School-Based Health Center PROGRAM

Syracuse Community Health Center, Inc.

Syracuse City School District

Dr. King Magnet School	315-435-4031
Dr. Weeks School	315-435-4030
Delaware Elementary School	315-435-4452
W.S.A. at Blodgett School	315-435-6431
Fowler High School	315-435-4410
H. W. Smith School	315-435-6266
Grant Middle School	315-435-4040
Franklin Magnet School	315-435-4102

http://www.schcny.com/sbhc

Gacaliye Waalidka/Masuulka

Adeegyada daryeelka caafimaadka koowaad ee dhammayska tiran waxaa si toos ah loogu siiyaa carruurtaada dugsiga.

Syracuse Community Health Center, Inc., iyo Syracuse City School District waxaybixiyaan caafimaadka, ilka iyo adeegyada caafimaadka maskaxda xaga dugsiga ilmahaaga iyagoo marinaya barnaamijka *Xarunta Caafimaadka Dugsiga Ku salaysan.*

Adeegyada daryeelka caafimaadka koowaad oo qaybo isku mida ah ayaa laga heli karaa oo waxaa ka mid ah adeegyada soo socda:

- Jidhka iyo baadhitaanada (ciyaaraha iyo imtixaanada shaqada ee warqadda).
- Tallaalada
- Adeegyada ilkaha, nadiifinta, dahaadhida, dahaadhida iliga, iyo raajooyinka.
- Caafimaadka maxkada
- Dawaynta jirada darran ee degdega ah ama dhaawacyada yaryar.

Inta ugu wada wanaagsan, adeegyada waxaa lagu bixin doonaa iyaddoonay jirin kharashyo ka baxsan jeebka oo adiga ah haddii adiga ama ilmahaagu aanu lahayd daboolida caymiska caafimaadka. *Ma jiraan baahida in la beddelo adeeg bixiyahaaga daryeelka koowaad oo laguguma ciqaabi doono SINABA inaad iska diiwaangelisaya barnaamijka Xarunta Caafimaadka Dugsiga Ku salaysan*.

Ilmaha caafimaadka qaba waxa uu muhiim u yahay waxbarashadda iyo koriinka. Waxaanu dadka gaadhsiinaynaa daryeelka caafimaadka sida ugu habboon ee suuragalka ah. Waxaanu si xoogan u rumaysanahay inaanu ilmana la kulmin dhibaatooyinka tacliinta sababtoo ah daryeel caafimaad la'aan awgeed.

Waxaanu dhiirigelinaynaa adigu inaad ka faa'iidaysato barnaamijkan daryeelka caafimaadka ee carururtaada. Haddii ilmahaagu hadda caymis ku jiro, ma jiraan kharash la wada bixinayo oo loo baahan yahay, waxaanu u biil u soo diri doonaa shirkadaada caymiska wixii adeegyo ah. Haddii ilmahaagu aanu caymis ku jirin, waxaanu kaa caawim doonaa go'aaminta u qalmidiisa/teeda ee Child Health Plus. Haddii aad caymis leedahay, waa muhiim inaad nasiiso macluumaadka caymiska ilmahaaga wakhtiga diiwaangelinta markaas waxaanu si habboon biilka ugu soo diri karnaa adeegyada lagu bixiyo barnaamijka.

Fadlan soo wac lambarka telefoonka sare ee dugsiga ilmahaaga si aad ula hadasho Kalkaalisada Xarunta Caafimaadka Dugsiga Ku salaysan ama booqo websaydka www.schcny.com/sbhc.

Ka hor inta aanu ilmahaagu ka qayb gelin, fadlan buuxi foomamka laga helo gudaha xidhamada lifaaqan oo ku soo celi iyaga dugsiga ilmahaaga. Waad ku mahadsantahay wakhtigaaga. Waxaanu rajaynaynaa inaan u adeegno baahiyaha daryeelka caafimaadka ilmagaaga.

