

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူၣ်ပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ  
သီ

တၢ်ကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ တၢ်အိၣ်ဆူၣ်အိၣ်ချတၢ်အုၣ်ကိၤသး- 1

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Medical Care and Health Insurance - 1**

**KAREN**

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| <p>ပုၤဘၣ်ကီၤဘၣ်ခဲဟံၣ်ဖိယီဖိသ့ၣ်အံၤဂ့ၢ်ကျဲးစးအိၣ်မူမၤဘၣ်လိာ်အသးလၢ<br/>ကီၢ်အမဲရကၤအပူၤလီၤ.အဝဲသ့ၣ်တကၤစုၣ်စုၣ်ကမၤလိဘၣ်ဝဲဘၣ်ယးတၢ်အိၣ်ဆူၣ်<br/>အိၣ်ချသန့လၢထံကီၢ်တဘျီအံၤအပူၤဒီးအဝဲသ့ၣ်ကြးမၤမနုၤဒီးသိးကန့ၢ်ဘၣ်တၢ်<br/>ကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချန့ၣ်လဲၣ်လီၤ.</p>   | <p>Three refugee families adjust to living in the United States. They each learn about the medical system in this country and what they need to do to get the medical care they need</p>   |
| <p>မံးစံးလံမၤလိန့ၢ်ဘၣ်ယးတၢ်ကွၢ်ထွဲဂံၢ်ခိၣ်ထံးတၢ်အိၣ်ဆူၣ်အိၣ်ချအဂီၢ်လီၤ.<br/>ဂံၢ်ခိၣ်ထံးတၢ်ကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချစံးတၢ်န့ၣ်မ့ၢ်ဝဲတၢ်လဲၤဆူကသံၣ်သရၣ်အအိၣ်<br/>ဖဲလၢနအိၣ်တဆူၣ်အယိမ့ၢ်ဂ့ၢ်,လၢတၢ်ကမၤကွၢ်သးအဂီၢ်မ့ၢ်ဂ့ၢ်န့ၣ်လီၤ.<br/><br/>မံးစံးလံလဲၤဆူအဖိမုၢ်ဆံးဆူကသံၣ်ကရၣ်အအိၣ်လၢတၢ်မၤကွၢ်အဂီၢ်န့ၣ်လီၤ.<br/>အဝဲအိၣ်ဆူၣ်အိၣ်ချဂ့ၢ်ဂ့ၢ်လီၤ.</p> | <p>Mrs. Li has learned about Primary Care. Primary Care is when you make an appointment to go to the doctor's office because you are not feeling well, or to get a checkup.<br/><br/>Mrs. Li takes her young daughter to the doctor for a checkup. She is in very good health.</p> |
| <p>မံးစထၢၣ်အၣ်ၣ်(မ်)အိၣ်တဆူၣ်အါအါဘၣ်အယိအဝဲအဲၣ်ဒီးထံၣ်လိာ်<br/>အသးဒီးကသံၣ်သရၣ်တဘျီယီန့ၣ်လီၤ.ဘၣ်ဆၣ်ကသံၣ်သရၣ်အဝဲၤဒီးလၢအဝဲ<br/>လဲၤညီန့ၢ်ဝဲန့ၣ်တအိးထီၣ်ဖဲန့ၣ်ကတၢ်မ့ၢ်တမ့ၢ်ဖဲမ့ၢ်န့ၣ်ခိၣ်ဘၣ်.</p>   | <p>Mr. Adam is not feeling well and would like to see a doctor right away. The office of the doctor where he usually goes is not open on the weekend or at night.</p>  |
| <p>အဝဲလဲၤဝဲဆူတၢ်ကွၢ်ထွဲသတူၢ်ကလၢ(Urgent Care)န့ၣ်လီၤ.တၢ်ကွၢ်ထွဲ<br/>သတူၢ်ကလၢ(Urgent Care)န့ၣ်အိးထီၣ်အသးဒီးတလိာ်နသ့ၣ်မ့ၢ်န့ၣ်ဖးမ့ၢ်သီ<br/>လၢနကထံၣ်လိာ်သးဒီးကသံၣ်သရၣ်အဂီၢ်ဘၣ်.မံးစထၢၣ်အၣ်ၣ်(မ်)န့ၢ်ဘၣ်<br/>တၢ်ဘၣ်ဂၢ်လၢအန့ၢ်န့ၣ်လီၤ.အဝဲကဘၣ်အိကသံၣ်ဒီးပိာ်ထွဲတၢ်န့ၣ်လီၤလီၤတၢ်<br/>လီၤဆဲးန့ၣ်လီၤ.</p>   | <p>He goes to <b>Urgent Care</b>. The Urgent Care office is open and can see him without an appointment. Mr. Adam has an ear infection. He must take medicine and follow the directions exactly.</p>   |
| <p>မံးစံးဘးကျိဘၣ်အစုဖဲအဖိအိၣ်တၢ်အခါန့ၣ်လီၤ.လီၤဂၢ်လၢအတၢ်ဘၣ်ဖးနး<br/>ညါန့ၣ်လီၤ.အဝဲအဝါဘၣ်ဘၢအစုဒီးတၢ်ကံးညၢ်ထွဲလီၤဝဲဆူအိၣ်ဒီးသိလ့ၣ်ဆူ<br/>တၢ်ဆါဟံၣ်ဂ့ၢ်ဂီၤအူပုၤဆါအံၤဒီးလီၤ.</p>  | <p>Mrs. Ba has cut her hand badly while cooking. It looks like a severe cut. Her husband wraps her hand in a towel and drives her to the hospital emergency room.</p>  |

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