

सुरक्षित, तीक्ष्ण तथा स्वस्थ: तपाईंको नयाँ घरमा सफलताको कुञ्जी
उपचार सेवा / स्वास्थ्य बिमा - 1

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

NEPALI

<p>तीन शरणार्थी परिवार अमेरिकामा बस्ने बानी गर्दैछन् । उनीहरू सबैले यस देशको औषधि उपचारबारे, र आफुलाई चाहिने उपचार सुविधा पाउनलाई, के के गर्नुपर्छ भनेर सिक्दैछन् ।</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>श्रीमती लि ले प्राथमिक चिकित्साबारे जानेकी छिन् । प्राथमिक चिकित्सा भनेको, तपाईं विसन्चो भएको बेला, अथवा चेकअप गराउन डाक्टरकोमा जानु हो । श्रीमती लि ले आफ्नी सानी छोरीलाई, चेकअपको लागि डाक्टरकोमा लान्छिन् । उनको स्वास्थ्य एकदम राम्रो छ ।</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. Mrs. Li takes her young daughter to the doctor for a checkup. She is in very good health.</p>
<p>श्री एडमलाई विसन्चो छ, र तुरन्तै डाक्टरकोमा जानु चाहन्छन् । उनी सधैं जाने गरेको डाक्टरको अफिस बिदामा अनि राती खुल्ला हुँदैन ।</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>उनी अर्जन्ट केयरमा जान्छन् । अर्जन्ट केयरको अफिस खुल्ला हुन्छ, र उनलाई एपोइन्टमेन्ट बेगरनै हेर्न सक्छ । श्री एडमलाई कानमा घाउ भएको छ । उनले औषधि खानुपर्छ, अनि भनेको कुराहरू ठिकसँग पालना गर्नुपर्छ ।</p>	<p>He goes to Urgent Care. 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>श्रीमती बा ले खाना बनाउँदा आफ्नो हात नराम्रोसित काटेकी छिन् । हेर्दा ठुलै चोट जस्तो देखिन्छ । उनको लोग्नेले उनको हात तौलियाले बाँधेर, उनलाई अस्पतालको इमरजेन्सी कोठामा लान्छन् ।</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>