

Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya Masuala ya Familia na Mzozo wa Kinyumbani - 2

Safe, Smart and Healthy – Keys to Success in Your New Home Family Issues and Domestic Violence - 2

SWAHILI

<p>Kama wewe au mtu yeyote unayemjua anadhulumwa – wakiwemo wanaume, wanawake, wazee au watoto – piga simu nambari 9-1-1 na utoe taarifa ya dhuluma hiyo kwa polisi.</p> <p>Kama huhisi usalama nyumbani unaweza kupiga simu kwa Laini ya moja kwa moja ya Kitaifa ya Mizozo ya Kinyumbani [National Domestic Violence Hotline], saa 24 kwa siku, nambari ya simu 1-800-799-7233. Huduma hii inaweza kukusaidia kupata makao karibu nawe, ambapo utakuwa salama, na inaweza pia kukupa ushauri.</p> <p>Simu hizi zote ni za bure, kutoka kwenye simu yoyote.</p>	<p>If you or anyone you know is being abused—including men, women, older people or children—call 911 and report the abuse to the police.</p> <p>If you do not feel safe at home you can call the National Domestic Violence Hotline, 24 hours a day, at 1-800-799-7233. This service can help you locate a shelter near you where you will be safe, and can also provide counseling.</p> <p>All of these are toll-free calls that are <i>free</i> from any telephone.</p>
<p>Head Start ni mpango wa shule kwa watoto wenye umri wa miaka 3 hadi 6, muda ambao unajulikana kama “pre school” Kwa Kiingereza.</p> <p>WIC maana yake ni <i>Wanawake-Watoto wachanga-Watoto</i> kwa Kiingereza. Mpango huu hutoa chakula na msaada wa chakula kwa familia, ili kuhakikisha wana chakula cha kutosha.</p> <p>Medicaid ni bima ya afya inayotolewa na serikali ili kulipia matibabu.</p> <p>Muulize mfanyakazi wa kesi akuunganishe na huduma hizi.</p>	<p>Head Start is a school program for children ages 3 to 6, which is known as “preschool.”</p> <p>WIC stands for <i>Women-Infants-Children</i> in English. This program provides food and food assistance to families, to make sure they have enough to eat.</p> <p>Medicaid is health insurance provided by the government to pay for medical coverage.</p> <p>Ask your caseworker for a referral to any of these programs.</p>