

Gacaliye Waalidiin/Ilaaliyayaal:

Miyaad ogtahay in wiilkaaga ama gabartaada ay ka heli karto **Daryeel Caafimaad** dugsiga? Highland Park Elementary inuu leeyahay Xarun Caafimaad oo Dusiga ku salaysan (School-based Health Center - SBHC) taas oo ku taal dhismaha oo adeegyadeeda ay heli karaan dhammaan ardaydu. SBHC waxa ka shaqeeya Neighborcare Health, xarunta caafimaadka bulshada oo u adeegta in ka badan 55,000 oo qof oo degan Seattle sannad kasta.

SBHC waxay bixisaa goobta saaxiibtinimada cunuga iyo dhammaan adeegyada dakhtar qoys. SBHC waxa ay bixisaa ballamo ka hor, inta lagu gudo jiro, iyo kadib dugsiga oo waxay bixisaa adeegyadan soo socda:

- Qiimaynta iyo daaweynta dhibaatooyinka guud ee caafimaad
- Tallaalada, shaybaarada, iyo daawooyinka
- Jimicsiga isboortiga
- Daryeelka Caafimaad ee maskaxda, bulshada iyo dareen ahaanba
- Daryeelka caafimaadka afka
- Daryeelka caafimaad ee ka hortagga, ay ku jiraan tubaakada, khamriga, iyo waxbarashada ka hortagga daroogada kale
- Xaq u yeelanshaha caymiska caafimaad iyo isdiiwaangalinta caawimada
- U gudbinaha bixiyayaasha kale ee daryeel caafimaad marka loo baahdo

**Si loo isticmaalo adeegan, fadlan dhammaystir oo saxeeq foomamkan soo socda ee ku jira baakadan:**

- |   |
|---|
| <input type="checkbox"/> Foomka Taariikhda Caafimaadka (bogga. 2)       |
| <input type="checkbox"/> Foomka Isdiiwaangalinta (bogga. 3)             |
| <input type="checkbox"/> Foomka Oggolaanshaha (bogga. 4)                |
| <input type="checkbox"/> Siidaynta Macluumaadyada Waxbarasho (Bogga. 5) |

**Foomamka waxa lagu soo celin kartaa baakada dugsiga ama loogu soo diri karaa boosta dugsiga si gooni ah. Waxay sidoo kale keeni karaan shaqsi ahaan SBHC ama xafiiska weyn ee dugsiga.**

Siideynta dhamayska tiran ee foomka macluumaadka waxbarasho waxa ay u ogalaanayaan in diiwaanka dugsiga ilmahaaga lala wadaago Neighborcare Health. Helitaanka diiwaanada dugsigu waxay u suurogalisaa Neighborcare Health inay la shaqayso macalimiinta iyo shaqaalaha si loo horumariyo waxbarashada ardayda, fasalada, iyo dhaqanka.

**Neighborcare Health waxa ka go'an inay u adeegto dhammaan bukaanada iyadoo aanu eegin awooddooda lacag-bixinta.** Highland Park Elementary SBHC waxay heshaa taageero ka timaad Qoysaska iyo Canshuurta Waxbarashada, laakin lacag siintani si buuxda uma daboosho kharashaadka hawlgalka barnaamijka sidaa darteed SBHC waxay bixin doontaa bilka caymiska marka ay suurto gal tahay. Fadlan dhammaystir qaybta caymiska ee foomka diiwaangalinta si aan u hubino inaan hayno macluumaadkaaga caymiska ee ugu danbeeyay.

Haddii aanad lahayn caymis caafimaad, SBHC waxay kaa caawin kartaa inaad isdiiwaangaliso qorshaha caymiska. Fadlan saxi "No Insurance" (Maya caymiska) sanduuqa ku yaal foomka isdiiwaangalinta oo xubnaha shaqaalaha SBHC way ku daba gali doonaan. Waxaad sidoo kale si toos ah u wici kartaa SBHC si aad u codsato caawimaad.

Highland Park Elementary waa nasiib in la helo SBHC oo waxaan rajaynayaa in aad u qaadi doonto faa'iidada khayraadkan cunugaaga. Haddii aad doonayso macluumaad dheeraad ah ama aad u baahan tahay caawimaad fadlan ka wac Highland Park Elementary ee SBHC 206-455-9025.

