

# Waaxda Caafimaadka Dadweynaha ee Bloomington Oo ka shaqaysa Bloomington, Edina & Richfield

## SHAQADA

In ay kala shaqeeyaan bulshada hormarinta, ilaalinta iyo kor u qaadista caafimaadka cid walba.

## HIIGSIGA

Bulsho caafimaad qabta oo taageero ka helaysa taageeradeena iyo adeegyadeena maxaliga ah ee bulshada.

## ADEEGYADA TOOSKA AH

*Bilaash ama qarashka lagu dalacayo Medical Assistance*

### BAARITAANNADA CAAFIMAADKA

#### BAARITAANNADA DHIIG-KARKA

Wac si aad balan u qabsato.

Bloomington Public Health Center: 952-563-8900

Creekside Community Center: 952-563-4944

#### BAARITAANNADA TUBERCULIN

Talaadooyinka, 11:30 subaxnimo. - 3:30 galabnimo. marka balan loo qabsado. Qiimuhu waa \$40.

#### QIIMAYNTA GURIGA EE WAXYAABAHA KICIYA XANUUNKA NEEFTA

### TALAALKA IYO CIRBADAHA HARGABKA

Talaallada ayay ku helayaan balan dadka aan haysan caymiska ama aan caymisku ku filnayn. Tabarucaad dhan \$20 calaa talaal ayaa lagu talinayaa laakiin qasab maaha. Ka hel talaalkaaga COVID-19 barta Vaccines.gov.

### TAAGEERADA UURKA IYO WAALIDNIMADA

- Waxbarashada iyo taageerada dadka uurka leh, waalidiinta cusub iyo qoysaska. Booqashooyinka tooska loo tago ama oonlaynka ah ee guriga ayay sameeyaan Kalkaalisoooyinka Caafimaadka Dadwaynaha ama Shaqaalaha Caafimaadka Bulshadu.
- Hormarinta uurka caafimaadka leh iyo hormarinta carruurnimada hore ee lagu baxsho fursadaha waxbarashada, baaritaannada kobaca iyo iyo ku xirista adeegyada bulshada.
- Barnaamijka Kabista Nafada *Women, Infants and Children* (WIC) ayaa siiya waxbarashada nafaqada, talo bixin, iyo gunnooyinka cuntada dadka u qalma ee uurka leh, naas nuujinaaya, ama ay u joogaan ilmaha jira ilaa shan sano jir.
- Xogta iyo taageerada naas-nuujinta ee ay baxshaan shaqaalaha naas-nuujinta oo shahaado haysta iyo la taliyaasha Naas-nuujinta ee Khibrada leh ee WIC.
- Barnaamijka *Follow Along* wuxuu taageeraa waalidiinta asagoo qiimeeya kobaca iyo koriimada ilmahaaga ilaa sadex sano jir.

### CAAFIMAADKA GALMADA IYO TARANKA

Ayaa siiya talo caafimaad, waxbarasho iyo xogta khayraadka shaqsiyaadka iyo kooxaha.

### CAAFIMAADKA DADKA WAAYEELKA AH

Wuxuu baaraa walaacyada caafimaadka, wuxuu shaqsiyaadka iyo qoysaska ku xiraa khayraadka dabiiciga ah, wuxuuna taageero siiyaa ururada bulshada.

## CAAFIMAADKA DADWAYNAHA

### BULSHOYIN CAAFIMAAD QABA

Wuxuu kor u qaadaa faya qabka asagoo baxsha nolol jimicsi leh, cunto cunis caafimaad leh, iyo nolol ka caagan isticmaalka tubaakada, waxaana lagu taageeraa Barnaamijka Minnesota Department of Health ee *Statewide Health Improvement Partnership* (SHIP).

### DIYAAR GAROOWGA XAALADAH DEGDEGA AH

U diyaar garoowga iyo gurmada u fidinta khataraha caafimaadka dadwaynaha sida weerarada argagixisada ee loo adeegsado kiimikada, aafuoyinka cudurada iyo dhacdooyinka xunxun ee bulshada.

## DOORKAAGA QAADO

Caafimaadka Dadwaynaha waxay iskaashi la samaysaa dugsiyada iyo barnaamijyada kaladuwan si ay ardayda u siiyaan khibrad ay ku helaan isla goobta. Fursadaha mutadawacnimada waxaa kamid ah *Medical Reserve Corps* iyo *Community Emergency Response Team*.

*Booqo blm.mn/ph si aad u hesho xog dheeri ah oo ku aadan fursadaha mutadawacnimada iyo tababarka shaqada.*

## LA XIRIIR CAAFIMAADKA DADWAYNAHA

Balamo ayaa loogu baahan yahay adeegyada tooska ah. Barnaamijka WIC: **952-563-8993**  
Dhammaan adeegyada kale oo dhan: **952-563-8900**  
dooro "Intake" (*Diiwaan gelinta*)

1900 West Old Shakopee Road  
Bloomington, MN 55431  
publichealthBloomingtonMN.gov  
blm.mn/ph

