



**ኮቪድ-19  
ዝተረኽበም/ፖዘቲቭ  
ዝኾኑ ሰባት (ምፍላይ)**

**ተመራጺ ዝኾነ ተግባር**

እንተዳኣ ብ ኮቪድ-19 ተመርመርኩም **ፖዘቲቭ ጸኒኡኹም**: ንስኹም ናይ ክታበት ኩነታትኩም ወይ ምልክታት ዘይምህላው ብዘየገድስ **ምፍላይ** ከድልየኩም እዩ።

- ብውሑዱ ን 5 መዓልታት ኣብ ገዛ ድንሑ።
- ምልክታት እንተድኣ ዘይሃልዩም ወይ ይመሓየሹ እንተልዩም ምፍላይ ድማ ድሕሪ 5ይ መዓልቲ ደው ክብል ይኸእል እዩ **ከምኡከኣ** ዝተመርጸ መርመራ ነጻርታ (**ኣንቲጀን**) ከኣነጋቲብኪ እንተኾይኑ እዩ።
- ክትምርመሩ እንተዘይኪኒልኩም ወይ ክትምርመሩ እንተዘይመሪጽኩም: ክሰብ 10ይ መዓልቲ ክትንጸሉ ዝበለጸ እዩ።
- እንተድኣ ረስኒ ኣሎ ኮይኑ: ምንጻል ክቕጽል ይኸእል እዩ: እዚ ድማ ክሰብ ረስኒ ብውሑዱ ን 24 ሰዓታት ትተመሓይሹ እዩ (እዚ ከኣ ረስኒ ዘገድል መድሃኒታት ከም ታይሊኖል/ኢብሩፎን ብዘይ ምውሳድ እዩ)።
- እንተድኣ ካልኣት ምልክታት ዘይምሓየሹ ኣለዉ ኮይኖም: ክሰብ እቶም ምልክታት ዝምሓየሹ ወይ ክሰብ ድሕሪ 10 ምፍላይ ቀጽሉ።
- ኣብ ልዑል ስግኣተ ሓደጋ ናይ ብኮቪድ ብከቢድ ምሕማም እንተሊኹምን ናይ ኮቪድ ፍውሳት ንምርካብ ቅቡላት እንተኾይኑምን ንምርኣይ ንናትኩም ወሃቢ ሕክምናዊ ክንክን ርኽብዎ። ተወሳኺ ኣብዚ ዝስዕብ ክትፈልጡ ትኸእሉ <https://covid-19.acgov.org/antibody-treatment>

**ኣስተብህሉ:**

እዞም ኣብ ላዕሊ ዘለው መምርሒታት ከኣ ነቶም ናይ ቀረባ ግዜ ለበዎታት ናይ CDC ከምኡ'ውን CDPH (California Department of Public Health/ክፍሊ ህዝባዊ ጥዕና ካሊፎርኒያ) የንጸባርቂ። እዚ ኣቶም ከም ኣማራጺ እዮም ንዓኹም ዘለው: እዚ ከኣ ዋላ'ኳ ካብ 5 መዓልታት ኣሕሊፉ ረስክ ናይ ምትሕልፋዊ እንተሃለዎ እዩ። ካብ ካልኣት ን 10 መዓልታት ምፍላይ ድማ እቲ ውሑስ ዝኾነ ኣማራጺ ኮይኑ ይቕጽል።

**ናይ ማስክ ኣገባብራ መምርሒ:**

ብጉቡእ ዝገጠመ ማስክ ምግባር ከኣ ኣብ ሙሉእ እዚ 10 መዓልታት ድሕሪ መልክፍቲ ምጅማሩ ንካልኣት ንምክልኻል ኣገዳሲ እዩ ከመይ ጌርካ ማስክታት ብኣድማዕነት ትጥቀም ከኣ ንዝያዳ ሓበሬታ: ብኸብረትኩም ኣብ'ዚ ሊንክ ተወከሱ: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Get-the-Most-out-of-Masking.aspx>



**ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY  
PUBLIC HEALTH DEPARTMENT**

Contact  
Public Health Department:  
(510) 267-8000 Main Line  
COVID-19 Information:  
(510) 268-2101

Colleen Chawla – Agency Director  
Kimi Watkins-Tartt – Director  
Nicholas Moss, MD – Health Officer

