

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ခူသ့ၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ
သီ

တၢ်ကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ တၢ်အိၣ်ဆူၣ်အိၣ်ချတၢ်အုၣ်ကိၤသး - 5

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance - 5**

KAREN

<p>ဖဲမံးစထၢၣ်အၣ်ၣ်(မ်)ဟဲတုၤလၢအၣ်အသီအခါတၢ်ဆီလီၤဟံၣ်လီၤ အတၢ်ကရၢကရီအတၢ်ဂ့ၢ်(ခူးစံ)ပုၤမၤတၢ်ဖိတဖၣ်သ့ၣ်နံၤဖးသီန့ၢ်တၢ်လၢအဂီၢ် သီးကလဲၤဆူကသံၣ်သရၣ်အဝဲၤဒီးစးထီၣ်တၢ်ကွၢ်ထွဲပုၤဘၣ်ကိၤဘၣ်ခ တၢ်အိၣ်ဆူၣ်အိၣ်ချ (Refugee Health Screening) န့ၣ်လီၤ.</p> <p>တၢ်လဲၤဟးအိၣ်သကိးကသံၣ်သရၣ်တဖၣ်အံၤသီးကဟံၣ်ဖျါထီၣ်ဝဲမ့ၢ်နအိၣ်ဒီး တၢ်ဆူးတၢ်ဆါတမံၤမံၤလၢကမၤတံၢ်တၢ်နတၢ်ဖံးတၢ်မၤမ့တမ့ၢ်တၢ်ထီၣ်ကိၤန့ၣ်လီၤ. ပအဲၣ်ဒီးလၢနတၢ်အိၣ်မူလၢအမဲရကၤအံၤကပဲၤဒီးတၢ်လၢတၢ်ပဲၤ, ကအိၣ်ဒီးတၢ်မၤလၢအဂ့ၢ်ဒီးကိၤအဂ့ၢ်လၢနဖိအဂီၢ်န့ၣ်လီၤ.နၢမ့တမ့ၢ်နဟံၣ်ဖိသီဖိ တဂၤဂၤမ့ၢ်ဆူးမ့ၢ်ဆါဒီး,ကကိၤလၢနဂီၢ်လၢနကဘၣ်လဲၤဆူတၢ်ဖံးတၢ်မၤအလီၢ်မ့တမ့ၢ် ကကိၤလၢနကိၤဖိတဖၣ်ကလဲၤဆူကိၤအဂီၢ်န့ၣ်လီၤ.</p>	<p>When Mr. Adam arrived in his new city, a resettlement agency case worker made an appointment for him to visit a doctor's office and begin his Refugee Health Screening.</p> <p>These visits to the doctor are to identify any health problems you might have that could interfere with work or school. We want your new life in America to be successful, with a good job for you and a good school for your children. If you or your family are sick, it will be hard for you to go to work, or for your children to go to school.</p>
<p>မံးစထၢၣ်အၣ်ၣ်(မ်)လဲၤစိၣ်အကသံၣ်ကသီတၢ်ကွဲးနီၣ်ဆူကသံၣ်သ ရၣ်အဝဲၤဒီးလီၤ.အရ့ၢ်လၢနဂီၢ်လၢနကဘၣ်လဲၤစိၣ်နကသံၣ်ကသီတၢ်ကွဲးနီၣ်လၢ နဟဲစိၣ်ယုၣ်ဒီးနၢလၢကဘီယုၣ်ဖိခိၣ်တဖၣ်ဒီးန့ၣ်အိၣ်ဆူကသံၣ်သရၣ်အအိၣ်န့ၣ်လီၤ.</p> <p>နကဘၣ်တဲကသံၣ်သရၣ်ဘၣ်လးနတၢ်ဆူးတၢ်ဆါအဂ့ၢ်မ့တမ့ၢ်တၢ်အိၣ်ဆူၣ် အိၣ်ချအတၢ်ကိၤတၢ်ခဲလၢအအိၣ်ဒီးနၢခဲအံၤတဖၣ်,မ့တမ့ၢ်တချုးနဟဲဆူအမဲ ရကၤအခါနမ့ၢ်အိၣ်တဆူၣ်မ့ၢ်ဂ့ၢ်မ့တမ့ၢ်တၢ်ကူးကွဲးနၢဘၣ်တဘျီဘျီလံၤခါလီၤ.</p>	<p>Mr. Adam took his medical records to the doctor's office. It is important for you to bring all the medical records that you brought with you on the airplane, and show them to your doctor.</p> <p>You must tell the doctor about any sickness or other health problem you have now, or if you were ever sick or had surgery before you came to America.</p>
<p>တၢ်ဟ့ၣ်ပုၤဘၣ်ကိၤဘၣ်ခဲတၢ်အိၣ်ဆူၣ်အိၣ်ချတၢ်ကွၢ်ထွဲ (Refugee Health Screening) အပူၤန့ၣ်ကဟံၣ်ယုၣ်ဒီးတၢ်သမံၤသမိးတဖၣ်ဒီးတၢ်ဆဲး ကသံၣ်ကသီတဖၣ်လီၤ.တၢ်အံၤဟံၣ်ယုၣ်စ့ၢ်ကိၤဒီးတၢ်သမံၤသမိးကွၢ်စၢၢ်ထးအ စ့ၢ်အပျါတဖၣ်လီၤ.အရ့ၢ်စ့ၢ်ကိၤလၢနကသ့ၣ်နီၣ်ထီၣ်နသးလၢနကလဲၤကိး ကၢက့ၤနဖိလၢတၢ်ကသမံၤသမိးကွၢ်အိၣ်ခံၣ်တဘျီဖဲတၢ်မၤကွၢ်အိၣ်လၢအခိၣ် ထံးတဘျီဝံၤသၢလါန့ၣ်လီၤ.ကသံၣ်သရၣ်ကလိၣ်ဘၣ်ဝဲတၢ်အစၢလၢတၢ်သမံ သမိးကွၢ်ခံၣ်တဘျီလၢကဟံၣ်နဖိပဲၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချအဂီၢ်လီၤ.</p>	<p>The Refugee Health Screening includes many tests and shots. It also includes lead testing for children. It is very important that you remember to take your child back for a <i>second</i> lead test, three months after the first test. The doctor needs the results from <i>both</i> tests to keep your child healthy.</p>

