

TELEFOONO KU CAAWINAYA

Fadlan la hadal hey'adda caafimaadka bulshada ee kuugu dhow haddii aad u baahan tahay wax faahfaahina oo ku saabsan qiimeynta caafimaadka dadka qaxootiga ah. Halkan waxaa ku xusan telefoonada hey'adaha caafimaadka bulshada ee degmooyinka ay degenyihiin qaxooti badani:

Anoka	763-422-7030
Carver	952-361-1329
Clay	218-299-5220
Dakota	952-891-7500
Hennepin	612-348-7006
Nobles-Rock	507-295-5272
Olmsted	507-328-7500
Otter Tail	218-998-8320
St. Paul-Ramsey	651-266-1251
Stearns	320-203-6942
Washington	651-430-6655

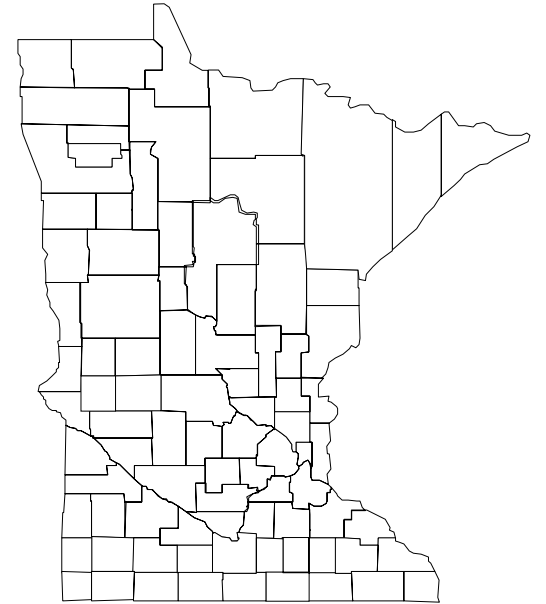
Haddii aanay degmada aad degentahay ku qorneyn halkan, ama aad u baahantahay faahfaahin, fadlan la xiriir hay'addii ku keentay shaqaaliheddii kuu xilsaarnaa (Volag) ama waaxda caafimaadka ee Minnesota (MDH) barnaamijka qaxootiga (Refugee Health Program) oo uu telefoonkoodu yahay 651-201-5414.

Waxaa soo diyariyey Barnaamijka Caafimaadka Qaxootiga ee Waaxda Caafimaadka Minnesota oo sal la leh qalab ka yimid Waaxda Caafimaadaka Umadda ee Massachusetts.

Minnesota Department of Health
Refugee Health Program
P.O. Box 64975
St. Paul, MN 55164-0975

Tilmaame Baaritaanka Caafimaadka ee Qaxootiga

Ku soo Dhawoow Minnesota



**Waaxda Caafimaadka
Minnesota Ee
Barnaamijka Caafimaadka
Qaxootiga June**

WAA MAXAY ”QIIMEYNTA CAAFIMAADKA QAXOOTIGA”?

Qiimeynta caafimaadka dadka qaxootigu waa tallaabada ugu horreysa ee xagga daryeelka caafimaadka dadka ku nool Dalka Mareykanka (U.S). Waa baaris jireed oo tafatiran. Waqtigan ayaana ugu haboon in la ogaado in ay jirto dhibaato caafimaad oo kaa hor’istaageysa in aad shaqayso ama aad waxbarasho isu diyaaris. Qiimeynta caafimaadka dadka qaxootigu waa tallaabo muhiim ah oo ka mid ah deggenaanshahaaga iyo nolosha cusub ee dalka Maraykanka.

Dhammaan dadka qaxootiga ah, dadka magan-galyada la siiyay, dadka shuruudaha lagu soo daayo, iyo kuwa u dhashay Cuba/Haiti ee soo galay Minnesota waa in ay maraan qiimeyn caafimaad.

