

# CAGAARSHOWGA A

## DIGNIIN CAAFIMAADOO QUSEEYSA DADKA AAN GURYAHA LAHEYN (Dhanka Bari/Eastside)

### 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.

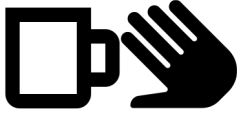
Mararka qaar dadka way u dhintaan Cagaarshowga A.

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



Ha u galmoonin qof qaba  
cagaarshowga A



Isticmaal shukumaan, caday,  
iyo maacuun adiga kuu gaar ah

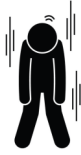


Qaado tallaalka  
cagaarshowga A

# 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 DHANKA BARI:

#### ICHS — Shoreline

16549 Aurora Ave N, Shoreline

Waxay furanyihiin maalmaha Isniinta-Jimcaha

#### ICHS—Bellevue

1050 140th Ave NE, Bellevue

Waxay furanyihiin maalmaha Isniinta-Jimcaha

### GOOBAHA SEATTLE:

#### Pioneer Square Clinic

206 3rd Ave S

Waxay furanyihiin maalmaha Isniinta-Jimcaha

#### Hepatitis Education Project

1621 S Jackson St

Waxay furanyihiin Talaado iyo Khamiis, 1-5 galabnimo, ama ballan dhigasho

#### 3rd Ave Center

2028 3rd Ave (Angeline's Day Center agtiisa)

Waxay furanyihiin maalmaha Isniinta-Jimcaha

#### Ballard NeighborCare Clinic

1753 NW 56th St (Nyer Urness House)

Waxay furanyihiin maalmaha Isniinta-Jimcaha

#### Boren Clinic

1930 Boren Ave (Sobering Center)

Waxay furanyihiin maalmaha Isniinta-Jimcaha, subaxii oo kaliya

#### ICHS — International District

720 8th Ave S

Waxay furanyihiin maalmaha Isniinta-Jimcaha

#### Robert Clewis Needle Exchange

2124 4th Ave

Waxay furanyihiin maalmaha Isniinta-Jimcaha; waxay furanyihiin Sabtida 2-4 galabnimo

#### ICHS — Holly Park

3818 S Othello St

Waxay furanyihiin maalmaha Isniinta-Jimcaha

#### Downtown Public Health Clinic

2124 4th Ave

Waxay furanyihiin maalmaha Isniinta-Jimcaha

#### 45th St Youth Clinic (da'da 12-26)

1629 N 45th St

Waxay furanyihiin Arbaca iyo Khamiis, 6-9 galabnimo

#### Mobile Medical Van

Goobaha kala duwan ee Seattle, Talaado-Jimco

Goobahan waxaad ka booqan kartaaa:

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](http://www.kingcounty.gov/hch)

Public Health  
Seattle & King County

