

### Macluumaadka Ardayga

\* Magaca awoowaha: \_\_\_\_\_ \*Magacaaga: \_\_\_\_\_

Magaca Laguugu Yeero: \_\_\_\_\_ \*Lambar Ardayga: \_\_\_\_\_

\*Taariikhda Dhalashada: \_\_\_\_\_ Lambarka Ceymiska Bulshada: \_\_\_\_\_

\*Jinsiga u dhashay:  Dhedig  Lab  Isku dhaf \*Nooca jinsiga:  Dhedig  Lab  jinsi gaar ah ma raacsana

\*Loogu yeero:  Iyada  Isaga  Iyaga  Kuwo kale: \_\_\_\_\_

\* Cinwaanka uu degan yahay \_\_\_\_\_ \*Magaalada: \_\_\_\_\_

Nawaaxiga: \_\_\_\_\_

\*Afka looga hadlo guriga: \_\_\_\_\_

\*Qowmiyadda(daha):  American Indian  Eeshiyaan  Madow  Caddaan  Isku Dhaf  Kuwo kale: \_\_\_\_\_

\*Asalka:  Hispanic/Latino  Hmong  Isku Dhaf  Aan aheyn Hispanic/Latino  Somali  Afrikada Kale  Kuwo kale: \_\_\_\_\_

\*Telefoonka Ardayga: \_\_\_\_\_  Gacanta  Kuwo kale \*Fariin quoraal ah ma lagu soo diri karaa?  Haa  Maya

limeylka Ardayga: \_\_\_\_\_

\*Dugsig:  Longfellow  Edison  FAIR  Henry  Roosevelt  South

Southwest  Washburn  Wellstone  Kuwo kale : \_\_\_\_\_

Xarunta Caafimaadka: \_\_\_\_\_ Dhakhtarkaaga: \_\_\_\_\_

### Macluumaadka Waalidka/Mas'uulka

Magaca (yada): \_\_\_\_\_ Telefoonka: \_\_\_\_\_  Gacanta  Guriga  Shaqada  
 Waalidka  Mas'uulka Qaraabada \_\_\_\_\_ limeylka : \_\_\_\_\_

### Ceymiska

Adeegga qoyska waa mid qiime jaban ama lacag la'aan ah haddii uu ardaygu leeyahay ceymis iyo haddii kalaba. Ceymiska waxaa biil loogu diraa haddii ay suurogal tahay inuu bixiyo kharashka daryeelka caafimaadka. Weli waxaa suurogal ah in lagu weydiisto in aad lacag yar bixiso adeegga cudurada dhimirka haddii ardaygu leeyahay ceymis gaar ah.

*Fadlan mid ka dooro*

Ma garanayo macluumaadka ceymiska  ma lihi ceymis  waxa aan doonayaa in la iga caawiyo ceymiska

Waxa aan u ogolaaday Portico HealthNet in ay ila soo xiriiraan si ay ii siiyaan macluumaad dheeraad ah ee Ceymiska caafimaadka

### Ceymiska Gobolka/Ceymiska Caafimaadka Dadweynaha

Gobolka Minnesota  Blue Cross  UCare  MHP  Health Partners

\*Lambarka Ceymiska: \_\_\_\_\_

### Ceymiska Gaarka ah

BlueCross/BlueShield  Health Partners  Medica  Portico  Preferred One  UCare

Kuwo kale: \_\_\_\_\_

\* Lambarka Kooxda: \_\_\_\_\_ Lambarka Ceymiska: \_\_\_\_\_

\* Magaca qofka ku qoran ceymiska : \_\_\_\_\_ \*Taariikhda Dhalashada Qofka Heysta Ceymiska: \_\_\_\_\_

Lambarka Ceymiska Bulshada ee Qofka Ku Qoran Ceymiska: \_\_\_\_\_

**Dhinaca Dambe Waa In Aad Saxiixdaa** ➔

Hal mar kaliya ayaa xarunta caafimaadku ogolaasho ku weydiisaneysaa inta uu ardaygu ku jiro waxbarashada dugsiga sare. Haddii aad horay u bixisay ogolaasho, lagaama doonayo in aad mar kale buuxiso foomkan.

