Waaxda Caafimaadka Dadweynaha ee Bloomington

U adeegaysa Bloomington, Edina iyo Richfield

BAARITAANADA CAAFIMAADKA

- Baaritaannada cadaadiska dhiigga. Soo wac si aad ballan u qabsato:
  - Bloomington Public Health Center: 952-563-8900
  - Logan Lodge: 952-563-4944
- Baaritaanka maqaarka EE qaaxada
  - Talaado, 11:30 a.m. - 3:30 P.M. ballan keliya. Qiimaha waa $40.
- Khidmada baarista guriga EE waxyaabaha kiciya neefta/Asmada
- Baarista maqalka

TALLAALKA IYO TALLAALKA HARGABKA

Tallaalada loo heli karo ballan dadka aan lahayn caymiska ama qayb ahaan caymiska leh. Deeq $20 tallaalkiiba ayaa la soo jeediyay in la bixiyo laakiin qasab maaha.

CAAFIMAADKA XUBNAHA JINSIGA IYO XUBNAHA TARANKA

Waxay siisaa la talinta caafimaadka, waxbaris iyo ilaha macluumaadka shakhsiyaadka iyo kooxaha.

CAAFIMADKA DADKA WAAWAYN

Waxay qiimaysaa walaacyada caafimaadka, wax ka bartaa mawduucyada caafimaadka, oo bixisaa booqashooyin guriga ah, oo ku xirtaa shakhsiyaadka iyo qoysaska ilaha maxalliga ah, oo siisaa taageero ururada bulshada.

TAAGEERIDA UURKA IYO WAALIDKA

- Waxbaris shakhsi ah iyo taageerada loogu talagalay haweenka uurka leh, waalidiinta cusub iyo qoysaska. Booqashooyin qof ahaan loo imanayo ama booqashooyin khadka ah oo ay bixiyaan Kalkaaliyeyaasha Caafimaadka Dadweynaha ama Shaqaalaha Caafimaadka Bulshadu.
- Barnaamijka Follow Along Program waxa uu caawiyaa waalidiinta iyadoo la qiimaynayo korriinka iyo koboca ilmahaaga ilaa saddex sano jir.
- Infant Health Initiative (Hindisaha Caafimaadka ee Dhallaanku) waxa uu hiigsanayaa in la yareeyo dhimashada dhallaanka iyo dhimashada dhalmada kahor iyada oo loo marayo waxbarashada, la talinta, iyo khayraadka taageerada.

TAAGEERIDA NAFAQADA

- Barnaamijka Women, Infants and Children (WIC) ee Nafaqada Dheeraadka ah wuxuu bixiyaa waxbarista nafaqada, latalin, iyo nacfiyada cuntada ee loogu talagalay dadka u qalma ee uurka leh, naaska nuujinaya, ama haysta carruur ilaa shan jir ah.
- Macluumaadka naasnuujinta iyo taageerada ay bixiyaan shaqaalaha nuujinta oo shahaadaysan iyo la taliyayaasha Naasnuujinta ee WIC.

Ballan ayaa loo baahanyahay adeegyada tooska ah.
Barnaamijka WIC: 952-563-8993
Dhammaan adeegyada kale: 952-563-8900 dooro *Intake*

CITY OF BLOOMINGTON MINNESOTA
PUBLIC HEALTH

U DIYAARSANAANTA XAALADAHA DEGDEGGA AH

Ka hortaga, u diyaargarow, ka jawaabista iyo ka soo kabsashada khataraha caafimaadka bulshada sida argagixisanimada sunta, aafooyinka caafimaadka iyo dhaawacyada bulshada.

KA HORTAGA ISTICMAALKA MAANDOORIYAHA

Ka hortaga si khaldan u isticmaalka maandooriyaha iyada oo kor loo qaadayo dabeecadaha caafimaadka qaba iyo xulashooyin warqab ah. Iyada oo wax laga qabanayo sababaha asaasiga ah iyada oo loo marayo waxbarashada, wax ka qabasho xilli hore ah, sharciyada, iyo iskaashiga xoogan ee bulshada.

BULSHADA CAAFIMAAD QABTA

Waxay kor u qaadaa fayo-qabka iyada oo loo marayo nolol firfircoon, cunto caafimaad leh (helitaanka cuntada), fayoqabka maskaxda iyo xor ka ahaanta tubaakada ganacsiga ah. Waxaa lagu taageeraa maalgelinta Waaxda Caafimaadka ee Minnesota Statewide Health Improvement Partnership (SHIP) (Iskaashiga Horumarinta Caafimaadka Gobolka oo dhan).

CAAFIMAADKA OO KU JIRA DHAMAAN SHARCIYADA

Waxay qaabaysaa bulshooyin ka caafimaad qab badan, siman iyada oo lagu soo darayo caafimaadka lagu soo darayo waaxaha kala duwan. Habkani wuxuu wax ka qabanayaa sababaha asaasiga ah ee kala hoosaynta wuxuuna kor u qaadaa fayoqabka jiilasha soo socda.

WAACYIGELINTA IYO KA QAYBGALIN

Waxay kor u qaad hawlaha Caafimaadka Dadweynaha ee goobaha bulshada, waxay abuurtaa xiriir macno leh oo lala yeesho ururada iyo dadka deegaanka, oo ay ku xiriirisaa xubnaha bulshada khayraadka muhiimka ah.

CAAFIMAADKA MASKAXDA IYO FAYOQABKA

Waxay taageertaa caafimaadka maskaxda ee dhammaan marxaladaha nolosha iyada oo la yareynayo dhaleeceynta, ballaarinta helitaanka daryeelka, iyo kobcinta bay'ad dhiirigelisa isku xirnaanta, adkeysiga, iyo is-daryeelka nafeed.

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.

KA QAYB QAADO

Caafimaadka Dadweynuhu waxay qandaraas kula jirtaa dhowr iskuul iyo barnaamijyo si ay ardayda u siiyaan waayo-aragnimada goobta shaqada ah. Soo booqo blm.mn/ph si aad u hesho macluumaad dheeraad ah oo ku saabsan barnaamijyada, adeegyada, fursadaha iskaa wax u qabso iyo layliyo.

Bloomington Public Health
1900 W. Old Shakopee Road
Bloomington, MN 55431

publichealth@BloomingtonMN.gov
blm.mn/ph

Magaallada Bloomington cidna uma takoorto ama uma diido dheefaha adeegyadeeda, barnaamijyadeeda, ama hawlaheeda qof u qalma sabab la xiriirta inuu naafo yahay. Si aad u codsato caawimaad macquul ah, codso xog dheeri ah, ama u gudbiso cabasho, la xiriir Community Outreach and Engagement Division, City of Bloomington, 1800 W. Old Shakopee Rd., Bloomington, MN 55431-3027; 952-563-8733, MN Relay 711.

City of Bloomington Minnesota Public Health