

# Faayrus Lagu Dhasho oo Calaamado Badan

Macluumaadka Qoysaska & Daryeeleyaasha



[health.mn.gov/CMV](https://health.mn.gov/CMV)

**mn** DEPARTMENT  
OF HEALTH

# Waxaa soo diyaariyey

Waaxda Caafimaadka ee Minnesota  
Carruurta iyo Dhallinta qabta Baahiyada Caafimaadka ee Gaarka ah

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St. Paul, MN 55164-0975

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www.health.state.mn.us

Si aad macluumaadkan ugu hesho hab kale, soo garaac: 651-201-3650.

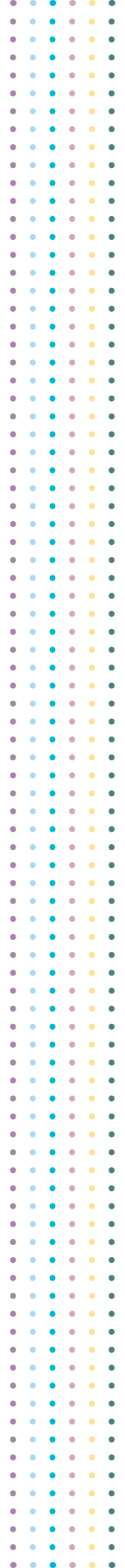
## MAHADCELIN

Tasmada qoraalka waxaa lagu soo xulay oo lagu soo sameeyey iyadoo lala kaashanayo Ururka Samafalka Faayruska CMV iyo waalidiin ilmahoodii laga helay faayrus lagu dhasho oo halis ah oo calaamado badan. Waaxda Caafimaadka ee Minnesota waxa ay rabtaa inay u mahadceliso dhammaan dadkii nala wadaagay khibradahooda iyo aragtidooda.

## AFEEF

Waraaqahan waxa ku qoran ma aha talooyin caafimaad. Waxaa loo talagalay macluumaad guud oo ku saabsan faayruska lagu dhasho ee CMV. Waxaa kala duwan ilmaha iyo qoysaska oo macluumaadkan qaarkiis ayaa laga yaabaa in uusan si gaar ah u khuseyn karin ilmahaaga. Mar kasta waa in dhakhtarka ilmaha lagala hadlo wixii ah su'aalo ama walaac oo ku saabsan xaaladaha caafimaadka.

Wakhtigii Qoraalka Abriil 2023





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Qeybta 1

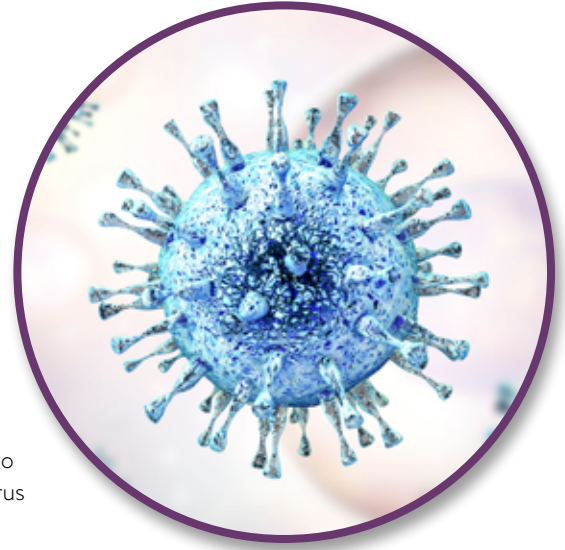
**Faayruska Calaamadadaha Badan (CMV)  
iyo CMV Nooca Lagu Dhasho**



## Waa maxay CMV?

Faayruska Calaamadadaha Badan (CMV) waa faayrus caam ah oo dadku isku qaadsiiyo da' kasta. Mid ka mid ah saddexdii carruur ee ku nool Mareykanka ayuu ku dhacaa faayruska CMV marka uu gaaro 5 jir, waa sida u qoran Xarumaha Xakameynta iyo Ka-hortegidda Cudurrada (CDC). In ka badan kala bar dadka waaweyn ayuu CMV ku dhacaa markay gaaraan 40 jir. Marka uu CMV galo jirka dadka, weligiis kama baxo noloshooda oo dhan ee wuu ku soo kacaa. Weliba dadka mar kale ayaa faayruskan la qaadsiiin karaa isaga oo ah nooc kale.

Badanaa dadka caafimaadka qaba ma ay oga in la qaadsiiyey faayruska CMV, sababtoo ah faayraskani inta badan ma laha wax calaamado ah. Marka ugu horreysa ee dadka la qaadsiiyo, waxa ay mararka qaarkood isku arkaan calaamado fudud sida qandho, cune-xanuun, daal, iyo/ama murqa-xanuun. CMV waa faayrus dadka qaar ku keeni kara xanuun daran marka uu liito habdhiskooda difaaca.



## Sidee baa dadka loo qaadsiiyaa CMV?

CMV sida la isku qaadsiiin karo waa dareeraha jirka dadka oo is gaara sida candhuufta, kaadida, dhiigga, shahwada, illinta, iyo caanaha naaska.

Faayraskan la iskuma qaadsiiyo si aad u badan. Hase ahaatee, CMV waxaa si aad u badan isugu gudbiya dadka isku guri kula nool carruur yaryar oo la geeyo goobaha xannaannada ilmaha. In badan oo ah CMV waxa uu bilo ku dhex jiri karaa kaadida iyo candhuufta ilmihii la qaadsiiyey. Sidaas awgeed ayey carruurta yaryar u yihiin sida uu ku sii faafayo CMV. Carruurta waxay faayruska qaadsiiyaan waalidka iyo dadka haya, xataa iyaga oo aan xanuunsan. Taabashada candhuufta ama kaadida nuunnaha iyo carruurta yaryar ayaa loo maleynayaa in ay tahay sababta ugu weyn ee infakshanka CMV lagu qaadsiiyo haweenka uurka leh.

## Waa maxay CMV nooca lagu dhasho?

Haweenka uurka leh waxaa laga yaabaa in uu CMV uga sii gudbo mandheerta ilmaha iyagoo aan la ogeyn. Waa wax dhici kara marka hooyada uurka leh la qaadsiiyo CMV marka koowaad ama mar kale inta aysan hooyadu umulin. Marka ilmaha la qaadsiiyo CMV intaysan dhalan ka hor, waxa la yiraahdaa CMV nooca lagu dhasho. Inta badan dhallaanka qaba CMV nooca lagu dhasho weligood kama muuqdaan calaamado ama dhibaatooyin caafimaad, laakiin carruurta qaar ayaa xanuunsada markay dhashaan ama waxaa mar dambe lagu arkaa dhibaatooyin caafimaad oo ah muddo-dheer.

Qiyaastii mid ka mid ah 200 oo carruur oo kasta waxaa laga helaa CMV nooca lagu dhasho. Taas macnaheedu waa in ilaa 300 oo carruur ah laga helo CMV nooca lagu dhasho Minnesota sannad kasta. CMV nooca lagu dhasho waa sababta ugu badan ee keenta iinta lagu dhasho dalka Mareykanka. CMV nooca lagu dhasho waa sababta caamka ah ee carruurta ku keenta dhagoolanimada.



## Sidee baan ku ogaan karaa haddii ilmahaygu qabo?

Haddii dhakhtarku ilmaha ka walaacsan yahay in uu jiro CMV nooca lagu dhasho, waxaa waalidka lagula talinayaa in laga soo baaro ilmaha. Intaa waxaa dheer, nuunnyaasha ku dhasha Minnesota waxaa laga baaraa CMV oo waa wax qeyb ka ah barnaamijka baarista dhallaanka. Haddii baarista dhiigga ee dhallaanka cusub lagu arko CMV, taas macnaheedu waa in ay aad u badan tahay inuu ilmahaasi ku dhashay faayruska CMV. Baaris badan ayaa lagu sameynayaa si loo habsado.

Infakshanka CMV nooca lagu dhasho waxaa badanaa laga xaqiijiyaa baarista kaadida nuunnaha. Si loo hubiyo CMV nooca lagu dhasho, baaris kale ayaa nuunnaha lagu sameeyaa ka hor intuuusan gaarin 21 maalmood. 21 maalmood ka dib, waaxaa adkaanaysa in la ogaado in uu ilmuhu ku dhashay CMV ama in la qaadsiiyey CMV ka dib markuu dhashay (CMV nooca la is qaadsiiyo). Marka ay ku dhashaan CMV waxay carruurta qaarkood ku dhaca dhibaatooyin caafimaad oo muddo dheer socda iyo dhagoolenimo; balse badnaa dhibaatooyinkaas laguma arko marka CMV la qaadsiiyo iyagoo dhashay ka dib.



## Waa maxay calaamadaha iyo astaamaha CMV nooca lagu dhasho?

CMV nooca lagu dhasho saameyntiisa ilmaha isku mid ma aha. Badanaa nuunnyaasha kama muuqato wax ah calaamado ama astaamo ah xanuun jira. Sidaas waxaa la yiraahdaa calaamad la'aan. Marka aysan nuunnyaashu lahayn calaamado ama astaam ah xanuun jira, waxaa la yiraahdaa calaamad la'aan.

### CMV nooca lagu dhasho

Badanaa nuunnyaasha qaba CMV nooca lagu dhasho ma laha calaamado markay dhashaan. Badanaa carruurtaasi waa ay caafimaad qabaan oo marna lagama qabo welwel caafimaad oo ah faayruskan.

Qaar ka mid ah carruurta dhalata iyagoo aan lahayn calaamado waxaa ku dhacda dhegoolanimo. Dhegoolanimadu waxay noqon kartaa mid fudud ilaa mid daran iyo hal ama labada dhegood. Dhegoolanimada waxaa la arki karaa marka ilmuhu dhasho ama goor dambe. Carruurta qabta CMV nooca lagu dhasho waa in si joogto ah loo baaro maqalkooda si wax looga qabto wixii iska beddela.

Fursado ah in ilmaha lagu arko caqabado kobcidda maskaxeed waa mid xoogaa yar ka sarreysa carruurta calaamad la'aanta ah ee ku dhasha CMV marka loo eego carruurta aan ku dhalan CMV nooca lagu dhasho, oo waa in ay shaqaalaha caafimaadka la socdaan marka ay kobcayaan. Carruurta aan calaamado lagu arkin ee qabta CMV nooca lagu dhasho waxaa xaq u yeelan karaan caawimaad lagu taageerayo korriinkooda iyo kobocooda maskaxeed. Fadlan eeg Qaybta 3 si aad u hesho macluumaadka dheeraadka ah ee adeegyada la hayo.

### CMV nooca lagu dhasho ee calaamadaha leh

Nuunnyaasha qaba CMV nooca lagu dhasho qaar ayaa calaamadaha qaba markay dhashaan. Calaamaduhu waxay noqon karaan kuwa fudud ama daran. Qaar ka mid ah calaamadaha ayaa la arkaa balse qaar ayaa lagu helikaraa baaris gaar ah oo keliya.