Si daacadnimo leh,  
Chris Cronas  
Maamule

*Haddii aad jeclaan lahayd koobi turjuman ee macluumaadka ku lifaaqan halkaan booqo [www.neighborcare.org](http://www.neighborcare.org) ama wac Xarunta Caafimaad ee Dugsiga ku salaysan.*

  
**neighborcare health**  
 Xarumaha Caafimaadka ee Dugsiga Ku-yaal  
 Qaabka Taariikhda Caafimaadka Ilmaha

Si aad nooga gargaarto in la siyo gargaarka ugu fiican ilmahaaga, fadlan dhamaystir buuxintan kan sida ugu suurtagalsan. Si aad balan u dhigato, fadlan soo wac Xarunta Caafimaadka Dugsiga (lambarku waxa uu ku qoran yahay waraaqda). Waad mahadsan tahay.

Magaca Ardayga: \_\_\_\_\_ Taariikh Dhalasho: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Hore) (Danbe)

(Magaca Daabacan ee Qofka Foomka Buuxinaya)

(Xidhiidhka Ardayga iyo Qofka (haddii aanu isaga ahayn))

(Taariikhda foomka la buuxiyey)

**SU'AALAHADA KU SAABSAN CUNNUGAAGA:**

- Haa  Maya Leeyahay Dhakhtar Daryeel Asaasi ama Kalkaaliye caafimaad? Haddii ay jawaabtu haa tahay, fadlan nasii:  
 Magaca bixiyaha: \_\_\_\_\_ Telefoon lambarka #: \_\_\_\_\_
- Haa  Maya Cunnugaaga miyaa lagu sameeyey baadhitaan jidh ama baadhitaan dhammaystiran ma lagu sameeyey sannadkii hore?  
 Haa  Maya Cunnugaagu miyuu lagu sameeyey baadhitaan ilkaha ah sannadkii hore?  
 Haa  Maya Cunnugaagu miyuu kaga qaadaa wax xasaasiyad ah DAAWAYNTA? 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_  
 Haa  Maya Cunnugaagu miyuu ka qaadaa xasaasiyad shay gii kasta ee kale? (cunnooyinka, boodhka, iwm.)  
 Haddii ay jawaabtu haa tahay, fadlan qor: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_
- Haa  Maya Cunnugaagu miyuu had iyo jeer miyuu qaataa daawooyin joogto ah? (oo ay kamid yihiin fiitamiinada iyo daawooyinka aanu dhakhatr u qorin)  
 Daawooyinka Qiyaasta daawooyinka Sababta  
 1. \_\_\_\_\_  
 2. \_\_\_\_\_

**Cunnugaagu miyuu lahaa mid kamida waxyaalaha soo socda (Sax dhammaan inta ku khusaysa):**

**Dhibaatooyin Caafimaad Daran ama Socda:**

- Dhibaatooyinka Araga  Macaan  Dhago cuslaan/Xanun Dhagaha ah  
 Xiiq  Dhiig yari  Aad u dhuubn ma aad u cayilsan  
 Dhibaatooyinka Wadnaha  Dhiig kar  Suus/dhibaatooyinka ilkaha

**Dhibaatooyin Caafimaad Daran ama Degdeg ah, oo ay kamid yihiin xanuunada:**

- Dhaawac laf ama Dhaawac Kalagoys  Hablo baas  Shil daran ama dhacitaan  
 Xanuun kaadimareen ama Xanuun kelida ah  Suuxid ama Miyir Doorsoon  Qaaxo ama Xanuun TB

**Dhibaatooyin kale oo Ku Saabsan Fayoobaanta:**

- Werwer aad u badan ama walaac  Dhibaatooyin Dugsi ama Dhibaatooyin Waxbarasho  Khamri ama Dhibaatooyin Maandooriye  
 Xaaladda Fejignaant La'aanta  Dabeecad ama Dhibaatooyin Cadho  Ilmahayaga waxa u hanjabay ama bahdilay qof kale

**Dhibta Dugsiga ama Waxbarashada ee Sannad Dugsiyeedkan ama Kii Hore:**

- Dhibco xun  Dhibco saaqidnimo  Eriyitaan  
 Xaadiriska  Dhibta xiriirtanka ardayda kale ama dadka waaweyn

