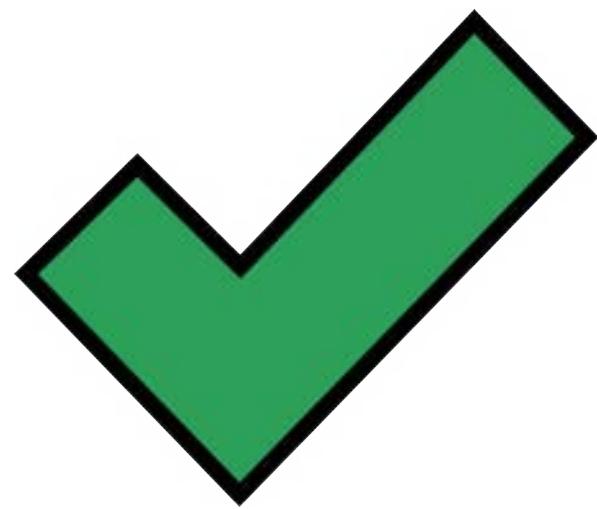
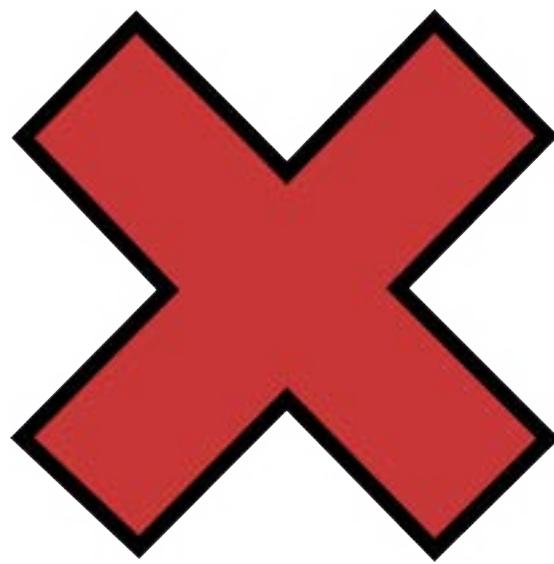


CAAFIMAADKAAGA

SOMALI



Xun
Qalad
Ha Sameyn

Wanaagsan
Sax
Samee

BOGGA TUSMADA

XAALEDDAHA DEG-DEGGA	2
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EMERGENCY

Haddii ku qabsato xaalad deg-deg (emergency)
oo caafimaad daro ah,

911 wac.

Sidoo kale lambarkan waxaad wici kartaa marka
ay jiraan xaaladdo kaloo deg-deg ah.

©LISA S./SHUTTERSTOCK

NON-EMERGENCY

Haddii booliska aad uga baahato
xaaladdo aan deg-deg ahayn,

Wac _____.

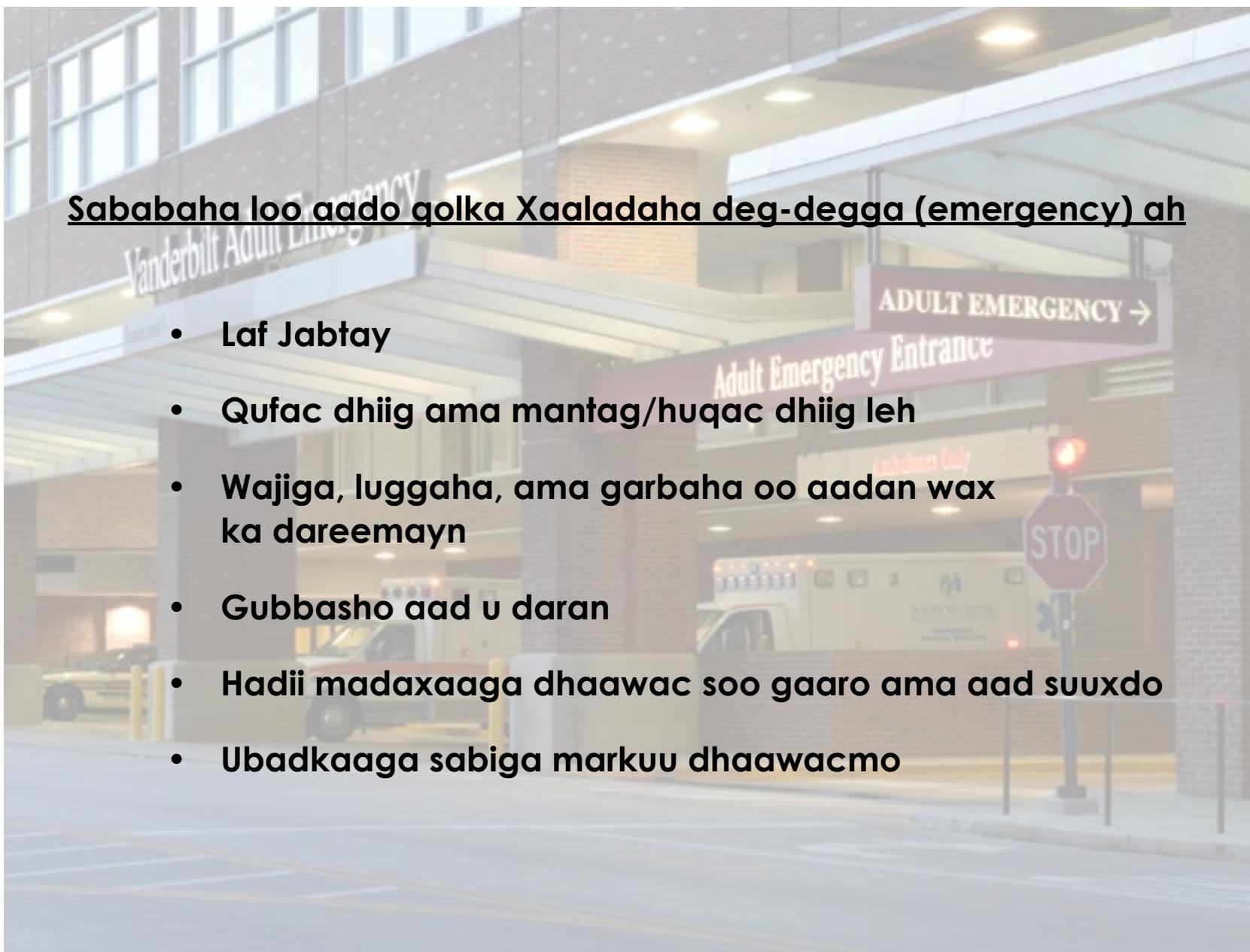
Your Local Police Department Phone Number

