



Booqashada Qolka Gargaarka Degdegga ah

Haddii aad tagtid qolka gargaarka degdegga si lagaaga

daweeyo dhibaataada caafimaad ee ku haysa, waxa dhici karta in waxyaabo badan kugu dhacaan inta aad meeshaas joogtid: Qolalka gargaarka degdegga ahi waxay badidooda u kala qaybsan yihiin laba qaybood: qayb dhakhtarka lagu sugo oo la fadhiyo ilaa lagu yeedhayo si dhakhtarku kuu arko, iyo qolal kale oo dhakhaatiirtu bukaanka ku baadhaan kuna daweyaan.

Qofka jooga miiska soo dhaweynta ayaa ku weydiin sida lagu hayo. Waxa lagaa qaadi doonaa heerka kulaylka jidhka, garaaca wadnaha, iyo cadaadiska dhiigga. Isla markiiba dhakhtar ama shaqaale caafimaad ayaa ku arki doonaa haddii aad qabtid dhibaato u baahan in dhakhso wax looga qabto. Waxa dhici karta inaad sugtid haddii dhibaataadaadu aanay aad u xumeyn. Cistaalada qaybahooda gargaarku ma sameeyaan ballamo, marmarka qaarkoodna waxa dhici karta inaad sugtid haddii bukaan kale oo qaba dhibaato taada ka weyn ay yimaadaan.

Marka lagu geynayo dhakhtarka ama shaqaale caafimaad kale, waxa dhici karta in lagu siiyo maro gaar ah (maro cisbitaal) oo aad u beddelatid, haddii loo baahdo. Caadi ahaan, kalkaaliso ayaa marka hore ku arki doonta si ay su'aalo kaaga weydiiso dhibaataada ku haysa. Ka dibna dhakhtarka ayaa ku arki doona.

Ka dib marka lagu baadho, waxa dhici karta in loo baahdo baadhitaano dheeraad ah, sida dhiig ama raajo lagaa qaado. Marka baadhitaanadaa la dhameeyo, waxa lagu sheegi doonaa wixii ay ka fahmeen baadhitanada. Waxa lagu siin doonaa fariimo ku saabsan sida aad isu daryeeli lahayd adiga oo guriga jooga. Si loo hubiyo inaad fiicnaatid, waxa dhici karta in dhakhtarka jooga qolka gargaarka degdeggu kugula taliyo inaad u tagtid dhakhtarkaaga taasoo ka tirsan la-sii-socodka daryeelka. Haddii aad qabtid dhibaato caafimaad oo aad u

daran, waxa dhici karta in cisbitaalka lagu dhigo.

Xusuuso: xiitaa haddii dhakhaatiirta iyo kalkaalisooyinka qolka gargaarka degdeggu ay



kuula muuqdaan inay mashquul yihiin, ha ka biqin inaad su'aalo weydiiso. Weydiiso turjubaan haddii aad turjubaan u baahan tahay. Waxa muhiim ah inaad fahamtid daryeelka lagugu siinayo qolka gargaarka degdegga ah iyo wixii aad sameyn lahayd si aad isu daryeeshid marka aad guriga tagtid.

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www.health.state.mn.us/divs/idepc/refugee

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