#### Calaamadaha CMV nooca lagu dhasho isla marka ilmuhu dhasho waxaa ka mid noqon kara:

- Baro yaryar oo ah basali, guduud, ama bunni oo maqaarka ka muuqda
- Indhaha qeybta cad iyo maqaarka oo hurdi noqda
- Cabbirka madaxa oo ah mid yar
- Miisaanka dhalashada oo hooseeya ama gaabnaan lagu dhalashada
- Beerka iyo beeryarada oo weynaada
- Heerarka xanjada dhiigga oo hoos u dhacda
- Shabaqa isha gadaasheeda oo dhaawacma
- Kaalsiyamta oo adkeysa unugyada maskaxda

Faayruska Calaamadaha Badan (CMV) waa faayrus caam ah oo dadku isku qaadsiiyo da' kasta. Dhegoolanimadu waxa ay noqon kartaa mid fudud ilaa mid daran iyo hal ama labada dhegood. Dhegoolanimada waxaa la arki karaa marka ilmuhu dhasho ama goor dambe. Carruurta qabta CMV nooca lagu dhasho waa in si joogto ah loo baaro maqalkooda si wax looga qabto wixii walaac ah.

Intaas waxaa dheer, carruurta leh calaamadaha lagu dhasho ee CMV waxay halis e ugu jiraan welwel caafimaad oo ah muddo-dheer oo waa in ay shaqaale caafimaad si dhow la socdaan.

### Walaacyada caafimaad ee muddada-dheer waxaa ka mid noqon kara:

- Suuxitaan
- Aragga indhaha oo daciifa
- Daahitaan ah isticmaalka murqaha waaweyn, daciifnimada, ama dhibaato ah dheellitirnaanta
- Naafanimo maskaxeed

Carruurta lagu arko calaamadaha ee qabta CMV nooca lagu dhasho waxay xaq u yeelan karaan caawimaad lagu taageerayo korriinkooda iyo kobocooda maskaxeed. Fadlan eeg Qaybta 3 si aad u hesho macluumaadka dheeraadka ee adeegyada la hayo.

## Waa maxay baaritaanada lagu sameynayo ilmaha haddii laga helo CMV nooca lagu dhasho?

### Dhakhtarka ayaa laga yaabaa in uu ku taliyo baaritaan lagula soconayo ka dib markii la habsado CMV nooca lagu dhasho:

- **Baarista dhiigga ee sheybaarka** – dhiig ayaa laga soo qaadayaa si loo baaro shaqada beerka ee ilmaha iyo dhiigga oo dhan.
- **Baadhitaanka maqalka ogaanshaha (maqalka)** – baaris faahfaahsan oo ah maqalka. Xataa haddii uu fiican yahay maqalka dhallaanka ee marka uu dhasho, waxaa dhici karta in uu mar dambe maqalku ka lumo. Waxaa loo baahan yahay baaritaan dheeraad ah wax yar ka dib markuu ilmuhu dhashay iyo in la sii baaro carruurnimada oo dhan si loo ogaado wixii iska beddela. Fadlan eeg Qaybta 2 si aad u hesho macluumaad ah maqalka iyo CMV nooca lagu dhasho.
- **Madaxa oo lagu sameeyo uultarasawn ama MRI (magnetic resonance imaging)** – baaritaan lagu soo saara sawirro badan si loo eego isbeddelada maskaxda ilmaha.
- **Baaritaanka dhakhtarka indhaha (aragga)** – baaris indhaha daawo lagu shubayo si loo eego isbeddelka ku dhaca indhaha ilmaha ee sababo CMV nooca lagu dhasho.

### Waa maxay macnaha baarista natiijada lala soconayo?

Dhallaanka ku dhasha CMV natiijoyinkoodu aad ayey u kala duwanaan karaan, markaa waa ay adag tahay in la saadaaliyo caafimaadkooda ama korriinkooda mustaqbalka. Sidaa awgeed, dhakhtarka ama shaqaalaha kale ee caafimaadka ayaa isticmaali kara baaritaan dabagal ah si ay: u ogaadaan astaamaha iyo calaamadaha CMV; si ay u helaan heerka faayruska ee ilmaha; iyo si loogu hago daawenta iyo qorshaha lagula soconayo ilmaha, sida go'aaminta in ilmuhu bilaabi karo qaadashada daawada faayruska.

Dhakhtarku waa in uu kuu sharxo natiijoyinka ka soo baxa baaritaanka. Weydiiso su'aal kasta oo aad ka qabto natiijoyinka baaritaanka ilmahaaga iyo wixii ku saabsan daaweynta lagu taliyo iyo qorshaha lagula soconayo.

## Sidee baa loo daaweeyaa CMV nooca lagu dhasho?

### Daawooyinka faayruska

Badanaa nuunnaha qaba CMV nooca lagu dhasho uma uu baahan doono daawada faayruska. Daawooyinka looga hortago faayruska waxay ka caawin karaan maqalka iyo korriinka dhallaanka qaarkooda leh calaamadaha CMV nooca lagu dhasho, oo waa wax lagula talin karo. Dhakhtarku waxa uu kuu gudbin karaa takhasuska cudurrada faafa si aad ugala hadasho daawooyinka kala duwan. Waxaa muhiim ah inaad kala hadasho dhakhtarka khataraha iyo faa'iidooyinka ay leedahay daawada faayruska.

### Siyaabaha kale

- **In la maamulo oo lala socdo calaamadaha.** In la habsado in ilmaha la keeno ballamaha lagula taliyo ee ah takhasusaadka kala duwan oo dhan. Ballamahaas waxay muhiim u yihiin maareynta arrimaha caafimaadka, hadba wixii markaas jira. Ballamaha joogtada ah sidoo kale waa muhiim si loogu ogaado wixii cusub sida ugu dhakhsaha badan, sida maqalka markuu xumaanayo.
- **Waxqabadka hore.** Help Me Grow Minnesota (Barnaamijka Caawinta Dhallaanka) oo waalidka ku sii xiri kara tasiilaad caawimaad u ah maskaxda, waxbarashada, iyo korriinka. Barnaamijkaas waxa kale oo uu waalidka ku xiri karaa iskuulka degmada ee dadweynaha si loo qiimeeyo in dhallaanka iyo socodbaradka loo bilaabi karo waxqabadka hore ama waxbarashada gaarka ah. Fadlan eeg Qeybta 3: Korriinka & Kobaca Maskaxeed oo ah faahfaahinta waxqabadka hore.
- **Taageerada qoyska.** In la ogaado haddii ilmuhu qabo CMV nooca lagu dhasho oo waalidka culeys ku keeni kara. Taageerada dadka kale waalidka ayey caawin kartaa. Fadlan eeg Qeybta 4 oo ah tasiilaadka taageerada qoyska.



## Miyaa la nuujin karaa nuunnaha marka uu qabo CMV nooca lagu dhasho?

*Haa, waa caadi in nuunnaha la nuujiyo oo qaba CMV nooca lagu dhasho.*

Waa in lagala hadlo dhakhtarka carruurtaa haddii welwel laga qabo in la nuujin karo ilmaha.



## Miyaa nuunnaha la geyn karaa xanaanada carruurta?

Haa, dhallaanka iyagoo qaba CMV ayey la geyn karaa xanaanada ilmaha. Faayruska CMV aad ayuu ugu badan yahay dhallaanka iyo carruurta yaryar, oo waxaaba laga yaabaa in ay xannaannada carruurta joogaan carruur kale oo qabta CMV. Carruurta oo dhan ayaa faafin karta CMV, balse ma aha oo kaliya kuwa lagu soo sheegay in ay qabaan CMV. Carruurta qabta CMV waa inaan laga joojin in la geeyo meel kasta oo ah goobaha xannaanada.

Goobaha xannaanada oo dhan waa in lagu sameeyo gacmadhaqid joogto ah oo ah sida saxa ah, nadaafad fiican, iyo nadiifin guud. Saddexdaas waxyaabood ayaa dadka ka caawin kara in ay hoos u dhigaan halista faafinta CMV.



## Maxay waalidku u sheegi karaan dadka weydiinaya haddii ay ilmahoodu CMV u gudbi karo?

Faaruska CMV waa mid aad ugu badan dhallaanka iyo carruurta yaryar. Carruurta oo dhan ayaa faafin karta CMV, balse ma aha oo kaliya kuwa lagu soo sheegay in ay qabaan CMV. Caadi ahaan waxaa la isugu gudbiyaa qof ilaa qof marka la dheecaan isaga gudbo.

Mid ka mid ah siyaabaha ugu badan ee ay dadku ku qaadi karaan CMV waa marka ay taabtaan dheecaanka ilma yar oo kol dhow laga soo helay faayruska. Sababtu waa in uu faayrus badan oo ah CMV bilo ku sii dhex jiri karo kaadida iyo candhuufta ilmaha laga soo helay. Qoyska iyo dadka la xiriira waa in ay si fiican u dhaqdaan gacmahooda ka dib marka ilmaha laga beddelo xafaayadda ama la taabto qoyaanka jirka (sida candhuufta iyo xabka) nuunnaha. Qoyska iyo haweenka la xiriira ee uurka leh ama difaacoodu liito ee ka walaacsan faayruska CMV waa in ay kala hadlaan oo ay ogeysiyaan dhakhtarka ay la xiriiraan.



## Halkee baa laga heli karaa faahfaahinta CMV iyo CMV nooca lagu dhasho?

Kala xiriir dhakhtarka in uu kaaga jawaabo su'aalaha CMV iyo CMV nooca ku dhasho. Booqo:

Faayruska Calaamadadaha Badan (CMV) iyo CMV Nooca Lagu Dhasho ([www.health.mn.gov/cmV](http://www.health.mn.gov/cmV))

Ururka Samafalka ee CMV ([www.nationalcmv.org](http://www.nationalcmv.org))

Infakshanka Faayruska Calaamadadaha Badan (CMV) iyo CMV Nooca Lagu dhasho ([www.cdc.gov/cmV/index.html](http://www.cdc.gov/cmV/index.html))

# Qeybta 2

**Maqalka Dhegaha iyo CMV  
Nooca Lagu Dhasho**

## Sababtee baa loo baarayaa maqalka dhegaha ee ilmaha

Faayruska calaamadaha badan ee lagu dhasho wuxuu saameyn karaa sida dhegahu u shaqeeyaan. Faayrusku wuxuu saameyn karaa hal dheg ama labada dhegood. Waxa uu beddeli karaa sida uu nuunnuhu wax u maqlayo muddo ka dib.

