

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Daryeelka Caafimaadka / Caymiska Caafimaadka - 2**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance - 2**

SOMALI

<p>Marka Marwo Li ay isticmaashay daryeelka aasaasiga ah, waxay wacday xafiiska dhakhtarka si ay ballan u sameysato. Maadama ayna ku hadlin luqada ingriisiga, dhakhtarka ayaa u soo xiriiriyey khadka telefoonka turjubaanka.</p>	<p>When Mrs. Li used primary care, she called the doctor’s office to schedule an appointment. Because she doesn’t speak English, the doctor’s office has provided a telephone interpreter.</p>
<p>Marka aad leedahay ballanta dhakhtarka, waa inaad timaadid xafiiska dhakhtarka <i>15 daqiiqadood</i> ka hor wakhtiga ballantaada. Keen kaadhkaaga caymiska caafimaadka iyo wixii ah lacag ee aad adigu mas’uul ka tahay bixinteeda.</p>	<p>For scheduled visits, you must arrive at the doctor’s office <i>15 minutes</i> ahead of your appointment time. Bring your insurance card and any payment you are responsible for.</p>
<p>Haddii aanad tagi karin ballantaada, waa inaad soo wacdid xafiiska dhakhtarka goor hore, si aad ugu sheegtid. Ballantaada waad baabi’in kartaa ama u beddeli kartaa maalin kale.</p> <p>Haddii aanad <i>soo wicin</i> oo aad gaftid ballanta, waxa laga yaabaa in lagaa rabo bixinta kharashka ballanta.</p>	<p>If you cannot go to your appointment, you must call the doctor’s office in advance to let them know. You can cancel the appointment or change it to another day. If you do <i>not</i> call and you miss the appointment, you may have to pay for the appointment anyway.</p>
<p>Marwo Li waxay inanteeda u geysay dhakhtarkooda joogtada ah, si fiirin loogu sameeyo. Waxa kale oo dhakhtarkan loo yaqaannaa “dhakhtarka daryeelka aasaasiga ah” (primary care doctor). Soo wac dhakhtarkaaga joogtada ah si aad ballan u sameysatid marka aad qabtid hargab, ama juucjuuc iyo xanuunno yaryar.</p>	<p>Mrs. Li took her daughter to their regular doctor for her checkup. This person is also known as your “primary care doctor.” Call your regular doctor for an appointment when you have a cold, flu, or minor aches and pains.</p>
<p>Mudane Adam waxa uu tagay xarunta ama killiinigga Daryeelka Dhakhsaha ah (Urgent Care clinic). Tag daryeelka dhakhsaha ah (urgent care) marka aad qabtid xanuun intaa ka culus oo aanad sugi karin ballan lagu siiyo saacadaha xafiisyada ee caadiga ah—sida caabuq dheg ama murkacasho canqow ama kuraan ama curcur.</p>	<p>Mr. Adam went to the Urgent Care clinic. Go to urgent care when you have more serious pain that cannot wait for a scheduled appointment during regular office hours—like an ear infection or sprained ankle or wrist.</p>

Mudane Ba waxa uu xaaskiisii geeyay **Qolka Degdegga (Emergency Room)** sababta oo ah si xun ayay u dhaawacantay, isla markaana dhiig badan ayaa ka socday gacanteeda. Kaliya tag qolka gargaarka degdegga haddii naftaadu halis ku jirto, sida wadne xanuun, faalig, qabasho neefta ama asma, gubasho daran, ama jeexitaan daran.

Haddii aanad tagi karin cisbitaalka, teleefonka ku wac 9-1-1 oo weydiiso ambalaas. Qolka gargaarka degdegga ha u tagin juucjuuc iyo xanuunno yaryar.

Mr. Ba took his wife to the **Emergency Room** because she was badly injured and her hand was bleeding heavily. Only go to the emergency room if your life is in danger, like a heart attack, stroke, asthma attack, severe burn, or a severe cut.

If you cannot get to the hospital, call 9-1-1 on the telephone and ask for an ambulance. Do not go to the emergency room for minor aches and pains.