©MTSYRI/SHUTTERSTOCK

**Goorta aad wacdo lambarradan
midkood, waxaad u baahan tahay
in aad tiraahdo:
“I speak Somali.”**

QOLKA XAALAD DEG-DEGGA

- Qolka xaaladaha deg-degga ah waxaa loogu talagalay markii ay jirto dhibaato caafimaad-darro aad u daran
- Haddii aad isticmaasho qofka xaaladaha deg-degga ah adiga oo aan qabin dhibaato caafimaad daro ama ba'an, waxaa dhici karta in lagugu yeesho qarasha aad u badan



- **Laf Jabtay**
- **Qufac dhiig ama mantag/huqac dhiig leh**
- **Wajiga, luggaha, ama garbaha oo aadan wax ka dareemayn**
- **Gubbasho aad u daran**
- **Hadii madaxaaga dhaawac soo gaaro ama aad suuxdo**
- **Ubadkaaga sabiga markuu dhaawacmo**

GAR-GAARKA DEG-DEGGA AH



Si loo daboolo nabarada yaryar



Si nabarada yaryar si dhaqsi ah ugu bogsadaan



Nadiifi barta yar ee dhaacawa ah



Si ay boogta yar ee gubatay iyo halka cayayaanku kaa qaniinay u caawiso

SIDA LOO EEGO HEER-KULKA JIRKAAGA



- Carruurta ay da'dooda 1 sanno ka yar tahay waa in takhtarka loo geeyaa haddii heer-kulkooda ka hoos maro **96** ama kor udhaafo **100.4**
- Dadka qaangaarka ah waa in takhtarka ay utagaan haddii heer-kulkooda uu kor udhaafo **103** oo daawo marka aad qaadato hoos usoo dhici waayo

DAAWOOYINKA AADDAN UBAAHNAYN IN TAKHTAR QORO

Dawooyinka qaar waxaad ka heli kartaa
dukaamada cuntada iyo farmashiyyaha ayadoon
takhtar kuu qorin

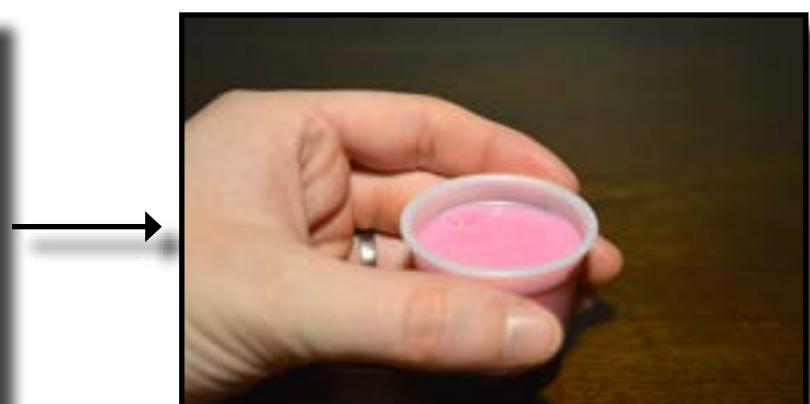


DAAWOYINKA AADDAN UBAAHNAYN IN TAKHTAR QORO

Waa kuwan qaar ka mid daawooyinka aad soo
iibsan karto adigoon takhtari kuu qorin:



Xanuun / Qandho



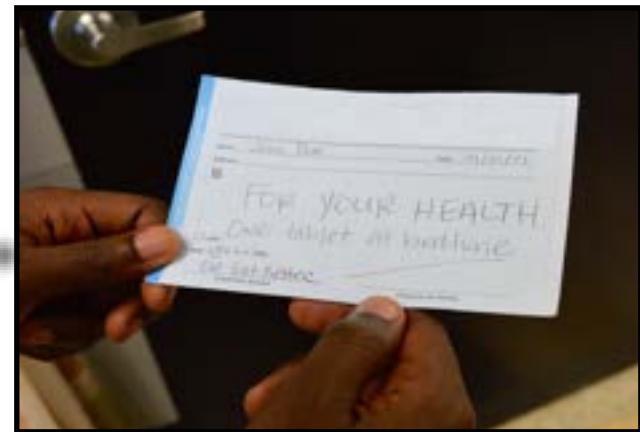
Calool Xanuun



Laab-jeex

Carruurta 12 jirka ka yar, takhtarkaaga wax ka weydii dawooyinka
ay qaadan karaan iyagoon loo qorin

DAAWO TAKHTAR QORO



BALLANTA TAKHTARKA



Kaar Aqoonsi (ID)