Kii daacada kuu ahaa,

Mark Hall
Interim President & CEO
Syracuse Community Health Center

Kii daacada kuu ahaa,

Jaime Alicea
Superintendent of
Syracuse City School District

School-Based Health Center PROGRAM

Syracuse City School District

Magaca Dugsiga:_______________________________

Isticmaalka Xafiiska Keliya OSIS #: ____________________ Lambarka Diiwaanka Caafimaadka. ____________

MACLUUMAADKA ARDAYGA

Magaca Dambe ee Ardayga: ______________________

Magaca Koowaad ee Ardayga: ______________________

Xarafka Magaca dhexe ee Ardayga: ______________________

Taariikhda Dhalashada: ________/________/________
Bisha *Maalinta* *Sanadka*

Lambarka Sooshalka Ardayga: ______________________

Dugsiga Ardaygal: ______________________

Sinjiga: ❑ Lab ❑ Dhedig Fasalka ______________

Sinjiga/Isirka: ❑ Hisbaanik/Laatiino ❑ Madow ❑ Caddaan ❑ Hindida Maraykanka ❑ Aasiyaan/Dadka dega jasiirada Baasifiga ❑ Kale ______________

Luqadda La doorbidayo: ______________________
Ilmahaaga dhibaato ma ka haysataa Ingiriisiga? ❑ Haa ❑ Maya

Cinwaanka Ardayga: ______________________

Dabaqa:#_______ ______________ ______________ ______________
Magaalada *Gobolka* *Lambarka Sibka*

MACLUUMAADKA WAALIDKA/MASUULKA

Magaca Hooyada:

U dambeeya ______________ **Kowaad:** ______________
TAARIIKHDA DHALASHADA: ______

Magaca Aabbaha

U dambeeya ______________ **Kowaad:** ______________
TAARIIKHDA DHALASHADA: ______

Magaca masuulka sharciga, Haddii Ay habboon tahay
U dambeeya ______________ **Kowaad:** ______________
TAARIIKHDA DHALASHADA: ______
Xidhiidhka masuulka sharciga ah ee ardayga
❑ **Awowga/ayayda** ❑ **Eddo Adeer** ❑ **Kale:** __________

Macluumaadka Xidhiidhka ee waalidka ama masuulka
Telefoonka Guriga: ______________
Telefoonka Shaqada: ______________
Moobilka gacanta: ______________
Iimayl: ______________

Xidhiidhka Gurmadka Dheeraadka ah
Magaca: ______________________
Qaraabo ahaan waxa loo yahay ardayga: ______________
Telefoonka Guriga: ______________
Telefoonka Shaqada: ______________
Moobilka gacanta: ______________

MACLUUMAADKA CAYMISKA

Ilmahaagu ma leeyahay Medicaid?

❑ Maya ❑ Haa: Aqoonsiga Medicaid #______________________

Ilmahaagu ma leeyahay Child Health Plus?
❑ Maya ❑ Haa: Aqoonsiga CHP#______________________

Kee ah Medicaid/Child Health Plus Plan?
❑ Qorshaha Bulshadda UHC ❑ Fidelis ❑ Molina ❑ Kale____________
Ardaygu ma leeyahay daboolida caymiska caafimaadka dhexda loo shaqeeyaha ama nooc kale oo caymiska ah?
❑ Maya ❑ Haa Qorshaha Caafimaadka: ______________
Aqoonsiga Xubinta/Lambarka Xeerka ______________
Lambarka Telefoonka Qorshaha Caafimaadka: ______________

Ilamahaagu ma leeyahayCaymiska Ilkaha?
❑ **Maya** ❑ **Haa,** Qorshaha Ilakaha: ______________
Aqoonsiga Xubinta/Lambarka Xeerka ______________
Lambarka Telefoonka Qorshaha Caafimaadka: ______________
Ma jeclaan lahayd inuu kula soo xidhiidho wakiilka ururka bulshadda ama Gobolka NY ansixiyay ee qorshaha caymiska caafimaadkaja dakhliga hoose?
❑ Haa ❑ Maya

MACLUUMAADKA ADEEG BIXIYAHA

Miyuu ardaygu leeyahay dhakhtar caadi ah? ❑ Maya ❑ Haa:
Magaca: ______________________
Telefoonka: ______________________
Cinwaanka: ______________________

Ardaygu ma leeyahay dhakhtar caadi ah? ❑ Maya ❑ Haa:
Magaca: ______________________
Telefoonka: ______________________
Cinwaanka: ______________________

Fadlan sheeg farmasiiga kugu habboon, si koronto ahaan loogu gudbiyo dawo qorid kasta oo loo baahdo ilaa farsamiiga,

Magaca Farmasiiga: ______________________
Cinwaanka Farmasiiga: ______________________
Telefoonka Farmasiiga. ______________________

