



Waa maxay taageerada la heli karo iyo meesha aad ka heli karto caawimo

Haddii noloshaadu ku jirto halis, wac 111.

Wixii ah warbixinta ugu dambeeyay, booqo www.civildefence.govt.nz oo raac Kooxda Maareynta Degdegga ah ee Difaaca Madaniga ah ee degaankaaga iyo shabakadaha bulshada.

Nuxurka

- [Samo bixinta iyo hoyga](#)
- [Wadada iyo safarka](#)
- [Taageerada dhaqaale](#)
- [Caafimaadka iyo ladnaanta](#)
- [Taageerada Dadka Curyaanka ah](#)
- [Taageerada Whānau Māori](#)
- [Taageerada dadka Baasifiga](#)
- [Taageerada Bulshooyinka Qowmiyada](#)
- [Muwaadiniinta Ajaanibta ah](#)
- [Daryeelka xayawaanka](#)
- [Caymiska](#)
- [Kiraystayaasha iyo mulkiilayaasha](#)
- [Dugsiyada iyo xarumaha waxbarashada carruurnimada hore](#)

Samo bixinta iyo hoyga

Samo bixinta

Haddii aad u baahan tahay inaad guurto, fadlan u bax saaxiibada ama whānau/family haddii aad awooddo.

Haddii aadan la joogi karin whānau/family, waxaad u bixi kartaa Xarunta Difaaca Madaniga ah. Wixii ah warbixinada cusub u qor warqad Xarumaha Difaaca Rayidka, booqo websaydka Kooxda Maareynta Xaalada degdega ee Difaaca Rayidka deegaankaaga.

Qaado shay walba oo lagama maarmaan ah oo aad u baahan karto. Oo ay ku jiraan dawooyinka, dharka diiran iyo alaabta dhallaanka.

Haddii aad leedahay curyaanimada caawinta eyga, soo wado eygaaga.

Kuwa aan u suurtoogleynin inay la soo xiriiraan Xarunta Difaaca Rayidka, fadlan la soo xiriir Kooxda Maareynta Xaalada degdega ee Difaaca Rayidka deegaankaaga si aad uga hadashid dooqyadaada.

Ka hel Kooxdaada Maaraynta Degdegga ah ee Difaaca Madaniga ah www.civildefence.govt.nz/find-your-civil-defence-group/.

Wadada iyo safarka

Socdaalka waddada

Raac talada Kooxdaada Difaaca Madaniga ah iyo maamulada deegaanka.

Wixii gaadiidka iyo macluumaadka safarka raac Wakaaladda Gaadiidka ee NZ baraha bulshada ama booqo www.nzta.govt.nz/traffic-and-travel-information/

Isticmaal Qorshaha Safarka ee Wakaaladda Gaadiidka NZ si aad ugu qorsheysato safarkaaga www.journeys.nzta.govt.nz/journey-planner/

Taageerada dhaqaale

Caawinaad dhaqaale

Haddii aad ku dhibtoonayso inaad la kulanto kharashyada muhiimka ah, Shaqada iyo Dakhliga ayaa laga yaabaa inay ku caawiyaan. Xitaa haddii aad shaqaynayso.

Qof walba xaalkiisu waa ka duwan yahay. Shaqada iyo dakhliga ayaa laga yaabaa inay kaa caawiyaan inaad bixiso waxyaabaha ay ka mid yihiin:

- go'yada,
- cuntada,
- kirada,
- kaniiniyada saxarada,
- dayactirka, ama
- sameynada ama beddelida qalabyada.

Waxa aad heli karto iyo haddii aad u baahan tahay inaad dib u bixiso waxay ku xidhan tahay xaaladdaada.

Booqo www.workandincome.govt.nz ama wac 0800 559 009 wixii macluumaad dheeraad ah.

Taageero ka timaadda bangiyada

Haddii aad la kulanto dhibaatooyin dhaqaale oo ka dhashay xaalad degdeg ah, la xiriir bangigaaga sida ugu dhaqsaha badan.

Bangiyadu waxay leeyihiin kooxo u gaar ah xaaladaha adag, kuwaas oo kula hadli kara isla markaana kuu sharxi kara fursadaha kuu bannaan.

Bangiyadu waxay kaa caawin karaan siyaabo kala duwan, iyadoo ku xiran xaaladdaada. Taasi waxay ka mid noqon kartaa:

- In si ku-meel-gaar ah lagu beddelo bixinta ribada oo keliya, iyo
- In laga dhaafo kharashaadka joojinta heshiiska ee kaydka muddada go'an.

