

# Xaggee ayaad daryeel ka raadsanaysaa? Where should you seek care? (Somali)

## Khadka Kalkaalisada\*

Da' walba

Marka aad astaamo dareento oo aadna garanayn meel aad addo, na soo wac.

- La xiriir adigoo wacaya xafiiska daryeel bixiyehaaga caafimaadka guud 24-ki saac, maalin walba iyo toddobaad walba.
- Gacan ka gayso wixii daawayn ah oo ku saabsan is daryeelidda, tegidda ballanta isbitaalka ama helidda daryeel caafimaad degdeg ah oo munaasabka u ah xaaladada caafimaadka
- Waraaqda daawooyinka lagu qaato oo loogu tala galay xaaladaha qaar kuwaas oo la qiimeeyay intii lagu jiray wada hadalka teleefoonka



\*Khadka kalkaalisadu ma badalayo wicidda 911 ee xaaladaha degdega ah.

## Daryeel Bixinta Guud

Caafimaadka Qoyska | Dawaynta Guud | Dhaqaatiirta Caruurta

Da' walba

waa qaab koox ahaan u wajaha isku duba ridka daryeelkaaga guud kuguna xira daryeel horumarsan, marka aad u baahato daryeelka waxyaabaha soo socda

- Daryeelka caruurta iyo dhalaanka
- Maaraynta cudurrada raaga
- Niyad jabka, welwelka iyo walaaca
- Tallaalada
- Caafimaadka ragga
- Dhaqaatiirta dhalmada
- Baaritaanka lagu ogaado xaaladda caafimaadka bukaanka
- Baaritaanka ka hortagga cudurrada
- Caafimaadka Dumarka
- Magdhowga shaqaalaha



## Daryeelka Degdegga ah ee Onleenka ah

18 bilood–75 sano

Wuxuu bixiyaa talo caafimaad iyo/ama daaweyn isla maalinki ah ama maalinka ku xiga ah

- Hel daryeel degdeg ah oo sahlan, oo loogu tala galay jirooyinka caafimaadka ee caamka ah
- Cinwaanka onleenka oo hoos ku yaala ka hel liis dhammaystiran oo ku saabsan kharashka adeegga iyo jirooyinka lagu qaabbilo Daryeelka Degdegga ee Onleenka :

*\*Waa in aad leedahay Adeegga Akoonka Bukaanka ee Onleenka*

## Daryeel Degdeg ah/ Isbitaalka Isla maalinkaas ku qaabbili kara

Wuxuu bixiyaa daaweynta caafimaadka ee fudud ee isla maalinka ah

- Xanuun dhabarka ama murqaha ah
- Markay wax ku gooyaan iyo gubashada fudud
- Xanuunka dhegaha
- Jirooyinka maqaarka
- Murgacashada ama xanuunka kala goosyada
- Caabuqa ku dhaca qaybta kore ee neefmareenka iyo burukiitada
- Caabuqyada kaadi-mareenka
- Shuban iyo matag



*Si aad u hesho liis dhammaystiran oo ah adeegyada iyo shuruudaha da'da ee deegaankaaga, booqo [www.mayoclinichealthsystem.org/urgentcare](http://www.mayoclinichealthsystem.org/urgentcare) ama [www.mayoclinichealthsystem.org/sameday](http://www.mayoclinichealthsystem.org/sameday)*

## Daryeelka Degdegga ah\*

18 bilood–75 sano

Isbitaal daaweeya xaaladaha caafimaad ee fudud

- Xasaasiyadaha
- Kaadi haysta, dhegaha, indhaha iyo astaamaha moqorda sanko
- Nabarada bishimaha iyo afka agagaarkiisa kasoo baxa
- Injirta
- Tallaalada
- jirooyinka waqtiga gaaban socda ee fudud
- Cune xanuun
- Qaniinidda shilinta
- Caabuqa xubinta taranka dumarka (Dumarka jira 18-65)



