

Getting Medical Care

It can be hard to know where to go to get medical care. Choices include:

- A doctor's office, health clinic, free clinic or health department
- Urgent Care
- Emergency Department (ED)

Use these tips as a guide:

- **Go to your doctor's office or clinic** for:
 - Routine check ups
 - Minor injuries or illnesses such as colds, coughs, earaches, sore throats, headaches, and muscle or joint problems
 - Immunizations
 - TB skin testing
 - Sexual health problems
 - Managing high blood pressure, diabetes, high blood cholesterol, asthma, thyroid problems or seizures

Routine check ups can help prevent serious illnesses. Some doctor's offices or clinics have programs to help people with the costs of health care.

- **Go to an urgent care** for more serious injuries and illnesses. This includes vomiting or diarrhea that lasts more than one day and cuts that need stitches. These places may be open on weekends or later in the day when your doctor's office or clinic is closed.

Helidda Daryeel Caafimaad

Way adkaan kartaa in la ogaado meesha loo aado in laga helo daryeel caafimaad. Doorashooyinka waxaa ku jira:

- Xafiiska takhtarka, rugta caafimaadka, rug caafimaad oo bilaash ah ama waax caafimaad
- Daryeelka asaasiga ah
- Waaxda Xaaladda Deg-degta (ED)

Fikradahaan u isticmaal sidii tusiye:

- **Xafiiska takhtarkaaga ama rugta caafimaadka** u aad:
 - Baarid joogto ah
 - Dhaawacyada yar-yar ama jirrada sida hergebka, qufaca, dhego xanuunka, cune xanuunka, madax xanuunka, iyo dhibaatooyinka murqaha iyo ruugagga
 - Talaalada
 - Baaridda maqaarka ee TB
 - Dhibaatooyinka caafimaadka galmada
 - Maamulidda cadaadis dhiig sarreeya, sonkorowga, kolestarool dhiig oo sarreeya, neefta ama asmada, dhibaatooyinka qanjirka qoorta ama suuxdinta

Baaritaanka joogtada ah wuxuu kaa caawin karaa ka hortagidda jirrooyinka daran. Xafiisyada takhaatiirta qaarkood ama rugaha caafimaadku waxa leeyihiin barnaamijyo dadka looga caawiyo kharashka daryeelka caafimaadka.

- **Daryeelka asaasiga ah u aad** dhaawacyada iyo jirrooyinka aadka u daran. Kuwaan waxaa ka mid ah matagidda ama shubanka socda in ka badan hal maalin iyo dillaacyada in la tolo u baahan. Meelahaan waxaa laga yaabaa in ay furan yihiin dhammaadka toddobaadyada ama waqti danbe oo maalinta ka mid ah marka xafiiska takhtarkaaga ama rugta caafimaadka la xiro.

- **Call 911 to take you to the Emergency Department (ED) of a hospital right away if you have:**

- Chest pain
- Trouble breathing or shortness of breath
- Bleeding that will not stop
- Numbness in the face, arm or leg or trouble speaking
- Sudden dizziness, weakness, or change in vision
- Sudden or severe pain
- Sudden or unexplained loss of consciousness
- Confusion
- High fever with a stiff neck, confusion or a hard time breathing
- Coughing up or vomiting blood
- Active seizures
- Broken bones
- Vomiting or diarrhea where there is no urine for more than 8 hours

Also for babies and young children call 911 or go to the ED right away if:

- They will not wake up easily.
- Their lips turn blue.
- They have problems breathing.
- They have a temperature above 100 degrees F taken under the arm.

Emergency care is for very serious and life threatening problems. Going to emergency care for other problems can be very costly and can take a lot of time.

• **Isla markiiba wac 911 si laguugu qaado Waaxda Gargaarka Degdegga (ED) ee isbitaalka haddii aad isku aragto:**

- Laab xanuun
- Dhibaato neefsashada ah ama neefta oo kugu gaabata
- Dhiig bax aan istaageynin
- Kabuubyo wejiga ah, gacmaha ama lugta ama dhibaato dhinaca hadalka ah
- War-wareer lama filaan ah, daciiftinnimo, ama araggaaga oo isbeddela
- Xanuun lama filaan ah ama daran
- Miyirka oo si lama filaan ama deg deg ah kaaga taga
- Jahawareer
- Qandho sarreysa oo qoortu kula giigsanto, jahawareer ama neefsashada oo kugu adkaata
- Dhiig quficid ama matagid
- Suuxdin
- Lafaha oo ku jajaba
- Matagid ama shuban halkaasoo kaadi aysan jirin in ka badan 8 saacadood

Sidoo kale dhallaanka iyo carruurta da'da yar isla markiiba ugu wac 911 ama la aad ED haddii:

- Aysan si fudud u tooseynin.
- Ay faruuryuhu buluug noqdaan.
- Ay dhibaato ka haysato neefsashada.
- Ay leeyihiin heerkul ka sarreeya 100 darajo oo F (37.7 darajo oo C) oo gacanta hoosteeda laga qaaday.

Daryeelka deg degta ah waxaa loogu talagalay dhibaatooyinka daran ee nolosha halis gelinaya. Daryeelka degdegta ah oo aad u aaddid dhibaatooyin kale waxay noqon kartaa mid lacag badan ku kacda waqti badanna qaadata.

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