**Xaalado Caafimaad oo Kale ama Baahiyo Daryeel-caafimaad oo Gaara:**

Sharrax miduun: \_\_\_\_\_

**Hubi dhammaan ashyaada aad had iyo jeer dareento inay dhab u yihiin cunnugaaga:**

- Cunnugaygu wuxuu leeyahay dabeecad gacan ka gaysata qaab- nololeed caafimaad qaba; cunnida cunnooyin caafimaad qaba, firfircoonaan, iyo badbaado qab.  
 Cunnugaygu wuxuu ugu yaraan leeyahay hal qof oo wayn noloshiisa kaas oo daryeela waxyaalaha iyaga ku saabsan iyo cida ay caawimaad waydiisan karaan.  
 Cunnuga yga ayaa ugu yaraan leh hal saaxiib ama koox saaxiibo ah kuwaas oo uu ku raaxaysto.  
 Cunnugaygu wuxuu caawiyaa ama uu ka dhex firfircoon yahay kooxda dugsiga dhexdiisa, ururada caqiigadada ku dhisan, ama bulshada.  
 Cunnugaygu wuxuu awoodi akraa inuu ka soo doogsado niyad jabka noloshu.  
 Cunnugaygu wuxuu leeyahay dareen rajo ay ka buuxdo iyo isku kalsoonaan.

**SU'AALAHADA KU SAABSAN QOYSKAAGA:**

Ayaa ku nool gurigiina? \_\_\_\_\_

- Haa  Maya Miyey jireen wax isbadalo waaweyna ama carqalado sannadkii hore? Haddii ay haa jawaabtu tahay, faahfaahi: \_\_\_\_\_  
 Haa  Maya Qof kastoo ku nool guriga sigaar ama buuri miyey cabaan?  
 Haa  Maya Cunnada ma qoys ahaan ayaad u wada cuntaan?  
 Haa  Maya Qori miyuu yaalaa gurigaaga?

**TAARIIKHDA CAAFIMAADKA QOYSKA: (Sax dhammaan inta ku khusaysa) Aabo Hooyo Qaraabo Kale (Eddo/habaryar, Adeer/Abti, Ayeeyo, Awow)**

Xiiq	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
kansar; Sheeg Nooca	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Macaan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wadno Xanuun ama Faalij kahor da'da 55	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhiig Kar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Subug saa'id ah	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Khamro ama Dhibaatooyin Maandooriye	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Niyad jab ama Werwer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhimasho Kadis ah ama aan lagaranayn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhiiga oo Isxidha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Qaaxo (Xanuun TB)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Waxyeelayn Jidh ahaan, Galmo ama Hadal ah	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Xanuuno Kale ama Xaalado kale Sharaxaad ka bixi: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**FOOMKA SAJILAADDA CAAFIMAADKA NEIGHBORCARE - Xarumaha Ku-yaala Dugsiga**  
**Fadlan naga gargaar in aan si fiican kuugu adeegno oo na sii macluumaadka asturan ee soo socda**  
**Fadlan dhmaystir Foomka Sajilaadda sannad kasta si aan ugu haysano xogta macluumaadkaaga cusub.**

Magaca Ardayga: Danbe (Sr. Jr.)	Hore:	Dhexe:	Magacyada kale ee laistic-maalay: (haddii uu jiro)	Naanays:
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Lambarka Sooshiyal Sekuyuuratiga Ardayga:	Taariikhda Dhalashada Ardayga: _____/_____/_____	Sinjiga Aradga (Doo-ro hal): <input type="checkbox"/> LAB <input type="checkbox"/> DHIDDIG
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Cinwaanka Ardayga (Jid, PO Box):	<b>Waalid, Wakiil Ama Qof Kale Oo Mas'uul Ah:</b> Xidhiidhka: <input type="checkbox"/> Waalid <input type="checkbox"/> Awoowo/ayeeyo <input type="checkbox"/> Walaal <input type="checkbox"/> Kale _____ Magaca Waalidka/Wakiilka: _____
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Magaalada: _____ Jid: _____ Zip: _____	Taariikha Dhalashada Waalidka/Wakiilka: _____/_____/_____	Waalidka/Wakiilka Lab ama Dhedig: <input type="checkbox"/> Lab <input type="checkbox"/> Dhiddig
Telefon (Ardayga): _____ (telefonka gacanta)	Telfnka Guriga Waalidka/Wakiilka: _____	
Iimayl (Ardayga): _____	Cinwaanka Waalidka/Wakiilka: <input type="checkbox"/> La mid ka ardayga	