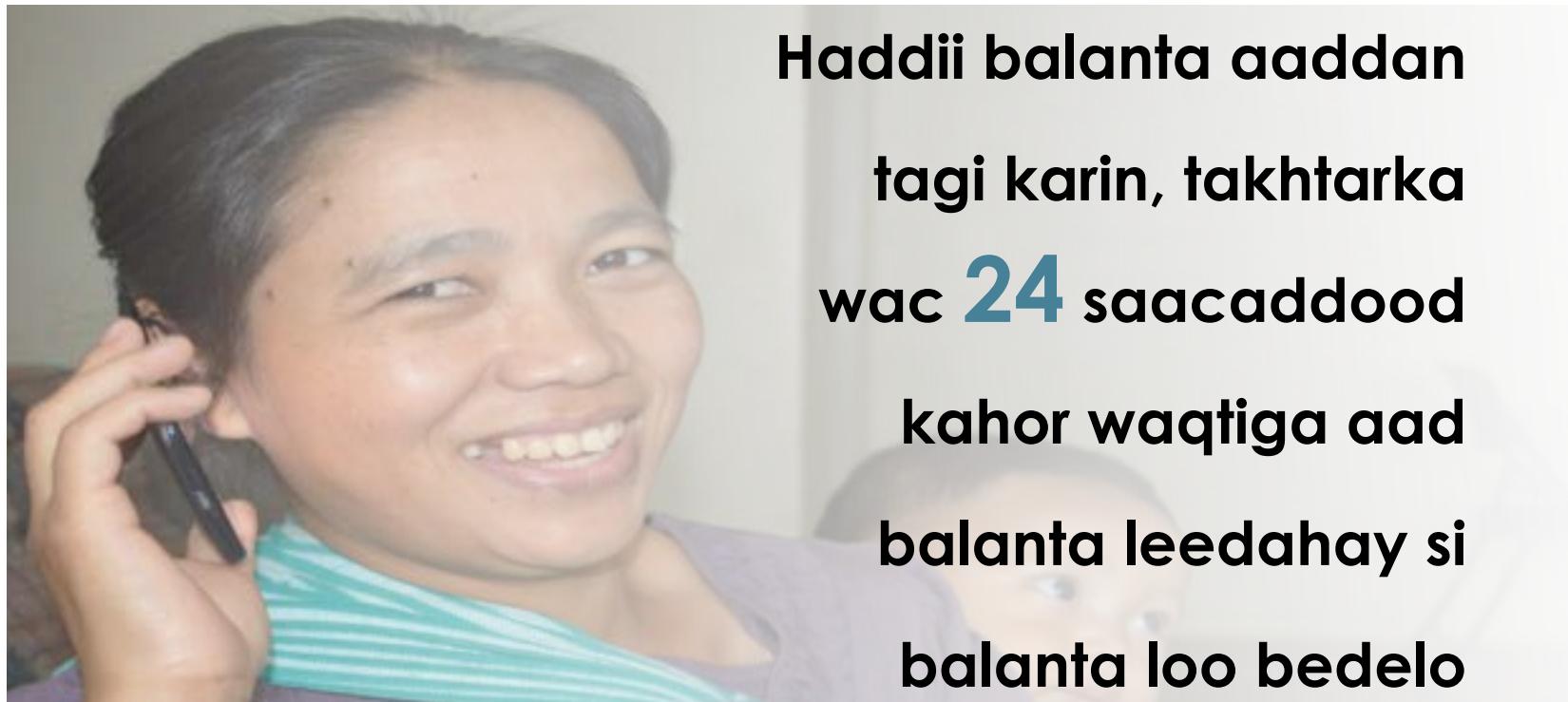
Daawooyinka aad Qaadato



Dhibaatooyinka Caafimaad daro ee aad
Qabto



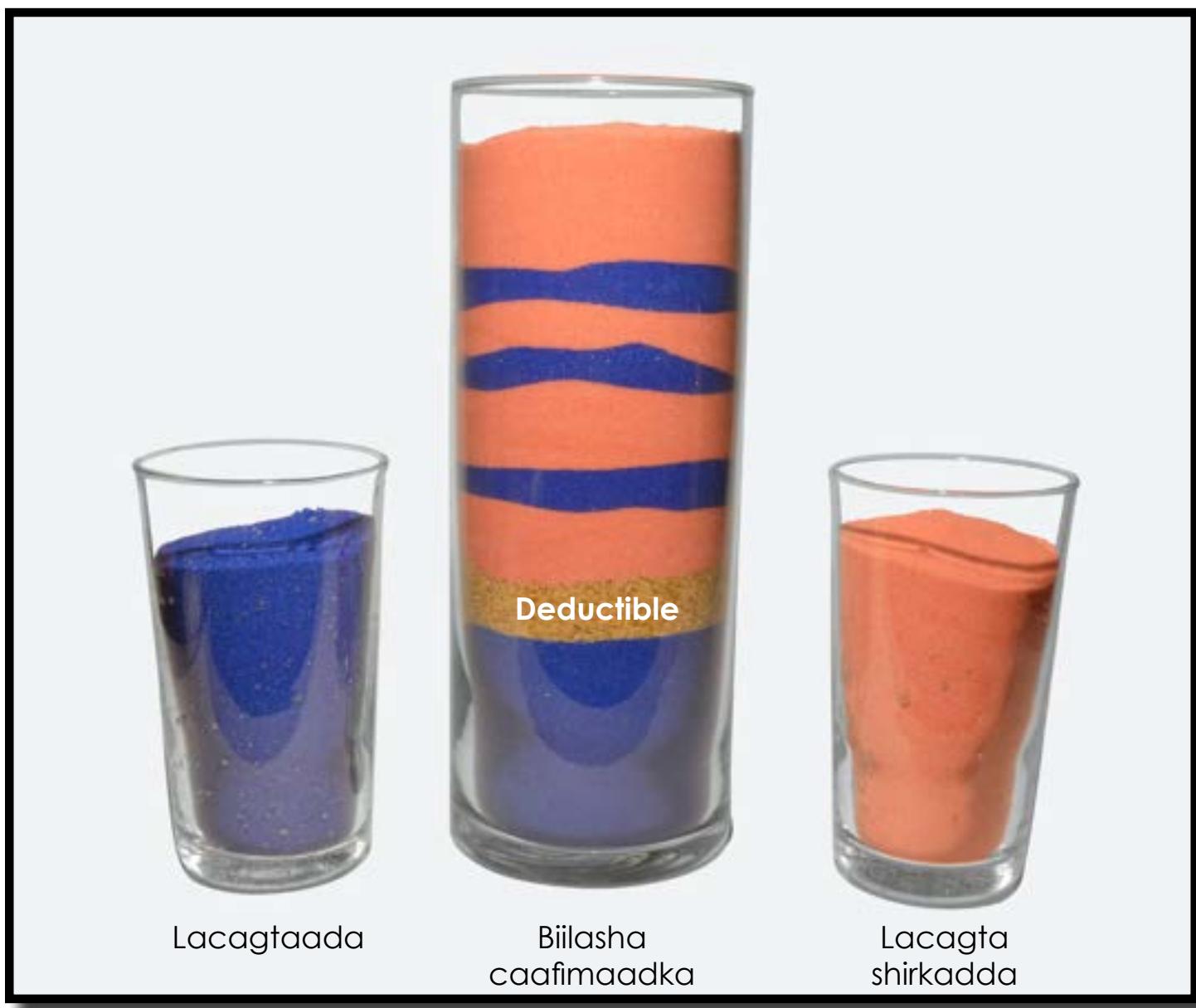
Kaarka Caymiska (Kaar Caafimaad)