Xaalad walba way ka duwan tahay tan kale. Sida ugu dhaqsaha badan ee aad ula hadasho bangigaaga, ayay u sii wanaagsanaanaysaa sida ay kuugu caawin karaan.

Caafimaadka iyo ladnaanta

Daryeel caafimaad oo la heli karo

Daryeelka caafimaadka weli waa la helaya markaad u baahato.

Haddii aad si daran u xanuunsan tahay oo aad u baahan tahay daryeel degdeg ah, u tag waaxda gargaarka degdegga ah ee kuugu dhow **ama wac 111**.

Ma aha xaalad degdeg ah? Waxaad ka wici kartaa khadka caafimaadka 0800 611 116. Khadka caafimaadka waxa la heli karaa 24 saac maalintii, 7da maalmood ee wiiggii si loo helo talo caafimaad oo bilaash ah oo ka socota xirfadlayaasha caafimaadka. Taladan waxaa ku jira halka iyo goorta aad u aadi lahayd qiimaynta iyo daawaynta haddii ay taasi tahay waxa aad u baahan tahay.

Ma iska diiwaan gelisay GP-ga ama ma leedahay bixiye daryeel caafimaad oo caadi ah? Wac GP-gaaga ama bixiyaha xanaanada caafimaadka si aad ballan u qabsato. Ballan degdeg ah ayaa la heli karaa haddii aad sharaxdo waxa khaldan.

Haddi aanad ka diiwaan gashanayn ama bixiyahaaga caadiga ah aanu si dhakhso ah u heli karin, waxaad aadi kartaa xarunta daryeelka degdega ah ee degaankaaga. Uma baahnid ballan, laakiin waxaa laga yaabaa inaad sugto.

Ka hel xarun daryeel degdeg ah www.healthpoint.co.nz/gps-accident-urgent-medical-care/.

Daawooyinka dhakhtar qoray

Haddii aad ka maqan tahay daawada lagu qoray ama aadan heli karin, doorashadaada ugu fiican badanaa waa inaad aragto dhakhtar si aad u hesho warqad cusub.

Haddii aadan arki karin dhakhtar, farmashiyeyaasha ayaa laga yaabaa inay ku caawiyaan. Farmashiyaasha ayaa laga yaabaa inay ku siiyaan sahay degdeg ah oo saddex maalmood ah. Tani waxay noqon kartaa mid qaali ah maadaama aysan jirin wax dhaqaale ah oo ay dowladdu ka hesho arrintan.

Ka hel farmasi www.healthpoint.co.nz/pharmacy/.

Qalab caafimaad oo awood leh

Haddii aad koronto ugu baahan tahay qalabka caafimaadka, daawooyinka, ama taageerada nololaha oo aadan haysan koronto-dhaliye, la xiriir shirkaddaada korontada oo sharax xaaladdaada. Haddii tani shaqayn waydo, la xiriira alaab-qeybiyaha qalabka. Haddii tani shaqayn waydo, wac 111.

Fayo qabka

Walwalka aad buu caadi u yahay inta lagu jiro dhacdada xaalada degdega sida fatahaada iyo ka guurista. Tan ayaa ah jawaabta caadiga ah ee xaalada aadka u murugada badan. La hadlida dadka iyo caawinta dadka kale ayaa noqon karo labadaba daaweyn iyo waxtar.

Si aad u hesho caawimo walaaca, walbahaarka ama fayobida maskaxda, wac ama qoraal ma u baahan tahay inaad la hadasho? sanadkii 1737. Waxaad kula hadli kartaa lataliye tababaran si bilaash ah, 24 saacadood maalintii, 7 maalmood todobaadkii.

Taageerada fayoaqabka maskaxda ee fool ka fool ee bilaashka ah, booqo www.wellbeingsupport.health.nz

Waa muhiim inaad isku daydo oo aad seexato hurdo kugu filan waqtiyada adag. Ka hel talooyinka hurdada www.healthnavigator.org.nz/sleep-tips/.

Haddii caruurta ay saameeyso xaalad degdeg ah, kala hadal waxa dhacaya. Ka hel talooyin ku caawinaya carruurta inay la qabsadaan masiibada dabiiciga ah www.kidshealth.org.nz/coping-natural-disaster.

Ka hel ilo caafimaad oo maskaxeed oo badan
www.getready.govt.nz/mental-wellbeing/.

Taageerada reer miyiga

Haddii aad tahay beeraley ama beeraley, taageerada waxaa laga heli karaa Rural Support Trust.

La xiriira Rural Support Trust 0800 Rural Help (0800 787 254) ama booqo
www.rural-support.org.nz.