<p>ဖဲထီသုဉ်မုတမုာ်ပုၤတုၤခိၣ်ပွဲၤတဖၣ်ထံၣ်ဘၣ်ဖီၣ်ဘၣ်စၢ်အခါ,အိၣ်-ဖဲယုၤလီၤဘၣ်ဝဲကသံၣ်ခဲၣ်မုတမုာ်တၢ်ကမူၣ်လၢအဟံၣ်ယုၤစၢ်အခါန့ၣ်မုာ်တၢ်လၢအမၤဆါအီၤသ့ၣ်မးလီၤ.လၢနကသါန့ၣ်အယိမုာ်ဂ့ၤ,နထိးဘၣ်အယိမုာ်ဂ့ၤ,နယုၤလီၤဘၣ်အယိမုာ်ဂ့ၤ,လၢနသ့ၣ်အပူၤစၢ်မုာ်အိၣ်တဖၣ်တဖုးၣ်လဲၣ်အိၣ်ထီၣ်တၢ်မၤသးဂီၤခိၣ်န့ၣ်,သ့ၣ်ဂံၢ်စၢ်တၢ်ဆါ,ယုၤညၣ်စၢ်မံၤအဆၢတဖၣ်ဆါးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ဂ့ၢ်ကိၤလၢအဂၤတဖၣ်ကအိၣ်ထီၣ်ဝဲန့ၣ်လီၤ.</p>	<p>When children or adults are exposed to lead, for example from swallowing paint or dirt that contains this metal, it can be very harmful to them. Having even small amounts of lead in your blood, whether from breathing, touching or swallowing lead, can cause brain damage, anemia, pain in muscles and joints, and other very serious health problems.</p>
<p>သ့ၣ်နီၣ်ထီၣ်လၢတၢ်စးကွၢ်စၢ်လၢနဖိအသ့ၣ်ပူၤခံၣ်တၢ်တၢ်န့ၣ်အရ့ၣ်မးမုာ်လၢနကမၤလီၤတၢ်အဝဲသ့ၣ်အတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂီၢ်န့ၣ်လီၤ.</p>	<p>Remember that checking your child's blood for lead a <i>second</i> time is very important, to make sure they are healthy.</p>
<p>အရ့ၣ်မးလၢနကဟံၣ်ယုၤမၤသကိးတၢ်လၢတၢ်မၤကွၢ်ပုၤဘၣ်ကိဘၣ်ခဲအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ခဲလၢခဲဆ့န့ၣ်လီၤ. ဖဲကသံၣ်သရၣ်မုာ်ကွၢ်ပုၤဆါဟ့ၣ်လီၤနၤတၢ်ၤလၢနကထၢန့ၣ်လီၤနအ့ၣ်လၢတၢ်မၤကွၢ်အဂီၢ်န့ၣ်,အရ့ၣ်လၢနကဘၣ်ပိာ်ထွဲတၢ်န့ၣ်လီၤတဖၣ်လီၤတၢ်လီၤဆဲးန့ၣ်လီၤ. တၢ်သမံၤသမိးကွၢ်တၢ်အံၤအလီၢ်အိၣ်ဝဲသပုၤကတၢ်လၢကမၤကွၢ်မုာ်အိၣ်စၢ်တၢ်ယုးတၢ်ယၢ်လၢမၤဆူးမၤဆါနၤနီၤနပုၤဟံၣ်ဖိဖိတဖၣ်ခါန့ၣ်လီၤ.