Xataa haddii uu fiican yahay maqalka nuunnaha, waa in weli lagu sii wado baarista maqalka. Hadalka iyo barashada luuqadda waxa ay u bilowdaan markay dhashaan, sidaas awgeed waa in si degdeg ah loo ogaado isbeddelka maqalka dhegaha. Nuunnuhu wuxuu bilaabaa in uu waalidka la xiriiro bilo badan ka hor inta uusan baran hadalka. Haddii uu is beddelo maqalka dhegaha ee nuunnaha, waalidka ama dhakhtarku badanaa ma oga sababtoo ah ilmo maqalkoodu xun yahay ayaa dhawaaqa oo u muuqda in ay wax dhageystaan. Baarista lagula soconayo ayaa ah habka keliya ee lagu ogaan karo in maqalku xumaanayo. Marka la ogaado maqalka xumaanaya waxaa la sii bilaabi karaa sida nuunnaha loola hadli karo.

## Goorta la baarayo maqalka nuunnaha; waxa ay natiijadu ka dhigan tahay

Nuunne kasta oo qaba CMV nooca lagu dhasho waa in loo geeyo xirfadlaha maqalka dhegaha (dhakhtarka takhsuska maqalka) sida ugu dhakhso badan - oo waa in aysan ka badnaan hal bil ka dib marka laga helo CMV. Haddii ay natiijadu tahay mid fiican, ama caadi, maqalka nuunaha ayaa markaas caadi ah. Baarista waa in ilmaha lagu sii wado, sababtoo ah maqal la'aan ayaa mar dambe bilaaban karta. Baarista waxaa badanaa la sameeyaa saddexdii biloodba mar ilaa iyo da'da 2 jirka, lixdii biloodba mar da'da 2 jirka ilaa 6 jirka, ka dibna sannad kasta ilaa iyo ugu yaraan 10 jir. Xirfadlaha maqalka ayaa idiin sheegaya goorta ballanta ah ee baarista maqalka ilmaha.

## Sida loo baaro maqalka dhegaha

Qalab wax lagu maqlo oo gaar ah ayaa la dhigayaa dhegta nuunnaha agteeda. Waxa loo shidayaa codad oo qalabka ayaa lagu cabbirayaa waxa dhaca dhawaqyada ka dib. Baarista maqalka waxay fiican tahay marka ilmuhu aamusna yahay, ee la quudiyo, oo xaalkiisu caadi yahay. Nuunnaha yar maqalka ayaa laga baari karaa isagoo hurda; nuunnaha weynaada waxa la siin karaa daawo ku caawisa in la seexiyo wakhtiga baarista. Akhriso waraaqaha Waaxda Caarimaadka ee Minnesota MDH, "Marka ilmaha loo diyaarinayo ballanta baarista maqalkooda." Baarista maqalka waa loo beddelayaa marka ilmuhu weynaado. Xirfadlaha maqalka ayaa cabbiraya sida nuunnuhu madaxa ugu jeedinayo dhawaaqa iyadoo lagu hayo dhabta. Marka ilmuhu bilaabo iskuulka barbaarinta, waxa dhageysanayaan ciyaar iyo alaabo.



## Haddii uu maqalka ilmuhu is beddelo

Xirfadlaha maqalka ayaa waalidka u sheegi doona siyaabaha loo caawin karo ilmaha si uu ula hadli karo dadka haddii baarista lagu ogaado in uu maqalku isbeddelayo. Haddii ilmaha si caadi loola hadlo, dhakhtarka ayaa u qori kara qalabka maqalka si uu ilmuhu ugu hadalka dhawaaqyo oo uu kor ugu qaado iyo si loogu caawiyo in uu wax maqlo. Waxaa waalidka lagu sii xirayaa takhasusleyaal ama macallimiinta iskuulka ama kilinig la socon doona barashada luuqadda ee ilmaha.

## Barnaamijka Early Hearing Detection and Intervention (Ogaanshaha Maqalka iyo Waxqabadka Goorta Hore ama EHDI).

Barnaamijka EHDI waxa lagu aqoonsadaa dhallaanka cusub iyo dhallaanka qaba ama halista ugu jira maqal-la'aanta iyo oo qoysaska ayey ku xiraan macluumaadka iyo adeegyada, sida in ay helaan xirfadlaha maqalka iyo tasiilaadka waxbarashada ee degaanka.

Qalabka waalidka, dhakhaatiirta, iyo xirfadleyaasha kale waxaa laga heli karaa barta ([www.health.mn.gov/people/childrenyouth/improveehdi](http://www.health.mn.gov/people/childrenyouth/improveehdi)).

Xirfadlaha maqalka ka baaro Xarunta EHDI ([www.ehdi-pals.org/](http://www.ehdi-pals.org/)).

# U diyaargarowga Ballanta Maqal-yaqaanka ee Ilmahaaga

Minnesota  
Newborn Screening



Preparing For Your Baby's Audiology Visit — Somali

## Ballanta maqal-yaqaanka ee ilmahaaga:

Taariikhda: \_\_\_\_/\_\_\_\_/\_\_\_\_ (MM/DD/YY)

Waqtiga: \_\_\_\_\_ AM/PM

Magaca rugta caafimaadka: \_\_\_\_\_

Taleefanka rugta caafimaadka: \_\_\_\_\_

## Waa maxay maqal-yaqaan?

Maqal-yaqaanku waa xirfadle daryeel caafimaad oo loo tababaray inuu baaro oo maareeyo maqal la'aanta dhallaanka, carruurta, iyo dadka waaweyn. Qofka maqalka la'a waxaa laga yaabaa inuu awoodo inuu maqlo dhawaaqyada qaar halka kuwa kalena laga yaabo inaanay waxba maqal. Waxaa jira noocyo kala duwan oo maqal la'aan ah oo ku salaysan dhibaata gaarka ah ee hal ama dhowr qaybood oo dhegta ah. Qiimaynta dhammaystiran ee nooca iyo darnaanta maqal la'aanta labadaba ee uu sameeyo khabiir maqal-yaqaanka ah ee carruurta waa muhiim si loo hubiyo qorshaha ugu saxsan ee dabagalka iyo maareynta maqal la'aanta.

## Muxuu ilmahaagu u arkayaa maqal-yaqaan?

Baadhitaanka maqalka ee uu ilmahaagu ku helay cisbitaalka waxa uu ahaa baadhitaan. Haddii ilmuhu aanu ku gudbin baadhista, waxay noo sheegaysaa inay u baahan yihiin in baadhitaan dheeraad ah ay ku sameeyaan khabiir maqal-yaqaan ah. Qiimaynta dhammaystiran ee khabiirka maqalku waa habka kaliya ee lagu ogaan karo hubaal in ilmahaagu maqlayo dhammaan dhawaaqyada muhiimka u ah hadalka iyo horumarinta luqadda.

## Ilaa intee ayay ballantu qaadanaysaa?

Ballanta waxay qaadan kartaa 1-3 saacadood. Mararka qaarkood mar walba suurto gal ma aha in lagu dhammeeyo baaritaanka maqalka hal ballan. Haddii ballan labaad loo baahdo, waxa la qaban doonaa sida ugu dhakhsaha badan.

## Maxaan la yimaadaa ballanta ilmahaaga?

- Kaarkaaga caymiska
- Gudbin haddii loo baahdo
- Liiska daawooyinka ee hadda
- Natiijooyinka baadhitaanka maqalka kahor iyo/ama qiimayn
- Faahfaahin ku saabsan taariikh maqal la'aan oo goyska ah
- Magacyada/cinwaannada shakhsiyaadka aad rabto in warbixinta laguugu soo diro

## Maxaan u baahanahay inaan sameeyo kahor ballanta?

Baadhitaanada waxaa si fudud loo sameeyaa marka ilmahaagu hurdo. Si loo hubiyo in ilmahaagu hurdo inta lagu jiro baadhitaanka:

- Ha u ogolaan ilmahaaga inuu seexdo kahor ballanta ama inta uu baabuurka u raacayo rugta caafimaadka.
- Iska ilaali inaad quudiso ilmahaaga isla markaaba ballanta kahor. Waxaad awoodi doontaa inaad ku quudiso ilmahaaga xarunta wax yar kahor baadhitaanka.



## Maxaa dhici doona inta lagu jiro ballanta maqal-yaqaanka?

Maqal-yaqaanku waxa uu ururin doonaa macluumaadka ku saabsan taariikhda caafimaadka ilmahaaga, uurkaaga/ foosha/ umilidda ilmahaaga, iyo taariikhda qoyska.

Inta uu ilmahaagu seexanayo, khabiirka maqalka ayaa baari doona dhegaha ilmahaaga oo samayn doona qiimaynta maqalka. Nooca baaritaanka la sameeyay waxaa ka mid noqon kara:

- Jawaabta Maskaxda ee Maqalka (ABR) – Dareemayaal ayaa la dul dhigi doonaa foolka hore iyo xuubka dhegta ilmahaaga si loo cabbiro jawaabta maskaxda ee dhawaaqyada. Xadhkaha dhegaha ayaa la dul dhigayaa dheg kasta si loo gaadhsiiyo dhawaaqyada tijaabada ah. Ilmahaagu jir ahaan kama jawaabi doono dhawaaqyada, laakiin dareemayaasha ayaa cabbiri doona sida wanaagsan ee ilmahaagu uga jawaabay dhawaaqyada kala duwan. Baaritaankaani wuxuu caawiyaa in la go'aamiyo haddii wax maqal la'aan ah uu jiro. Haddii maqal la'aan la joogo, waxay ku siin kartaa macluumaad ku saabsan nooca maqal la'aan ee uu yahay.
- Dheecaannada Otoakoostik (OAE)– caarada jilicdasaan ayaa la dhigi doonaa dheg kasta si loo gaadhsiiyo dhawaaqyo jilicsan iyo in lagu cabbiro dhawaaqa dhaca marka dhegtu si caadi ah u shaqayso. Baadhitaankan waxaa inta badan la isticmaalaa marka lagu daro baaritaanno kale si loo helo ogaanshaha ugu saxsan.
- Tiimbanomitari - caarada jilicsan ayaa la dhigi doonaa dheg kasta taasoo cabbiraysa sida wanaagsan ee xuubka dhegtu u dhaqaaqayo. Baaritaankaan, marka lagu daro baaritaanno kale, wuxuu bixin karaa tilmaamo ku saabsan sababta suurtagalka ah ee maqal la'aanta.

## Ilmahaygu ma dareemi doonaa wax xanuun ah?

Ilmahaagu ma dareemi doono wax xanuun ah wakhti kasta inta lagu jiro baaritaanka. Dhigista caarada caagga jilicsan iyo dareemayaasha waxba ma yeeli doonaan ilmahaaga. Inta badan dhallaanka way xiiqaan oo way qayilyaan marka ugu horraysa ee qalabka tijaabada la geliyo, laakiin way is dejiyaan marka lagu dhaweeyo oo la duubo.



## Ma heli doonaa natiijada baadhista isla markiiba?

Maqal-yaqaanka ayaa awood u yeelan doona inuu kuu sheego marka natiijada baaritaanka la heli karo iyo cidda ku siin doonta natiijoooyinka. Haddii ay jiraan su'aalo ku saabsan natiijoooyinka, waa inaad la xiriirtaa rugta caafimaadka maqalka.