**Haddii balanta aaddan
tagi karin, takhtarka
wac 24 saacadood
kahor waqtiga aad
balanta leedahay si
balanta loo bedelo**

CAYMIS CAAFIAMAD

- Caymisku waa adeeg laga iibsado shirkad, si uu kaaga difaaco bixinta qarashaadka kaa tan badan
- Dadka qaar waxaa loo ogolyahay caymis qarash yar ama bilaash ah oo uu bixiyo gobolka aad ku nooshahay
- Sharciga ayaa qasbaya in dadka badankood qaataan caymis caafimaad (kaar caafimaad) ama ay ganaax bixiyaan. Goorta caymiskaagu go'o kala hadal shaqaalaha bulshada (caseworker) ama soo wac **1.800.318.2596**



CAYMIS CAAFIAMAD

Caymiska ayaa ah wax lagu jahwareeri karo.
Waxaa wanaagsan in shaqaalaha kiiskaaga aad
boggan kala hadasho

Heshiiska Caymiska

Premium ——— Lacag go'an oo aad bixiso bil walba si
lagaaga debbaro qarash caafimaad badan
oo kugu imaan kara hadii aad jirato

Deductible ——— Lacagta go'an ee lagaa doonayo in aad ka
bixiso qarashkaaga caafimaad ka hor inta
aysan kuwa caymisku kaa bixin inta hartay,
sannadkiiba mar kaliya ayaa la bixinayaa

Copay ——— Waxaa jira lacag go'an oo aad ku bixinayso
adeegyo caafimaad gaar ah. Waa inaad
bixisaa ka hor inta aadan la kulmin takhtarka

- * Waxaa dhici karta in caymiska aysan kaa bixin qarashka
caafimaad oo dhan. Haddii dhamman aysan kaa bixin, inta
soo hartay waa in aad iska bixisaa

CUNITAANKA CUNTO CAAFIMAAD LEH



©LORENZOARCOBASSO/SHUTTERSTOCK

Maalin kasta cun laba sacab oo qudaar ah



©SIEGI/SHUTTERSTOCK

Maalin kasta cun hal sacab oo miro ah

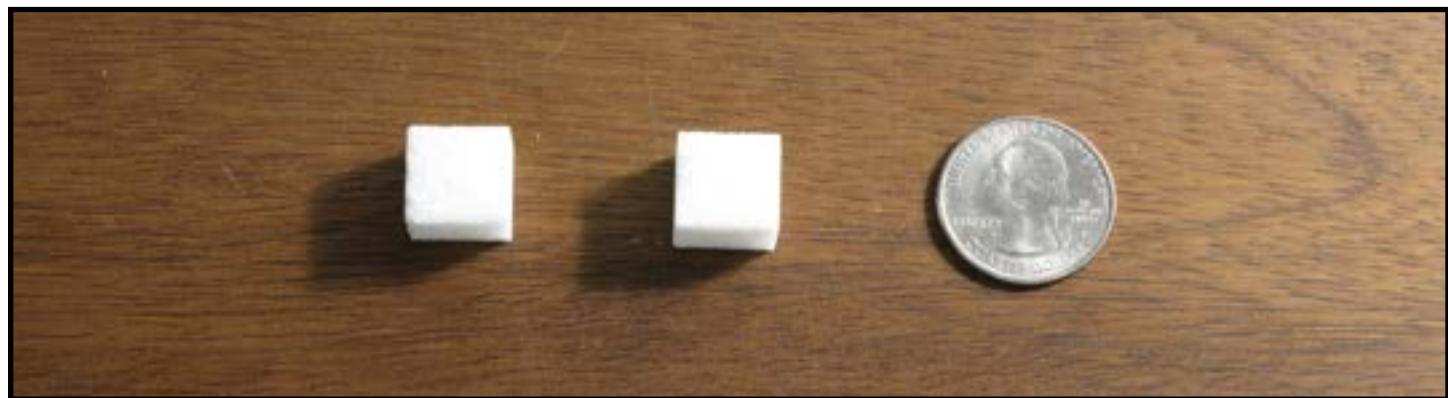


©HURST PHOTO/SHUTTERSTOCK

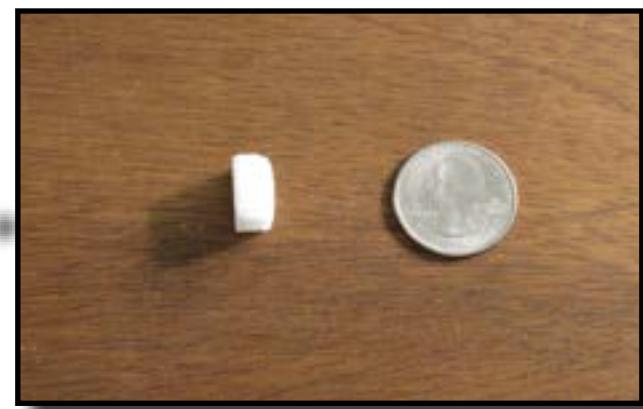
Maalin kasta cun qiyaasta calaacasha oo ah hilib, digir, ama lowska