# Alameda County Resources

## ጸጋታት ሓገዝ



ፋይናንሳዊ ጸጋታት

ውድብ	ሓበሬታ:	መራሽቢ
CA ኮቪድ-19 ናይ ክራይ ረዴኤት	ብኣታዊኤን መሰረት ዝግበአን ዘበላ ስድራቤታት ክራይን ዝጥቀምቅሉ ዘበለን (ማይን ልቸን. ) ክኸፍላ ምሕጋዝ ምምዋል : እዚ ድማ ክልቲኡ ናይ ቅድም መዓልቱ ዝኣኸለን ናይ ዝመጽእ ክፍሊትን:	1-833-430-2122 <a href="https://housing.ca.gov/covid_rr/program_overview.html#renter">https://housing.ca.gov/covid_rr/program_overview.html#renter</a>
ናይ ኣላመዳ ካውንቲ መደብ ህጹጽ ሓገዝ ክራይ	ብኣታዊኤን መሰረት ዝግበአን ዘበላ ስድራቤታት ክሳብ ናይ 15 ኣዋርሕ ክራይን ናይ ዝጥቀምቅሉ ዘበለን (ማይን ልቸን. ) ክኸፍላ ምሕጋዝ ምምዋል : እዚ ድማ ክልቲኡ ናይ ቅድም መዓልቱ ዝኣኸለን ናይ ዝመጽእ ክፍሊትን:	<a href="https://www.ac-housingsecure.org/">https://www.ac-housingsecure.org/</a>
HELP (ሓገዝን ፕሮግራም ናይ ህጹጽ ኩነታት መዕቆብን)	ቤት ኣልቦ መጻኢን ንምክልኻልን ናብ ቀዋሚ መንበሪ ንምስግጋርን ናይ ሓደ ግዜ ህጹጽ ሓገዝ ን ነበርቲ ኣላማዳ ካውንቲ ይቐርብ።	510-259 2200 ኢ.ሜይል: <a href="mailto:HoEmLodgP@acgov.org">HoEmLodgP@acgov.org</a> ክተመልከቱ ድማ ነዚ ምልእዎ: ኦንላይን መመልከቲ
Alameda County Social Services SSA (ማሕበራዊ ኣገልግሎታት ኣላሜዳ ካዊንቲ)	ሓፈሻዊ ደገፍን (GA) ደገፍ ገንዘብ ስደተኛታት (RCA) Cash Assistance Program for Immigrants (CAPI: ናይ ካሽ መደብ ናይ ኢምግራንትስ) ድማ ነቶም ዝግብኦም ሓገዝን ደገፍን ይህቡ።	510-263-2420 <a href="https://www.alamedasocialservices.org/public/services/financial_assistance/cash_assistance_program_for_immigrants.cfm">https://www.alamedasocialservices.org/public/services/financial_assistance/cash_assistance_program_for_immigrants.cfm</a>
Catholic Charities East Bay (ግብረሰናይ ካቶሊክ ኢስት ባይ)	ናይ ክራይ ሓገዝ ንነበርቲ ኣክላንድ	510-768-3100; 510-860-4985 <a href="http://www.cceb.org">www.cceb.org</a>
Season of Sharing (ወቕቲ ምክፋል)	ሓገዝ ክራይን ትሕጃን ንስድራ-ቤታት	510-272-3700; <a href="https://www.alamedacountysocialservices.org/our-services/Shelter-and-Housing/Other-Support/season-of-sharing">https://www.alamedacountysocialservices.org/our-services/Shelter-and-Housing/Other-Support/season-of-sharing</a>
One Fare Wage Emergency Fund (ናይ ሓደ ደምዘ ደገፍ ኣብ ግዜ ህጹጽ ኩነታት)	ናይ ገንዘብ ገጸበረከት ንብሰዓት ዝሰርሑ ሰራሕተኛታት	<a href="https://ofwemergencyfund.org/help">https://ofwemergencyfund.org/help</a>
The Unity Council (ቤት-ምኽሪ ሓድነት)	ደገፍ EDD ከምኡ ውን CalFresh: መሰረታዊ-ደንብ ቀረባት ከምኡ ድማ ምስ ስራሕ ዝዛመዱ ኣገልግሎታት (እንግሊዝኛ: እስጳንኛ ከምኡ ውን ቋንቋ ማም)	510-535-6101 ኢ.ሜይል: <a href="mailto:admin@unitycouncil.org">admin@unitycouncil.org</a> ; <a href="http://www.unitycouncil.org/career-center">www.unitycouncil.org/career-center</a>
Centro Legal de la Raza	ህጹጽ ናይ ክራይ ሓገዝ ንነበርቲ ኣልሜዳ ካውንቲ ከምኡ ውን ካልኣት ጸጋታትን።	<a href="https://www.centrolegal.org/">https://www.centrolegal.org/</a> 510-437-1554
Street Level Health Project (ፕሮጀክት ጎደና ደረጃ ጥዕና)	ደገፍ ናይ CA ናይ ኮቪድ-19 ናይ ክራይ ረዴኤት ምልክታን ጸጋታትን። ቋንቋታት: እንግሊዝኛ: እስጳንኛ ከምኡ ውን ቋንቋ ማም (ማያም)	510-306-4835; <a href="http://streetlevelhealthproject.org/">http://streetlevelhealthproject.org/</a>
Housing Resources (ጸጋታት መንበሪ)	ሓበሬታ ኣብ ምርካብ መጽሓፍ: ግዝያዊ መንበሪን ካልእ ናይ ህጹጽ ኣባይቲ ኣብ ኣላመዳ ካውንቲ	ደውሎ ናብ 211; <a href="http://211alamedacounty.org/">http://211alamedacounty.org/</a>
PG&E	ናይ ሓደ ግዜ ሓገዝ ቢል: ምስትኸኻል ክፍሊት ከምኡ ውን ምንዋሓት (ፕሮግራም ምምጥጣር)	1-800-933-9677 ምጉዳል ዋጋ PG&E (ፕሮግራም ክንክን)
EBMUD Customer Assistance Program (ፕሮግራም ሓገዝ ዓሚል EBMUD)	ሓገዝ ቢል ማይ	1-866-403-2683;