## Maxaa dhacaya haddii ilmahaygu uusan seexan baaritaanka oo dhan?

Markasta oo ilmahaagu yar yahay, waxtay u badan tahay inay ku seexan doonaan baaritaanka, laakiin mararka qaarkood ballan dheeraad ah ayaa loo baahan yahay. Qaar ka mid ah dhallaanka waaweyn, suuxdin ayaa laga yaabaa inuu ku taliyo dhakhtarka ilmahaaga si uu uga caawiyo inay seexdaan inta lagu jiro dhammaan wakhtiga loo baahan yahay qiimaynta dhammaystiran. Si loo yareeyo suurtagalnimada suuxdinta, waxaa lagugula talinayaa inaad ballan samaysato sida ugu dhakhsaha badan.

## Maxaa dhacaya haddii ay wax soo baxaan, oo aan u baahanahay inaan dibu dhigo ballanta ilmahayga?

Aad bay muhiim u tahay in ilmahaagu arko maqal-yaqaan. Haddii aadan ballantaada qabsan karin, fadlan isla markaaba dibu dhigo ballanta baaritaanka maqalka.



# Qeybta 3

**Korista iyo Koboca Maskaxeed**





Waalidka Qaaliga ah,

Hambalyo ilmaha kuu dhashay!

Maanta, waxaan rabnaa in aan kula wadaagno saddex meelood oo qoysaska muhiim u ah: **Help Me Grow Minnesota (Barnaamijka Caawinta Dhallaanka Minnesota), Early Childhood Special Education (Waxbarashada Gaarka ah ee Carruurnimada Hore), iyo Barnaamijka Follow Along (La-socoshada Dhallaanka)**. Tasiilaadka waxaa lagu caawiyaa qoysaska Minnesota oo taageero ayey kuu noqon karaan adiga iyo qoyskaaga ka dib markaad ogaato in ilmahaagu qabo faayruska lagu dhasho (CMV).

- **Help Me Grow Minnesota (Barnaamijka Caawinta Dhallaanka Minnesota)** (<https://helpmegrowmn.org/HMG/index.html>) wuxuu isku xirayaa qoyskaaga iyo iskuulka si aad ula hadasho shaqaalea loo tababaray koboca maskaxeed ee ilmaha iyo wixii caawimaad ah oo ay kuu hayaan iyo waxa xiga ee qaban karo ilmahaaga. Adeegyada waxbarista ah waxaa loo yiraahdaa Early Childhood Special Education (Waxbarashada Gaarka ah ee Carruurnimada Hore ama ECSE). Waxaa laga yaabaa in aad la yaabto sababta uu "iskuul" ula soo xiriirayo ilmahaaga: Ujeedka waa in qoyskaaga la ogeysiyo in ay sii ogaadaan adeegyada ay helaan, iyadoo aan dadka loo eegeyn sharciga ay dalka ku joogaan iyo heerarkooda dhaqaalaha. Haddii aad kooxda waxbarashada wada go'aamisaan in waxbarista gaarka ah ee carruurnimada hore ay idin caawin karto adiga iyo ilmahaaga, waxqabadka laguu heli karo waa lacag la'aan.
- **Barnaamijka Follow Along (La-socohada Dhallaanka)** ([health.mn.gov/people/childrenyouth/fap](https://health.mn.gov/people/childrenyouth/fap)) wuxuu ku caawinayaa markaad la soconeyso koboca ilmahaaga, ee dhallaan ahaanta, socodbaradka, iyo inta ilmuhu sii weynaanaya. Waxay kugu caawineysaa in aad ogaato haddii ilmahaagu ciyaarayo, hadlaya, korayo, dhaqaaqayo, oo uu dadka u dhexgalayo sida carruurta kale ee ay isku da'da yihiin. Barnaamijku wuxuu kugu xirayaa kalkaaliye ama shaqaalaha caafimaadka dadweynaha ee deegaanka haddii aad qabto wax su'aalo ama walaac ah. Shaqaalaha barnaamijka waxay kuu sheegayaan macluumaadka iyo hawlo ah koboca, oo waxay kugu sii xirayaan caawimaad iyo adeegyo kale haddii aad u baahato. Waxaa barnaamijkan lagu soo galaa si ah lacag la'aan, iyadoo aan dadka loo eegeyn sharciga ay dalka ku joogaan iyo heerarkooda dhaqaalaha.

Fadlan nala soo xiriir si aad u hesho macluumaad dheeraad ah oo ku saabsan barnaamijyada ama haddii aad qabto wax su'aalo ah ama walaac ah. Waxaan caawimaad u haynaa waalidka.

Cat Tamminga Flores

Michele Kvikstad

**Minnesota Part C Coordinator**

Waaxda Waxbarashada ee Minnesota

Taleefanka: 651-582-8746

boostada intarnetka: [cat.tamminga@state.mn.us](mailto:cat.tamminga@state.mn.us)

**Iskuduwaha Aqoonsiga Hore iyo Waxqabadka**

Waaxda Waxbarashada ee Minnesota

Taleefanka: 651-201-3723

boostada intarnetka: [michele.kvikstad@state.mn.us](mailto:michele.kvikstad@state.mn.us)



## Igu Caawi Koritaanka: Marka Waalidku Ogyahay, Caruurta Waa Korayaan

Dhallaannada qaarkood caruurta yaryar qaarkood waxay u baahanyihiin caawimaad dheeraada si ay wax u bartaan una koraan. Muddada caruurta yaryar oo idil ay korayaan iyo heerrarkodu isbaddalayaan, caruurta qaarkood waxaa la soo gudboonaada dib-u-dhac xagga koritaankooda. Xaalado caafimaad ee qaasa ayaa laga yaabaa in ay saameeyn ku yeeshaan caruurta koritaankooda, badanaaba. Helitaanka adeegyada soo dhexgalka hore ee kolba suurtagalka ah waxay hubin doontaa natiijooyinka korriimada ugu wacan ee caruurtaan.

**Waxaa jira saddex tallaabo oo fudud si lagula xariiro shabakadda internetka caruurta:**

1. Booqo [HelpMeGrowMN.org](http://HelpMeGrowMN.org).
2. Riix "Refer a Child" button.
3. Buuxi foomka iyo riix "Send this Referral."

**Si canug telefoonka looga soo xariiryo, wac (866) 693-GROW (4769).**

Marka loo diro Igu Caawi Koritaanka, soo dhexgalka hore ee maxalliga ama shaqaalaha waxbarashada qaaska ee dugsiga barbaarinta waxay la soo xariiri doonaan qoyska si loo go'aamiyo haddii loo baahanyahay baaritaan dhammaystiran ama qiimayn lagu ogaanayo u qalmidda.

Caruurta u qalma adeegyada waxay ku qaadan karaan guryahooda, rugaha daryeelka caruurta ama dugsiga. Adegyadaan waa kuwa **lacag-la'aana** u ah caruurta u qalma, iyadoo aan loo eegayn xaladahooda daqliga ama soo-galootinimada.

**Soo-dhexgaka Dhallaanka iyo Socodbaradka (Help Me Grow: Infant and Toddler Intervention)** waa adeegyo qaasa oo qoysaska ka taageeraya waqtiga dhalashada illaa 2 jirka oo qaba korriimada raagta ama calaamado cudurka xagga jirka qaarkood ama xaalado cillado xagga dhimirka ama cudurro oo raagitaanku uu sababo.

**Waxbarashada Qaaska ee Dugsiga Barbaarinta (Help Me Grow: Preschool Special Education)** waxaa loogu talagalay caruurta 3 illa 5 jirka oo u qalanta qaabka koritaanka raaga ama naafonimada kale, iyo ay kala soo gudboonaatay dhibaatooyin kale xagga waxbarashadooda iyo koritaanka. Caruurta waxay u qalmi karaan haddii aanay awoodin in ay waxbartaan, hadlaan ama ciyaaraan sida caruurta la da'aadda ah.

Xeel-dheerayaasha caruurnimada hore waxay la shaqayn doonaan caruurta u qalanta iyo qoysaska si loo qorsheeyo adeegyada iyo lagu taageero baahida ay qabaan. Adeegyada waxaa ku jiri kara:

- Tilmaamo qaasa iyo adeegyo kale, sida hadalka, jirka iyo xirfado daawayn;
- Siyaabaha qoysku uu guriga ugu caawin karo koritaanka canuggooda, iyo
- Iskuxirrada uu la yeelanayo adeegyada jaaliyadda iyo barnaamijyada.

*Tallaabadan waxaa lagu suurtagaliyay heshiis dhexmaray hay'adaha Waaxda Waxbarashada Minnesota iyado la isticmaalayo maalgalinta federaalka ee sharciga CFDA lambarka 84. 181 ee Maalgalinnada Waxbarashada Qaaska ee loogu talagalay Dhallaanada iyo Qoysaska Naafonimada qaba.*



Hel faahfaahin ku saabsan ilmaha ku jira Minnesota

# Barnaamijka La-socoshada Dhallaanka

- Dhowrkii biloodba mar, waxaad heleysaa foom ku saabsan sida dhaqaaqa ilmuhu yahay.
- Soo buuxi foomka oo dib noogu soo dir.
- Waxaad natiijo ka heli doontaa hab ah madadaalo oo adiga iyo ilmaha aad wada samaysaan.
- Haddii aad walaac qabto, waan kula soo xiriireynaa oo waxa xiga ayaan kaala shaqeyneynaa.



Su'aalaha ku saabsan barnaamijka ama si foomka diiwaangelinta laguugu soo diro adiga, soo garaac 1-800-728-5420 ama farriin noogu soo dir [health.cyshn@state.mn.us](mailto:health.cyshn@state.mn.us).

**Maantaba soo gal intarnetka!  
Waa Bilaash!**

[www.health.state.mn.us/mnfap](http://www.health.state.mn.us/mnfap)



**Qeybta**

**4**

**Taageerista Waalidka iyo Qoyska**

Ma aha wax aan caadi ahayn in la dareemo yaab, jahawareer, ama dareen kale oo kala duwan haddii lagu sheego in ilmahaagu qabo faayruska calaamadaha badan ee lagu dhasho.



**Kooxahan waxa ay kugu helayaan helista caawimaad, tasiilaadyo, iyo macluumaad:**

## Ururka Samafalka CMV

Waxaa ururkan samafalka ah hadaf u ah in laga hortago xamilada ilmuhu ka dilmaan, dhimashada carruurnimada, iyo naafanimada ay keento CMV nooca lagu dhasho. Hawlahooda waxaa ka mid ah tababarista tabarruceyaasha deegaanka, bixin ah waxbaris iyo wacyigelin, in ayu qareemaan taageerid ah sharcidejin, iyo maareynta xogta CMV ee qoyska gaarka marka ay dadku rabaan in ay la xiriiraan dadka deegaankooda ama gobolkooda. Sannad kasta, kooxdu waxay sameysaa shirweyne qaran oo ah CMV, lacag-ururin, iyo kulamo. Bartooda internetka ayaa haysa talooyin badan, akhbaaraha cusub, iyo tasiilaadyada kale ee waalidka iyo qoysaska, shaqaalaha xannaanada carruurta, iyo shaqaaha caafimaadka.

