

## Ogeysiiska shaqaalaha ee Nursing Mothers, Lactating Employees, and Pregnancy Accommodations (Waxyaalaha loo Sameynayo Hooyooyinka Nuujinaya, Shaqaalaha Naaskoodu Caanaha leeyahay, iyo kuwa Uurka leh)

Sharciga Minnesota ee Waxyaalaha loo Sameynayo Hooyooyinka Nuujinaya, Shaqaalaha Naaskoodu Caanaha leeyahay, iyo kuwa Uurka leh ee (Minnesota Statutes § 181.939) wuxuu siinayaa dumarka uurka leh iyo kuwa naaskoodu caanaha leeyahay xuquuqo gaar ah.

Shaqaalaha uurka leh waxay xaq u leeyihiin inay codsadaan oo ay helaan tasjiilaad macquul ah, kuwaas oo ay ka mid noqon karaan, laakiinse aan ku xaddidnayn, nasasho dhowr jeer ah ama nasasho mudo dheer ah, fadhi, xaddidaad qaadista waxyaalaha culus, u wareejin ku meel gaar ah oo boos kale loo wareejiyo, fasax ku meel gaar ah ama wax ka beddelka jadwalka shaqada ama hawlaha ay qabtaan. Loo shaqeeyuhu kama dalban karo shaqaalaha inuu fasax qaato ama aqballo tasjiilaad la sameeyay.

Shaqaalaha naaskoodu caanaha leeyahay (nuujinaya) waxay xaq u leeyihiin wakhtiyo nasiino ah oo macquul ah oo ay isaga lisaan caanaha naaska shaqada inta lagu guda jiro hadii aysan caanaha iska lisi karin wakhtiga nasashada oo aan inta badan lacagta la bixin, sida nasashada xiliga cuntada. Loo shaqeeyayaashu waa in ay sameeyaan qol nadiif ah, oo gaar ah oo ammaanna ah oo aan ahayn musqul u dhow goobta shaqada taas oo leh meel bareeso koronto oo ay shaqaaluhu caanaha isaga lisi karaan.

Waa sharci darro in loo shaqeeyuhu aargudasho ku sameeyo, ama uu tallaabo taban ka qaado, shaqaale uur leh ama nuujis ah si ay u gutaan xuquuqdooda sharcigan uu siinayo.

Shaqaalaha aaminsan in lagu xadgudbay xuquuqdooda sida uu qabo sharcigan waxay la xiriiri karaan Waaxda Shaqaalaha iyo Qeybta Hababka Shaqada iyo Warshadaha ee Minnesota [dli.laborstandards@state.mn.us](mailto:dli.laborstandards@state.mn.us) ama 651-284-5075 wixii caawinaad ah ee ay u baahan yihiin. Shaqaaluhu sidoo kale waxay xaq u leeyihiin inay xareeyaan dacwad madani ah si ay xaqooda u helaan. Wixii macluumaad dheeraad ah oo ku saabsan sharcigan, booqo boaga internetka ee [dli.mn.gov/newparents](http://dli.mn.gov/newparents).