

# **Be Our Partner for Better Health Care**

There are many checks in place to keep you safe and prevent errors while you receive health care. You and your family can also help.

## **Be a Part of Your Care**

- Be a part of all decisions. Make sure that you understand and agree with your care.

## **Ask Questions**

- Ask questions and voice concerns.
- Write down questions to ask when your doctor visits.
- Expect clear, simple information that you can understand. If you do not understand or you have trouble reading, ask the staff to tell you again. Be sure you understand any medical terms or abbreviations.

## **Tell Us About Your Needs**

- Tell the staff about your health care needs. Many people may be helping with your care, and you may need to tell people more than once.
- Ask for an interpreter. This is a free service to you.
- Tell the staff about special beliefs or customs for your care.
- Tell the staff about foods you should not eat.
- Give us a copy of your living will or Health Care Power of Attorney.

## **Expect Good Care**

- Check with your nurse about how active you should be.
- Do not be afraid to ask for a second opinion.
- Expect the staff with respond quickly to alarms.

# **Noqo Wadaagaheenna loogu talagalay Daryeel Caafimaad oo sidan ka Fiican**

Waxaa jira taxadar badan oo la qaatay si lagaaga dhigo mid ammaan qaba loogana hortago qaladaad inta aad heleysid daryeelka caafimaadka. Adiga iyo qoyskaagu sidoo kale gacan ayaad ka geysan kartaan.

## **Qayb ka noqo Daryeelkaaga**

- Qayb ka noqo go'aan qaadashada oo dhan. Xaqiiji in aad fahmayso aadna oggoshahay daryeelkaaga.

## **Su'aal Weydii**

- Su'aalo weydii iyo walaacyada codka.
- Su'aalaha qor si aad u weydiiso marka uu takhtarkaagu uu ku soo booqanayo.
- Waxaad filataa war cad, oo fudud oo aad fahmi karaysid. Haddii aadan fahmin ama aad dhibaato ku qabto akhrinta, shaqaalaha weydii in ay mar kale kuu sheegaan. Xaqiiji in aad fahmayso wixii eray bixin caafimaad ah ama soo gaabin ah.

## **Baahiyahaaga wax Nooga Sheeg**

- Shaqaalaha u sheeg wax ku saabsan baahidaada daryeelka caafimaadka. Dad badan ayaa laga yaabaa in ay kaa caawinayaan daryeelkaaga, waxaana laga yaabaa in aad u baahan tahay in aad dadka u sheegtid wax ka badan hal mar.
- Weydiiso turjumaan. Kaasi waa adeeg aad bilaash ku heleyso.
- Shaqaalaha wax uga sheeg waxyaabaha aad sida gaarka ah u rumeysan tahay ama caadooyinka daryeelkaaga.
- Shaqaalaha wax uga sheeg cuntooyinka aadan cuneynin.
- Na sii nuqul ka sida aad dooneysid in aad u noolaatid ama Xeer Ilaaliyaha Awoodda Daryeelka Caafimaadkaaga.

## **Daryeel Wanaagsan Filo**

- Kalkaalisadaada ugu tag wixii ku saabsan sida ugu fir-fircoon ee aad ahaan lahayd.
- Ha ka cabsannin in aad weydiisato fikrad labaad.
- Filo in ay shaqaaluhu si deg deg ah uga jawaabaan wixii qaylo dhaan ah.

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## **Get Help**

- Ask a family member or friend to be with you. This person can help learn the information, ask questions, speak up for you, and help you get good care.

## **Learn About Your Treatment**

- Learn more about your condition and treatment choices. Ask for information in print in your language.
- Get the results of any test or procedure. Find out what the results mean for your care.
- Before a test, procedure or surgery, make sure you understand:
  - What is to be done.
  - What you need to do before and after.
- Help to mark the place on your body where you are to have surgery.

## **Discuss Your Medicines**

- Always carry a list of the medicines that you take. Be sure to include any over the counter medicines, vitamins, herbs, teas and home remedies you use.
- Learn what your medicines are for.
- Let your doctors and nurses know of any allergies you have to medicines or foods, including over the counter products. Let them know the type of reaction or side effects you have.
- Make sure your nurse checks your identification (ID) band or wristband before you take any medicine.
- If you are not sure what medicines you are being given, ask what they are and what they are for. The medicines you take in the hospital may be different or look different from what you take at home.
- If you notice any new side effects after starting a medicine, tell your nurse, doctor or pharmacist.

