

Su'aalaha Inta Badan La Isweydiyo

Paid Leave Oregon waa barnaamij cusub oo u oggolaanaya shaqaalaha Oregon inay qaataan fasax lacag ah qaar ka mid ah waqtiyada aadka muhiimka ugu ah noloshu ee saameynaya qoysaskeena, caafimaadkeena iyo badqabkeena. Paid Leave Oregon faaiidooyinka laga helo waxay bilaabanayaan Siteembar 2023.

Xogta ku saabsan Paid Leave Oregon oo ay kujiraan xaashiyaha xaqiiqda ee faaiidooyinka laga helo, wixii qarash ah ee wax lagu biirinaayo, iyo waxyaabo kale oo badan waa onlayn oo waxaa laga heli karaa: [Paidleave.oregon.gov](https://paidleave.oregon.gov)

Inta ay socdaan wada sheekeysiyadeena bulshadu, shaqaaleysiiyeyaasha iyo shaqaalaha waxaa la weydiinayaa wax ku saabsan dhawaalaha iyo barnaamijyada la heli karo hadda si loogu taageero Ururrada iyo qoysaskooda. Kani waa liis dheeraad ah oo ku saabsan dhigaallo iyo barnaamijyo la xiriira qoyska, caafimaadka, iyo fasax badbaado leh. Paid Leave Oregon ma baddalayo wax ka mid ah barnaamijyadaan. Diiwaankaan waa meesha laga bilaabo helitaanka dhigaallada iyo barnaamijyada. Barnaamij kasta wuxuu leeyahay sharuudo u qalmitaan oo gaar ah iyo sababo go'aamiya u qalmitaanka. Si toos ah hayad waliba ula xiriir si go'aan looga gaaro inaad u qalanto barnaamijyadooda iyo haddii ay ku habboon yihiin daboolidda baahiyahaaga.

Bureau of Labor and Industries (BOLI) (Laanta Shaqada iyo Warshadaha)

oregon.gov/boli/workers/Pages/your-rights-at-work.aspx

Sharuudaha Oregon waxay badbaadiyaan shaqaalaha ayna xaqiijiyaan in lacag lagugu siiyo shaqadii aad qabato. Mushaarka miyaadan ku helin waqtigii loogu tala galay? Miyaadan hubin inaad u qalanto lacag in lagugu siiyo shaqeynta saacadaha dheeraadka ah? Miyaadan helin waqtiyo nasasho ama waqtiyo cunto? Miyaad haysaa arrimo kale oo sinnaanta ku saabsan oo kusoo wajahay? Xaquuqo ayaad goobta shaqada ku leedahay.

Family and Medical Leave Act (FMLA) (Sharciiga Qoyska iyo Fasaxa Caafimaadka)

dol.gov/agencies/whd/fmla

Barnaamijkaan federaalku wuxuu xaq usiinayaa shaqaalaha u qalma ee loo shaqeeyaha caymiska kujira (ugu yaraan 50 shaqaale) inay qaataan 12 asbuuc oo ah fasax aan lacag lagu bixinayn ah oo shaqaduna kuu badbaadeyso kaasi oo loogu tala galay sababo qoys iyo kuwo caafimaad. Dadku waxay u qalmi karaan 26 asbuuc oo fasax ah si ay u daryeelaan xubin adeeg oo caymis kujirta oo qabta dhaawac halis ah ama xanuun.

Xogta Guud iyo Adeegyada: (211 Baaritaan la Hagay)

Websaytka 211info.org/ wuxuu leeyahay baaritaan la hagay oo loogu tala galay dhigaallada gobolka oo dhan ah iyo adeegyada gudbinta: Waxaad sidoo kale wici kartaa: 211 ama 866-698-6155 (lacag la'aan).

Oregon Department of Human Services

adrcoforegon.org

Dadka u qalma, tixgali Xiriirinta Dhigaalka ee Duqnimada iyo Naafonimada ee Oregon.

Oregon Family Leave Act (OFLA) (Sharciiga Fasaxa Qoyska ee Oregon)

oregon.gov/boli/workers/pages/oregon-family-leave.aspx

OFLA waxaa uu ka doonayaa loo shaqeeyeyaasha Oregon ee leh 25 shaqaale ah ama ka badan inay bixiyaan waqti fasax ah oo qarash aan lagu bixinayn oo shaqadu badbaadeyso oo la siinayo shaqaalaha si ay u daryeelaan naftooda ama xubnaha qoyskooda.