**CIDDA LALA XIDHIIDHAYO XAALADDA DEGDEGA:**  
 Macluumaadka Waalidka/Wakiilka oo kale

Magaca _____	TAARIIKHDA _____
Xidhiidhka _____	Telefonka _____ (telefonka gacanta/kale)
Cinwaanka _____	Magaalada _____ Jid _____ Zip _____

**AFKA (Afka koowaad ee lagaga hadlo guriga ardayga):**

<input type="checkbox"/> AMHARIC (xabashi)	<input type="checkbox"/> HMONG	<input type="checkbox"/> SAMOAN
<input type="checkbox"/> CARABI	<input type="checkbox"/> KUURIYAAN	<input type="checkbox"/> SOMALI
<input type="checkbox"/> KAMBODIAN/KHMER	<input type="checkbox"/> LOATIAN	<input type="checkbox"/> ISBAANISH
<input type="checkbox"/> KANTONESE	<input type="checkbox"/> MANDARIN	<input type="checkbox"/> TAGALOG
<input type="checkbox"/> INGIIRIISI	<input type="checkbox"/> MIEN	<input type="checkbox"/> THAI
<input type="checkbox"/> FARSI	<input type="checkbox"/> OROMO	<input type="checkbox"/> TIGRINYA
<input type="checkbox"/> FARANSIIS	<input type="checkbox"/> RUUSH	<input type="checkbox"/> FIYATNAAMIIS

KALE Afka: \_\_\_\_\_

**Xaalada Ardayga**  
Aqoonsiga (ID) Ardayga: \_\_\_\_\_ Fasalka: \_\_\_\_\_  
Dugsiga: \_\_\_\_\_ Tirada Qoyskae: \_\_\_\_\_  
Daqliga Guud ee Qoyska: \_\_\_\_\_

**SU'AAALO DHEERADA:**

**Naafu/Curyaan:** Miyuu bukaanku leeyahay xaalad joogto ah oo ka xanibaysa hawlaha?  HAA  MAYA  
**Soo guure/Qaxooti:** Bukaanku ma muhaajir ama qaxooti ama dhawaan soo-gal dalkan?  HAA  MAYA  
**Tirada guud ee guriga:** Tirada xubnaha qoyska ee cashuurta dakhliga ee federaalka. \_\_\_\_\_  
**Tirada guud ee carruurta <18:** Tirada carrurta guriga ka yar 18. \_\_\_\_\_  
**Heerka guriga:** Bukaanku wuxu la nool yahay:  Waalid keli ah (lab)  Waalid keli ah (dhiddig)  Labada Waalidba  
**Heerka Guriga:**  Ma aha guri laawe  Guryaha Dadweynaha  Dul saar  Shelter  Jidka  Kala-guur  Kale  Lama yaqaan/lama sheegin  
**Heerka Shaqaalaha beeraha:**  Socoto  Xilli-socde  Ma aha Shaqaala Beereed  
**Muhaajir/qaxooti:** Miyuu turjubaan u baahan yahay bukaankani?  HAA  MAYA  
**Heerka Askari Ahaanshaha:**  HAA  MAYA

<b>Qoloda Ardayga:</b> <input type="checkbox"/> MARYKAN HINDI AH/DHALAD ALASKA <input type="checkbox"/> EESHIYAN <input type="checkbox"/> MADOW/MARYKAN MADOW <input type="checkbox"/> KA BADAN HAL JINSIYAD	<input type="checkbox"/> DHALAD HAWAIIAN <input type="checkbox"/> JASAA'IRKA KALE EE BAASIFIGGA <input type="checkbox"/> DIIDAY INUU QEEXO <input type="checkbox"/> CADDAAAN	<b>Jinsiyadda Ardayga:</b> <input type="checkbox"/> HISBANIC AMA LATIINO <input type="checkbox"/> AAN AHAYN HISBANIK AMA LATINO
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Caymis Maleh: fadlan igala soo xidhoodh macluumaad dheeraada ee ikhtiyaarada caymiska  
 Caymis Maleh

