

Umujyi wa Albuquerque wifatanyije nawe muri ibi bihe bikomeye. Ubufasha bukurikira buraboneka ku baturage bose batuye muri Albuquerque. Ubufasha buboneka mu ndimi 140. Hamagara kuri 311 tuguhuze n'aho wabona ubufasha mu mujyi.

NAHAGAZE KU KAZI KUBERA COVID-19. NZABASHA NTE KWISHYURA FAGITIRE?

INKUNGA KU BADAHITE AKAZI:

Leta ya New Mexico irimo gutanga ubwishingizi (inkunga za buri cyumweru) ku bantu bahagaritswe ku mirimo, ku badafite akazi cyangwa bahamagarirwa gukora mu ngo, mu maresitora n'ahandi hibasiwe na koronavirusi. New Mexico iri mu nzira zo guhagarika gusaba yuko abantu badakora (cyangwa abahagaritswe ku mirimo cyangwa abadahabwa amasaha yo gukora) bagomba kuba barimo gushaka akazi. Ushobora gusaba izi nkunga kuri NM.gov

INKUNGA KU BUKODE:

Kwirukanwa mu nzu bitewe no kutabasha kwishyura (harimo n'amazu y'abantu ku giti cyabo) byamaze guhagarikwa by'agateganyo mu gihugu hose mu gihe ubuzima bw'abaturage buri mu kaga ko kwandura COVID-19. Niba nyir'inzu atangiye ikirego cyo gusohora umuntu mu nzu, ukodesha ahabwa imenyeshya ryo kwitaba urukiko kandi rimusobanurira ko ashobora kwitabira isomwa ry'ububanza imbere y'umucamanza. Isomwa ry'imanza mu rukiko rikorwa hifashishijwe amashusho cyangwa terefoni mu gihe ubuzima bw'abaturage buri mu kaga, keretse igihe abarebwa n'urubanza basabye kwitaba imbonankubone. Kugira ngo gusohorwa mu nzu bihagarikwe, abakodesha - baba bakodesha inzu zimukanwa ku butaka cyangwa amacumbi - bagomba kwitabira isomwa ry'urubanza bagashyikiriza umucamanza ibimenyetso bigaragaza ko batabasha kwiyishyurira ubukode. Iyo ukodesha atanze ibimenyetso bihagije, abacamanza bashyiraho itegeko ryo gusubika gutanga uruhushya rwo gusohora ukodesha mu nzu, urwo ba nyir'umutungo bashobora kubona bakarushyikiriza abashinzwe kubahiriza amategeko kugira ngo bakure ukodesha mu nzu ku ngufu.

Niba ukeneye ubufasha mu rubanza rwawe rwo gusohorwa mu nzu, hamagara:

- Ubufasha mu by'amategeko muri New Mexico - 1-833-LGL-HELP (1-833-545-4357).
- Ibiro bishinzwe gutanga ubufasha mu by'amategeko ku baturage basheshe akanguhe - (505) 265-2300, (bufasha abatuye mu ntara za Bernalillo, Sandoval, Valencia na Tarrant bafite imyaka 60 cyangwa irenga).
- Ubufasha mu by'amategeko butangwa na porogaramu y'abasheshe akanguhe, 800-876-6657 muri leta hose; 505-797-6005 muri Albuquerque, (umurongo w'ubufasha mu by'amategeko w'ubuntu ku baturage bo muri NM bafite imyaka 55 cyangwa irenga).

Ikigo gitanga ubufasha burebana n'imiturire

- All Faiths Safehouse: 505-271-0329
- Barrett House: 505-243-4887
- Family Promise: 505-268-0331
- Joy Junction: 505-877-6967
- Ishyirahamwe rya New Mexico rigamije kurangiza ikibazo cy'abatagira aho baba: 505-217-9570

Niba ukeneye ubufasha bwo kwishyura ubukode cyangwa guhabwa serivisi zo kwita ku baturage, hamagara kimwe mu bigo bukurikira byita ku buzima na serivisi z'imibereho myiza:

- Alamosa Health & Social Service Center - (505) 836-8800 - 6900 Gonzales SW, Albuquerque, NM 87121
- Los Griegos Health & Social Service Center - (505) 761-4050 - 1231 Candelaria NW, Albuquerque, NM 87107
- John Marshall Health & Social Service Center - (505) 848-1345 - 1500 Walter SE, Albuquerque, NM 87102
- East Central Health & Social Service Center - (505) 767-5700 - 7525 Zuni SE, Albuquerque, NM 87108

INKUNGA Y'IBIRIBWA:

