SEATTLE PUBLIC SCHOOLS

DELIVERING ON THE DREAM

academic achievement for every student in every school

Waalidiinta Qaaliga ah/Masuuliinta Caruurta:

Miyaad ogtahay in inankaaga ama inantaada ay ka heli karaan DARYEEL CAAFIMAAD Xarunta West Seattle Teen Health (Caafimaadka Dhalinta). Xarunta Teen Health waxay ku taalaa Dugsiga West Seattle High waxaana hawsha wada Caafimaadka Daryeel-Degaanka, oo ah Iskutagga ama shabakadda Xarunta Caafimaadka Bulshada Seattle oo walibana ka kooban 17 daaweyn, ilkaha iyo baadhisyo caafimaad oo dugsiyada ku eg, waxay u adeegtaa in ka badan 45,000 bukaan socod sanad kasta. Xarunta Teen Health waliba waxay ka heshaa maalgelin Qoysaska Caasimadda Seattle's iyo Cashuurta Waxbarashada la saaro.

Xarunta Teen Health, oo ay ka shaqeeyaan Daryeel Caafimaad Bixiye Ruqsad haysta, la Taliye Caafimaadka Dhimirka Maskaxda, iyo Xidhiidhiye Meesha Baadhista Caafimaad, waxay bixisaa dhamaan adeegyada (iyo dheeraad) u dhakhtar qoys caruur si fiican oo saaxiibnimo ku dheehanthay wax u qabta. Adeegyadan waxa ku jira la talin cafimaadka maskaxda, jimicsiyo joogta ah, jimicsiyo ciyaareed, daryeel caafimaad dhalmada ah, daaweynta xanuunanada daran ama ba'an, tallaalka, baadhitaanka aragga iyo dhageysiga, u gudbinta dhakhtarka caruurta, baadhitaanada iyo ilaalinta daawooyinka. Walibana waxaan bixinaa waxbarasho ka badbaadineed buuriga, alkolada iyo isticmaalka daroogooyinka kale, dhaawacyada iyo qulqulatooyinka gacan kahadalka wata. Ardeydu way dooran karaan Daryeelka Caafimaad Degaameeedka ay rabaan iyagoo ka dhiganaya hooy daryeel caafimaad iyo helid adeeg daryeel caafimaad oo dheeraad ah oo ay ku jirto daryeel ilkaha ah.

Xarunta Teen Health way furantahay maalin walba marku dugsigu socdo iyo ka gadaalba sidaas awgeed ardaygaaga waxa la arki karaa wakhtiga ku haboon jadwalkiisa. Intaa waxa dheer, waxaan si dhow ula shaqeynaa bixiyayaasha Baaritaanada Caafimaad ee Daryeel-degaameedka kale, taasina waxay dhibyareynaysaa in ardaygaaga si sahlan oo dhib yar loogu gudbiyo si loogala socdo daaweyn ama daryeelkiisa ilko mid ka mid ah meelahooga kale marka lagu jiro ayaamaha dhamaadka todobaadka iyo fasaxyada dugsiyada.

Si aad u isticmaasho adeeggan waxa kaliya ee aad u baahan tahay dhamaystirka iyo saxeexa diiwaangelinta lifaaqa, qaababka ogolaashaha iyo taariikhda caafimaad ku soo celina Xarunta Teen Health.

Kaalmada Qoysaska iyo Cashuurta Waxbarashada laga qaadoo ama la saaro oo kaliya ma dabooli karaan qiimaha Xarunta Teen Health oo dhan. Haddii aad hysato caymis caafimaad, waxaanu ku weydiin in aad dhamayso qaybtaa qaabka diiwaangelinta si aanu u weydiisan karno ama aan biil u qoran karno kambanigaaga caymiska. Caymiska dadweynaha (tigidh caafimaad) waxay dabooli doonaa fiida laga rabo adeegyada ardaygaaga oo dhan ee Xarunta Teen Health. Hase ahaatee, kambaniyada caymiska gaarka ah shuruucdoodu waxa laga yaabaa in ay doonaan qiimo toos loo siiyo oo la iska bixiyo adeegyada la siiyo ardayda caymiska gaar ahaaneed.