Magaca Caymiska **Koowaad:** \_\_\_\_\_  
Magaca Kaqaygalaha: \_\_\_\_\_ Xidhiidhka: \_\_\_\_\_ Lab ama Dhedig: \_\_\_\_\_  
Kaqaybgalaha Taariikhdiisa dhalashada: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Aqoonsiga/Qorsha #: \_\_\_\_\_ Caymiska # (haddii uu jiro): \_\_\_\_\_ Kooxda # (haddii uu jiro): \_\_\_\_\_  
Magaca Kooxda (haddii uu jiro): \_\_\_\_\_ Taariikhda Hirgalka: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ Telefonka Caymiska #: \_\_\_\_\_

**OGEYSIISKA DHAQANKA GAARKA AH, FASAXIDDA IYO SHAHAADADDA SAXIIXA**

**OGGOLAANSHAHA DARYEELKA:** Waxaan xaqiijinayaa in macluumaadka saajilaadda ee aan ku warheliyey kiliiniga uu hadda sax yahay oo waxaan fahamsanahay in wix isweydaaris macluumaad ee aan ulakas u gudbiyaa ay igu keeni karto inaan mas'uul ka no-do khartashka adeegyada la i siiyey oo buuxa. Waxaan fasax u siiyey sacala Caafimaadka/Ilkaha ee kiliiniga kor ku magacaaban inay sameeyaan daaweynta iyo dabiibka ay u arkaan xirfad ahaan iyo caafimaad ahaan inuu daruuri yahay ama talo ku Avon ciladda iyo daaweynta dhibaataada caafimaad. Waxaan fahamsanahay in daryeelka caafimaad ay bixin doonaan Dhakhtar, Xirfad-yahan Kalkaaliso ah, Kaaliye Dhakhtar ama sacale kale oo ruqsad u haysta. Waxaan fahamsanahay in daryeelka ilkaha ay bixin donan Dhakhtarka ilkaha, Xirfad-yahanada ilkaha, Kaaliyayaasha dhakhtarka ilkaha, ardayda ilkaha ama saxada ama tabarucayaal tababaran sida waafaqsan Xeerka Ku-dhaqanka Shaqada Ilaha ee Gobolka Washington. Oggolaanshahan wuux jiri doonaa ilaa oggolaanshaha lagu buriyo ogeysiis qoraal ah oo ku socda Agaasimaha Caafimaadka/Ilkaha. Hawshan iyo fasaxiddan waxay ku amaraysaa Neighborcare Health in ay u sii dayn karto sharikadda caymiska, CMS ama DSHS wixii macluumaad ay u baahdaan si loo qeexo dheefita la xidhiidha adeegyada. Waxaan halkan ku amrayaa caymiye kasta oo aan qorshe la leeyahay inuu si toosa u siiyo daryeel-bixiyaha wixii dheef ee qorshayaasha caymiska adeegyada la i-siiyey. Waxaan ogolahay in la bixiyo dhammaan kharashyada aanu buuxda u bixin caymiyaha la igmaday. Waxaan halkan ku amrayaa caymiye kasta oo aan qorshe la leeyahay inuu si toosa u siiyo daryeel-bixiyaha wixii dheef ee qorshayaasha caymiska adeegyada la i-siiyey. Waxaan ogolahay in la bixiyo dhammaan kharashyada aanu buuxda u bixin caymiyaha la igmaday

**Ogeysiiska Dhaqamada Asturnaanta:** Waxaan helay **Ogeysiiska Asturnaanta Shaqada** Caafimaadka Neighborcare oo sharxaya sida macluumaadka caafimaadkayga loo isticmaali karo ee loo nashiri karo iyo sidaan anigu ku heli karo.

**SAXEEXA**
**XIDHIIDHKA QOFKA IYO ARDAYGA**
**TAARIIKHDA**

# Xarumaha Caafimaadka “Neighborcare Health” ee Ku-salaysan Dugsiga Oggolaansho Adeegyada Caafimaadka

Xarumaha Caafimaadka Neighborcare ee Ku-salaysan Dugsiga waxay ku yaalaan Dugsiyada Dadweynaha Seattle. Neighborcare Health waa inay haystaan foom oggolaansho oo ay saxiixeen waalid ama wakiil sharciga kahor intaan la siin adeegyada ardayga marka laga reebo xaaladaha ay shaciyada fedraalka iyo/ama gobolku ay u ogol yihiin ardayga in u helo daaweynta caynkaas ah iyadoo aan oggolaansho laga hayn waalidka/masuulka. Haddii ardaygu uu ka sajiilan yahay dugsi aanuse ka sajiilnayn Xarun Caafimaad o Dugsi Ku-taal (SBHC), wuxu ardaygaas heli karaa adeegyada kalkaalasada dugsiga.