### Maxaa dhacaya haddii aan ogolaashaha loo soo gudbin xarunta caafimaadka?

Looma qabanayo adeegga la xiriira caafimaadka ardayda da'doodu ka yar tahay 18 sano iyada oo aan la helin ogolaashaha waalidkaa/mas'uulka ilmaha. Foomkan waa in la buuxiyaa oo lagu soo celiyaa Barnaamijka Minneapolis ee Xarunta caafimaadka ee Dugsiga si ardayga loogu qabto adeegga. Hase yeeshee, sharciga Minnesota waxa uu u ogolaanayaa in ilmaha codsan karo adeegga caafimaadka xaaladaha qaarkood iyada oo waalidku aanu ogolaan. Taas waxaa ka mid ah xaaladda degdegga ah ee caafimaadka dhimirka, baaritaanka uurka iyo la talinta, baaritaanka la xiriira ka hortagga uurka iyo daawada loo qoro, iyo cudurada galmoodka lagu kala qaado, daaweynta iyo barashada la xiriirta.

### Ogolaashaha

#### Foomkan oo aad saxiixdo waxa aad ogolaaneysaa:

- Ardaygan waxa uu heystaa ogolaashahaaga in loo qabto adeegga ee uu bixiyo Barnaamijka Minneapolis ee Xarunta caafimaadka ee Dugsiga.
- Maamulka Waxbarashada ee Minneapolis waxa ay kula wadaageysaa jadwalka ardayga ee waxbarashada, ka qeybgalka dugsiga ee maalin kasta, iyo macluumaadka talaalka ee Barnaamijka Minneapolis ee Xarunta caafimaadka ee Dugsiga.
- Barnaamijka Minneapolis ee Xarunta caafimaadka ee Dugsiga waxa uu macluumaadka caafimaadka ee ardayga u adeegsanayaa inuu ku qiimeeyo tayada daryeelka barnaamijka iyo sida uu waxtar u yahay.
- Waxa aad akhrisay oo aad fahamtay adeegga Barnaamijka Minneapolis ee Xarunta caafimaadka ee Dugsiga .
- Waxa aad ogolaatay in biilka loo diro ceymiskaaga ama ceymiska gobolka ee adeegga caafimaadka iyo kan dhimirka ee ilmahaaga loo qabto. Tani waa mid khuseysa sidoo haddii aadan iminka ceymis laheyn ama aad dib ka hesho ceymis.
- Ogolaashahan waxa uu dhaqangal yahay ilaa ardaygu ka gaaro 18 jir ama aad si qoraal ah ku bedesho.
- Waxa aad ogolaatay in natiijada COVID-19 lala wadaago Barnaamijka Minneapolis ee Xarunta caafimaadka ee Dugsiga.

Magaca Ardayga oo sadexan

Saxiixa Ardayga haddii uu ka weyn yahay 18 sano

Taariikh

Magaca Waalidka/mas'uulka oo sadexan

Ciwaanka emailka Waalidka/mas'uulka

Saxiixa Waalidka/Mas'uulka

Taariikh

#### Fadlan u soo gudbi foomka oo aad buuxisay Xarunta Caafimaadka ee Dugsiga.

Si aad u hesho macluumaad dheeraad ah, fadlan soo booqo [www.minneapolismn.gov/sbc](http://www.minneapolismn.gov/sbc) ama la xiriir maamulaha barnaamijka 612-673-5305 ama xarunta caafimaadka ee dugsiga.

**Waalidka/Mas'uulka** : Fadlan nala wadaag sida aad u aragto xarunta caafimaadka ee ku dhex taal dugsiga sare ee ilmahaagu dhigto. Jawaabtaada waxa ay caawineysaa in shaqaaluhu horumariyaan adeegga si ay wax uga qabtaan baahida ardayga iyo waalidka/mas'uulka ilmaha.

**Ka qeyb galka sahankan waa mid qarsoodi ah**, sidaa darteed magacaaga iyo kan ilmaha haku qorin.

**1. Dugsigee ayaa ilmahaagu dhigtaa?**

- Longfellow  Edison  FAIR  Henry  Roosevelt  South  Southwest  
 Washburn  Wellstone  Kuwo kale : \_\_\_\_\_

**2. Sanad dugsiiyeedka 2023-2024, fasalkee ayuu ilmahaagu dhiganayaa?**

- 9  10  11  12

**3. Waa sidee habka ugu wanaagsan oo shaqaalaha caafimaadku ay macluumaadka xarunta ku gaarsiiyaan waalidka/mas'uulka ilmaha?**

*Fadlan dooro dhamaan kuwa ku khuseeya*

- Qoraalka la socda foomka ogolaashaha  
 Kulanka wargelinta ee waalidka/mas'uuliyiinta ilmaha loo qabtay  
 Kulanka xarunta caafimaadka ee waalidiinta loo qabtay  
 Baraha bulshada (Facebook, Twitter, iwm.)  
 Bogga internetka ee SBC  
 Bogga internetka ee dugsiga  
 Liiska Dugsiyada ee iimeylka  
 Kuwa kale: \_\_\_\_\_

