COVID-19: Astaamaha laga Feejignaado iyo Halka loo Doonto Daryeel

City of Portland Minority Health Program

Astaamaha

- qandho iyo/ama qarqaryo
- murqo xanuun

+

- qufac
- urta iyo dhadhanka oo kaa taga
- adoo la kulmay dad qaba COVID

+

- neefta oo kugu dhagta
- lalabbo (yaqyaqsi), matag ama shuban

Xilliga aad raadsanayso daryeel caafimaad

Dhakhso u doono daryeel caafimaad, haddii aad isku aragto xaaladahan khatarta ah

- Neefta oo kugu adkaata ama qufac sii xumaanaya
- Xanuun joogta ah oo feeraha ku dhaca
- Wareer kugu cusub iyo adigoo kici kari waaya
- Wajiga iyo bishimaha oo midabkoodu is beddelo
- Qandho sii xumaata (oo dawadu wax ka tari weydo)

Liiskan wax waliba kuma jiro. Fadlan kala tasho daryeelahaaga caafimaad astaamo kale oo khatar ah ama ku walaac galiya

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Helitaanka daryeelka

Haddii aadan dhakhtar lahayn

Waxay CDC Maine ku talinaysaa inaad goobahan la xiriirto si astaamaha lagaaga hubsado:
Daryeelka dagdagga ah ama daryeel aan ballan lahayn:

1) Convenient MD

- Haddi aad astaamaha isku aragto, fadlan marka hore wac daryeelka dagdagga ah adigoo aan la joogin, waxay furan yihiin todobada maalmoodba: (603) 570-2800
- Haddii loo garto inaad qabto xanuunka, waxa lagugu baari doonaa teendhada Anthem ee baaritaanka baabuurka lagu maro ee ku taalla 2 Gannett Drive, South Portland

2) Maine Medical Center Emergency Department: (207) 662-0111 or **Mercy Hospital Emergency Department:** (207) 879-3000 (waxay ku galin doonaan safka baaritaanka)

3)Greater Portland Health: (207) 874-2141, waxa lagu weydiin doonaa su'aalo, iyo haddii duruuftu saamaxdo, ballan baaritaan ayaa lagu siin doonaa, ama telefoonka ama fiidiyow ayaa lagugula kulmayaa. Baaritaaanku wuxuu ka dhacayaa bannaanka waana ballan kaliya.

Haddii aad tahay bugtada **GREATER PORTLAND HEALTH**:

(1) Haddii aad isku aragto astaamaha COVID- 19, fadlan marka hore wac **(207) 874-2141**

- Waxa lagu weydiinayaa su'aalo lagugu baarayo iyadoo fiidiyow ama telefoon dhakhtar kugu qaabilayo. Haddii la garto in lagu baaro, waxa lagugu baari doonaa goobta baaritaanka ee dibadda ah. Haddii baaritaan aan laguu garan, waxa laguu sheegi doonaa sidii aad guriga isugu baxnaanin lahayd.
- Haddii aad jirran tahay laakiin aan loo garan inaan qabto xanuunka, waxa dhakhtar kugu qaabili karaa fiidiyow ama telefoon. Kulan fool-ka-fool ah wuxu dhici doonaa kaliya haddii uu lagama maarmaan u noqdo caafimaad ahaan. Kulan fool-ka-fool ah waxa laga heli kataa xafiiskayaga 63 Preble/Oxford St; Park Ave; Brick Hill.

(2) Haddii aad leedahay ballan caadiya ah ama ballan bukto, oo aadan lahayn astaamaha, waa lagula soo xiriiri doonaa si laguugu sheego inaad leedahay ballan aad imanayso iyo in telefoonka lagugula kulmayo. Fadlan ka soo wac xafiiska **(207) 874-2141** haddii aad qabto wax su'aal ah oo ku saabsan ballamahaagii hore.

(3) Fadlan kala soco http://www.greaterportlandhealth.org/ wixii isbeddela ee go'aannadan ku saabsan.

Haddii aad tahay bugtada **MAINE MEDICAL PARTNERS**:

(1) Haddii aad dareemayso astaamaha COVID-19:
Fadlan marka hore wac dhakhtarkaaga si uu kuu weydiiyaan su'aalo qiimayn ah

i. Haddii loo maleeyo inaad qabto oo aad gaadiid haysato, waxa laguu tilmaami doonaa Meesha la isku baaro.
ii. U sheeg dhakhtarka haddii: Aadan haysan gaadiid khaas; AMA Aadan aqoon si aad u tagto goobta baaritaanka; AMA Ku sugantahay xaalad khatar ah (guri la'aan, guryaha ku meelgaarka ah (shelter), iwm), **si kaalmo laguugu helo**.

(2) Wixii kale ee arrin caafimaad ah, fadlan soo wac dhakhtarkaaga iyagaa kaa caawinaya in aad ballan u baahan tahay iyo in kale.

Haddii aad tahay bugtada **MERCY HOSPITAL**:

Si laguu baaro, waa inaad leedahay astaamo muuqda, kana mid tahay dad khaas ah (uur leh, daryeele caafimaad, gargaarka dagdagga ah, ku nooshahay guryo wadareed). Waxa iyagana baaritaanka mudnaan loo siinayaa dadka leh astaamo muuqda oo xaalado caafimaadna qaba, sida sonkorta iyo wadne xanuunka.

(1) Haddii aad isku aragto astaamaha COVID- 19, fadlan marka hore wac **(207) 553-6050**.

(2) Haddii aad leedahay astaamo sahlan, oo mudnaan u hesho baaritaanka, waxa adigoo jooga meel ka dheer lagugu baarayaa: Northern Light Mercy Hospital, Fore River: 175 Fore River Parkway Portland, ME 04102

(3) Haddii aad leedahay astaamo waaweyn ama/iyo aad leedahay xaalado caafimaad, waxad booqan doontaa xarumaha daryeelka bukaan-socodka adigoo telefoon ku ballansanaya **(207) 553-6050**.