Waxaan halkan ku codsanayaa oo ku ku amrayaa:

Daabac Magaca Ardayga: \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Magaca Hore                      Xarafka Dhexe                      Magaca Danbe                      Taariikhda Dhalashada

inuu helo adeegyada daryeelka caafimaadka jira iyo kuwa daruuri ay arkaan shaqaalaha Neighborcare Health SBHC. Adeegyadan waxa soo raaci kara, hase ahaatee aan ku koobnayn, la talinta caafimaadka maskaxda, baadhitaano caafimaad oo joogto ah, naturopathy, jimicsiyo isboorti, daryeel da'yarta oo hufan, qiimeynta iyo daaweynta cudurada daran iyo dhaawacyada, tallaalada, daraasadaha iyo eegidda dhiigga, sawirada, raajada iyo adeegyada caafimaadka ilkaha. Shaqaalaha SBHC waxay dhiirgeliyaan ka qeybqaadashada qoyska ee daryeelka ay siiyaan ardayda. Hase ahaatee, haddii aan joogin, anigu waxaan oggolaansho ku bixinaya in ardayga uu helo adeegyada. Ogolaashaha waxa gaar ahaan la isku siinayaa marka ama xaaladda ardayga kor ku magcaaban u iskeeno/ay iskeento si loo daweeyo marka aan maqanahay. Ogolaansho waxa waliba la siinayaa in loo gudbiyo daryeel iyo haddii loo baahdo, qaadis xaalad degdegga dhakhaatiir kale, xirfadlayaal daryeel caafimaad, cisbitaalo, meelaha baadhista, ama hay'adaha daryeelka caafimaad haddi ay sidaa gartaan oo ay la noqoto lagamamaarmaan Xarunta Caafimaadka Neighborcare iyo shaqaalaheeda. Awoodsiintan ama ogolaashahan ma ogolaanayo in adeegyo la bixiyo ogolaansho la'aanta ardayga, iyadoo/isagoo aan karayn in u sidaa yeelo mooyaane. Neighborcare Health waxa ka go'an abuuritaanka guri ah daryeel caafimaad iyo ku dhiiri galinta xdhidh aad u dheer oo u dhaxeeya bukaanada yo bixiyayaasha oo ay ku jiraan dawaynta, daryeelka caafimaadka maskaxda iyo ilkaha. Neighborcare Health waxa ay la shuraakowday bixiyayaal kale oo ku jira bulshada kuwaas sidoo kale u arka kara bukaanada aan u adeegno si ay u hubiyaan daryeelka in la isku duway.

Sida waafaqsan sharciga gobolka iyo/ama federaalka, marka oggolaansho loo bixiyo daryeel, macluumaadka daryeelka caafimaad waa qarsoodi. Waxyaabaha qaar ayaa reeban. Tusaale ahaan:

1. Ardaygu wuxuu oggolaansho ku dhiibaya macluumaad saxeexan oo u bixiyo ama siidaayo.
2. Iyadoo muujinaysa/muujinaya khataraha waxyeelo u imanaysa qofka ama kuwa kale.
3. Iyadoo qabta/qabo dhibaato caafimaad oo nololaha halis gelinaysa oo u yahay/tahay da'deedu 18 sano ka hoos.
4. Iyadoo ay jirto sabab looga shakiyo gaboodfal ama daayacaad.
5. Caddayn cudurada lakala qaado ama la isku gudbiyo, oo u baahan in loo sheego ama loo gudbiyo maamulka caafimaadka guud ee dadweynaha.

Ogolaashaha waxa loo bixinayaa in lala wadaago oo la isweydaarsado macluumaadka loo baahan yahay dhammaan bixiyayaasha daryeel caafimaad ee SBHC Xarunta Caafimaadka, oo ay ku jirto macluumaad isweydaarsiga ka dhexeeya la taliyaha caafimaadka maskaxda, kaaliyaha caafimaad ee hawgalka iyo kaaliyaha caafimaad ee dugsiga si loo siiyo daryeelka caafimaad ee ugu wanaagsan ardayga kor ku magcaaban. Si loo sahlo iskudubaridka daryeelka, xogta ardayga ee SBHC Ku-taal waxa heli kara shaqaalaha SBHC ee Neighborcare Health. Oggolaansho waxa la siiyey kalkaalasada dugsiga si ay u bixiso daaweynta aan dhakhtar qorin (tusaale, Ibuprofen, Tylenol, Tums, iwm.) sida uu u qoray dhakhtarka SBHC.