BOGOSKA 1. OGGOLAANSHAHA WAALIDKA EE ADEEGYADA XARUNTA CAAFIMAADKA DUGSIGA KU SALAYSAN

Fadlan saxeex bogoska 1, 2, 3 si loo dhammaystiro diiwaangelinta

Waan akhriyay oo fahmay adeegyada lagu bixiyaya Xarumaha Caafimaadka Dugsiga Ku salaysan oo saxeexaygu waxa uu oggolaansho siinayaa ilmahayga inuu helo adeegyada lagu bixiyo SCHC Xarunta Caafimaadka Dugsiga Ku salaysan. **FIIRO GAAR AH:** Sharci ahaan, oggolaanshaha waalidka loogama baahna dhaqanka baadhitaanada loo xilsaaray, codsiga daawaynta gargaarka degdega ah, daryeelka dhalashada ka hor, adeegyad ala xidhiidha dhaqanka galmada iyo ka hortagga uurka, iyo siinta adeegyada halka caafimaadka ardaygu u muuqdo in khatar uu galay.
Oggolaanshaha waalidka loogama baahna ardayda 18 sano jir ah ama ka wayn ama ardaydaya ah waalid ama sharci ahaan xor ah. Saxeexaygu waxa uu sheegayaa inaan helay nuqulka Ogaysiiska Dhaqamada Gaar ahaanshaha.

X ______________________ ______________ ______________
Saxeexa Waalidka/Masuulka (ama ardayga haddii18 sano jir ama ka wayn yahay ama haddii kale sharcigu u oggolaado) **Daabac** **Taariikhda**

BOGOSKA 2. OGGOLAANSHAHA WAALIDKA WAAFAQSAN EE HIPPAA EE SHAACINTA MACLUUMAADKA CAAFIMAADKA

Waan akhriyay oo fahmay shaacinta macluumaadka caafimaadka ee bogga 2 ee foomkan. Saxeexayga waxa uu sheegayaa oggolaanshahayga in la shaaciyo macluumaadka caafimaadka sida la caddeeyay.

X ______________________________ ______________________________ ______________

Saxeexa Waalidka/masuulka **DAABAC MAGACA WAALIDKA/MASUULKA** **Taariikhda**

(ama ardayga haddii uu yahay 18 sano ama ka wayn yahay ama haddii hale oo uu sharcigu u ogglaado)

BOGOSKA 3: DOORASHADA OGGOLAANSHAHA CAAFIMAADKA E CONNECTIONS

Doorashadayda Oggolaanshaha. HAL bogos i ayaala saxayaa bidixda oo doorashadayda ah. Waan buuxin karaa foomkan hadda ama mustaqbalka. Sidoo kale waan beddeli karaa wakhti kasta.

- ☐ WAXAAN SIIYAY OGGOLAANSHAHA SCHC si ay u hesho DHAMMAAN macluumaadkayga caafimaadka korontada ah dhexda CaafimaadkaeConnections si loo bixiyo adeegyada dryeelka caafimaadka.
- ☐ WAXAAN DIIDAY OGGOLAANSHAHA LAGA REEBO GURMADKA CAAFIMAADKA EE SCHC si ay u hesho macluumaadkayga caafimaadka korontada ah dhexda CaafimaadkaeConnections.
- ☐ WAXAAN DIIDAY OGGOLAANSNAHA SCHC inay hesho macluumaadkayga caafimaadka dhexda CaafimaadkaeConnections ujeedo kasta, *xataa gurmadka caafimaadka.*

X ______________________________ ______________________________ ______________

Saxeexa Waalidka/masuulka **DAABAC MAGACA WAALIDKA/MASUULKA** **Taariikhda**

OGGOLAANSHAHA ADEEGYADA XARUNTA CAAFIMAADKA DUGSIGA KU SALAYSAN

Waxaan siinayaa oggolaanshahayga ilmahayga si loo helo adeegyada caafimaadka/ilkaha/maskaxda daryeelka caafimaadka ee shaqaalaha ee SCHC barnaamijka Xarunta Caafimaadka dugsiga ku salaysan, ay ku jirto.

- Dhammaystir baadhitaanada jidhka (jidh baadhida loo xilsaaray jidh dhisnaanta, jidh dhisnaanta ciyaaraha, warqadda shaqada)
- Gargaarka degdega ah iyo qiimaynta jirrada darran, dawo qorida marka ay lama huraanka tahay.
- Baadhitaanada shaybaadhka markay lama huraank atahay in la baadho jirrada iyo caabuqa.
- Maqalka, araga, qalooca laf dhabarta iyo baadhitaanada cadaadiska dhiiga
- Tallaalada iyo mudditaanada xasaasiyada (amarka uu bixiyo khabiirka xasaasiyadu)
- Baadhitaanka ilkaha, daawaynta faloraydhka, Daawaynta cudurka (nadiifinta), dahaadhida ilkaha, raajooyinka, waxbarashadda iyo la talinta.
- Dhibaatooyinka Daryeelka Maqaarka
- La talinta Caafimaadka maskaxda
- waxbarashadda caafimaadka, nafaqada iyo la talinta miisaanka
- La talinta dugsiga iyo dhibaatooyinka gaarka ah
- U gudbinta wakaalada dibada (dhakhtarada takhasuska, la taliyayaash, iwm) ee adeegyada aan lagu bixin Xarunta Caafimaadka Dugsiga Ku salaysan.