Taageerada Dadka Curyaanka ah

Taageerada guud

Haddii aad u baahan tahay gargaar degdeg ah, wac 111. Haddii aad dhibaato maqalka ku qabto ama ku hadlista telefoonka, waxaad iska diiwaangelintaa adeega 111 TXT: www.police.govt.nz/111-txt

Taageerada caafimaadka, la xiriiraxiriira Whakarongorau Aotearoa, Adeegyada Telehealth New Zealand. Wac 0800 111 213 ama u dir 8988.

Haddii ay kugu adag tahay maqalka ama ku hadalka taleefanka, waxaad isticmaali kartaa Adeegga Gudbinta ee New Zealand si aad ula xiriirto dadka kale taleefanka. Ka baro wax ku saabsan adeega
www.nzrelay.co.nz.

Ka bixida eeyaha caawiya naafada

Haddii aad u baahan tahay inaad tagto Xarunta Difaaca Madaniga oo aad haysato ey caawimo, qaado eygaaga. Qaado wixii sahay ah ee muhiimka u ah adiga iyo eygaaga. Oo ay ku qalabka, jiraan dawooyinka, dharka diiran iyo alaabta dhallaanka.

Qalab caafimaad oo awood leh

Haddii aad koronto ugu baahan tahay qalabka caafimaadka, daawooyinka, ama taageerada nolosha oo aadan haysan koronto-dhaliye, la xiriir shirkaddaada korontada oo sharax xaaladdaada. Haddii tani shaqayn waydo, la xiriira alaab-qeybiyaha qalabka. Haddii tani shaqayn waydo, wac 111.

Taageerada Whānau Māori

Taageerada guud

Kooxaha Maareynta Degdegga ah ee Difaaca Madaniga ah waxay iskaashi la leeyihiin Te Puni Kōkiri. Waxay la shaqayn doonaan iwi, hapū iyo ururada Māori si loo hubiyo in Māori ay saamaysay la taageero.

Taageerada dadka Baasifiga

Taageerada iyo macluumaadka guud

Kooxaha Maareynta Degdegga ah ee Difaaca Madaniga ah waxay la shaqeeyaan Wasaaradda Dadka Baasifiga ah. Waxay la shaqayn doonaan hogaamiyayaasha Baasifiga, jaaliyadaha iyo ururada bulshada Baasifiga si loo hubiyo in dadka Baasifiga ay saamaysay la taageero.

Ka hel macluumaadka jawaabta degdega ah ee dadka Baasifiga bogga Wasaaradda Dadka Baasifiga ah iyo bogga Facebook.

- Mareegta: www.mpp.govt.nz/emergency-response
- Facebook: @MinistryforPacificPeoples

Taageerada Bulshooyinka Qowmiyada

Taageerada iyo macluumaadka guud

Kooxaha Maareynta Degdegga ah ee Difaaca Madaniga ah waxay la shaqeeyaan Wasaaradda Bulshooyinka Qowmiyadaha ah. Waxay la shaqayn doonaan hogaamiyayaasha Bulshooyinka Qowmiyadaha, jaaliyadaha iyo ururada bulshada Baasifiga si loo hubiyo in dadka Baasifiga ay saamaysay la taageero.

Ka hel macluumaadka jawaabta degdega ah ee dadka Baasifiga bogga Wasaaradda Bulshooyinka Qowmiyadaha ah iyo bogga Facebook.

- Websaydka: www.ethniccommunities.govt.nz
- Facebook: @ethniccommunities.govt.nz

Muwaadiniinta Ajaanibta ah

Muwaadiniinta Ajaanibta ah

Haddii aadan ahayn muwaadin New Zealand oo aad u baahan tahay caawimo, waxaad isticmaali kartaa taageerada boggan. Waxaad sidoo kale la xiriiri kartaa safaaradaada ama guddiga sare.

Ka hel safaaradaada ama komishanka sare

www.mfat.govt.nz/en/embassies/.

Haddii aad booqato New Zealand oo safarkaaga la carqaladeeyey, la xiriira caymiska safarkaaga.

Dal ku galka dhacaya/dhacay

Kala xiriira Immigration New Zealand si aad uga caawiso fiisaha halkan

www.immigration.govt.nz/about-us/contact

Daryeelka xayawaanka

Ilaalinta xoolaha

Xayawaanadaada waa masuuliyadaada. Waxaad u baahan tahay inaad ilaaliso haddii ay dhacdo xaalad degdeg ah.

Haddii ay tahay inaad guurto, kaxayso xayawaankaaga rabaayada ah haddii ay ammaan tahay inaad sidaas sameeyso.

Haddii ay tahay inaad xayawaanadaada ka tagtid, hubi inay ku jiraan meel ammaan ah oo gabaad ah midkood ama gudaha ama dibada gurigaaga.

