid ah:

- Hubi inaad joogto meel iyo goob aad ogtahay inaad ammaan ku helayso.
- Ogsoonow in soo kabashada ay inta badan ku lug leedahay inaad marto xaalad adag iyo caqabado nololeed oo dheeraad ah.
- Yaree codsiyada aan muhiimka ahayn inaad sameyso si aan tamar badani kaaga lumin.
- Isku day inaad niyada khayr usheegto, xitaa haddii mararka qaar qof walba uu u baahan yahay inay ka hadlaan cabsida iyo walwalka ay dareemayaan.
- Wada hadalka iyo xiriirka joogtada ah ee kaala dhaxeeysa dadka kale sii wad. Hel waqti aad jawi wanaagsan oo taageero leh kula qaadatid qoyska ama asxaabta
- Qorshee waqtiyo aad joogto ugu nasatid oo sii wad waxyaabihii aad hore u sameyn jirtay ee aad ka heli jirtay - xitaa haddii aadan doonayn inaad samayso. Waqti aad ku nasato inaad hesho, mid madadaalo, baashaal iyo waqti aad madaxa ku degsato waxay taageertaa maskaxda iyo jirka si ay u soo kabtaan oo ay dib ugu dhisaan caafimaadka guud.
- In kasta oo ay wax iska caadi ah tahay in laga fikiro waxa weli loo baahan yahay in la sameeyo, xasuusnow inaad la socoto horumarkaaga marka laga hadlayo soo kabashada oo aad qirto guulahaaga.
- Naftaada xasuusi in shakhsiyadka, qoysaska iyo bulshooyinka ay inta badan maraan waqtiyo adag, mararka qaarna ay la kulmaan waxa aad la kulmeysa wax ka awood badan.



**Haddii aad isku dayday fikradahan lagu soo jeediyay oo aysan jirin wax soo roonaanaya dhowr isbuuc ka dib, ama haddii aad dhibaato kala kulanto inaad marxalada aad ku jirto la qabsato, la hadal dhakhtarkaaga guud ama dhakhtarka caafimaadka dhimirka si aad u hesho taageero xirfadeed oo kaa caawimaysa soo kabashadaada.**

## Ku xirnow meelaha/dadka aad ku xiran tahay

Safarka soo kabashada waa mid ay dadku ku kala duwan yihiin waxa ay kala kulmaan, dadkuna waxay u baahan karaan inay helaan taageerooyin kala duwan waqtiyo kala duwan. Inaad ku xirnaato bulshada xaafadaada ayaa kaa caawin doonta inaad fahamto waxa dhacaya iyo taageerada la heli karo.

Raac golaha deegaankaaga si aad u hesho macluumaadka ka soo kabashada deegaanka

Booq Mareegta VicEmergency ama wac khadka taleefanka ee VicEmergency si aad u hesho taageerada soo kabashada ee la heli karo

La xiriir bulshada deegaankaaga iyo shabakadaha taageerada.



## Rabshadaha qoyska ka dib xaaladaha degdegga ah

Xaaladaha degdegga ah waxay buuq dheeraad ah ku furi kartaa dadka uu ka dhexeeyo xiriirka dhow iyo qoysaska iyagoo dhibaatooyin kala kulma raadka ay taasi reebto.

Dadka aan waligood wax rabshad ah ama gacan ka hadal ah aan sameyn ama dadka isku daya inay xakameeyaan ayaa laga yaabaa inay isku arkaan inay u dhaqmayaan si aysan hore ugu dhaqmi jirin; ama dhaqan rabshadeed oo hore ay u lahaayeen ayaa laga yaabaa inuu sii kordho ama uu kasii daro.

Wac nambarka **Saddexda Ebar 000** haddii adiga, ama qof aad taqaan, uu khatar degdeg ah ku jiro.

### Halka laga heli karo caawimaad

Xaalad kasta oo aad ku sugan tahay, haddii adiga ama qof aad taqaan uu u baahan yahay caawimo, waxaa jira adeegyo kala duwan oo taageera rabshadaha qoyska kuwaas oo la heli karo.

Liiska oo dhameystiran oo adeeg-bixiyayaasha ayaa laga heli karaa QR koodhka ee soo socda:



- Haddii aad doorbideyso inaad caawimaad ku hesho taleefanka, waxaad wici kartaa Safe Steps, xarunta falcelinta rabshadaha qoyska ee Victoria oo 24/7 la heli karo si aad u hesho taageero ay waxwalbaa sir kuu ahaanayaan taageeradaas oo khuseysa musiibooyinka, macluumaadka iyo dhanka guryaha 1800 015 188
- Waxaad sidoo kale wici kartaa 1800 RESPECT ama booqo [1800RESPECT.org.au](https://www.1800RESPECT.org.au) si aad u hesho taageero 24/7.



Si aad dukumeentigan ugu hesho qaab kale, u dir iimayl DFFH Wadahadalka Degdegga ah <emergency.communications@dffh.vic.gov.au>.

Waxaa oggolaaday oo daabacay Dowladda Victoria, 1 Treasury Place, Melbourne.  
© Gobolka Victoria, Australia, Waaxda Qoysaska, Cadaaladda iyo Guryaha, bisha Diseembar 2024.  
ISBN 978-1-76171-018-6 (pdf/online/MS word)  
Waxaa laga heli karaa DFFH Gargaarka Degdegga ah <https://www.dffh.vic.gov.au/emergency-relief> (2412242)