Visit [Ururka Samafalka CMV \(https://www.nationalcmv.org\)](https://www.nationalcmv.org) ama kala xiriir [info@nationalcmv.org](mailto:info@nationalcmv.org) si aad uga hesho faahfaahin.

## Hands & Voices (Dhegoolaha & Dhega-cuslaanta Minnesota)



Kooxdani waa dad ka kooban qoysaska ay u joogto carruur ah dhegoolo iyo kuwa dhega-culus. Waxay waalidka u hayaan tasiilaadyo, caawimaad, iyo macluumaadka ay u baahan yihiin ee ay ku helaan natiijooyin wanaagsan oo ah xiriirka ah hadalka iyo waxbarashada. Minnesota Hands & Voices (Dhegoolaha & Dhega-cuslaanta Minnesota) waxay la shaqeeyaan Waaxda Caafimaadka ee Minnesota in la sameeyo taageerid ah waalid-ila-waalid ee qoysaska carruurtoodu qabto CMV nooca lagu dhasho marka lagu arko astaamaha ama calaamadaha faayruska, iyada oo aan loo eegayn heerka maqalkooda. Qof waalidka haga ayaa si toos ah ula soo xiriiraya si ay waalidka ugu helaan caawimaad iyo macluumaad, isla marka ay qoysasku ogaadaan in ilmahooda qabo CMV nooca lagu dhasho.

Faahfaahinta mashruuca taageerista waalid-ila-waalid ee CMV nooc lagu dhasho, kala soo xiiir [health.cyshn@state.mn.us](mailto:health.cyshn@state.mn.us), ama 651-201-3650 ama 800-728-5420 (lacag la'aan).

Booqo [Minnesota Hands & Voices\(Dhegoolaha & Dhega-cuslaanta Minnesota\)](http://www.lssmn.org/mnhandsandvoices) ([www.lssmn.org/mnhandsandvoices](http://www.lssmn.org/mnhandsandvoices)).

## Family Voices of Minnesota (Codka Qoysaska Minnesota)

Kooxdan oo aan ahayn macaashdoon waxay taageero iyo macluumaad siisaa qoysaska Minnesota ee ay u jogaan ilma qabta baahiyo caafimaad oo dheeraad ah, jir ahaan, maan ahaan, koboca maskaxeed, ama caafimaadka dhimirka.

CONNECTED (ISKU-XIRID) waa barnaamij ah taageerada waalid-ilaawaalid oo laga helayo:

- Isku-xiridda ah qof-iaa-qof in lala yeesho waalid kale oo isku mid la yahay ama ilmo ay isku mid tahay baahidooda
- Kooxaha waalidka ee isku-xirma, caawintooda dareenka, iyo qanciddooda
- Si toos ah ula sheekayso waalid kale oo leh waaya-aragnimo badan oo ay kula wadaagayaan
- Aqoonkororsi waxbarasho

Booqo Family Voices of Minnesota (<https://familyvoicesofminnesota.org>).

Boostada Internetka: [connected@familyvoicesmn.org](mailto:connected@familyvoicesmn.org).

Taleefanka: 866-334-8444, taabo. 0.



help me

CONNECT

## Waxay ku xiriiriyaan Qoysaska Bulshooyinka Deegaankooda

Help Me Connect waa adeeg hage khadka internetka ah oo ka caawiya bixiyeyaasha inay ku xiriiriyaan qoysaska uurka leh iyo qoysaska barbaarinaya carruurta yaryar (dhalashada-8 sano jir) adeegyada ka jira bulshadooda dhexdeeda.

**Marka ay qoysaska da'da yari barwaaqoobaan, dhammaanteen waynu barwaaqoobaynaa.**

### Raadi Adeegyada iyo Khayraadka Qoysaska



#### Korriin Caafimaad leh iyo Baaritaan

Barnaamijyada barbaarinta iyo Ogaanshaha walaacyada xilli hore



#### Walwalka korriinka iyo Dabeecadda

Adeegyada loogu talagalay wax ka qabashada hore, waxbarashada gaarka ah, iyo caafimaadka maskaxda



#### Adeegyada iyo Khayraadka Naafonimada

Taageerada bulshada iyo qoyska ee loogu talagalay carruurta naafada ah



#### Waxbarashada Hore iyo Daryeelka Carruurta

Barnaamijyada waxbarashada iyo daryeelka carruurta



#### Fayo Qabka Qoyska iyo Caafimaadka Maskaxda

Waxay taageeraan nabadgelyada qoyska oo dhan, caafimaadka jirka iyo caafimaadka maskaxda



#### Qoysaska Qabaa'ilka iyo Hindida Maraykanka

Khayraadka iyo taageerooyinka loogu talagalay Hindida Maraykanka



#### Bixinta Daryeelka iyo Taageerada Bulshada oo Dheeraad ah

Khayraadka loogu talagalay dadka aan hoy lahayn, muhaajiriinta, qaxootiga, waalidiinta dhallinyarta ah, iyo xaaladaha kale ee qoyska



#### Daryeelka Ilkaha

Hel oo adeegso daryeel ilko oo qiimihiisa la awoodi karo



#### Baahiyaha Aasaasiga ah

Caawinta cuntada, guryeynta, iyo gaadiidka



#### Adeegyada sharciga

Adeegyada iyo macluumaadka sharciga oo qiimo jaban ama bilaash ah



#### Khayraadka Xaaladaha Degdega ah

Taageerada xilliga lagu jiro dhibaatooyinka

Sida loo isticmaalo

1. **Booqo:** [helpmeconnectmn.org](http://helpmeconnectmn.org)
2. **Dooro:** Qayb si aad u aragto liiska adeegyada
3. **Geli:** Cinwaan si aad u hesho adeegyada kuu dhow
4. **Samayso:** Kuwa aad Jeceshahay si aad u adeegsato mustaqbalka
5. **La xiriir:** [HelpMeConnect@state.mn.us](mailto:HelpMeConnect@state.mn.us) wixii macluumaad dheeraad ah



Help Me Connect waa wadashaqayn u dhexaysa Waaxaha Waxbarashada, Caafimaadka iyo Adeegyada Aadanaha ee Minnesota. Mashruucan waxaa la suurta geliyey iyadoo la adeegsanayo maaliyad federaali ah, 93.434 - ESSA Deeqda Horumarinta Preschool Preschool-ka Dhalashada illaa Shan (Development Grants Birth through Five). Waxyaabaha ku jira waxaa mas'uuliyadooda leh qorayaasha mana matalaan aragtida rasmiga ah ee Xafiiska Daryeelka Caruurta, Maamulka Caruurta iyo Qoysaska, ama Waaxda Caafimaadka iyo Adeegyada Aadanaha Maraykanka. Wax badan ka ogoow [bogga Preschool Development Grant](https://education.mn.gov/MDE/dse/early/preschgr/). <https://education.mn.gov/MDE/dse/early/preschgr/>

## Niyad-jabka Dhalmada kadib iyo Walaaca

Niyad-jabka dhalmada kadib, kaas oo socon kara bilo ama sannado kadib dhalmada, waxay saamayn kartaa awoodda qofka umusha ah ama daryeelaha si ay ugu xidhmaan oo ay u daryeelaan ilmahooda.

Haddii aan la daawayn, waxay saamayn kartaa caafimaadka qofka umusha ah ama daryeelaha waxayna u keeni kartaa hurdo, cunto cunid, iyo dhibaatooyinka dabeecadeed ee ilmaha.

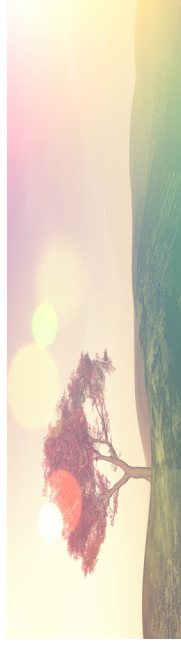
Marka niyad-jabka dhalmada kadib si wax ku ool ah loo daweeyo oo loo maareeyo, waxay faa'iido u leedahay qofka umusha ah ama daryeelaha iyo caafimaadka ilmaha.

Si ilmahaagu u dareemo badbaado iyo ammaan, waa muhiim inaad daryeesho baahiyahaaga.

## Calaamadaha iyo Astaamaha waxa ku Jiri Kara Lakiin Aan ku Koobnayn:

- Murugo joogto ah, walaac, xanaaq, ama dareen "madhan"
- Dambi dareemid, qiimo la'aan, rajo la'aan, ama caaw imo la'aan
- Ku adkaanshiyaha xoog saarida, xasuusta, ama go'aan qaadashada
- Hurdada oo ku adkaata
- Isku xidhida dhibaato ama samaynta dareen shucuureed oo ku lifaaqan ilmaha
- Shaki joogto ah oo ku saabsan awooda daryeelka ilmaha
- Fikradaha ku saabsan dhimashada, is-dilka, waxyeelaynta nafteeda ama ilmaha

Niyad-jabka iyo walaaca waxa lagu soo bandhigi karaa qaabab kala duwan laga soo bilaabo qof ilaa qof. Fadlan la xiriir kooxdaada daryeelka caafimaadka haddii adiga ama kuwa aad jeceshahay aad soo bandhigaysaan walaaca dabeecadan.



## La xiriir wixii Caawin ah

### Khadka Telefoonka degdega ah

- Caawimada degdega ah: Wac 911
- **988 Khadka Nolasha ee Is-dilka iyo Qalalaasaha:** Wac 988 (oo hore u ahaa Khadka Nolasha ee Ka hortaga Is-dilka ee Qaranka) ama 1-800-HADAL (8255)
- **Khadka Telefoonka Caafimaadka Maskaxda Hooyada ee Qaranka:** Wac ama u qor 1-833-TLC-MAMA (1-833-852-6262)

### Khadka Caawinta aan Degdega ahayn

- **Khadka Rajada Hooyada iyo Ilmaha ee Daryeelka Caafimaad ee Hennepin** (612) 873-HOPE ama (612) 873-4673
  - Khadka Rajadu maaha khadka telefoonka ee rabshadaha. Khabiirka caafimaadka ayaa ku soo wici doona laba maalmood oo shaqo gudohood.
- **Tageerada Urka iyo Dhalmada Kadib ee Minnesota:** Wac ama u qor 1-800-944-4773, qoraalka isbaanishka 971-203-7773. Taageerada iyo macluumaadka ay bixiyaan tabarucayaasha isku faca ah 7-da maalmood ee toddobaadka.