*\*Bulshooyinka aan lahayn Daryeelka Degdegga ah, bukaanadu waxay Urgent Care-ka (Daryeelka Degdegga) ka heli karaan daaweynta xaaladhooda caafimaad ee fudud.*

## Waaxda Gargaarka Degdegga ah

Da' walba

Waxay daryeeshaa xanuunada daran iyo kuwa nolosha khatarta geliya kuwaas oo u baahan daryeel caafimaad oo degdeg ah

- Xanuunada ama cadaadiska xabadka
- Dhaawacyada madaxa
- Xanuunka daran ama kuwa nolosha khatarta geliya ama dhaawac
- Qalal
- Calool xanuun daran
- Neef cariiri ama oof wareen (niimooniyo)
- Madax xanuun lama filaan ah oo daran, naafanimada ama daciifnimo
- Dhiigbax aan la xakamayn



# Xaggee ayaad daryeel ka raadsanaysaa? Where should you seek care? (Somali)

## Wac 911

Da' walba

Wac 911 islamarkaaba haddii aad astaamahaan dareento; baabuurna ha wadan

- Dhaawac nolosha ama addimaha khatar galinaya
- Neef cariiri ama dhibaato dhanka neefsiga ah
- Calaamadaha istaroogga, oo ay kamid yihiin dareen la'aan lama filaan ah, hadalka oo aan la garanayn, madax xanuun daran, tabar darro kajirta dhinac kamid ah wajiga ama miyir beelid
- Calaamadaha wadne istaagga, oo ay kamid yihiin xanuun xabadka ah, xanuun kajira gacanta bidix ama jaqalka, tabar darro degdeg ah ama dawakhaad



## Magaalada aad deggen tahay Qoraalka Caafimaadka

Da' walba

- Hore u mari caafimaadkaaga iyo badqabkaaga
- Ka bogo qoraalada ka imaanaya dhaqaatiirta, bukaanada iyo xubnaha bulshada
- Booqo [mayoclinichealthsystem.org/hometown-health](http://mayoclinichealthsystem.org/hometown-health)



## Adeegyada Akoonka Bukaanka ee Onleenka & Mayo Clinic App\*

Da' walba

Ka gal diiwaankaaga caafimaadka kombuyuutarkaaga ama aaladaada moobaylka

- Dib u eeg natiijooyinka shaybaarka, qoraalada caafimaadka iyo liiska daawooyinka
- La xiriir dhaqtarkaaga
- Dhigo oo maaree ballamaha aad leedahay



\*Waa in aad ahaataa bukaan si aad u samaysato akoon

## Wararka badqabka

Dadka waaweyn

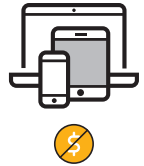
- Ka war hay qaababka aad caafimaadkaaga ku wanaajin karto
- Wax ka baro fasalada caafimaadka la xiriira iyo goobaha la iskugu yimaado ee ka warbixiya caafimaadka
- fariin qoraal ah "mchshealth" ku dir nambarkaan 22828 si aad u bilowdo



## Hubiyaha calaamadaha

Da' walba

- Hel waanada guri isku daaweynta
- Adiga gaar go'aanka in aad arkayso khabiiir iyo in kale
- Booqo [mayoclinic.org/symptoms](http://mayoclinic.org/symptoms)



## Lacag bixinta iyo caymiska

Da' walba

Booqo [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org) dooro deegaankaaga "location", kadibna dooro Lacag Bixinta iyo Caymiska "Billing & Insurance"

- Gacan ka gayso bixinta kharashka caafimaadka iyo xalinta arrimaha khuseeya caymiska
- Wax ka baro qaababka kala geddisan ee lacag bixinta loo qorsheeyo
- Isticmaal Online Bill Payment (Bixinta Biilasha ee Onleenka ah) si aad lacagta u bixiso adiga oo isticmaalaya kaarka amaahda, kaarka bangiga ama koontada bangiga