Haddii aanad haysan caymis caafimaad, shaqaalaha Xarunta West Seatle Teen Health ayaa kaa gacansiinaya in aad isqorto haddii aad u qalanto. Waxa kaliya ee aad u baahantahay in aad samaysaa waa in aad muujisaa in aanad haysan caymis "caymis maya" qaabka diiwaangelinta qaybta caymiska hoosteeda oo ha ogaadaan in aad rabto dalab Kaalmo-daweyn (Medicaid). Xarunta West Seattle Teen Health iyo Caafimaad Daryeelka-Degaankuba way ka go'an tahay in ay u adeegaan ardayda iyagoon u eegaynin tamartooda bixinta lacagta.

Dugsiga West Seattle High wuu ku nasiib badan yahay in u haysto Xarunta Teen Health u rajeynayana in uga faa'iidayn doono k khayraadkan inankaaga/inantaada. Haddii aad dooneyso macluumaad dheeraad ah ama aad uga baahato kaalmo hawl-warqadeedka, fadlan ka wac Xarunta Seattle Teen Health (206) 658-8048.

Si daacadnimo leh,

Bruce Bivens, Maamulaha

neighborcare health

Borogaraamka Xarunta Caafimaadka oo Dugsi ku Salaysan

Qaabka Taariikhda Caafimaadka Ilmaha

Magaca Ardayga________________________________ Taariikh Dhalasho______________________________

Taariikhda Qaabka la Dhameeye__________ Saxeexa Qofka Qaabka Dhameeyey ____________________

Haddii uu rabo in lagu fiiriyo Xarunta West Seattle Teen Health FADLAN WAC (206) 658-8058

TAARIIKHDA CAAFIMAAD EE SHAKHSIYEED

Miyey waligeed qaaday/ qaaday mid ka mida kuwa soo socda?

☐ Alkolo/dhibaato daroogo	☐ Kansar	☐ Beer xanuun (Jaundice)	☐ Shil ba'an
☐ Dhiig yari	☐ Furuq	☐ Dhaawac jilib ama sibirta	☐ Qaliin
☐ Arthritis	☐ Niyad jab	☐ Learning disability/ADD	☐ Xaalad Thyroid
☐ Niif ama xiiq	☐ Macaan	☐ Maskaxda/dhib caadifadeed	☐ Cudr kaadi mareenka
☐ Caaroobey	☐ Dhiig ku shubid	☐ Dhaawac madax/qoor	☐ Baadhis maqaar TB togan
☐ Laf/lafo jabay	☐ Wadna xanuun	☐ Qabasho (suuxdin)	

☐ Cuduro waaweyn oo kale, Qaliino, bukaanjiif, dhaawacyo ama xaalado (faahfaahi oo sanadkana sheeg)________

Miyey martay/marey badhis caafimaad labadii sanadood ee ugu danbeeyey? ☐ haa ☐ maya

Miyey/miyuu arkay dhkhtarka ilkaha sanadkii la soo dhaafey? ☐ haa ☐ maya

miyey/miyuu jidh diidaa oo aleejik ku yahay wax daaweyn ah? ☐ haa ☐ maya

Haddii ay haa tahay, fadlan sharax____

MUUJIYAYAAL/CALAAMADO ☐ **Waxba**

Ku dar kiniinada dhalmo hakinta loo qaato iyo kuwa aan la isku qorin sida fiitamiinada, kuwa xanuunka ama xumadda loo qaato, caluul jilcinta , isbiriin iyo geedo.

Daaweyn/kiniino	Inta markiiba la qaato	Sabab

TAARIIKHDA CAAFIMAADKA QOYSKA

Ardaygu ayuu la nool yahay? (Fadlan caddee haddii dad qaraabo ahaan ay jiraan)______________________________

Walaalo imisa ayey/ayuu leeyahay?____ gabdho walaalo ah?____ Miyaa iyada/isaga la korsaday? ☐ haa ☐ maya

Xanuunada ama cudurada hoose mid walba, fadlan noo sheeg haddii xubin ka mid ah qoyska (awoowo ama ayeeyo, waalid, eedo/habaryar, abti/adeer sibling) u soo marey cudurkan.