CUSBO

Si wadnahaagu u ladnaado, waa in aaddan cusbo
badan cunin



Waan qiyaasta cusbo ee la doonayo inaad maalintiiba mar cunto



SOKORTA

- Ka taxadir walxaha sokorta lagu daray
- Miraha iyo quadaarta fareeshka ah kuma jiraan wax sokor ah
- Cabbitaanka fudud (sodas), buskutka, nacnaca, iyo cuntooyin kale oo badan sokor ayaa lagu soo daray
- Sokorta aad u badan jirkaaga ayay waxyeello gaarsiin kartaa oo miisaankaagana way siyaadisaa

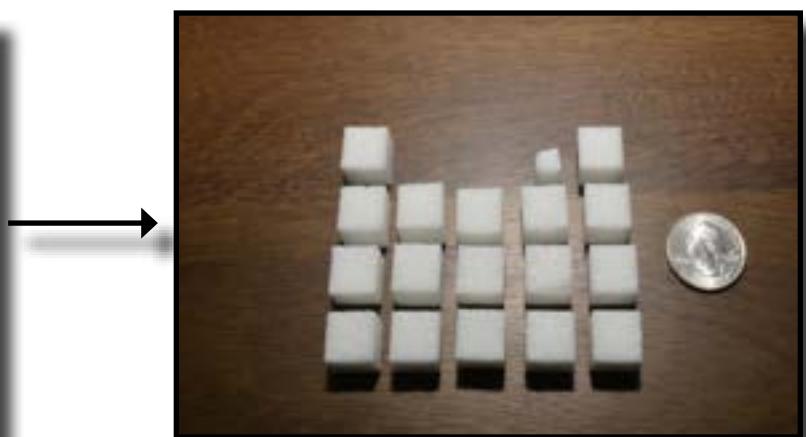
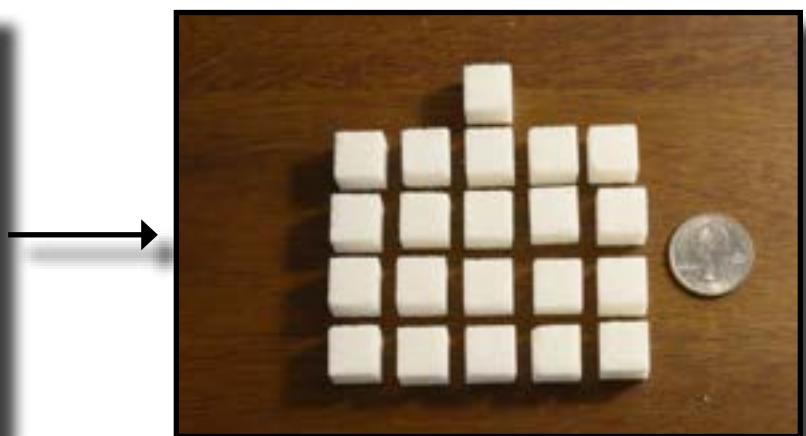


Markay ragga noqoto, yeysan qaadan in ka badan
36 garaam sokor ah maalintiiba

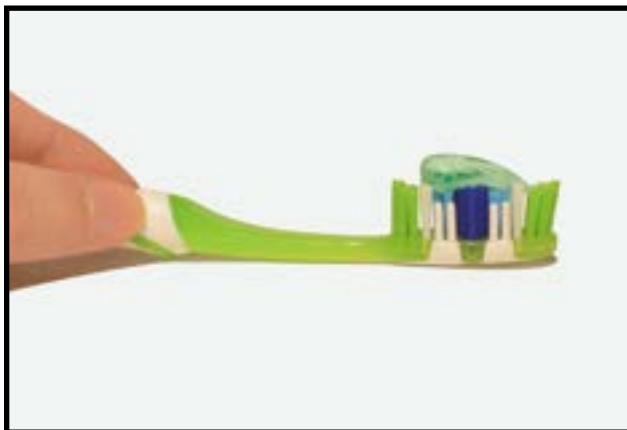
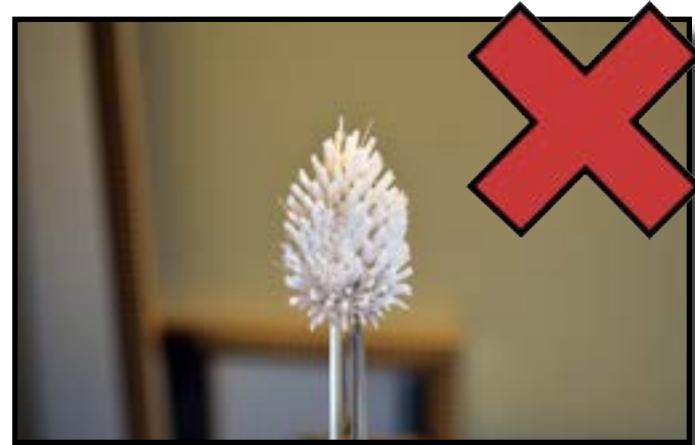


Haweenkana, maalintiiba 24 garaam sokor ah yeysan ka badin

SOKORTA



ILKO CAAFIMAAD QABA



Maalin kasta 2 jeer

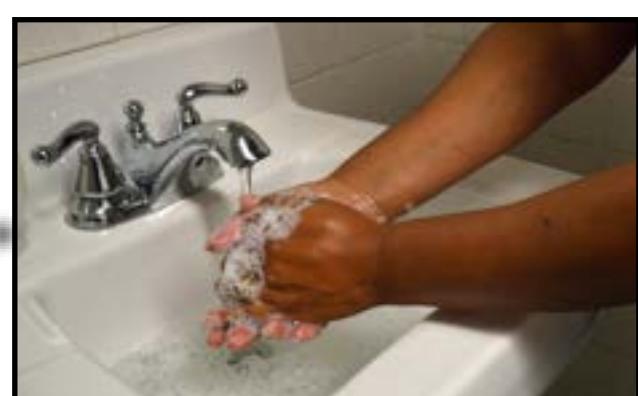
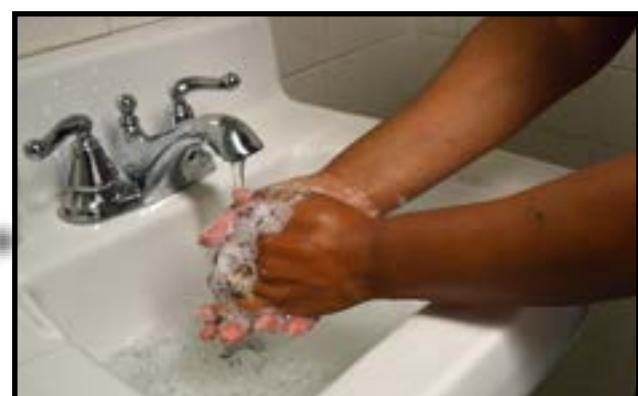