Qiimeynta xaaladda caafimaadkaagu waxay qaadanaysaa laba ballamood oo ay baaritaan kugu sameynayaan cusbitaalada (dhakhaatiirta) bixiya daryeel caafimaad ama shaybaadh, taas oo ka kooban:

- ▶ Dulmar baaritaankaagii caafimaadka ee wadanka dibaddiisa,
- ▶ Dulmar taariikhdaada caafimaad,
- ▶ Baaritaan jirka ah
- ▶ Baaritaan cudurada fida, iyo
- ▶ Tallaalada aad u baahantahay

Waa in aad martaa qiimaynta caafimaadka 90 maalmood gudahood, kadib marka aad Minnesota soo gashid. Waxa aad codsan kartaa turjubaan afkaaga ku hadla in uu ku caawiyo mudada baadhitaanku kuu socdo.

MUXUU BAARITAANKANI KAGA DUWANYAHAY KII WADANKAN DIBADDIISA AHAA?

Baaritaankii wadankan dibaddiisa aad ku soo martay waxa uu ku taxaluqay arrimo kaa hor’istaagayey in aad timaadid dalkan Maraykanka, sida cudurka Qaaxada, Mukhadaraadka, iyo dhibaatoonyin jireed ama caqliyeed/maskaxeed oo ku lug leh dagaal iyo qalaaqil (violence).

WAA IMISA KHARASHKA BAARITAANKANI?

Wax lacag ah lagaama rabo si aad u martid qiimaynta caafimaadka. Kharashkana laba siyood ayaa loo bixinayaa: 1) Haddii aad haysatid kaarka caafimaadka ee “Medicaid”, waxa bixinaya Gargaarka Caafimaadka Minnesota (MA). 2) Haddii aanad haysan MA, aadna tahay qaxooti ku nool US muddo ka yar 90 maalmood, xaruunta caafimaadka/dhakhtarkaagu wuxuu ka codsan karaa Waaxda Caafimaadka ee Minnesota (Minnesota Department of Health).

MAXAAN SOO QAATAA?

Marka aad qiimeynta caafimaadka leedahay, soo qaado haddii aad heysatid:

- ▶ Buqshadii ay ku soo siiyeen International Organization for Migration, ee ay ku jiraan natiijadii badhitaankii caafimaadkaaga iyo raajooyinkii
- ▶ Diiwaanada tallaalka
- ▶ Wixii kale ee waraaqo caafimaad la xiriira ah ee aad haysatid
- ▶ Wixii daawo ah ee aad isticmaashid

XAGEEN AADAA?

Waxa aad qiimeynta caafimaadka qaxootiga ka heleysaa hey’adda caafimaadka bulshada ee dagmadaada (local public health agency) ama dhakhtarkaaga gaarka ah (daryeelaha caafimaadkaaga ee asaasiga ah/primary health care provider).

WAA MAXAY HAY’ADDA DEEGAANKA CAAFIMAADKA BULSHADU?

Degma kasta oo ka mid ah Minnesota waxay leedahay hay’ad caafimaadka bulshada qaabilsan. Mida adiga kuu dhawi waxay kaa caawinkartaa in ay kuu habayso balanta qiimaynta caafimaadka dadka qaxootiga ah. Hay’adahaasi waxay kale oo ay fuliyaan hawlo kale oo adiga ku caawinaya. Tusaale ahaan, qaarkood waxay bixiyaan tallaalo, baaritaanno iyo daaweynta cudurada.

MUXUU YAHAY DARYEELAHA CAAFIMAADKA EE ASAASIGA AHI?

Daryeelaha caafimaadka ee asaasiga ahi waa xarunta caafimaadka/cusbitaalka ama qofka shaqaalaha caafimaadka ee aad ka hishid daryeel caafimaad oo joogto ah, siiba marka aad xanuusanaysid, haddii aad u baahan tahay tallaalo ama u baahan tahay daaweyn mushaakil caafimaad. Wixii kale ee aad baahi caafimaad qabtana daboolaya, haddii aad u baahatana dhakhtar ku takhasusay (isbashaliste) kuu gudbinaya.

Daryeelka asaasiga ahi wuxuu fidiyaa khidmado ama adeegyo caafimaad oo kala duwan kuwaas oo daboolaya dhamaan baahidaada caafimaad.