Spectrum Community Center (ማእከል  
ማህበረሰብ ስፔክትሩም)

ሓገዝ ቢል ጸዓት (ፕሮግራም LIHEAP)

510-881-0300 ex. 216

ከምኡ ውን 510-881-0300 & ex.226

<https://www.spectrumcs.org/>

# Alameda County Resources

ጸጋታት ሓገዝ



## ጸጋታት መግቢ

ውድብ	ሓበሬታ	መራኸቢ
<b>Alameda County Food Bank</b> (አልሜዳ ካዊንቲ ባንክ ናይ መግቢ)	ሓጋዚ መስመር ድማ ኣብ'ታ ዝደወልኩሙላ መዓልቲ ናብ ትሕዝቶ ዘለዎ ዱኳን ወይ ውዑይ መግቢ ከተሓሕዘኩም እዩ። Cal Fresh application assistance (ካል ፍረሽ ናይ ደገፍ ኣፕሊኬሽን?)	510-635-3663 (ሰኒ - ዓርቢ 9ቅ.ቀ - 4ድ.ቀ) ሓበሬታ መግቢ: <a href="http://www.foodnow.net">www.foodnow.net</a> ከምኡ ውን <a href="http://www.comidaahora.net">www.comidaahora.net</a>
Food Distribution Services (ኣገልግሎታት ምዘርጋኡ መግቢ)	ዝርዝር ናይ መግቢ ምንጭታት እንክላይ ኣብ ቤት ትምህርቲ ዝውሃቡ መግቢታትን ፍሉይ ናይ ሸመታ ሰዓትን ብመገዲ ኣብ'ዚ ዝርዝር ዘሎ ሊንክታት	<a href="https://covid-19.acgov.org/covid19-assets/docs/food-housing-finance/food-access-resource-list-2021.06.21.pdf">https://covid-19.acgov.org/covid19-assets/docs/food-housing-finance/food-access-resource-list-2021.06.21.pdf</a>
<b>CalFresh (ካልፍረሽ)</b>	CalFresh (ካልፍረሽ) ድማ ናይ Supplemental Nutrition Assistance Program (SNAP: መደብ ደገፍ ናይ ተወሳኺ መግቢ) ኮይኑ ንስድራቤታት ጽቡቕ ትሕዝቶ መግቢ ዘለዎም መግቢታት ንክገዝኡ ደገፍ ይገብር።	መመልከቲ መስመር ሓገዝ CalFresh: 1-510-272-3663 ወይ <a href="http://www.getcalfresh.org">www.getcalfresh.org</a> Supplemental Nutrition Assistance Program (SNAP, ፕሮግራም ሓገዝ ናይ መመላእታ ኣመጋግቢ); <a href="https://www.mybenefitscalwin.org/">https://www.mybenefitscalwin.org/</a> ; 1-800-422-9495

## Health Insurance and Medication Resources (መድኃኒን ጥዕናን ጸጋታት ሕክምናን)

ውድብ/ሓበሬታ	መራኸቢ
ምዝገባ ሓገዝ መድኃኒን ጥዕና (Medi-CAL ከምኡ ውን ካልኣት ፕሮግራማት)	1-800-422-9495 <a href="https://www.mybenefitscalwin.org/">https://www.mybenefitscalwin.org/</a> <a href="http://alamedasocialservices.org/public/index.cfm">http://alamedasocialservices.org/public/index.cfm</a> ;
ሓኪም ወይ ክሊኒክ ጥዕና ርኽቡ ኣብ ጥቓኹም	510 297-0230 <a href="https://www.alamedahealthconsortium.org/health-center/">https://www.alamedahealthconsortium.org/health-center/</a> <a href="http://www.alamedahealthsystem.org/locations/">http://www.alamedahealthsystem.org/locations/</a>

## ስምዒታዊ ደገፍ/ምኽርን፥

ውድብ	መራኸቢ
በሪ አልሜዳ ካውንቲ ጠባይዎ ጥዕና (Alameda County Behavioral Health ACCESS)	1-800-491-9099 ካብ 8:30-5:00 ሰኒ-ዓርቢ
Crisis Support Services of Alameda County (24 ሰዓታት) (ሓገዝ ኣገልግሎታት ቅልውላው አልሜዳ ካውንቲ)	1-800-273-8255
መስመር ሓገዝ ስድራ-ቤት (24 ሰዓታት) (Family Paths Helpline)	1-800-829-3777



### ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY PUBLIC HEALTH DEPARTMENT

Colleen Chawla – Agency Director  
Kimi Watkins-Tartt – Director  
Nicholas Moss, MD – Health Officer

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[www.acphd.org](http://www.acphd.org)