

ድህነት ብልጽግና ጥሂናቱምን መፍትሕ ምህባለኹም ኣብ ሓድሽ ገዛኹም

ክንክን ጥሂናን/ መድሕን ጥሂና - 5

Safe, Smart and Healthy – Keys to Success in Your New Home

Medical Care and Health Insurance - 5

TIGRINYA

<p>ኣቶ ኣዳም ናብ ሓዳስ ከተምኡ ምስ መጸ፣ ወኪል ምጥያሰን ጉዳይ ሰራሕተኛን፣ ናብ ክፍለ ሕክምና ኪመጽእን ናይ ስደተኛታት ናይ ጥዕና መመርመሪ ኪጅምር ቈጸራ ገበረሉ።</p> <p>እዞም ናብ ሓኪም ምምልላሳት እዚ እም ገለ ዓንቆፍቲ ኣብ ቤት ትምህርቲ ወይ ድማ ኣብ ስራሕ ከጋጥሙ ዚኸእሉ ንምንጻር እዩም። መነባብሮኻ ኣብ ኣሜሪካ፣ ጽቡቕ ስራሕ ንግኻን፣ ጸቡቕ ቤት ትምህርቲ ንደቅኻን፣ ዕውታ ክኸውን ንደሊ። እንተደኣ ንሰኻ ወይውን ስድራኻ ሓሚሞሙኻ፣ ንሰኻ ስራሕ ንክትሰርሕ ይኸብደኻ፣ ደቅኻ ትምህርቲ ክማሃሩውን ከቢድ እዩ።</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>ኣቶ ኣዳም ሕክምናዊ ሰነዳቱ ናብ ሓኪም ወሰዶ። ብነፋሪት ሒዝኩም ምምጻእኻ ከሎም ሕክምናዊ ሰነዳትኻ ንሓኪምኻ ከተርእዮ ኣገዳሲ እዩ።</p> <p>ኣብዚ ጊዜ እዚ ዘሎኻ ሕማም ወይ ናይ ጥዕና ጸገማት ወይ ድማ ቅድሚ ናብ ኣሜሪካ ምምጻእኻ ሓሚምኻ እንተዳኣ ኔርኻ ወይውን መጥባሕቲ ጌርኻ እንተዳኣ ኔርኻ ንሓኪምኻ ክትሕብሮ ይግባእ።</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>ናይ ስደተኛታት ናይ ጥዕና ሰነድ መርመራን ናይ መርዚ /ሌድ/ መርመራ ዘጠቓለለ እዩ። ናይ መርዚ /ሌድ/ መርመራ ንቕልጡውን ዘጠቓለለ እዩ። ንቕልጡኻ ድሕሪ ሰለስተ ኣዋርሕ ካብቲ ቀዳማይ መርመራ ንኻልኣይ ጊዜ ናብ ናይ ሌድ /መርዚ/ መርመራ ክትወስዱ ኣዚዩ ጠቓሚ እዩ። ሓኪም፣ መታን ጥዕና ቕልጡኻ ክረጋግጽልኻ፣ ውጽኢት ናይ ክልቲኦ መርመራታት የድልዮ ።</p>	<p>The Refugee Health Screening includes many tests and shots. It also includes lead testing for children.</p> <p>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.</p> <p>The doctor needs the results from <i>both</i> tests to keep your child healthy.</p>

<p>ቆልዑ ይኸውን ዓበይቲ ናብ መርዚ /ሌድ/ ክቃልዑ ይክእሉ እዮም፣ ንኣብነት ቀለም ወይ ሓጽን ዘለዎ ነገር ክውሕጡ ከለዉ ንእኔም ኣዚዩ ጎዳኢ እዩ ። ኣብ ደምካ ሒደት መጠን መርዚ /ሌድ/ እንተሉ ጠንቂ ካብ ምስትንፋስ ኮነ ካብ ምትንካፍ ወይ ካብ ሌድ /መርዚ/ ምውሓጥ፣ ጠንቂ ማህሰይቲ ኣእምሮ፣ ኣሳሚያ(ዋሕዲ ደም) ቃንዛ ጭዋዳዳት፣ መሊጋግቦ፣ ከምኡውን ጠንቂ ዝተፈላለዩ ጉድለታት ጥዕና ኪኸውን ይክእል እዩ።</p>	<p>When children or adults are exposed to lead, for example from swallowing paint or dirt that 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>ደም ቆልዓኻ ንኻልኣይ ጊዜ ናይ መርዚ /ሌድ/ መርመራ ከምዝገብር ኣይትረስዕ። ንምርግጋጽ ጥዕናኡ ኣዚዩ ጠቓሚ እዩ ።</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>ኣብ ከላይ ናይ ስደተኛታት ናይ ጥዕና መመርመሪ ምስታፍ ኣዚዩ ኣድላዩ እዩ። ኣለይቲ ጥዕና (ካርስ) ንቀልቀል እተምጽኡሉ መትሓዚ ምስ ሃብትካ፣ ነቲ እትህበካ መምርሒታት ብጥንቃቄ ምስመራ ኣዚዩ ጠቓሚ እዩ። እቲ መመርመሪ ንበላዕታኛታት ወይ ጀርምስ፣ ጠንቂ ንምሕማምካ ወይ ሕማም ስድራቤትካ ዝኾኑ፣ ንምርእይን መንኰም ንምፍላጥ ኣድላዩ እዩ ።</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>. The test is necessary to see if you have parasites or germs that can make you and your family sick.</p>
<p>እንተድኣ ሓኪም ወይ ኣለይቲ ጥዕና ምሕምምካ ወይ ዝላዓለ ሕክምናዊ ክንክን ከም ዘድልዩካ በጺሖም፣ መሰነይታ (ሪፈራል) ኪህቡኻ እዮም። እዚ ማለት መታን ክሕሸካ ናብ ካልእ ሓኪም ንክትርእ ቆጸራ ክገብሩላካ ማለት እዩ። ናብዚ ከምዚ ዝበለ ቆጸራታት ክትከይድ ኣዚዩ ኣገዳሲ እዩ። ከመይሲ እንተተጸለኡካ ወይ ካልኣት ናይ ዓይኒ፣ እዝኒ፣ ወይ ስኒ ሽግራት እንተተሰማምካ ንቁልጡፍ ረዲኤት ክትረከብ ክሕግዥኻ እዩ።</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. 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>እዞም ቆጸራታት እዚኡቶም ናይ ምክትታል ቆጸራታት ተባሂሎም ይጽውዑ። ንምክትታል ቆጸራታትካ ናይ ጥዕና መድሕን ካርድ የድልዩካ እዩ።</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>

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