## **Prevent Infection**

- Hand washing or the use of alcohol hand sanitizer is the best way to limit the spread of infection.
- Expect the staff will wash their hands before providing care. If you do not see the staff washing their hands, ask them.

## **Caawino Raadso**

- Xubin qoyska ka tirsan ama saaxiib weydiiso in ay kula joogaan. Qofkaan wuxuu kaa caawin karaa in aad barato warka, su'aalo weydiisato, wuxuuna kaa caawin karaa in aad daryeel wanaagsan hesho.

## **Wax ka Baro Daaweyntaada**

- Wax badan ka baro xaaladdaada iyo kala doorashada daaweyntaada. Weydiiso war luqaddaada ku daabacan.
- Natijada wixii baaritaanno ah ama habab daaweyn ah soo qaado. Ogow waxa ay natijoooyinku ka tarayaan daryeelkaaga.
- Ka hor Baaritaan, hab daaweyneed ama qalliin, xaqiiji in aad fahmeyso:
  - Waxa ay tahay in la sameeyo.
  - Waxa aad u baahan tahay in aad sameyso ka hor iyo ka dibba.
- Caawino ka geysa in aad calaamadaysa meesha jidhkaaga ka mid ah ee lagaa qalayo.

## **Daawooyinkaaga Wada Hadal ka yeelo**

- Mar walba wado taxanaha (liiska) daawooyinka aad qaadato. Xaqiiji in aad ku soo darto wixii daawooyinka si toos ah aad u soo iibsato, fitamiinno, daawo geedood, shah iyo fayodhowrka guriga aad ku isticmaasho.
- Baro waxa daawooyinkaaga loogu talagalay.
- Takhaatiirtaada iyo kalkaalisoooyinkaaga u oggolow in ay ogaadaan wixii xajiin ah ee aad ka qaaddo daawooyinka ama cuntooyinka, marka lagu daro waxyaabaha sida tooska ah aad isaga soo iibsato. Ogeysii nooca fal celinta ah ama saameynta liddiga ah ee aad qabto.
- Xaqiiji in kalkaalisadaadu ay hubiso xadhigga aqoonsigaaga (ID) ama xadhigga gacanta lagu xirto ka hor inta aadan qaadannin wax daawo ah.
- Haddii aadan hubin waxa ay yihiin daawooyinka lagu siiyey, weydii waxa ay yihiin iyo waxa loogu talagalay. Daawooyinka aad ku qaadato isbitaalku waxaa laga yaabaa in ay ka duwan yihiin ama u eg yihiin kuwo ka duwan waxa aad guriga ku qaadato.
- Haddii aad ogaatid wax saameyn liddi ah oo cusub markaad daawada billowdo ka dib, u sheeg kalkaalisadaada, takhtarka ama farmashiistaha.

## **Jeermis ka Hortagid**

- Gacmo dhaqid ama isticmaalka aalkolada gacmaha jeermiga ka disha ayaa ah habka ugu wanaagsan oo lagu xaddido faafidda cudurka.
- Filo in shaqaaluhu ay gacmaha iska dhaqi doonaan ka hor inta aysan daryeel kuu qabannin. Haddii aadan arkin shaqaalaha oo gacmaha iska dhaqaya, weydii in ay iska dhaqaan.

- Ask visitors to wash their hands and not to visit if they have a cold or feel ill.

**Be Aware of Identification**

- Wear your ID band at **all** times. Make sure your name and date of birth are correct.
- Expect that the staff will check your ID band before giving any medicine or treatment.

**Talk to the staff if you have any questions or concerns.**

- Booqdeyaasha weydiiso in ay gacmaha iska dhaqaan iyo in aysan ku soo booqannin haddii ay hergeb qabaan ama jirran yihiin.

### **La Soco Aqoonsiga**

- Xidho xadhigga Aqoonsigaaga (ID) waqtiga oo **dhan**. Xaqiiji in magacaaga iyo taariikhda dhalashadu ay sax yihiin.
- Filo in shaqaaluhu ay hubin doonaan xadhigga aqoonsiga (ID) ka hor inta aysan wax daawo ah ama daaweyn ah ku siinnin.

**La hadal shaqaalaha haddii aad wax su'aalo ama walaac ah qabtid.**

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