Ilaa 12 asbuuc (iyo mararka qaarkood ka badan) oo ah fasax aan qarash lagu qaadanayn ayaa loo heli karaa fasaxa waalidiinta sidiisa oo kale, xaaladaha caafimaad ee halsita ah, naafonimada iyo uurka fasaxiisa, fasaxa cunug buka, fasaxa qoyska ee militariga sidiisa oo kale, iyo fasaxa tacsida

Oregon Health Authority (Maamulka Caafimaadka ee Oregon)

oregon.gov/oha/hsd/ohp

The Oregon Health Plan (Qorshaha Caafimaadka ee Oregon) wuxuu bixiyaa caymis caafimaad oo loogu tala galay dadka reer Oregon ee dakhligoodu hooseeyo.

Oregon Sick Time (Waqtiga Jirrada ee Oregon)

oregon.gov/boli/workers/Pages/sick-time.aspx

Sharciga Oregon wuxuu siiyaa dhammaan shaqaalaha xaqa waqtiga jirrada – ugu yaraan hal saacad oo waqti jirro ah 30-kii saacadood ee kasta ee la shaqeeyo ilaa 40 saacadood sannad walba.

Oregon sick time (Waqtiga jirrada ee Oregon) qarash ayaa lagu bixinayaa haddii qofka aad u shaqeyso uu leeyahay 10 shaqaale ah ama ka badan – lix ama in ka badan oo daggan Portland.

Waxaad u isticmaali kartaa waqtiga jirrada sababo badan oo ay kujiraan haddii adiga ama xubin qoyska ka tirsan uu jirran yahay, uu dhaawac yahay, xanuun dhanka dhimirka uu ka haysto, ama uu u baahan yahay inuu dhaqtarka soo booqdo.

Dhigaallada loogu talagalay Dhibanayaasha Faraxumaynta Galmada, Rabshadaha Qoyska, Dhibaataaynta, ama Dabagalka

- Oregon Coalition Against Domestic and Sexual Violence (Isbahaysiga Oregon ee ka dhanka ah Rabshada Qoyska iyo Galmada)
www.ocadsv.org/find-help
- Oregon Attorney General's Sexual Assault Task Force (Guddiga Farsamada ee Xeer Ilaaliyaha Guud u Qaabilsan Weerar dhanka Galmada ah)
oregonsatf.org/help-for-survivors
- Wicitaanka Badbaadada – 503-235-5333 ama 888-235-5333 (lacag la'aan)
- Cawimaad Dhaqaale oo ka socota Oregon Department of Human Services
oregon.gov/dhs/ABUSE/DOMESTIC
- Xadgudub Kadhan ah Carruur, Waayeel, iyo Dad Nugul 855-503-SAFE (7233)
oregon.gov/dhs/abuse
- Magdhawga Dhibbaneyaasha Dembiga
doj.state.or.us/crime-victims

Haddii aad la kulanto rabshada qoyska, dhibaateyn, weerar galmo, ama dabagal (ama haddii aad tahay waalidka ama masuulka dhibbanaha), qofka aad u shaqeyso waa inuu sameeyo isbaddallo macquul ah oo lagu taageerayo badbaadadaada oo aan takoori kareyn ama aargoosi kugu samayn karin adiga ka dhibbane ahaan. oregon.gov/boli/workers/Pages/domestic-violence-protections-for-workers.aspx

Unemployment Insurance (Caymiska Shaqa la'aanta)

Unemployment Insurance (Caymiska Shaqa la'aanta) wuxuu bixiyaa faaiidooyin qarash lagu qaato oo lagu caawiyo dadka inta ay kujiraan waqti kala guur ah oo u dhexeeya shaqooyinka. Eeg websaytka Oregon Unemployment Insurance (Caymiska Shaqa La'aanta ee Oregon) si aad u hesho faahfaahin badan oo ku saabsan u qalmidda iyo gudbinta sheegashada shaqo la'aanta.

Oregon Employment Department waxay maareysaa hannaanka sheegashada caymiska shaqo la'aanta waxayna sidoo kale bixinaysaa cawimaadda xiriirinta dadka shaqo doonka ah iyo loo shaqeeyeyaasha. oregon.gov/employ ama soo wac 877-345-3484 si aad ula hadasho wakiil.

Workers' Compensation (Magdhawga Shaqaalaha)

wcd.oregon.gov/Pages/index.aspx

Haddii uu dhaawac kusoo gaaro adigoo goobta shaqada jooga ama aad shaqada ku xanuunsato, waxaad u qalmi kartaa magdhawga shaqaalaha oo ay kujirto daaweyn uu buxinaayo isbitaalkii aad xulato ee dookhaaga ah.