

CAGAARSHOWGA A

DIGNIIN CAAFIMAADOO QUSEEYSA DADKA AAN GURYAHA LAHEYN (Koonfurta King County/South King County)

MAXAY CAGAARSHOWGA A?

Cagaarshowga A waa fayris si fudud u faafa. Dad badan ma ogaa in ay qaban cagaarshowga A sidaa darteed waxay faafiyaan iyaga oo aan ogeyn.

Cagaarshowga wuxuu sababi karaa cudurka beerka oo halis ah kaas oo raagi karabilooyin.

Mararka qaar dadka way u dhintaan Cagaarshowga A.

Cagaarshowga wuxuu ku faafaayay dadka ku nool Mareykanka ee guryaha aan lahayn.



SIDEE BUU U FAAFAA?

Cagaarshowga A wuxuu ku jiraa saxarada qof qaba Cagaarshowga A. Haddii gacmahooda aysan dhaqin marka ay suuliga isticmaalan kadib. Waxyaabaha ay taabtaan ayeey saxara yar gaarsiin karaan. Cagaarshowga A wuxuu ku faafa:



Taabashada walxaha ama cunista cunto uu taabtay qof qaba Cagaarshowga A

Qofka qaba
Cagaarshowga A



U galmooshada qof qaba
Cagaarshowga A



Wadaagista cirbadaha ,
tuubooyinka, ama
waxyaabo kale ee lagu
qaato maandooriyaha



**Ku Dhaq gacmahaada
saabuun iyo biyo** kadib
marka aad isticmaasho
musqusha, ka hor inta aad
wax karinin ama cunin.
Saabuun iyo biyo ayaa si
fiican u shaqeeya, laakiin
haddii aan la heli karin,
isticmaal jeel aalkolo ka
sameysan.

SIDEE LOOGA HORTAGI KARAA CAGAARSHOWGA A?



Ha la wadaagin dad
kale cunto, cabitaan,
cirbadaha, ama sigaarka

Qofka qaba
Cagaarshowga A



Ha u galmoonin qof qaba
cagaarshowga A



Isticmaal shukumaan, caday,
iyo maacuun adiga kuu gaar ah



Qaado tallaalka
cagaarshowga A

ASTAAMAHA CAGAARSHOWGA A



Qandho



Daal



Matag



Cunto xumo



Cagaarshow
(indhaha iyo
maqaarka oo
jaale noqda)



Kaadi madaw,
saxaro cad,
shuban

Dadka qaar ee qaba cagaarshowga A ma lahan wax astaamo ah
**Haddii aad u maleynaysid in aad qabtid cagaarshowga A, la kulan
dhakhtarkaada ama aad isbitaalka**

WAAD KA ILAALIN KARTAA NAFTAADA CAGAARSHOWGA A

Ka hel tallaalka cagaarshowga A oo lacag la'aan ah goobahan:

GOOBAHA KOONFURTA KING COUNTY:

Auburn Public Health Clinic

901 Auburn Way N, Suite A, Auburn
Waxay furanyihiin maalmaha
Isniinta-Jimcaha

HealthPoint Kent Urgent Care

219 State Ave N, Kent
Waxay furanyihiin maalmaha
Isniinta-Jimcaha

Federal Way Public Health Clinic

33431 13th Place S, Federal Way
Waxay furanyihiin maalmaha
Isniinta-Jimcaha

Mobile Medical Van

Goobaha kala duwan Koonfurta King County,
Isniinta-Khamista
Goobahan waxaad ka booqan kartaa:
Kingcounty.gov/mobilemed

Farmashiyeyaasha badankood waxay bixiyaan tallaalka cagaarshowga A
haddii aad haysato kaarka caymiska caafimaadka

Wixii macluumaad dheeraad ah daryeelka caafimaadka
ee Homeless Network: www.kingcounty.gov/hch

Public Health
Seattle & King County