Waaxda Caafimaadka ee Minnesota  
Qaybta Caafimaadka Hooyada iyo  
Dhalaanka  
SANDUUQA BOOSTA 64975  
St. Paul, MN 55164-0975  
651-201-3650

[health.mch@state.mn.us](mailto:health.mch@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)

Si aad ugu hesho macluumaadkan qaab  
kaduwan, wac: 651-201-3650



# Niyad-jabka ama Walaaca Xilliga Urka iyo Kadib

Markaad Leedahay Ur  
ama Aad Dhasho Ilmo  
Cusub Maaha Wax Aad  
Filaysay





## Sababaha Niyad-jabka iyo Walaaca

Ma jirto sabab kaliya oo la garanayo. Waalidiinta leh taariikhda niyad-jabka ama walaaca ayaa aad ugu dhaw inay la daalaa dhacayaan xilliga uurka iyo kadib. Waxyaabaha kale ee kordhin kara halista inaad la kulanto niyad-jab iyo walaac ayaa waxaa ka mid ah:

- Walbahaarka (dhaqaale, xaalada nololeed, caafimaad)
- Isbadalka hoormoonada
- Jaha-wareerka
- Taageero la'aan iyo xiriirka bulshada
- Ilmo wareersan, calool xanuun leh, ama leh caqabado caafimaad

## Daawaynta

Daawaynta ugu waxtarka badan ee niyad-jabka iyo walaaca waxaa ka mid noqon kara:

- Daawaynta ama kooxaha taageerada
- Daawooyinka la isticmaali karo xilliga uurka ama nuujinta (la hadal adeeg bixiyahaga daryeelka caafimaadka)
- Taageerada bulshada- qoyska, asxaabta, bulshada caqiidada, kooxaha waalidka, derisyada
- Caafimaadka dadweynaha iyo kalkaalisooyinka guriga soo booqda

## Goorma Ayay Tahay Xaalad Degdeg ah?

Haddii aad dareento inaad dhaawacayso naftaada ama aad qof aad jeceshahay ka hadlayo inay naftooda dhaawacaan, fadlan la xiriir mid ka mid ah agabyada dhexe ee danbe ee guddida.

Xaalado aad u dhif ah, dadka umusha ah waxay la kulmi karaan calaamado nafi ah oo aad u halis ah ka dib markay dhalaan. Arrintani waa xaalad degdeg ah oo caafimaad oo qofka umusha ah waa in isla markiiba loo qaadaa Waaxda Gurmadka ee cusbitaalka ugu dhaw oo aan kaligood lagaga tagin ilmahooda.

### Astaamaha waxaa ka mid noqon kara:

- Maqalka ama araga waxyaabaha aan meesha jirin (inta badan argagax- la daawado ama la dareemo ammaan la'aan)
- Hurdo la'aan, xitaa marka ilmuhu hurdo
- Ku hadalka ama ku dhaqaaqa xawaare ka sareeya inta caadiga ah.
- Dawakhaad ama jiho la'aan
- Taariikhada shakhsiga ama qoyska ee cilmi nafsiga ama xanuunka maskaxda
- Cudurka laba-cirifoodka

## Khayraadada Dheeraadka ah

- [CDC Magal Ololeheeda \(www.cdc.gov/hearher/in-dex.html\)](http://www.cdc.gov/hearher/in-dex.html): waxay bixisaa fariimo nafo lagu badbaadinayo oo ku saabsan calaamadaha digniinta degdega ah si looga hor tago dhimashada uurka la xiriirta
- [Iga Caawinaa ku Xirno Minnesota \(helpmeconnect.web.health.state.mn.us/HelpMeConnect/\)](http://www.mn.gov/helpmeconnect): Waxay caawisaa qoysaska uurka leh, qoysaska leh carruurta yaryar inay helaan oo ay ku xidhmaan adeegyada bulshada deegaankooda taasi oo taageerta horumarke daryeelka carruurta iyo bad qabka
- [Barnaamijka Booqashada Guriga Qoyska \(www.health.state.mn.us/fhv/\)](http://www.health.state.mn.us/fhv/): adeegyada ku salaysan guriga kuwaas oo bixiya bulshaawinimo, dareen shucuur leh, taageero la xidhiidha caafimaadka iyo waalidnimada iyo macluumaadka qoyska

## Waxyaabaha Aan Samayn Karno

La hadal adeeg bixiyahaaga caafimaad ama codso qof aad jeceshahay si uu kuu caawiygo codso talooyinka oo hel adeegyada aad u baahantahay.

- La hadal daaweeyaha caafimaadka maskaxda ama ku biir taageerada ama kooxda waalidka.
  - Waydii adeeg bixiyahaaga arrinta ku saabsan daawooyinka loo isticmaali karo si badbaado leh xilliga uurka ama marka la nuujinayo naaska/quudinta laabta.
  - Ka raadi dadka bulshadaada ama xooxda caqiidada arrinta ku saabsan taageerada kale ee ay ka ku taliyeen.
  - Waydiiso saaxiibadaa iyo qoyskaaga inay kaa caawiyaan daryeelka ilmaha, shaqooyinka, hawlaha, iyo inay ku joojiyaan cuntada.
  - Ka fikir isbadalo yaryar oo aad samayn karto si aad cunto caafimaad leh u cunto, u cabto biyo kugu fialn, dhaqaaji jidhkaaga oo qaado nasasho ama hurdo.
- Waxay qaadan kartaa isku-darka hawlaha kor ku xusan si aad u hesho gargaarka aad u baahantahay. Naftaada u samir.

## Sheekooyinka Waalidiinta Kale

“Waxaan jecelahay carruurta oo ma sugi karayn inaan haysto kayga. Kadibna ninkaygu shaqadii ayuu ku laabtay. Waxaan bi-laabay inaan ka fikiro inaan waxyeleeyo ilmahayga. Dhib malaha waxa aan sameeyay, ma joojin karo fikradaha. Baqasho ayaan ku noolahay laakiin waxaan u ilaaliyay sir dhaan.” - Isabel

“Laba bilood ayaa laga joogaa markii aan arkay dakhhtarkayga, oo waxaan dareemayaa inaan ahay qof kale. Dawadu way i caawisay qoyskayguna aad ayay ii taageereen. Waxaan leeyahay tamar mar labaad. Waxaan jeclahay inaan noqdo hooyo.” - Malia

Buug-yarahani waxa uu buuxinayaa shuruudaha Xeerka Minnesota ee 145.906. Wixii macluumaad dheeraad ah, wac Waaxda Caafimaadka Minnesota ee 651-201-3650 ama booqo shabakadayaada: <https://www.health.state.mn.us/communities/mch/>

# Qorshahayga Fayo-qabka Dhalmada Kadib

Qorshaha dhalmada ka dib waxaa loo qaabeeyay inuu kaa caawiyo inaad ka fikirto caafimaadkaaga dhimirka iyo ladnaantaada, taageerada, iyo agabyada aad u baahan karto inta lagu jiro wakhtigan muhiimka ah ee nolashaada iyo ilmahaaga. Waa go'aankaaga haddii aad rabto inaad qorshahan la wadaagto dadka kale.

## Hurdo

Hurdadu aad ayey muhiim ugu tahay caafimaadkaaga, laakiin dhalidda ilmo cusub waxay ka dhigi kartaa hurdo kugu filan inaad hesho mid caqabad ah. Waa wax iska caadi ah in dhallaanku ay ku seexdaan meelo fidsan, kuwaas oo sii dheeraada markay sii weynaanaayan. Hurdadaadu sidoo kale waxay u badan tahay inay isbedeli doonto ka dib dhalashada ilmahaaga laakiin waxaad isku dayi kartaa waxyaalahan si aad naftaada uga caawiso inaad hesho nasashada loo baahan yahay.

- Waxaa laga yaabaa inaad u baahato inaad seexato 2-3 saacadood markiiba, adigoo isku tirinaya si aad u heshid 7-9 saacadood oo aad u baahan tahay.
- Haddii aad guriga ku haysato qof kale oo kaala qayb qaata xiliyada canug quudinta, u dhiib ilmaha qof kale oo weyn oo seexo.
- Haddii aadan hurdada ku soo laaban karin ka dib marka ilmuhu tooso, iska ilaali qalabka elektaroonigga ah; akhri, joornaal, ama dhegayso si aad uga fiirsato beddelkeeda.
- Haddii ay kugu sii adkaato in hurdada ku noqoto kadib marka ilmuhu seexo, la xiriir dhakhtarkaaga.
- Ka faa'iidayso dalabyada caawinta ama waydiiso saaxiibadaa ama qoyska inay u yimaadaan si ay u caawiyaan ilmaha si aad u seexato, u qubeysato ama u maydhato, ama aad u hesho dhexgalka dadka waaweyn.

## Si wanaagsan Wax u Cun oo Fuuqaagu ha Joogo

- Waa inaad heshaa: nafaqo, khudaar, midho, cuntooyinka miraha ah oo dhan.
- Hayso cuntooyinka “qabso oo tag” si aad wax u cunto inta aad nasanayso ama aad xanaanaynayso ilmaha.
- Ku hayso koob ama dhalo biyo ah meel kuu dhaw wakhti kasta oo biyaha u cab si joogto ah.

## Dhakhso oo Banaanka u Bax

- Ka hubi adeeg bixiyahaaga daryeelka caafimaadka haddii aad bilaabi karto jimicsiyo ama dhaqdhaqaaqyo culus.
- Ujeedo 30 daqiiqo dhaqdhaqaaq maalintii. Si fudud ku bilow! Socodka, shaqada guriga ee fudud (nadiifinta, dharka dhaqida, karinta) ama beerta, safar degdeg ah oo dukaanka ama la bax dadka kale.
- Isku day inaad dibadda u baxdo maalin kasta, xataa haddii aad si tartiib ah u socoto.

## Ku xirnow

- Ku xirnow qoysaska iyo asxaabta taageerada kuu ah.
- Ku dhiiri geli booqashooyinka gaagaaban oo aad u caddayso “saacadaha booqashada”.