Baro sida aad u xanaanayn karto xoolahaaga marka ay xaalad degdeg ahi jirto www.mpi.govt.nz/animals-in-emergencies/.

Walaacyada daryeelka xayawaanka

La xiriira Kooxdaada Maaraynta Degdegga ah ee Difaaca Madaniga ah si aad u qorto walaac kasta oo daryeelka xoolaha ah. Wasaaradda Warshadaha Aasaasiga ah ayaa dabagal ku samayn doonta wixii tabasho ah.

Ka hel Kooxdaada Maaraynta Degdegga ah ee Difaaca Madaniga ah

www.civildefence.govt.nz/find-your-civil-defence-group/.

Xoolaha buka iyo kuwa dhaawacmay

Haddii xoolahaagu ay jiran yihiin ama dhaawacmaan, la xiriira rugtaada caafimaadka xoolaha.

Caymiska

Burbur hantiyeed

Haddii gurigaaga, gaarigaaga ama waxa ku jira ay waxyeelo soo gaartay, sawir qaado ka hor inta aadan wax ka saarin ama hagaajin.

Sida ugu dhakhsaha badan u soo sheeg waxyeelada shirkaddaada caymiska. Shirkaddaada caymiska ayaa kuu sheegi doonta waxaad u baahan tahay inaad sameeyso marka xigta.

Haddii aad u baahan tahay inaad qabato shaqo degdeg ah si aad gurigaaga uga dhigto mid nadiif ah oo badbaado leh, samee diiwaanka shaqada aad qabato. Qaado ka hor iyo kadib sawiro. Hayso koobiyada biilasha aad bixiso.

Haddi aadan laheyn caymis guri laakiin aad leedahay walxa caymisan, kala hadal caymiyahaaga wax ku saabsan waxa caymisan. Sawiro badan qaado oo kaydi wax kasta oo aad tuurto.

Samaynta sheegashada caymiska

La xiriir caymiskaaga si aad u sameeyso cabasho NHCover ah ee waxyeelada ka imanaysa khataraha dabiiciga ah.

Guddiga Khatarta Dabiiciga ah ee Toka Tū Ake waxay iskaashi la samaysay caymisyada si ay u sameeyaan hal dhibic oo ay la xiriiraan mulkiilayaasha guriga.

Caymiskaaga ayaa qiimeyn doona, maamuli doona oo xallin doona dhammaan sheegashada. Oo ay ku jirto qaybta NHCover.

Caawinta sheegashooyinka caymiska

Adeegga Xallinta Sheegashada New Zealand waa adeeg bilaash ah. Waxay kaa caawin kartaa wixii su'aalo ah ama walaac ah oo aad ka qabto siyaasaddaada caymiska guriga ama habka sheegashada caymiska.

Si aad qof kala hadasho dacwadaada iyo sida adeeggu kuu caawin karo, wac 0508 624 327, iimayl contact@nzcrs.govt.nz ama booqo www.nzcrs.govt.nz.

NHCover

NHCover waa caymiska musiibada dabiiciga ah. Waxaad hore u leedahay NHCover haddii aad leedahay caymis degaan oo gaar ah oo gurigaaga ama dhulkaaga ah oo uu ku jiro caymiska dabka. Qaar ka mid ah dhulka burburay ayaa laga yaabaa inaysan lahayn NHCover.

NHCover waxay kaa cayminaysaa khasaaraha ama dhaawaca:

- dhulgariir,
- dhul go'a dabiiciga ah,
- foolkaanaha,
- firfircoonida kuleyliyaha,
- tsunami, iyo
- Dab ka dhashay khatarahaas dabiiciga ah.

Waxa kale oo ay ka cayminaysaa dhulkaaga waxyeelada ka timaadda duufaannada ama daadadka.

Akhri Hagaha Qoyska ee NHCover si aad wax badan uga ogaato www.naturalhazards.govt.nz/our-publications/guide-to-natural-hazards-cover/.

Kiraystayaasha iyo mulkiilayaasha

Macluumaadka guud

Haddii aad tahay kireyste ama mulkiile guri kiro ah, waxaad ka heli kartaa warbixin ku saabsan xaquuqahaaga iyo waajibaadyadaada www.tenancy.govt.nz ama adiga oo soo wacayo 0800 TENANCY (0800 836 262).

Dugsiyada iyo xarumaha waxbarashada carruurnimada hore

Macluumaadka guud

Ka hubi dugsiyadaaga ama xarunta carruurnimada hore wixii macluumaad ah ee la cusboonaysiiyey iyo si aad u aragto inay xidhan yihiin iyo markay qorshaynayaan inay dib u furaan.