

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Daryeelka Caafimaadka / Caymiska Caafimaadka - 5**

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

SOMALI

<p>Marka Mudane Adam uu yimid magaaladiisa cusub, shaqaale dib-u-dejin oo hay'ad ka socda ayaa u soo sameeyay ballan u ku booqdo xafiis dhakhtar, si uu ugu bilaabmo Baadhitaanka Caafimaadka Qaxootiga.</p> <p>Booqashooyinkan dhakhtarka lagu tago, ayaa loogu talagalay in lagu ogaado wixii dhibaatooyin caafimaad ah ee laga yaabo inaad qabtid, ee qas galin kara shaqada ama waxbarashada. Waxa aanu rabnaa inaad ku guulaysatid noloshaada cusub ee Maraykanka, oo aad heshid shaqo fiican caruurtaaduna ay helaan dugsi fiican. Haddii adiga ama qoyskaagu jiran yahay, waxa dhib kugu noqon doona inaad shaqo tagtid, ama in caruurtaadu dugsi tagaan.</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>Mudane Adam waxa uu diiwannada caafimaadkiisa geeyay xafiiska dhakhtarka. Waxa muhiim ah inaad keentid dhamaan diiwaanada ama waraaqaha caafimaadka ee aad diyaaradda la soo raacday, oo aad tustid dhakhtarkaaga.</p> <p>Waa inaad dhakhtarka u sheegtid wixii cudur ama dhibaato caafimaad ee kale, aad hadda qabtid, ama haddii mar uun aad jiratay ama lagugu sameeyay qaliin ka hor imaatinkaaga Maraykanka.</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>Baadhitaanka Caafimaadka Qaxootiga waxa ku jira baadhitaano iyo tallaallo badan. Waxa kale oo ku jira baadhitaanka suntan rasaasta (lead testing) ee carruurta. Waxa si weyn muhiim u ah inaad xusuusatid inaad ilmahaaga geysid baadhitaanka <i>labaad</i> ee suntan rasaasta, saddex bilood ka dib baadhitaanka koobaad. Dhakhtarku waxa uu rabaa natiijooyinka <i>labada</i> baadhitaan si loo daryeelo caafimaadka ilmahaaga.</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>Marka carruurta ama dadka waaweyn ay soo gaadho macdanta ledhka (lead), tusaale ahaan marka ay liqaan rinji ama wasakh ay macdantaasi ku jirto, si</p>	<p>When children or adults are exposed to lead, for example from swallowing paint or dirt that</p>

<p>weyn ayay u waxyeeleyn kartaa. Xiitaa qaddarro yaryar oo ah ledh ku jira dhiiggaaga, oo ka timid neefsasho, taabasho ama liqid ledh, waxay sababi karaan waxyeelo maskaxda ah, dhiig-yaraan, xanuun ah muruqyada iyo laabatooyinka, iyo dhibaatooyin caafimaad oo culus oo kale.</p>	<p>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>Xusuuso in dhiigga ilmahaaga oo mar <i>labaad</i> laga baadho suntan rasaasta ay si weyn muhiim u tahay, si loo hubsado inay caafimaad qabaan.</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>Waxa muhiim ah in laga qaybgalo dhamaan qaybaha <i>Baadhitaanka Caafimaadka Qaxootiga</i>. Marka kalkaalisadu ku siiso weel si aad u keentid qayb saxaro ah, waxa si weyn muhiim u ah inaad <i>si sax ah</i> u raacdid fariimaha.</p> <p>Baadhitaankaasi waxa uu lagama-maarmaan u yahay in la ogaado haddii aad qabtid gooryaan ama jeermi adiga iyo qoyskaaga jiro ku ridi kara.</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>.</p> <p>The test is necessary to see if you have parasites or germs that can make you and your family sick.</p>
<p>Haddii dhakhtarka ama kalkaalisadu ogaadaan inaad jirran tahay ama aad u baahan tahay daryeel caafimaad oo dheeraad ah, waxay kuu sii gudbin dhakhtar kale. Taa macnaheedu waxa weeye, waxay kuu sameyn doonaan ballan si aad ugu tagtid dhakhtar kale, si caafimaadkaagu u soo fiicnaado.</p> <p>Waxa si weyn muhiim u ah inaad tagtid ballamahaas, si lagaaga gargaaro wixii ah jirro ama dhibaatooyin kale ee aad ka qabtid indhaha, dhegaha ama ilkaha.</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.</p> <p>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>Ballamahaas waxa la yidhaahdaa <i>ballamo ah la-sii-socod (follow-up appointments)</i>. Waxa lagaa rabi doonaa inaad kaadhkaaga caymiska caafimaadka u soo qaadatid ballamahaas la-sii-socodka ah.</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>