	MAYA	HAA	Haddii ay haa tahy,kee?		MAYA	HAA	Haddii ay haa tahy,kee?
Dhib Alkolo	☐	☐	__________________	Wadno xanuun 55 jir ka hor	☐	☐	__________________
Kansarka Naasaha	☐	☐	__________________	Dufan sareeya oo daawo u baahan	☐	☐	__________________
Macaan	☐	☐	__________________	Dhiig kar sareeya	☐	☐	__________________
Dhib daroogo	☐	☐	__________________	Tiibii ama qaaxo	☐	☐	__________________
dhimash degdegga	☐	☐	__________________	Faalij ka hor da'da 55	☐	☐	__________________
Kansar mindhicirka	☐	☐	__________________				
Kansar kale	☐	☐	__________________	Tax noocyada__________________			

☐ Cuduro kale ama xaalado (sharax)____

FADLAN SII WAD ILAA BOGGA XIGA ➔

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Reviewer/Date______________________________

Reviewer/Date______________________________

Reviewer/Date______________________________

NEIGHBORCARE HEALTH (Caafimaadka Daryeelka-degaanka) –Barnaamij Xarun Caafimaad Dugsi ku Taal
Fadlan naga gargaar in aan si fiican kuugu adeegno oo na sii macluumaadka asturan ee soo socda

FOOMKA SAJILAADDA

Miyaad religa hore isaga sajishay Xarun Caafimaad oo Dugsi Ku Taal ☐ *Haa* ☐ *Maya*

MAGACA: Danbe (gen. Sr. Jr.) Hore	Dhexe	Danbe ee hore	Naan ays

Bukaanka Lambarka sooshiyal Sekuyuuritiga	Bukaanka Taariikhdiisa Dhalashada ____/____/____	Sinjiga Bukaanka (Goobaab mid) LAB DHIDDIG

Cinwaanka Biilka Bukaanka (Jid, PO Box)

Magaalada Jid Zip

Dalka: Degmada | Lambarka Telefonka Guriga

Lambarka Telefonka sacada

Lambar telefon kale nooca:____________(telfonka gacanta)

Iimayl

Waxaan jecelahay in la iila soo xidhiidho qaabkan (goobaab mid)
Guriga Shaqada Gacanta

☐ Macluumaad faahfaahsan *(DI)*
☐ Lambar Laga Soo-celin Karo Keliya *(CB)*

AFKA (Luqadda koowaad ee laga hadlo auriga bukaanka):

☐ AMHARIC (xabashi)	☐ HMONG	☐ SAMOAN
☐ CARABI	☐ KUURIYAAN	☐ SOOMAALI
☐ KAMBODIAN/KHMER	☐ LOATIAN	☐ ISBAANISH
☐ KANTONESE	☐ MANDARIN	☐ TAGALOG
☐ INGIRIISI	☐ MIEN	☐ THAI
☐ FARSI	☐ OROMO	☐ TIGRINIAN
☐ FARANSIIS	☐ RUUSH	☐ FIYATNAAMIIS

☐ KALE Afka:_______________________

Ardaygu miyii leeyahay Dhaktar Koowaad/Kiliinig? (goobaab mid) Haa Maya

Haddii ay haa tahay, fadlan sheeg Magaca dhakhtarka:______________ Lambarka telefonka:_____________

Aqoonsiga (ID) Ardayga_________________________ **Fasalka**_________________

Heerka ardayga

Arday Wakhti buuxa Arday Wakhti dhiman Arday ma ha

Sigaar-cabbe (goobaab mid) Haa Maya

Su'aalo Tirakoob (gal khaanadda shaashadda Macluumaadka Bulkaanka ee Bukaanka Cayiman)

Naafo/Curyaan: IYUU BUKAANKU LEEYAHAY XAALAD JOOGTO AH OO KA XANIBAYSA HAWLAHA: HAA MAYA ☐ HAA ☐ MAYA
Muhaajir/Qaxooti: BUKAANKU MA MUHAAJIR AMA QAXOOTI AMA DHAWAAN SOO-GAL DALKAN? HAA MAYA ☐ HAA ☐ MAYA
Tirada Guud ee guriga: TIRADA XUBNAHA QOYSKA EE CASHUURTA DAKHLIGA EE FEDERAALK____________________
Tirada Guud ee Carruurta <18: TIRADA CARRURTA GURIGA KA YAR 18: ____________________________
Heerka Guriga: BUKAANKU WUXU KU NOOL YAHAY GURI WAALID KELIYA, AAN WAALID LAHAYN? ☐ (lab) HAA ☐ (dhiddig) HAA ☐ MAYA

Nidaamka Xogta Siman (gal khaanadda shaahshadda ee Macluumaadka Bukaanka)

