

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 waxa ku jira:

- Xafiiska dhakhtarka, rugta caafimaadka, rug caafimaad oo bilaash ah ama waax caafimaad
- Daryeelka Dhakhsaha ah
- Waaxda Gargaarka Degdegga (Emergency Department [ED])

Fikradahan u isticmaal sidii tilmaan:

- **Xafiiska dhakhtarkaaga ama rugta caafimaadka** u aad:
 - ▶ Baarid joogto ah
 - ▶ Dhaawacyada yar-yar ama jirrada sida hargebka, 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 wuxu kaa caawin karaa ka hortagidda jirrooyinka daran. Xafiisyada dhakhaatiirta qaarkood ama rugaha caafimaadku waxay leeyihiin barnaamijyo dadka laga caawiyo kharashka daryeelka caafimaadka.

- **Daryeelka dhakhsaha ah u aad** dhaawacyada iyo jirrooyinka aadka u daran. Kuwan waxa ka mid ah mataga ama shubanka socda in ka badan hal maalin iyo dillaacyada in la tolo u baahan. Meelahan waxa laga yaabaa in ay furan yihiin dhammaadka toddobaadyada ama waqtiyada danbe ee maalinta ka dib marka xafiiska dhakhtarkaaga ama rugta caafimaadka la xiro.

Getting Medical Care. Somali.

- 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

For a baby or young child, call 911 or go to the ED right away if he or she:

- ▶ Will not wake up easily
- ▶ Has lips that turn blue
- ▶ Has problems breathing
- ▶ Has a temperature above 100.4 degrees F or 38 degrees C taken under the arm. If your baby is 2 months old or younger, a rectal temperature should be taken.

- 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 ku qabata
 - ▶ 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 si 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 100.4 darajo oo F (38 darajo oo C) oo kilkisha laga qaaday. Haddii nuunuugaagu yahay 2 bilood ama ka yar yahay, xumadda waa in lagagga qaadaa futada.

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