©KAREN STRUTHERS/SHUTTERSTOCK

Maalin kasta 1 jeer

GACMO DHAQIDDA

Gacmahaagu adiga iyo kuwa kaleba jiro ayay u
keeni karaan. Si Joogto ah isaga dhaq



CAADOOYINKA LADNAANTA



Timaha loogu talagalay



Maalin kasta 1 jeer

Jirka loogu talagalay



Maalin kasta 1 jeer

Kilkisha loogu talagalay



Maalin kasta 1 jeer

Jimicsi

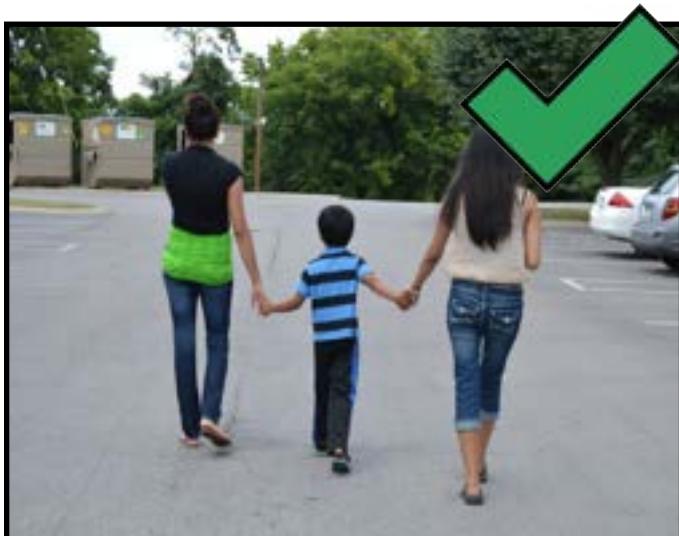


Sitimaan kasta 4 maalmood

CAADOOYINKA LADNAANTA

- Caafimaad wanaagsan si aad ugu waarto, toddobaadkiiba ugu yaraan 4 jeer jimicso
- Jimicsigu waa goorta jirkaaga uu dhaqaaqayo wadnahaaguna si aan caadi ahayn oo dhaqsi ah ugaraacmayo

Waa kuwan 2 tusaale jimicsi ah:



Socodka iyo Orodka



Fadhiga



Ciyaarta Kubbada Cagta



Fiirsashada TV-ga

CABIDA-SIGAARKA

- Sigaar cabidu waa wax halis u ah jirkaaga oo dhan iyo qof walba oo kaa ag-dhaw
- Dowladdu ma doonayso in adigu aad sigaar cabto, sidaas darteed ayay qiimaha qaali uga dhigeen
- Dadka waqtii dheer sigaarka cabayay waxay halis ugu jiraan in geeridooda oo soo degdegta
- Hadii aad doonayso inaad joojiso cabida sigaarka, takhtarkaaga kala hadal inuu kaa caawiyo