Ardaydu waxa kale oo ay ka heli karaan adeegyo caafimaad si madaxbanaani ah kiliinigyada Neighborcare Health ee kasta. Oggolaansho waxa loo bixiyey adeegyada lagu bixiyo mid ka mida kiliinigyada caafimaadka Neighborcare ee soo socda:

High Point Medical-Dental Clinic  
(Kliiniga High Point Medical iyo Dental Clinic):: 206-461-6966  
45<sup>th</sup> Street Medical-Dental Clinic  
(45<sup>th</sup> Street Kliinikada Caafimaadka iyo Ilkaha): 206-633-3350  
Meridian Medical Clinic:  
(Kliinikada Caafimaadka Meridian): 206-296-4990  
Columbia City Medical Clinic  
(Kliinikada Caafimaadka Columbia City): 206-461-6957

Central District Dental Clinic:  
(Kliinikada Ilkaha Central District): 206-461-7801  
Rainier Beach Medical-Dental Clinic  
(Kliinikada Caafimaadka iyo Ilkaha ee Rainier Beach): 206-722-8444  
Greenwood Medical Clinic  
(Kliinikada Caafimaadka Greenwood): 206-782-8660  
Lake City Medical Clinic  
(Kliinikada Caafimaadka Lake City): 206-417-0326  
Georgetown Dental Clinic  
(Kliinikada Ilkaha Georgetown): 206-461-6943

Ogolaanshaha waxa la siiyey adeegyada la bixiyo Neighborcare Health inta lagu da jiro wakhtiga ardaygu is qoray Dugsi ah Neighborcare Health SBHC ama wakhtiga adeegyada la siiyey farmasii kale oo ah Neighborcare Health. La noqoshada ogolaanshahan waxa la sameeyn karaa wakhti kasta iyada oo loo qorayo SBHC.

Waalid/Masuulka : \_\_\_\_\_ Tarriikhda: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Magaca Wakiilka Masuulka ee Sharciga (Daabac): \_\_\_\_\_ Xidhiidhka: \_\_\_\_\_

## **MACLUUMAAD MUHIIMA OO DHEERAADA**

Sida waafaqsan Sharciga Gobolka Washington, SBHC waxay siin oo ka gargaari ardayda helitaanka daryeel dibedda ah haddii loo baahdo. Sida waafaqsan Sharciga Gobolka Washington, dhalinyartu si madaxbanaan ayey u heli karaan daryeelka caafimaadka dhalimada da' kasta iyada oo aan ogolaansho la'aan waalid/wakiil.

Dhalinyartu waxay si madaxbanaan u heli karaan adeegyada alkoloda iyo daroogada iyo latalinta jirrada maskaxda laga bilaabo da'da 13 ogolaansho la'aan waalid/wakiil. SBHC waxay ku dhiirigelisaa arday kasta inuu waalidka/wakiilka la soicodsiiyo go'aanada daryeelka caafimaad markii suurtagala. Markii ay munaasib tahay, SBHC waxay ka garagaari ardayga kala hadlaka xaaladahaas waalidka/wakiilka.

Iyada oo dhalinyartu ay bixin karaan oggolaanshaha daaweynta, oggolaanshahoodu sharci ahaan waxa looga baahan yahay ruqsada macluumaadka la xidhiidha uurka iyo cudurada galmada ku faafa (oo ay ku jirto HIV/AIDS testing). Oggolaansho ka socda ardayga 13 iyo ka weyn, iyo oggolaanshaha waalidka/wakiilka ardayga 12 iyo kayar ayaa sharci ahaan loo baahan yahay ruqsada macluumaadka la xidhiidha latalinta alkolada iyo muqaadaraadka iyo jirrada maskaxda.