Adeegyada dheeraadka ah ee la siiyo kurayda waxaa ka mid ah:

- La talinta ka hortagga Isticmaalka khamrada iyo maandooriyaha , la talinta qoyska.
- La talinta ku saabsan baaluqida, cadaadiska filka, wada xidhiidhka iyo go'aan gaadhida masuulinimada ah (sida waafaqsan xeerarka).
- Doorashooyinka la talinta ka hortagga uurka, ay ka mid yihiin ka xayirida iyo ka hortagga uurka, marka ay lama huraan tahay ama ay codsadaan waalidka ama masuulka.

Waxaan oggolaanayaa shaacinta macluumaadka caafimaadka/ilkaha/maskaxda ee caafimaad una shaaciyo shirkadayda caymiska la ii qoondeeyay wixii sheegasho kasta ah, iyou sheego in lacag bixinta caymis kasta loo diro Syracuse Community Health Center, Inc.

Haddii Adeeg bixiyaha Daryeelka Koowaad (PCP) ee ilmahayga/Dhakhtarka ilkaha aanay ku xidhnayn SCHC, waxaan oggolaanayaa shaacinta macluumaadka caafimaad ilaa iyo PCP ilmahayga iyo daryeelada caafimaadka gaar ahaanshaha iyaddoo haddii kale la caddeeyo mooyaane. Macluumaadka caafimaadka waxaa lala wadaagi karaa kalkaalisada Syracuse City School District iyo shaqaalaha la xidhiidha halka ay lama huraanka tahay oo waafaqsan baahida la muujiyay si loo wadaago macluumaadka sida uu oggolaado Sharciga Gobolka New York.

Waxaan fahmay in dedaal kasta la samayn doono si la iila soo xidhiidho kahor daawayn kasta oo u baahan oggolaanshaha waalidka sida waafaqsan Sharciga Gobolka New York. Sharciga Gobolka New York uma baahna oggolaanshaha waalidka ee daawaynta ama talada ku saabsan khamrada/isticmaalka maandooriyaha, la talinta caafimaadka maskaxda, uurka ama ka hortagga uurka. Shaqaalaha SCHC barnaamijyada Xarunta Caafimaadka Dugsiga Ku salaysan waxay uga fekeraan ku lug lahaanshaha waalidka mid aad u muhiim ah. Si waafaqsan, shaqaalaha waxay ku dhiiri gelin doonaan arday kasta inuu kala qayb qaato waalidkeed ama kiisa ama masuulada dhammaan la talinta iyo go'aamada caafimaadka/ilkaha ilkaha.

School-Based Health Center PROGRAM

Magaca Dugsiga:___________________________

OGGOLAANSHAHA WAALIDKA WAAFAQSAN EE HIPPAA EE SHAACINTA MACLUUMAADKA CAAFIMAADKA

Saxeexida Foomkan Oggolaanshaha, waxaad nasiisay oggolaanshaha inaan isticmaalno oo shaacino macluumaadka caafimaadka ilaashan ee ku sabasan adiga/ilmahaaga ee daawaynta, lacag bixinta, iyo hawlgalada daryeelka caafimaadka laga reebo xayiraad kasta oo hoo slagu caddeeyay taas oo aanu aqbalnayn. *Macluumaadka caafimaadka ilaashan* waa macluumaad shakhsi ahaan loo aqoonsan karo aanu samayno ama helno, macluumaadka qofka ku saabsan, ee la xidhiidha jidhka/ilkaha/ama caafimaadka maskaxda, siinta adiga lagu siiyo adeegyada caafimaadka, iyo soo ururinta lacagta ee bixinta adeegyada caafimaadka/ilkaha/la talinta la siiyo adiga/ilmahaaga.