**4. Waa maxay faa'iidada ugu badan ee aad ka heshay xarunta caafimaadka ee dugsiga ka furan?**

*Fadlan dooro dhamaan kuwa ku khuseeya*

- Adeegga cudurada dhimirka iyo la talinta  
 Adeegga ka hortagga uurka iyo waxbarashada cudurada galmoodka lagu kala qaado  
 Iyada oo la siiyo ardaya waxyaabaha uurka la isaga ilaaliyo sida cinjirka ragga ee galmoodka  
 Baaritaanka jirka ee goobta  
 Idiin fidinaya talaalka caruurta/talaalka COVID  
 Adeegga qiimaha jaban ama lacag la'aanta ah  
 Waxyaabo la xiriiira nadaafadda dumarka oo loo diyaariyey  
 In ay helaan goob gaar ah oo da'yarta aan ku dhaliilin falka ay la yimaadaan  
 Ardayda oo aan wax badan ka maqnaan waxbarashada si ay u helaan daryeel caafimaad  
 Waalidiinta oo shaqada aan ka maqnaaneyn si ay caruurta dhakhtar u geeyaan  
 In aad ogaato in shaqaale aqoon u leh ay la shaqeynayaan ilmahaaga da'yarta ah  
 Bandhig caafimaad oo loogu sameeyo fasalka  
 Kuwa kale: \_\_\_\_\_

**5. Sidee ayaa ardaydu si wanaagsan uga faa'iideysan karaan xarunta caafimaadka ee dugsiga?**

*Fadlan dooro dhamaan kuwa ku khuseeya*

- Inuu jiro qof shaqaale ah oo u taagan dhaqanka/qowmiyadda ka soo jeedo  
 Balamada oo la dhigo bilowga/dhamaadka dugsiga  
 Waxbarasho caafimaad oo ku saleysan jinsiga ilmaha.  
 Waxbarasho ku saleysan ogolaashaha  
 Waxbarasho ku jeeda yareynta iyo cabsida laga qabo cudurada dhimirka  
 Kuwo kale: \_\_\_\_\_

**La socio bogga dambe** ➔

6. Sidee ayaa xarunta caafimaadka ee dugsiga si wanaagsan uga adeegi kartaa waalidka/mas'uulka ardayga?

*Fadlan dooro dhamaan kuwa ku khuseeya*

- In la siiyo macluumaadka shaqaalaha xarunta
- In loo diyaariyo turjubaano waalidiinta aan ku hadal afka Ingiriisiga.
- In loo diyaariyo adeeg waalidiintu ka faa'iideysan karaan si ay uga hadlaan mowduucyada adag ee galmoodka iyo cudurada dhimirka.
- Kaa caawinaya in aad hesho kaarka caafimaadka
- Kuwa kale: \_\_\_\_\_

7. Ma ku dhiiri gelineysaa ardaygaaga inuu isticmaalo adeegga uu ka heli karo xarunta caafimaadka ee ka furan dugsiga?

- Haa  Maya

Sabab:

---

---

8. Ma jiraan wax faalo ah/talo soo jeedin ah oo aad soo jeedineyso oo ku saabsan horumarinta xarunta caafimaadka ee ka furan dugsiga?

---

---

---

---

*Waad ku mahadsan tahay in aad ka qeyb qaadatay sahankan!*

**Fadlan u soo gudbi foomka oo aad buuxisay Xarunta Caafimaadka ee Dugsiga.**

Si la idinkugu fududeeyo intii suurogal ah ama aad habab kale ku heshaan la xiriir Waaxda Caafimaadka ee Minneapolis ee **612-673-2301** or **health@minneapolisnmn.gov** .Dadka Dhagaha la'a ama maqalku ku adag yahay waxa ay adeegsan karaan adeegga fariimaha iyaga oo soo wici kara 311 ee **612- 673- 3000**. TTY call **612-263-6850**.

**Para asistencia 612-673-2700 - Rau kev pab 612-673-2800**

**Hadii aad Caawimaad u baahantahay 612-673-3500.**

Si aad u hesho macluumaad dheeraad ah, fadlan soo booqo [www.minneapolisnmn.gov/sbc](http://www.minneapolisnmn.gov/sbc) ama la xiriir maamulaha barnaamijka 612-673-5305 ama xarunta caafimaadka ee dugsiga.