**Urur ku Salaysan Bulshada  
Foomka Ogolaanshada Waalidiinta/Ilaaliyaha  
Ansixinta 2015-2016**

Caafimaadka Dadweynaha – Seattle & King County  
Barnaamij Kusalaysan Ka qaybqaadashada-Dugsiga  
401 5<sup>th</sup> Ave #1000  
Seattle, WA 98104  
206.263.8350

Neighborcare Health at Highland Park Elementary School  
1012 SW Trenton St.  
Seattle, WA 98106  
(206) 455-9025

UW Waaxada Dhimirka & iyo Culumta Dabecada  
1959 NE Pacific Street  
Box 356560  
Seattle, WA 98195-6560  
206-543-3750

**Ogolaanshaha Siideynta Macluumaadka Waxbarashada ee Hoosyimaada Qoyska  
Xuquuqda Waxbarashada iyo Xeerka Asturnaanta (FERPA)**

Waxaan ogolahay u fasaxaada macluumaadka waxbarashada ee ilmahayga ee Dugsiga Degmada Seattle wakaaladaha kor ku xusan. Waan fahamsanahay in macluumaadka waxbarashada ay ku jiraan, oo aanay laakiin ku xadidnayn:

1. Magaca ardayga iyo macluumaadka lagala soo xidhiidhayo
2. Tirakoobka ardayga: oo ay ku jiraan Heerka Waxbarashada Gaarka ah iyo Heerka 504 iyo midabka/ jinsiyada
3. Taariikhda Imaanshaha
4. Taariikhda Edaabta
5. Taariikhda Waxbarashadiisa iyo Darajadiisa
6. Taariikhda Darajooyinka Imtixaanada
7. Taariikhda Diiwaangelinta
8. Dhibcaha Waajibka
9. Waajibyada Soo socda & Seegay

Siideyntaan waxaa ku jira in fasax loo siiyo shaqaalaha hayada inay heli karaan macluumaadka waxbarashada cunuga iyagoo isticmaalaya habka atomatikada ee macluumaadka looga helo Dugsiga Degmada Seattle.

Anigu waan fahmay ujeedada loo wadaagayo rekoorkani inay tahay in hayadaha kor lagu soo sheegay ay helaan warbixinta cunugayga ee xarunta caafimaadka ee iskuulka ku taal iyo/ama dhaqtarka caafimaadka maskaxda loona sheego warbixintiisa barnaamijka waxbarashada iyo horumarkiisa. Iyada oo laga wada shaqaynayo Caafimaadka Bulshada - Seattle & King Country, shaqaalaha Neighborcare Health waxa ay la shaqayn doonaan ilmahayga iyo/ama dugsigiisa/keeda si loogu dadaalo si loo hagaajiyo guusha ilmahayga ee dugsiga. Jaamacada Washington Waaxda Dhimirka iyo Culumta Dabecada kaliya ayaa la siin doonaa in ay guda galaan macluumaadkaan waxbarasho iyada oo loo jeedo samaynta xog ururiye ammaan ah si loo kaydiyo xogta. Waxaan ogahay in aan diidi karo ogolaanshahan aniga oo u diraya ogaysiis qoraal ah Dugsiga Degmada ee Seattle & Waaxda Ka qaybqaadashada bulshada, Ms: 32-159 P.O. Box 34165 Seattle, WA 98124.

Siidaynta macluumaadkaan waxay ka dhigi doontaa macluumaadka waxbarashada ee kor ku taxan, kuwaas oo ay ku jiraan xogta taariikhiga ah ee ardayga, kuwo ay heli karaan shaqaalaha wakaaladu laga bilaabo taariikhda ogolaanshaha saxeexa ilaa December 31, 2016. Anigu waxaan u ogolahay inuu Dugsiga Degmada Seattle siin karo macluumaadka wakaaladaha kor ku taxan (fadlan si cad u daabac):

Sexeexa Waalidka/Ilaaliyaha (Haddii ilmuhu uu yahay 17 ama ka yar): _____	
Magaca Daabacan ee Waalidka/Ilaaliyaha: _____	
Sexeexa Ardayga (Haddii uu yahay 18 ama kawayn yahay): _____	
Taariikhda Maanta: _____	
DAABAC Magaca Ardayga (Magaca hore iyo Ka dambe)	Taariikhda Dhalashada Ardayga
Lambarka Aqoonsiga Ardayga ID # <b>Lambarka ardayga ID # waxaa laga heli karaa kaadhka ASB, Kaadhka Warbixinta, I imaylka rasmiga ah ee dugsiga, ama adiga oo la xidhiidhaya dugsiga ilmahaaga</b>	