Heerka Guriga: ☐ Dul saar ☐ Ma aha guri laawe ☐ Kale ☐ Guryaha Dadweynaha ☐ Shelter ☐ Jidka ☐ Kala-guur ☐ Lama yaqaan/lama sheegin
Heerka Shaqaalaha beeraha (Goobab Mid): Socoto Xilli-socde Ma aha Shaqaala Beereed
Turjubaan U Baahan: Miyuu turjubaan u baahan yahay bukaankani? ☐ Haa ☐ Maya

Jinsiyad:

☐ MARAYKAN HINDI AH/DHALAD ALASKA	☐ DHALAD HAWAIIAN
☐ EESHIYAN	☐ JASAA'IRKA KALE EE BAASIFIGGA
☐ MADOW/MARAYKAN MADOW	☐ ULAMA SHEEGIN/DIIDAY
☐ KA BADAN HAL JINSIYAD	☐ CADDAAN

Qlolda:
☐ HISBANIC AMA LATIINO
☐ KALE

WAALID, WAKIIL AMA QOF KALE OO MAS'UUL AH (goobaab mid)	SINGIGA WAALIDKA ☐ Lab ☐ Dhiddig	TAARIIKHDA UU DHASHAY WAKIILKU / /	TELEFON KALE # (Xidhiidhka)

XIDHIIDHKA XAALADDA DEDEGA AH: Ehelnimada: Telefonka: Cinwaanka:

___________________________________ ________________ __________________ ___________________________

Magaca Caymiska **Koowaad:**____

Magaca Kaqaygalaha:___________________ Ehelnimada:__________ Kaqaybgalaha Sinjigiisa:______ Kaqaybgalaha Taariikhdiisa dhalashada: ___/___/___

Qorsha #:___________________________ Caymiska #:_________________________ Kooxda #:______________________

Magaca Kooxda:____ Taariikhda Hirgelinta:____/____/____

Magaca caymiska **Labaad:**____

Magaca Kaqaygalaha:___________________ Ehelnimada:__________ Kaqaybgalaha Sinjigiisa:______ Kaqaybgalaha Taariikhdiisa dhalashada: ___/___/___

Qorsha #:___________________________ Caymiska #:_________________________ Kooxda #:______________________

Magaca Kooxda:____ Taariikhda Hirgelinta:____/____/____

FASAXIDDA IYO SAXIIXA OGGOLAANSHAHA

SHAHAADADDA MACLUUMAADKA IYO OGGOLAANSHAHA DARYEELKA: Waxaan xaqiijinayaa in macluumaadka sajilaadda ee aan ku warheliyey kiliinigga 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 sácala 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 dhibaatada caafimaad. Waxaan fahamsanahay in daryeelka caafimaad ay bixin doonaan Dhakhtar, Xirfadyahan Kalkaaliso ah, Kaaliye Dhakhtar ama sácale kale oo ruqsad u haysta. Waxaan fahamsanahay in daryeelka ilkaha ay bixin donan Dhakhtarka ilkaha, Xirfadyahanada 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 dheefta la xidhiidha adeegyada.

neighborcare health

Borograamka Xarunta Adeegyada Caafimaadka Dugsiga ku Salaysan ee la Ogolyahay

Daryeel-degaameedka Caafimaadku waa in u ka haystaa qaab Ogolaasho saxeexan waalidka ama musuulka sharci ahaan inta aan la siin adeegyo ardaygaaga, marka laga reebo xaaladaha ay fadraaku iyo/ama sharciyada stateku ay u ogol yihiin ardayga in u helo daaweynta caynkaas ah iyadoo aan oglolaasho laga hayn waalidka/masuulka. Qofkastaa waxa laga yaabaa in u helo daryeelka caafimaadka dhalmada da' kasta ha ahaadee waxaana laga yaabaa in ay si madaxbanaan ay u helaan dawooyin iyo adeegyo alkolada ah iyo kala talin xanuunka ilkaha laga oo ka bilaabmaysa da'da 13 jirka ah. Haddii loo baahdo, Xarunta Caafimaadku waxay u sheegi doontaa ardayda meelo kale oo daryeel dibadda ah waxaanay ka caawin doonaan ardayga in u kala sheekaysto arrimahan waalidiinta/masuuliinta.

Saxeexidaada Qaabkan Ogolaashaha, waxaad waliba ruqsad u siinaysaa kalkaaliyadda/kalkaaliyaha caafimaad ee dugsiga in u ka eego waxyaabaha daaweynta ka hor jeeda (tusaale ahaan, Ibuprophen, Tylenol, Tums, iwm.) sida u tilmaamey Kalkaaliyaha Xarunta Caafimaadka. Haddii aan tan la ogolayn, fadlan ku muuji qaabkan korkiisa qoraal ahaan.