- Imbuga zitangirwaho ibiribwa mu mashuri ya Leta yo muri Albuquerque
 - Amasaha y'akazi: Saa tanu za mu gitondo kugeza saa saba z'igicamunsi ku wa mbere, ku wa kabiri no ku wa gatanu gusa.
 - Abanyeshuri bazahabwa amafunguro mu gihe cy'iminsi ibiri.
 - Ahabwa abanyeshuri b'imyaka yose bafite imyaka iri munsi ya 18.
 - Ku bindi bisobanuro ndetse n'aho bitangirwa, jya kuri <https://www.aps.edu/news/coronavirus/aps-identifies-schools-for-student-meal-pick-ups>.
- Umurongo utishyurwa w'inkunga y'ibiribwa igenerwa abashaje
 - Niba usheshe akanguhe ukaba ukeneye ubufasha bw'ibyo kurya, hamagara ishamba rya New Mexico rishinzwe kwita ku basheshe akanguhe na serivisi z'igihe kirekire kuri 1-800-432-2080.
- Abana bo muri Ne Mexico
 - Ku bufasha bwo kwita ku bana, ibiribwa, amaranji, imyambaro n'ibindi.
 - Hamagara kuri 1-800-691-9067 cyangwa usure newmexicokids.org.

Ku bindi bibazo byose bidafitanye isano n'ubuzima cyangwa ubufasha, hamagara ishamba rya New Mexico kuri 1-833-551-0518.

ABANA BANJYE BAZASUBIRA KU ISHURI RYARI?

Leta ya New Mexico yafashe icyemezo cyo gufunga amashuri yose mu rwego rwo kugerageza kugabanya ikwirakwira rya coronavirusi. Ibi ni ingenzi cyane kuko hataboneka ubuvuzi buhagije abantu bose baramutse barwariye icyarimwe, bityo rero gerageza kugumisha abana bawe mu rugo.

Sobanurira abana bawe ko amashuri arimo gufunga mu rwego rwo kugerageza kugabanya ikwirakwira ry'iyi virusi mu baturage, ariko ko abana batagiye bagaragaza ibimenyetso bibi cyane bya coronavirusi. Ibi bizafasha abana bawe kudahangayika cyane.

NI GUTE TWABONA INTERINETI?

Umujyi wa Albuquerque waguye WiFi hotspots yawo aho abantu bashobora kuyikoresha muri rusange (kwihuza nta rutsinga kuri interineti), binyuze mu kuyigeza ahandi hantu guhana intera n'abandi bishoboka. Ibi bizafasha mu gutanga interineti ku bantu benshi bashoboka, ari na ko bifasha abaturage kubahiriza amabwiriza yo guhana intera. Hamagara kuri 311 cyangwa usure <http://www.cabq.gov/coronavirus-information/wifi> ubone ibindi bisobanuro.

UBURENGANZIRA BWANJYE NI UBUHE?

Nuramuka ukorewe ivangura iryo ari ryo ryose, bimenyishe ibiro byacu bishinzwe uburenganzira bw'abaturage: 505-768-4595

BIGENDA BITE IYO NKENEYE UBUFASHA BW'UBUSEMUZI BW'INYANDIKO CYANGWA GUSEMURA?

Hamagara abayobozi b'umuryango mugari ubarizwamo utuye ubabaze ikibazo cyose cyangwa impungenge waba ufite, kandi ubasabe ubufasha bwo gusemurirwa. Ku bufasha bujyanye no gusemurirwa indimi n'inyandiko hanze y'umujyi wa Albuquerque, hamagara:

- Sara Afghani – 505-235-3204 (Dari, Pashto)
- Mohammed Alkwaz – 505-235-1774 (Icyarabu)
- Martin Ndayisenga - 505-225-4344 (Ikirundi, Ikinyarwanda, Igiswayire, Igifaransa)
- Margarita Galvis – 505-803-8020 (Icyesipanyoro)
- Norma Casas – 505-514-5273 (Icyesipanyoro)
- Ivette Miramontes – 505-600-1422 (Icyesipanyoro)

UBUFASHA BUREBANA N'UBUZIMA BWO MU MUTWE

Niba ufite umunaniro ukabije cyangwa wumva uhangayitse, ushobora guhamagara Agora Crisis Center kuri 505-277-3031 cyangwa 855-505-4505. Agora ni umurongo w'ubufasha ufite abakozi bakora amasaha 24 iminsi yose, ugenzurwa n'abajyanama bunganira abanyamwuga bashobora gutanga ubufasha no kuguhuza n'abaguhira ubuvuzi bujyanye n'imyitwarire mu rurimi rw'Icyongereza. Ushobora no guhamagara kuri 1-866-HELP-1-NM cyangwa Porogaramu yita ku buzima bw'impunzi kuri 505-476-3076.