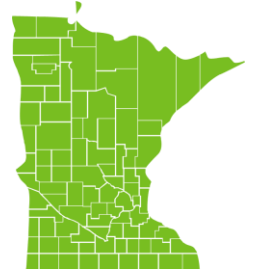


Tusmada Qiimeyntaada Caafimaadka Qaxootiga

KU SOO DHAWOOW MINNESOTA

Waa maxay Qiimeynada Caafimaadka Qaxootigu?

Qiimeynta Caafimaadka Qaxootiga waa talaabadaada koobaad ee daryeelka caafimaadka aad ka helayso Maraykanka. Yoolku waa in la helo lana daweeyo ciladaha caafimaadka lana xaqiijiyo inaad helayso dhakhtar (sidoo kalena la yiraahdo dhakhtarka daryeelka guud), gaar ahaana dhakhaatiirta, iyo dib u buuxinta daawooyinka. Bixiyaha daryeelka caafimaadka aasaasiga ah waa rug caafimaad ama dhakhtar si joogto ah kuu daryeelaaya, gaar ahaana haddii aad jiran tahay ama u baahan tahay daawayn. Wuxuu kuu diri karaa dhakhtarka taqasuska, haddii loo baahdo.



Qaxootiyada, magalgalyo doonta, dhibaneyaasha haysta cadaynta tahriibinta dadka, magangalyo doonka Cuba iyo Haiti, qaar kamid ah maxaabiista banii'aadanimada, iyo dadka haysta Fiisaha Soo Galootiga ee Gaarka ah (SIV) ayaa heli kara Baaritaannada Caafimaadka Qaxootiga. Booqashooyinkaan waxaa la siinayaa dhammaan da'aha, ayna ku jiraan ilmaha dhashay, carruurta, iyo dadka waawayn.

Qiimeynada Caafimaadka Qaxootiga ayaa qaadan kara hal ama labo booqasho oo aad ugu tagayso rugta caafimaadka ee dhakhtar loo tababaray inuu siiyo daryeelka ugu wanaagsan dadka wadanka ku cusub. Waxaa ku jira:

- Dib u eegista taariikhda caafimaadkaaga iyo kormeerida baaritaanka caafimaadka
- Baaritaanka Jirka
- Baaritaannada xanuunnada
- Talaallada

Waa inaad martaa Qiimeynta Caafimaadka Qaxootiga 90 maalmood gudahood kadib marka aad timaado Minnesota. Haddii aad dooneyso turjumaan, rugta caafimaadka ayaa ku siin doonta mid. Haddii aadan doonayn qayb kamid ah qiimeynta, qasab maaha inaad marto.

Sidee ayay tani uga duwan tahay baaritaankayga caafimaadka ee dibada?

Baaritaankaaga caafimaadka ee dibada ayaa keliya lagu eegay xanuunnada kaa hor istaagi kara inaad tagto Mareykanka sida cudurada aan la dawayn ee ku faafi kara dadka kale (tusaale, xanuunka qaaxada), dhibaatooyinka caafimaadka dhimirka ee la xiriir habdhaqanka khatarta ah ee aad markale samayn karto (tusaale, la xiriira dagaalka) ama qabatinka balwada.

Natijiyooyinku ma saamaynayaan xaaladayda soo galootiga?

Maya. Qiimeynta Caafimaadka Qaxootiga ayaa keliya kaa caawinaysa inaad hesho caafimaad wax saamayn ahna kuma lahan xaaladaada soo-galootinimo.

Sidee loo baxshaa qarashka Qiimeynta Caafimaadka Qaxootiga?

Caymiska ayaa dhiibaaya qarashka Qiimeynta Caafimaadka Qaxootiga. Waxaad u baahan tahay inaad codsato caymis caafimaad kahor inta aadan balan ka qabsan booqashooyinka caafimaadka. Haddii aad la shaqeynayso maamulaha kiiska, wuu kaa caawin doonaa codsashada. Haddii aadan la shaqeynayn maamulaha kiiska, caawimaada codsashada caymis caafimaad ka raadso hagaha adoo adeegsanaaya [Kaydka Caawimaha MNsure \(https://www.mnsure.org/help/find-assister/find-assister.jsp\)](https://www.mnsure.org/help/find-assister/find-assister.jsp).



Sidee ayaan u mudeysanayaa Qiimeynta Caafimaadka Qaxootiga?

Haddii aad haysato maamulaha kiiska, asaga ayaa kaa caawin doona mudeysiga Qiimeynta Caafimaadka Qaxootiga. Haddii aadan haysan maamulaha kiiska, fadlan codso Qiimeynta Caafimaadka Qaxootiga adoo buuxinaaya [Foomka Gudbinta Ogeysiiska iyo Baaritaanka Dadka Wadanka ku cusub \(https://redcap.health.state.mn.us/redcap/surveys/?s=YYFDEH9R4JMW44W4\)](https://redcap.health.state.mn.us/redcap/surveys/?s=YYFDEH9R4JMW44W4). Kadibna wakaaladaada caafimaadka maxaliga ah ayaa kaa caawinaysa inaad mudeysato Qiimeynta Caafimaadka Qaxootiga.



Sidee ayaan ugu diyaar garoobayaa Qiimeynta Caafimaadka Qaxootiga?

Marka aad galayso baaritaanka caafimaadka, soo qaado alaabahaan:



- Boorsadaada IOM (Haayada Caalamiga ah ee Socdaalka) oo ay ku jiraan dhammaan diiwaanadaada caafimaadka dibada iyo raajooyinka.
- Diiwaanada tallaalka
- Diiwaannada kale ee caafimaadka
- Daawooyin kasta ama daawo dhaqaneed aad isticmaasho
- Kaarka caymiska caafimaadka haddii aad haysato

Balamaha Qiimeynta Caafimaadka Qaxootiga ayaa qaadan kara dhawr saacadood. Cunto soo cun kahor balantaada.

Wax su'aalo ah ma qabtaa? La xiriir maamulaha kiiskaaga ee wakaalada dib u dejinta AMA Barnaamijka Caafimaadka Qaxootiga ee Waaxda Caafimaadka Minnesota oo aad ka wacayso 651-201-5414 ama refugeehealth@state.mn.us.

Minnesota Department of Health
Refugee Health Program
PO Box 64975
St. Paul, MN 55164-0975
refugeehealth@state.mn.us
www.health.state.mn.us/refugee

10/9/24 (Somali)
Si aad xogtaan ugu hesho qaabab kale, wac: 651-201-5414.