

ድህረ-ገጽ ብልጽግና ጥሂናት-ምን መፍትሕ ምህባለኹም ኣብ ሓድሽ ገዛኹም

ክንክን ጥሂናን/ መድሕን ጥሂና - 2

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

Medical Care and Health Insurance - 2

TIGRINYA

<p>ወ/ሮ ባ ምስ ቀዳማይ ሓኪም ቆጸራ ክትሕዝ ስለዘድለያ ቤት ጽሕፈት ሓኪም ደወለት። እንግሊዘኛ ስለ ዘይትገብርብ ቤት ጽሕፈት ሓኪም ኣስተርጓሚ ኣዳሊዮላ ኣሎ።</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>ኣብ ቆጸራኻ ንክትርኤ ቅድሚ 15 ደቐይቕ ኣብ ቤት ጽሕፈት ሓኪም ክትበጽሕ ኣለኻ። እቲ ንሕክምና እትጥቀመሉ ወረቐት መድሓኒትካ ተማላኣዮ፣ ሓላፍነትካ ዝኾነ እሰኻ እትከፍሎ ዝኸውንውን ምስኡ ተማላኣዮ።</p>	<p>For scheduled visits, you must arrive at the doctor’s office 15 minutes ahead of your appointment time. Bring your insurance card and any payment you are responsible for.</p>
<p>ናብቲ ቁጸራኻ ክትከይድ እንተዘይጠገን ግና ኣቐዲምካ መታን ክፈልጡ፣ ናብ ክፍሊ ሕክምና ኣቐዲምካ ደውል። ኣብ ቆጸራኻ ክትርከብ እንተዘይካኣልካ ደዊልካ ሓብሮም ወይ ደማ ሓድሽ ቆጸራ ሓዝ። እንተደኣ ከይደውልካ ቁጸራ ጠለምካ፣ ብዝኾነ ናይ ቁጸራ ክፍሊት ምክፋልካ ኣይተርፈካን እዩ።</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>ወ/ሮ ሊ ንጓላ ናብቲ ናይ ኩሉ ግዜ ሓኪማ ክትምርመር ወሰደታ። እሳ ሰብ እዚኣ ንርእሳ ከም “ቅድመ ክንክን ሓኪም” እያ። ከም ሰዓል እንፍሉውንዛ ወይ ደማ ንእሽቶይ ቀንዛ ኪሰመዓካ ከሎ ቁጸራ ክትገብር ናብ ሓኪምካ ደውል።</p>	<p>Mrs. Li took her daughter to their regular doctor for her checkup. This person is also known as your “<b>primary care doctor.</b>” Call your regular doctor for an appointment when you have a cold, flu, or minor aches and pains.</p>
<p>ኣቶ ኣዳም ናብ ህጹጽ ክንክን ጥዕና ኤርጅንት ኬር ከደ። ክትጸወሮ ዘይትክእል ቃንዛ ቅድሚ ቁጸራ እንተሎካ ከም ረኽሲ እዝኒ ወይ ምምጻኛ ብርኪ፣ ኢድ፣ ወይ ምምጻኛ ግና፣ ኢድ ከጋጥመካ እነተሎ ናብ ህጹጽ ክፍሊ ክንክን ጥዕና ኪድ።</p>	<p>Mr. Adam went to the Urgent Care clinic. Go to <b>urgent care</b> 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>

ኢቶ ባንብግልቲ ቤቱ ናብ ክፍሊ ሓደጋ  
 ወሰዳ፣ ምክንያቱ አዚያ ተሃሲያ፣ ካብ ኢዳ  
 ብዙሕ ደም ይፈሳ ስለዝነበረ እዩ። እንተ ድኻ  
 ህይወትካ ኣብ ሓደጋ ኣልያ ኮይና፣ ማለት ከም  
 ሕማም ልቢ፣ ወቅዲ፣ ሕማም ኣዝማ፣ ሕሱም  
 ምንዳዳ፣ ወይ ሕሱም ቅርጻት፣ ሽቡ ጥራይ እዩ  
 ናብ ክፍሊ ሓደጋ ክትከይድ ደለካ።  
  
 እንተ ድኻ ናብ ሆስፒታል ክትከይድ ዘይካኣልካ፣  
 ብ 9-1-1 ደዊልካ ኣምቡላንሳ ሕተት።  
 ብምክንያት ቃንዛ ወይ ናኣሸቱ ሕማማት ናብ  
 ክፍሊ ሓደጋ ክትከይድ ኣየደልዩካን እዩ።

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.