

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -  
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub  
Daryeelka Caafimaadka / Caymiska Caafimaadka - 1**

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

**SOMALI**

<p>Gudaha abaarmannadan, saddexan qoys ayaa la qabsanaya nolosha Maraykanka. Waxay wax ka baranayaan nidaamka caafimaadka ee ka jira waddankan iyo waxay u baahan yihiin, si ay u helaan daryeelka caafimaadka ee ay u baahan yihiin.</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>Marwo Li waxay wax ka baratay Daryeelka Aasaasiga ah (Primary Care). Daryeelka Aasaasiga ahi waa marka aad ballan samaysatid si aad u tagtid xafiiska dhakhtarka sababta oo ah ma dareensanid inaad fiican tahay, ama si aad u heshid fiirin caafimaad. Marwo Li waxay inanteeda yar u geeysay dhakhtarka si fiirin loogu sameeyo. Caafimaadkeedu si weyn buu u wanaagsan yahay.</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>Mudane Adam waxa uu dareensan yahay in aanuu fiicnayn, waxaana uu rabaa inuu isla hadda arko dhakhtarka. Xafiiska dhakhtarka ee uu caadi ahaan tago ma furna maalmaha Sabtida iyo Axadda ama habeenkii.</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>Waxa uu tagay Daryeelka Dhakhsaha ah (<b>Urgent Care</b>). Xafiiska Daryeelka Dhakhsaha ahi waa uu furan yahay waana la arki karaa ballan la'aan. Mudane Adam waxa uu caabuq (fash-fash) ka qabaa dhegta. Waa inuu qaato dawo oo uu si sax ah u raaco fariimaha qaadashada dawada.</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>Marwo Ba iyada oo cunto karinaysa ayay si xun gacanta meel iska jeexday. Waxay u eg tahay in jeexitaanku yahay mid daran. Ninkeeda ayaa gacanta ugu duubay shukumaan ama tuwaal, ka dibna waxa uu u soo kaxeeyay qolka gargaarka degdegga ee cisbitaalka (qeybta xaalada deg-degga).</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>