Halkan waan ku codsanayaa waanan ku awoodsiinayaana/ogolaanayaana

____

Magaca hor ee ardayga **Bilowga magaca dhexe** **Magaca ugu dambeeya** **Taariikh dhalasho**

Si aad u hesho adeeg daryeel caafimaad kasta iyo dhamaantood ee laga heli karo ee waliba ay shaqaalaha Xarunta Caafimaadku iyo hay'ada ay ku bahoobeen bixinta ay u arkaan in loo baahan yahay. 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 iyo eegidda iyo hubinta ilkaha. Ogolaashaha waxa gaar ahaan la isku siinayaa marka ama xaaladda ardayga kor ku magcaaban u iskeeno/ay iskeento si loo daweeyo marka aan maqanahay. Ogolaasho 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 iyo shaqaalaheeda. Awoodsiintan ama ogolaashahan ma ogolaanayo in adeegyo la bixiyo ogolaasho la'aanta ardayga, iyadoo/isagoo aan karayn in u sidaa yeelo mooyaane.

Ogolahaanshahaaga qoraalka ah, ayaa ilmahaaga laga yaabaa in u waliba kaga helo adeegyo caafimaad si madaxbanaan meelaha baadhitaanka Caafimaadka Daryeelka-Degaanka. Waxaan u siiya ogolaasho ilmahayga si ay u helo/hesho adeeg caafimaad oo madax banaan mid ama ka badan meelaha baadhista caafimaad Daryeelka Cafimaad-Degaankal.

High Point Medical Clinic - 461-6966 **45th Street Medical Clinic – 663-3350** **Rainier Park Medical Clinic – 461-6957**

Rainier Beach Medical Clinic – 722-8444 **Greenwood Medical Clinic – 782-8660**

Saxeexa waalidka/masuulka ____

Marka daryeel la siiyo ogolaasho, macluumaadka oo dhan waa in ay qarsoodi ahaadaan, duruufahan soo socda mooyaane:

- Ardaygu wuxuu ogolaasho ku dhiibaya macluumaad saxeexan oo u bixiyo ama siidaayo
- Iyadoo muujinaysa/muujinaya khataraha waxyeelo u imanaysa qofka ama kuwa kale
- Iyadoo qabta/qabo dhibaato caafimaad oo nolosha halis gelinaysa oo u yahay/tahay da'deedu 18 sano ka hoos
- Iyadoo ay jirto sabab looga shakiyo gaboodfal ama daayacaad
- Caddeyn 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 dhamaan bixiyayaasha daryeel caafimaad ee 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.

Waxaan waliba qirayaa in aan helay ogeysiiska Caafimaadk Daryeel-Degaan ee Hawlaha Gaarka ee sharxaya sida macluumaadka caafimaadkayga laga yaabo in loo isticmaalo oo daaha laga qaado iyo sida aan u heli lahaa macluumaadkeyga.

Waan fahamsanahay in ogolaashaha ardayga sharci ahaan loo baahan yahay si loo siidaayo maluumaadka la xidhiidha noocyada natiijada baadhitaanadan soo socda iyo daaweynta uurka, cudurada galmada lagu kala qaado (oo u ku jiro baadhitaanka HIV/AIDS), iyo alkolo/daroogo ama la talin caafimaadka maskaxda. Waa fahamsanahay, hase ahaatee, waalidiinta/masuuliinta waa loo sheegi doonaa haddii shaqaalaha Xarunta Caafimaadku u aaminsan yahiin in u ardaygu halis u ku suganyahay/sugantahay laftarkeedu ama qaar kale.

Ogolaasha adeegyadu waxay soconayaan inta u ardaygu ku jiro dugsi leh Xarun Caafimaad. Waad kala soo noqon kartaa ogolaashahan markasta adoo u qoraya Xarunta Caafimaad ee ardayga adeegga siisa. Haddii aad doorbido in aanad ilmahaaga ku darin adeegyada ay bixiso Xarunta Caafimaadka, iyadu/isagu wali way ka heli doonaan adeegyada kalkaaliyaha/kalkaalisada caafimaad ee dugsiga.

Saxeexa ardayga: ____ **Taariikh:** ____________

Waalid/Masuulka : ____ **Taariikh** ____________