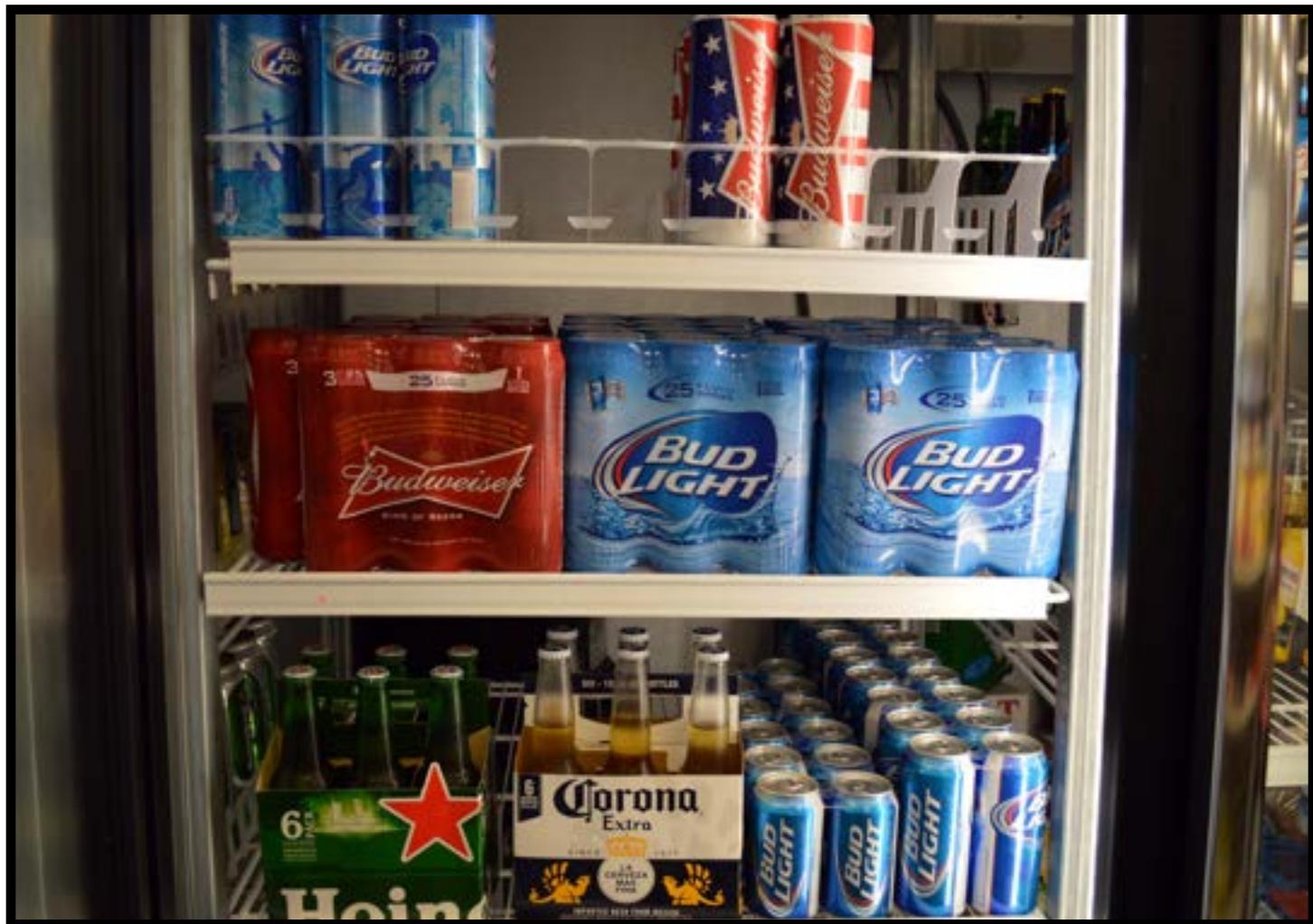
Haku cabin sigaarka meel udhow carruur



Haku cabin sigaar guriga dhexdiisa ama meel albaab u dhow

KHAMRIGA

- Haddii aad go'aansato inaad khamriga cabto, waxaa muhiim ah inaad u cabto si mas'uuliyad ku dheehan
 - Ma aha inaad gaari wado adigoo khamri soo cabay. Hadii aad sidaas sameyso dabadeed Bolisiis ku qabto, dhibaato weyn ayaa kaaga imaan karta
 - Cabbida khamriga badan waxay kuu keeni kartaa dhibaatooyin caafimaad-daro ba'an
- Haddii aad rabto in lagaa caawiyo iska joojinta khamriga, kala hadal shaqaale bulsho (caseworker) ama takhtar



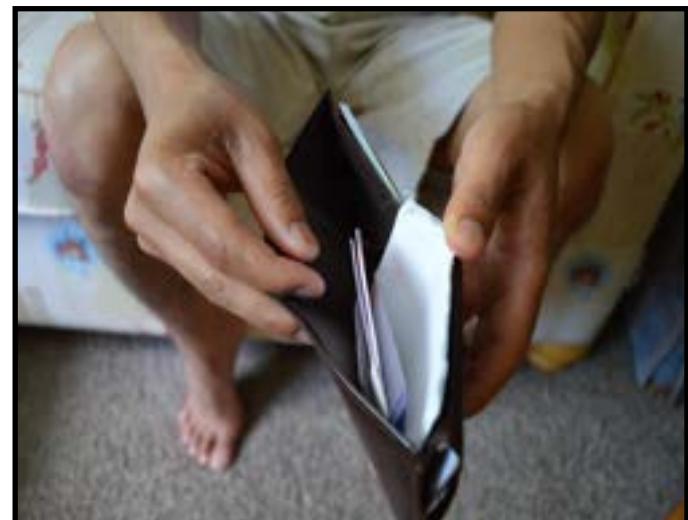
GIIGSANAANTA

- Giigsanaantu waa wax aad dareemayso goorta aad la kulanto dhibaato ama duruufo xoog badan oo haysta naftaada
 - Qof kasta oo qaangaar ah ama carruur ah xili noloshiisa ka mida wuu dareemmi xaalad giigdsanaan
 - Waa caadi inaad giigsanaan dareento
-

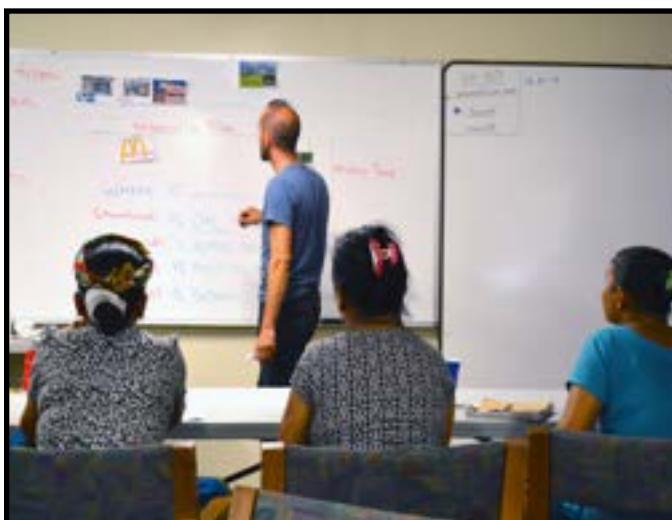
Waa kan qaar ka mid ah waxyabaha giigsanaanta keena:



Guri Cusub



Lacag La'aan



Luqad Cusub



Shaqo La'aan

QAABABKA LOO NASTO

Haddii ay ku hayso giigsanaan/diiqad oo aanu kaa baxayn, waa in aad la hadasha shaqaalaha bulshada (caseworker) ama takhtar

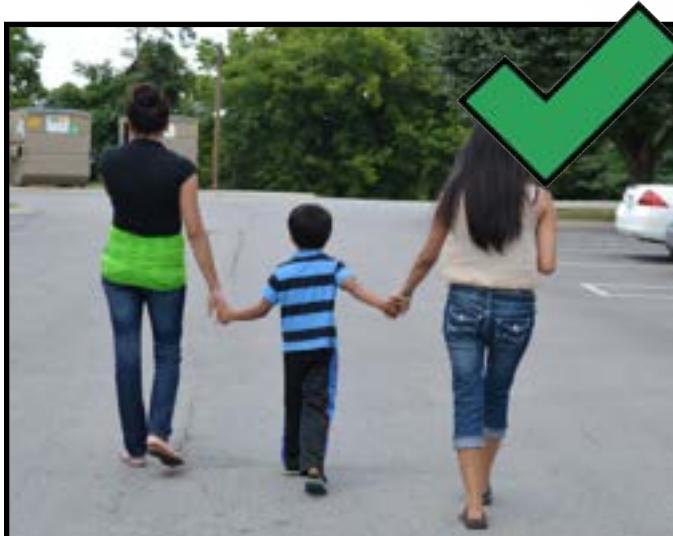
Qaababka ay dadku giigsanaanta ula macaamiloodaan waa:



