

# Waa maxay baadhis caafimaad?

## Iyo waa imisa kharash ku baxa?

Baadhis caafimaad waxa ka mid ah su'aalo kusaabsan taariikhda caafimaadkaaga, su'aalo kusaabsan tallaalada aad qabto, iyo baadhis jidheed. Baadhis caafimaad waxa kamid noqon kara eegista xaaladaha soo socda:

- Qaaxo (TB)
- Cagaarshow B
- Cagaarsho C
- Cudurrada galmada lagu kala qaado (STD)
- Kolastarool
- Dhig yaraan iyo sumowga lead
- Dulin
- HIV

Baadhis caafimaad waa in lagu sameeyo 90 maalmood gudahood degista Washington. Kharashka intiisa badan waxa bixin doona Washington Apple Health ee qaxootiga.



# Khayraadka kale qaxootiga ee maxaliga

## Pierce Transit

[www.piercetransit.org](http://www.piercetransit.org)

Macluumaadka adeegga, jadwallada iyo qiimaha baska lagu raaco.

## Department of Social and Health Services

[www1.dshs.wa.gov](http://www1.dshs.wa.gov)

Kaalmada tigidhada cuntada, daryeelka ilme, caafimaad iyo lacageed.

## Tacoma Community House (TCH)

[www.tacomacommunityhouse.org](http://www.tacomacommunityhouse.org)

(253) 383-3951

Kaalmada loogu talagalay bulshooyinka qaxootiga ah, sida shaqaalaysiinta, fursadaha tacliinta, fasalo luuqadda ah, iyo waxyaalo kale.

## Health Reach

[healthreach.nlm.nih.gov](http://healthreach.nlm.nih.gov)

Ku xidhnaw macluumaad caafimaad oo la heli karo la isuna hallayn karo oo ah luuqadda aad doonto.

## Centers for Disease Control and Prevention (CDC) Immigrant and Refugee Health

[www.cdc.gov/immigrantrefugeehealth](http://www.cdc.gov/immigrantrefugeehealth)

Macluumaadka iyo tirakoobka kusaabsan caafimaadka qaxootiga iyo muhaajiriinta Maraykanka dhexdiisa.

## United States Citizen and Immigration Services (USCIS)

[www.uscis.gov](http://www.uscis.gov)

Macluumaadka kusaabsan xaaladda Kaadhka Deggane Abadi ah, mawaadinimo, ama shuruucda shaqaalaysiinta.

# Hage Barnaamijka Caafimaadka Qaxootiga



## Ku soodhawow Degmada Pierce, Washington



(253) 798-4732

## Maxaan ugu baahanahay baadhis caafimaad?

Baadhis caafimaad wuxuu kaqayb yahay habkaaga dib-u-dejinta.

Si aad u hesho Kaadhka Deggane Abadi ah ("Green Card"), ama si aad u dhigato dugsi ama kolaj, waa inaad qabto dhammaan tallaaladaada. Si aad u hesho tallaalo waa inaad marto baadhis caafimaad Maraykanka dhexdiisa.

Sidoo kale, baadhis caafimaad waxa:

- Lagu aqoonsan doona wixii dhibaato caafimaad jirta ee kaa joojin karta inaad shaqayso
- Lagu habsan doonaa inaad hesho daryeel caafimaad wixii xaalad aad kujirto
- Lagaa caawin doonaa kahortagga cudurrada la is-qadsiiyo

## Sideen ballan u qabsan karaa baadhista caafimaad?

Waaxda Caafimaadka Degmada Tacoma-Pierce waxay wici doonaan dhakhtarkaaga una sheegi doonaan inaad timid.

Xafiiska dhakhtarka ayaa kusoo wici doona si aad ballan u qabsato.

**Waxa aad u muhiim ah inaad ballanta xilligeeda timaado.**



## Maxaa dhici doona muddada baadhista?

Dhakhtar ayaa kula hadli doona oo hubin doona caafimaadkaaga.

Haddii loo baahdo, dhakhtarku wuxuu ku siin doonaa gudbin adeegyada khabiir sida ilkaha, aragga, maskaxda, iwm.

Maraykanka waxaad leedahay laba xuquuq daryeelka caafimaadka ah oo muhiim ah:

- **Adeegyada tarjumaanka:** Waxa aad codsan kartaa tarjumaan si aad si fiican isku fahamtaan dhakhtarka.
- **Qarsoodiga:** Dhakhtarkaaga ama kalkaalisadaadu uma sheegi karaan cidna wax kusaabsan caafimaadkaaga bilaa oggolaansho.

## Halkee ayaan u tagaa baadhista caafimaad?

Eastside Tanbara Medical Center  
Community Health Care  
1708 East 44<sup>th</sup> Street  
Tacoma, WA 98404  
(253) 471-4553 Ext 3210

Rugta caafimaadku waxay kuu diyaarin tarjumaan jooga inta lagu baadhayo, haddii aad rabto.

## Maxaan la imaad baadhista caafimaad?

Fadlan soo qaado waxa soo socda baadhistaada caafimaad:

- Baagaaga Ururka Socdaalka Adduunka (IOM) oo ay kujiraan dhammaan diiwaanadaada caafimaad iyo raajada laabta.
- Diiwaanadaada tallaal
- Wixii daawayn caadiya ama mid dhireed ah oo aad isticmaali karto
- Caddaynta Sharci (1-94 kaad, baasaabo, iwm.)