## Khayraadka

[Sidee u Noqon kartaa Waalid Cusub oo Saamayn ku yeelato Hurdadu? \(https://www.sleepfoundation.org/sleep-deprivation/parents\)](https://www.sleepfoundation.org/sleep-deprivation/parents)

[Iga Caawi Si aan ugu Xirmo \(https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/\)](https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/)

[Nafaqada marka loo eego Marxaladaha Nolasha \(https://www.nutrition.gov/topics/nutrition-life-stage\)](https://www.nutrition.gov/topics/nutrition-life-stage)

[Diwaanka Minnesota Doula \(https://www.health.state.mn.us/facilities/providers/doula/index.html\)](https://www.health.state.mn.us/facilities/providers/doula/index.html)

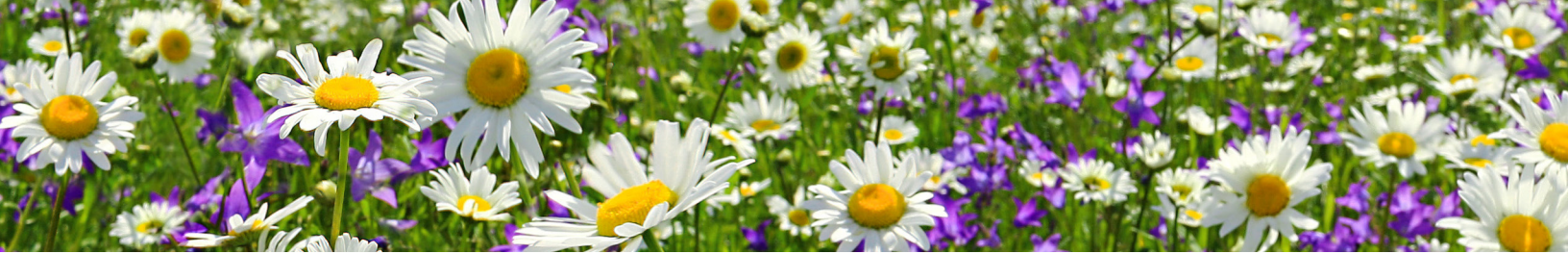


**DEPARTMENT  
OF HEALTH**

Waaxda Caafimaadka ee Minnesota  
Qaybta Caafimaadka Hooyada iyo  
Dhallaanka  
SANDUUQA Boosta 64975  
St. Paul, MN 55164-0975  
651-201-3650

[health.mch@state.mn.us](mailto:health.mch@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)





## Qorshaha Ka hor

Meesha ugu fican ee aan ku nasto gurigaygu waa: \_\_\_\_\_

Caafimaadka leh, cuntooyinka fudud ee aan jeclahay in aan cuno waa: \_\_\_\_\_

Dadka aan caawimaad waydiisan karo markaan u baahdo:

1. \_\_\_\_\_
2. \_\_\_\_\_

Siyaabaha aan ku heli karo dhaqdhaqaaqa iyo isku xirka dadka kale taas oo aan u samayn karo ilmaha yar waa:

1. \_\_\_\_\_
2. \_\_\_\_\_

Hawlaha aan u isticmaali karo caawimaad si aan u sameeyo (dukaamaysiga, nadiifinta, iwm.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Kaliya Xaalada

Dhalashada ilmo cusub waa isbedel weyn.

Waxa jira agab diyaar u ah adiga iyo ilmahaaga. Haddii caqabado soo baxaan, way wanaagsan tahay in la aqoonsado oo la helo caawimo.

Calaamadahayga hore ee ah in aan dareemayo xumaan, niyad-jab ama walaac badan:

- \_\_\_\_\_
- \_\_\_\_\_

Way adkaan kartaa in laga hadlo inaad si fican u shaqayn. Haddii aad dareento sidan, yaad la hadli doontaa?

\_\_\_\_\_

Maxaad odhan doontaa?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Ka hel wixii Caawimo ah

Haddii aysan ahayn xaalad degdeg ah, laakiin waxaan u baahanahay talo:

- **Xafiska adeeg bixiyaha – wakhtiga maalintii:**  
\_\_\_\_\_
- **Adeeg bixiyaha/xarunta saacado kadib:**  
\_\_\_\_\_

### Khadka Taleefanka degdega ah

- Caawimada degdega ah **Wac 911**
- **988 Is-dilka iyo Khadka Nololaha Qalalaasaha ah:** Wac 988 (oo hore u ahaan jirtay Khadka Nololeed ee Ka Hortagga Is-dilka Qaranka) or 1-800-HADAL(8255)
- **Khadka Taleefanka Caafimaadka Maskaxda ee Qaranka:** Wac ama u qor 1-833-TLC-MAMA (1-833-852-6262)

### Khadka Telefoona aan degdega ahayn

- **Khadka Rajada Daryeelka Caafimaadka Hooyada iyo Ilmaha ee Healthcare** (612) 873-HOPE ama (612) 873-4673 – khadka Rajadu **maaha** khadka telefoonka dhibaatooyinka. Xirfadlaha caafimaadka dhimirka ayaa ku soo wici doona 2 maalmood oo shaqo gudahood.
- **Caawinta Urka & Dhalmada Kadib Minnesota:** Wac ama u qor 1-800-944-4773, u qor en Español: 971-203-7773. Taageerada iyo macluumaadka ay bixiyaan tabaruceyaasha isku faca ah 7 maalmood toddobaadkii.



# Qeybta 5

**Daryeelka Caafimaadka  
iyo Kharashaadka**



## Su'aalaha la weydiinayo dhakhtarka carruurta ee faayruska calaamadaha badan ee lagu dhasho

Dhakhtarka ilmaha ee daaweynta guud waxaa la soo baray maareeyaanta noocyada badan ee caafimaadka, oo waxaa ku jira baarista sannadka; xaaladaha socda muddada; iyo xannuunada. Waxay noqon karaan dhakhtar, dhakhtar-xigeen, ama dhakhtar-kaaliye, oo mararka qaarkood loogu yeeraa xirfadlaha daryeelka caafimaadka ama daawo-qore.

Dhakhtarka daaweynta guud waa kan loogu tago daryeelka marka ugu horreysa ee uu dhib jiro. Waxay iskuduwaan daryeelka caafimaadka ilmaha. Waxa laga yaabaa in ay yihiin dhakhtarka qoyska, dhakhtarka carruurta, ama daaweynta guud ee carruurta iyo dadka waaweyn.

Marka laga soo tago daryeelka joogto ah, ilmaha qaba CMV nooca lagu dhasho waxaa laga yaabaa in ay u baahdaan takhasusleyaal u sameyn doona baaritaan iyo daaweyn dheeraad ah. Takhasusleyaashu waa dhakhaatiir iyo xirfadlayaal leysan ama aqoonsi haysta oo soo maray tababar dheeraad ah oo ah hal qeyb oo ah daaweynta ama caafimaadka. Dhakhtarka daaweynta guud ayaa waalidka ku caawin doona go'aaminta takhasusaadka ilmaha loo gudbinayo ooay ka mid yihiin kuwa, haddii loo baahdo.



Dhakhtarka daaweynta guud ayaa ilmaha kula talin kjarra in loo geeyo hal takhasusle ama kuwa badan oo ka mid ah takhasusaadka soo socda:

**Infectious disease (Dhakhtarka xannuunada faafa ama ID):** waa dhakhtar khabiir ku ah ogaanshaha iyo daaweynta xannuunada faafa. Qaar ka mid ah dhakhaatiirta xannuunada faafa waxay soo maraan takhasus ah daaweynta xanuun gaar ah oo waxaa loogu yeeraa takhasusleyaasha xannuunada faafa ee carruurta.

**Audiologist: (Xirfadlaha maqalka dhegaha):** waa xirfadle leysan ku haysta baarista iyo daaweynta maqal-la'aanta iyo dhibaato ah dheellitirka dhegaha. Xirfadleyaasha maqalka qaarkood waxay soo maraan tababar gaar ah si ay ula shaqeeyaan carruurta oo kuwaas waxaa loogu yiraahdaa xirfadleyaasha maqalka dhegaha carruurta.

**Takhasuska Ear, nose, and throat (Dhakhtarka dhegaha, sanka, iyo cunaha ama ENT):** waa dhakhtar daaweeya dhegta, sanka, iyo cunaha, oo waxaa ka mid ah maqal la'aanta.

**Neurologist (Dhakhtarka neerfaha):** waa dhakhtar ku takhasusa maskaxda, lafdhabarta, iyo neerfeyaasha.

**Ophthalmologist (Dhakhtarka indhaha):** waa dhakhtarka ku takhasusa daaweynta iyo aragga indhaha.

**Orthopedist (Dhakhtarka lafaha):** waa dhakhtarka ku takhasusa daaweynta meelaha kala ah lafaha, kala-goysyada, iyo murqaha.

**Early intervention provider (Shaqaalaha waxqabadka hore):** waa qofka sameynaya adeegyada taageerada ah ee carruurta dhallaanka ilaa 3 jirka qaba ama halista ugu jira dibudhaca maskaxeed.

**Occupational therapist (Dabiibaha waxqabsiga jirka ama OT):** xirfadle carruurta ku caawiya in ay hagaajistaan ama bartaan waxqabsiga iyo xirfadaha nolol-maalmeedka.

**Physical therapist (Dabiibaha jimicsiga jirka ama PT):** xirfadle carruurta ku caawiya in ay hagaajistaan dhaqaajinta kala duwan ee jirka, xoogga, dabacsanaanta, iyo dhaqaajidda.

**Speech-language pathologist (Xirfadlaha barashada dhawaaqyada hadalka):** xirfadle la soo baray baarista iyo sida loola caawiyo ilmaha lagu arko caqabado ah dhawaaqa hadalka iyo luuqadda.

## Su'aalaha khuseeya adeegyada caafimaadka

Jawaabaha su'aalaha hoose in aad ka hesho dhakhtarka ilmahaaga waxa ay kaa caawin kartaa in aad si fiican u fahamto xaalka caafimaadka ee ilmahaaga iyo daryeelka loo qabanayo. Jawaabaha waxa aad sidoo kale ku ogaaneysaa heerka khabiirnimo ee uu dhakhtarka carruurta u leeyahay CMV nooca lagu dhasho.



Macluumaadka halkan ku qoran waxaa laga soo xigtay CDC: Su'aalaha Laga Yaabo Inaad Weydiiso Dhakhtarka Ilmahaaga oo ku qoran CDC: [Qalabka Lacag La'aanta ah ee barta Maqal-la'aanta Carruurta](http://www.cdc.gov/ncbddd/hearingloss/freematerials.html) ([www.cdc.gov/ncbddd/hearingloss/freematerials.html](http://www.cdc.gov/ncbddd/hearingloss/freematerials.html)).

Intee in le'eg ayaad daaweyneysaa dhallaanka iyo carruurta laga helo CMV nooca lagu dhasho?

Miyuu ilmahaygu u baahan doonaa baaris dheeraad ah marka uu qabo CMV nooca lagu dhasho? Miyey baaris kasta sheegeysaa caafimaadka iyo koboca ilmaha ee hadda iyo mustaqbalka?

Waa maxay noocyada daaweynta ee uu ilmuhu u baahan doono?

Miyuu ilmuhu badanaa adiga kuu imaanayaa marka uu qabo CMV nooca lagu dhasho? Intee jeer?

Khasab miyey ilmaha ku tahay inuu la kulmo dhakhaatiirta takhasuska CMV nooca lagu dhasho? Takhasusaad noocee ah?

Sidee baan ku heli karnaa sii-gudbinta dhakhaatiirta takhasuska ah haddii ilmuhu u baahdo? Maxaan sameynayaa haddii takhasus aad noo soo dirtay uu noo soo diro nooc kale oo ah takhasus kale?

Haddii aan dhibaato ku qabno siigudbinta, ama haddii ay shirkadda ceymisku su'aalo ka qabto, maxaan sameynayaa?

Miyuu kiliniggan igu caawin karaa in la ii sameeyo ballamaha?

Sidee baa lagu hubin karaa in warbixin kasta oo ah takhasusaadka lagula wadaago? Sidee baan ku heli karaa koobiyada warbixin kasta oo ah takhasusaadka?