</p>	<p>It is important to participate in <i>all parts</i> of the Refugee Health Screening. When the nurse provides you with a container to bring back a stool sample, it is very important that you follow the instructions <i>exactly</i>. The test is necessary to see if you have parasites or germs that can make you and your family sick.</p>
<p>ကသံၣ်သရၣ်မုတမုာ်သရၣ်မုာ်ကွၢ်ပုၤဆါမုာ်ယုထံၣ်သ့ၣ်ညါလၢနအိၣ်တဆူၣ်မုတမုာ်နလိၣ်ဘၣ်ခါဆူၣ်ညါတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွၢ်ထွဲတခါ,အဝဲသ့ၣ်ကဆုၤနၤဆူတၢ်ကူစါယါဘျါလၢခံတတီၤအဂီၢ်န့ၣ်လီၤ.တၢ်အံၤအခိပညိမုာ်ဝဲ,ကသ့ၣ်နံၤဖးသီန့ၣ်နၤလၢနကလဲၤထံၣ်လိာ်နသးစၢ်ကသံၣ်သရၣ်အသိတဂီၢ်သိးနကအိၣ်ဆူၣ်ထီၣ်အဂီၢ်န့ၣ်လီၤ. အရ့ၣ်မးလၢနကဘၣ်လဲၤထံၣ်လိာ်နသးစၢ်တၢ်ဟံၣ်လီၤန့ၣ်နၤတၢ်သ့ၣ်နံၤဖးသီတဖၣ်သိးနကမၤန့ၣ်တၢ်မၤစၢၤလၢနတၢ်ဆူးတၢ်ဆါမုတမုာ်တၢ်ကိတၢ်ခဲအဂၤတဖၣ်လၢအအိၣ်ထီၣ်လၢနမဲၣ်ချ့,နီၤခဲတဖၣ်န့ၣ်လီၤ.</p>	<p>If the doctor or nurse discovers that you are sick or need further medical care, they will give you a referral. This means they will make an appointment for you to visit another doctor, so you can get better. It is very important that you go to these appointments, so you can get help for any illnesses or other problems you have with your eyes, ears, or teeth.</p>
<p>တၢ်သ့ၣ်နံၤဖးသီလၢတၢ်ကထံၣ်လိာ်အိၣ်သကိးသးတဖၣ်အံၤတၢ်ကိးအီၤလၢတၢ်သ့ၣ်နံၤဖးသီလၢအပိာ်ထွဲထီၣ်အခံတဖၣ်န့ၣ်လီၤ.ဖဲနဟဲလၢနတၢ်သ့ၣ်နံၤဖးသီတၢ်ထံၣ်လိာ်အိၣ်သကိးသးတဖၣ်အံၤန့ၣ်နကဘၣ်ဟဲစိာ်နတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်အုၣ်ကိၤသးအခးက့န့ၣ်လီၤ.</p>	<p>These appointments are called <i>follow-up appointments</i>. You will need to bring your health insurance card to your follow-up appointments.</p>