In ay la Hadlaan Asxaabtooda ama Wadaad Diiimed



Fiirsashada TV-ga



Jimicsi



Sigaar Cabidda

RABSHADHA DADKA KALE LOO GAYSTO

- Ku xad gudubka dadka, qaangaarka ama carruurta ah waa wax sharciga ka soo horjeeda. Dhibaato badan ayaa kaaga iman karta
- Maraykanka hadii qof xadgudub kugu sameeyo, waa lagaa difaaci karaa; si aad gargaar u hesho wac **911**



MURUGO

- Inkastoo aad ku faraxsannayd imaatanka aad Mareykanka timid, waxaa dhici karta in murugo halkan lafteeda kugu qabato
- Tani waxba ma ahan, oo way iska dhamaan doontaa in muddo ah markaad joogto
- Haddii murugada ku hayso aadan ka roonaan, waa inaad takhtarkaaga kala hadasho
- Dad badan oo qaba xanuun muruggo daba-dheeraata ayaa takhtarka caawinnaad uga baahan si ay marlabbaad u bogsoodaan



IS-DIL / ISDALDAL

Dadka ayaa marmar ku fikira
iney isdaldalaan ama isdilaan.

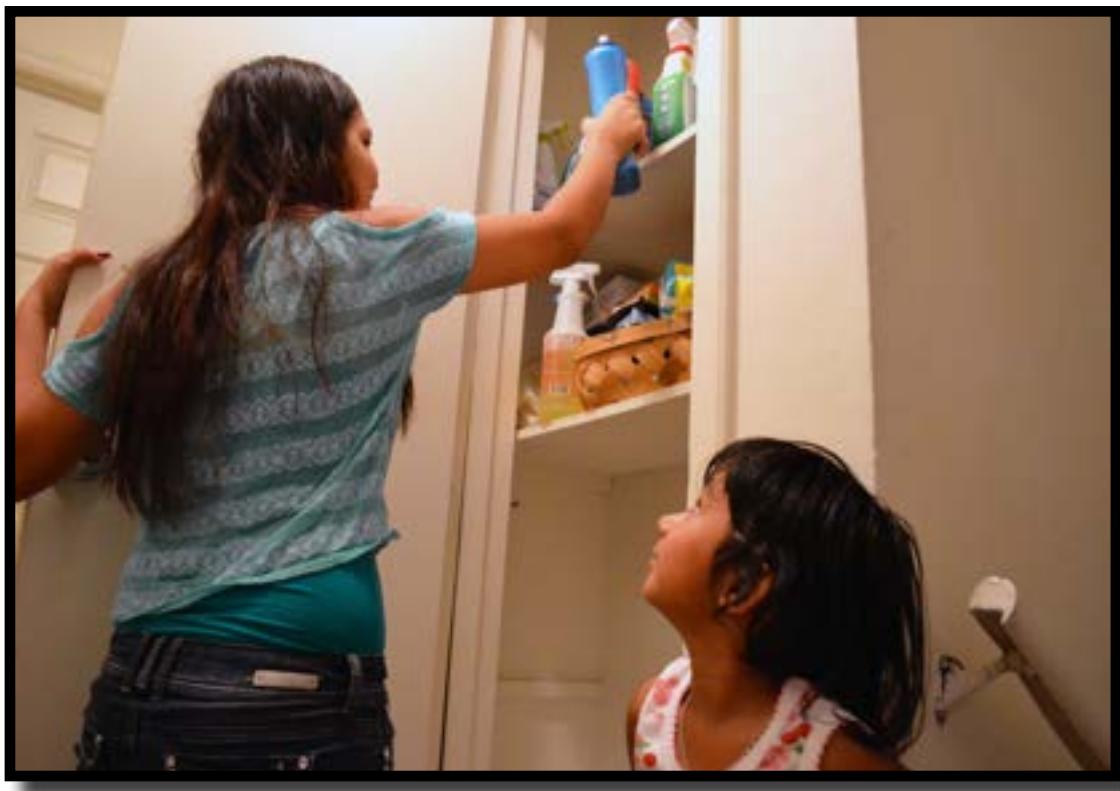
Haddii uu kugu soo dhaco
fikir ah inaad naftaada
disho fadlan takhtarka
kala hadal, ama wac

1.800.273.8255.

Sidoo kale lambarkan
ayaad soo wici kartaa si
saaxiibaddaada iyo qoyskaaga
aad u caawiso

SUN

- Kiimikada wax lagu nadiifijo waad ku sumoobi kartaa
- Dawooinka iyo walxaha kiimikada ah saar ama dhig meel carruurta yar aysan gaari karin



Haddii qof uu sun cabbo ama
uu cunno, isla markiiba wac

1.800.222.1222



The development of this project is based on feedback received from health education courses provided through the Tennessee Office for Refugees' Preventative Health Program. After two years of health education and evaluation, funded partners recommended the need to create a collection of materials that would reinforce topics covered during those health classes that clients could access at home.

After collaborating with program staff at the Office of Refugee Resettlement (ORR/ACF/DHHS), this booklet was produced to provide a visual guide to health topics appropriate to the refugee community. Every effort was made to keep medical terminology basic and at a minimum. The objective for every topic was to use plain writing with accompanying pictures whenever possible.

• •

If your agency is interested in printing booklets to supplement your health education efforts, we are happy to share high-quality PDFs. Please contact the Tennessee Office for Refugees at torinfo@cctenn.org.



Tennessee Office for Refugees

"Be not fearful to entertain strangers: for thereby come many external enigmas."