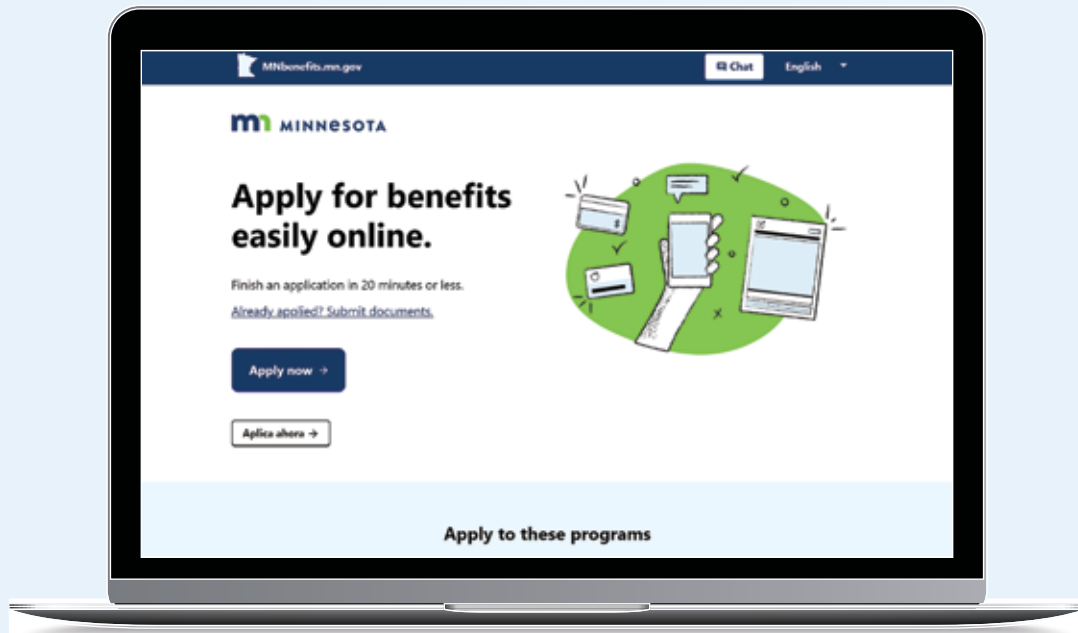
Miyuu ilmuhu u qaadan karaa tallaallada sida jadwalka ay u qaataan ilmaha ay isku da'da yihiin?

Immisa jeer ayaa ilmaha lagu sameynayaa baarista korriinka iyo habdhaqanka? Sidee baan ku ogaan karaa natiijada baaritaanka?

Wax ma iiga sheegi kartaa adeegyada waxqabadka hore ee deegaankayga? Miyaa ilmahayga loo diyaariyey siigudbin?

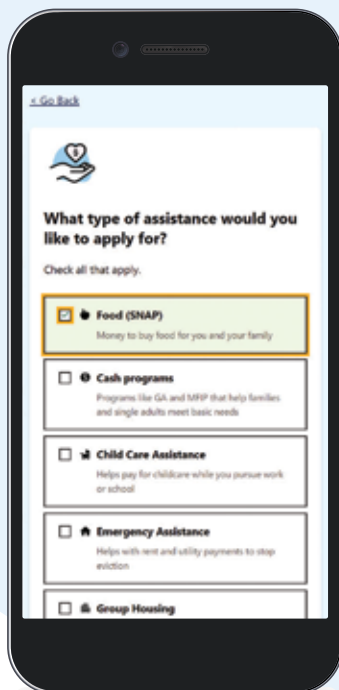
# MNbenefits

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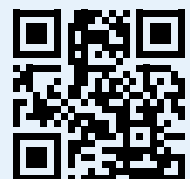


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- Housing support
- Child care assistance



# Pregnancy and parental leave

## PREGNANCY AND PARENTAL LEAVE

Employees may take up to 12 weeks of unpaid leave during pregnancy or upon the birth or adoption of their child. Employees are eligible for this leave regardless of the size of their employer and the amount of time for which they have worked for the employer.

### When does the pregnancy and parental leave start?

- The leave must be taken within 12 months of the birth or adoption.
- Employees must request the leave from their employer.
- Employees can choose when the leave will begin.
- Employers can adopt reasonable policies about when requests for leave must be made.



## FREQUENTLY ASKED QUESTIONS

### Can my pregnancy and parental leave count against my paid leave?

Yes. If you have paid leave, including sick leave or paid vacation, the amount of parental leave can be reduced so the total leave (parental plus paid leave) is not more than 12 weeks.

### Can my pregnancy and parental leave count against FMLA leave?

Yes. You only have a right to 12 weeks of leave total for birth or adoption of a child and any pregnancy related leave even if you qualify for both FMLA and pregnancy or parental leave.

The federal Family Medical Leave Act (FMLA) requires employers to provide up to 12 weeks of unpaid leave in connection with the birth or adoption of a child or for a serious health condition. You may be entitled to additional leave under FMLA for a non-pregnancy related serious health condition. If you have questions about FMLA, contact the U.S. Department of Labor at 612-370-3341 or [dol.gov/whd/fmla](http://dol.gov/whd/fmla).

### Does Minnesota offer paid family and medical leave?

Minnesota's paid family and medical leave law, which provides paid time off during or following a pregnancy, goes into effect Jan. 1, 2026. Find more information at [mn.gov/deed/paidleave](http://mn.gov/deed/paidleave).

### Does my employer have to continue my benefits during the leave?

Yes. Your employer-provided health insurance must be continued during pregnancy and parental leave. You may be asked to pay for this coverage.

### Do I get my job back when I return from leave?

Yes. You are entitled to employment in your former position or one with comparable duties, hours and pay. You are also entitled to the same benefits and seniority you had before the leave. You may return to part-time work during the leave without forfeiting the right to return to full-time work at the end of the leave. It is against the law for your employer to retaliate, or take negative action, against you for requesting or taking a leave.



Labor Standards • 443 Lafayette Road N. • St. Paul, MN 55155  
651-284-5075 • 800-342-5354 • [dli.laborstandards@state.mn.us](mailto:dli.laborstandards@state.mn.us) • [dli.mn.gov](http://dli.mn.gov)



Qeybta

6

**Tasiilaadyada Dheeraadka  
ah ee Qoysaska**



# Halkan waxaa ku qoran tasiilaad dheeraad ah oo laga yaabo in uu caawimaad kuu noqdo.

## MNSure

MNSure ([www.mnsure.org](http://www.mnsure.org)) waa goob suuq ah oo ay reer Minnesota ceymis ka iibsaa karaan, isugu barbar dhigi karaan, iyo in ay ka doortaan ceymis caafimaad oo ku fiican. Siyaabo kala duwan oo ah ceymiska ayaa diyaar u ah dadka dakhli kasta oo ay haystaan oo waxaa ka mid ah Medical Assistance, MinnesotaCare, iyo Qorsheyaal Caafimaad oo Tayo leh. Faahfaahin ka akhriso *Xayeysiiska MNSure* ([www.mnsure.org/assets/mnsure-brochure-english\\_tcm34-539777.pdf](http://www.mnsure.org/assets/mnsure-brochure-english_tcm34-539777.pdf)), ama soo garaac Xarunta Taleefanka MNSure 1-855-3-MNSURE (855-366-7873) si lagu caawiyo.



## Xarunta PACER

Xarunta PACER ([www.pacer.org](http://www.pacer.org)) waa xarun tababar iyo macluumaad u haysa waalidka oo loogu talagalay qoysaska ay u joogto carruurta iyo dhalinyarada naafada ah ama u baahan daryeel caafimaad oo gaar ah laga bilaabo markay dhashaan ilaa ay qaangaarnimo gaaraan. Waalidku waxay helayaan qoraal, tababar gaar ah, iyo tasiilaadyo lagu caawinayo qoysaska si ay go'aan uga gaaraan waxbarashada, daryeelka caafimaadka, iyo adeegyada kale.

## Parent Aware (Wacyigelinta Waalidka)

Parent Aware (Wacyigelinta Waalidka) ([www.parentaware.org](http://www.parentaware.org)) waa adeegyo lagu helo ilo iyo tasiilaadyo bilaash ah oo lagu caawinayo qoysaska si ilmaha loogu helo xannaano iyo barnaamijyo ah waxbarashada hore ee loo baahan yahay si ay ugu guuleystaan tacliinta iskuulka iyo noloshu. Booqo oo eeg *Helista Xannaanada Carruurta: Hage ah xayeysiiska Qoyska* ([www.parentaware.org/wp-content/uploads/2020/08/PA-Child-Care-Guide-English-LINKS\\_V-6.pdf](http://www.parentaware.org/wp-content/uploads/2020/08/PA-Child-Care-Guide-English-LINKS_V-6.pdf)) si aad faahfaahin u hesho.

## WIC

Barnaamijka Nafaqeyn Dheeraad ah oo Gaar ku ah ee Women, Infants & Children (Haweenka, Dhallaanka & Carruurta ama WIC) waa barnaamij ah nafaqeyn iyo nuujinta ilmaha oo lagu caawiyo haweenka uurka leh, hooyooyinka cusub, dhallaanka, iyo carruurta yaryar. WIC waxay bixisaa waxbaris ah nafaqada iyo talabixin, cuntooyinka nafaqada leh, iyo in la isu gudbiyo caafimaadka iyo adeegyada kale ee bulshada. Booqo barta *Barnaamijka WIC ee MDH* ([www.health.state.mn.us/people/wic/index.html](http://www.health.state.mn.us/people/wic/index.html)) si aad u hesho faahfaahin ama si aad u codsato WIC.







## What is MinneStories?

We record and share families' stories about their own, personal experience of being impacted by newborn screening. Through the power of storytelling, we seek to inspire hope and build community through shared experiences.

## Why listen?

In an overwhelming and new situation, these stories can help you hear how other have navigated similar paths.

## Where can I listen?

You can listen to MinneStories on our website: [minnestories.mn.gov](http://minnestories.mn.gov)





“We have never made the time to sit and talk about [our son’s] hearing loss the way we did yesterday, so it was actually a great experience and pretty eye opening for us.”

*-Mother of child with confirmed hearing loss*



### What is MinneStories?

We record and share families’ stories about their own, personal experience of being impacted by newborn screening. Through the power of storytelling, we seek to inspire hope and build community through shared experiences.

### Why would you want my MinneStory?

Every family has a unique store to tell, especially families of children with a condition that can be identified through newborn screening. Your story may be what another family needs to hear to feel empowered, strengthened, and hopeful.

### Everyone has a story to tell. We want yours!

Contact us at [health.minnestories@state.mn.us](mailto:health.minnestories@state.mn.us)

“ I hope that other families can feel at ease after listening to our story, and just stay positive and live your life like normal. ”

### Get social with us!

Follow us @mnhealth



#MinneStories



# Faayrus Lagu Dhasho oo Calaamado Badan

Macluumaadka Qoysaska & Daryeeleyaasha