Ogaysiiskayaga Dhaqanada Gaar ahaanshaha waxay bixisaa macluumaad ku saabsan sida aanu u isticmaalno oo u shaacino macluumaadka ilaashan ee caafimaad ee adiga/ilmahaaga kugu saabsan. Waxaad leedahay xaqa aad ku hesho nuqul ka hor inta aanad saxeexin Foomkan ogolaanshaha. Saxeexida foomkan oggolaanshaha, waxaad qiraysaa inaad heshay/lagu ogaysiiyay *Ogaysiiskayaga Dhaqamada Gaar ahaanshaha.*

Waxaad leedahay xaqa aad ku codsato inaanu xayirno sida macluumaadka caafimaadka ilaashayn ee adiga/ilmahaaga kugu saabsan loo isticmaalo ama loo shaaciyo daawaynta, lacag bixinta, ama hawl galada daryeelka caafimaadka. *Naloogama baahna inaanu aqbalno xayiraado kasta, laakiin waaanu samaynaa, waxaanu u hogaansanaa heshiiskayaga.* Haddii aad rabto inaad samayso xayiraado, fadlan codso nuqul Foomkayaga ah si ad U codsato Xayiraad.

Haddii aanad saxeexin foomkan oggolaanshaha, waxaanu haysanaa xaqa aanu ku diidno daawayntaada iyaddoo xirfad yaqaanka daryeelka caafimaadka ruqsada haysta uu go’aamiyay in adiga/ilmahaaga aad u baahan tihiin daryeelka gurmadka ah mooyaane ama sharcigu nooga baahan yahay inaan dawayno adiga/ilmahaaga. Waxaa nalooga baahan yahay inaan qorno duruuf kasta taas aanaan heli oggolaanshahaaga, weli waxaanu fulinaa daawaynta. Waxaanu ku siin doonaa nuqul caddaymahan ah haddii aad go’aan ku gaadho inaadan saxeexin Foomkan Oggolaanshaha.

Waxaad leedahay xaqa aad kaga noqonto oggolaanshahan, qoraal ahaan laga reebo halka aanu hadda ka hor ku samaynay shaacinta ee la xidhiidha oggolaanshahaagii hore. Waxaad codsan kartaa inaad isticmaasho Oggolaanshaha Shaacinta ee Foomka Macluumaadka ee ujeedooyinka codsashada dib uga laabashadaada, ama waxaad si fudud noogu soo diri kartaa warqad qoraal ahaan.

Waxaan fahmay in sawirada, cajaladaha fiidyowyada, dhijitaalka, ama sawirada kale lagu diiwaangelin doonto dhokumentiga ilmahayga daryeelkiisa, oo waan oggolaanayaa tan. Sawirada i aqoonsada aniga waa la shaacin doona iyo/ama waxaa lagu isticmaali doonaa dibada hay’ada keliya oggolaanshaha qoran marka la iga helo aniga ama wakiilkayga sharciga ah.

MACLUUMAADKA OGGOLAANSHAHA E CONNECTIONS

Waxaan codsanayaa macluumaadka caafimaadka ku saabsan daryeelkauga iyo daawaynta in la helo sida hore loogu sheegay foomkan. Waan dooran karaa inaan oggolaado ama aanan oggolaan **Syracuse Community Health Center** si loo helo diiwaanadayda caafimaadka dhexda ururka macluumaadka caafimaadka la is waydaarsado oo loogu yeedho CaafimaadkaeConnections. Haddii aan bixiyo oggolaansho, diiwaanadayda caafimaadka ee ka yimid meelaha kala duwan halka aan ka helo daryeelka caafimaadka waa la heli karaa iyagoo isticmaalaya shabakada kombuyuutarka gobolka oo dhan CaafimaadkaeConnections maaha urur macaash doon ah oo ku wadaaga macluumaadka dadka ku saabsan caafimaadkooda koronto ahaan oo waxa uu buuxiyaa heerarka gaar ahaanshaha iyo amniga ee HIPAA iyo sharciga Gobolka New York. Si wax badan loo ogaado iyo faahfaahinta buuxda ee foomka oggolaanshaha, booqo http://healtheconnections.org/who-we-serve/patients/ ama ka codso foomka Kalkaalisada caafimaadka dugsigaaga. Macluumaadkayga waxaa la heli karaa dhacdada gurmadka, iyaddoo aan buuxiyo foomkan oo saxo bogoska #3 mooyaane, kaas oo sheegaya inaan diidayo oggolaanshaha *xataa* gurmadka caafimaadka.
Doorashada aan samaynayaa MA saamayn doonto kartidayda aan ku helo daryeelka caafimaadka. Doorashadan aan ku sameeyo foonkan UMA oggolaato caymiyayaasha caafimaadka inay helaan macluumaadkayga wixii ah ujeedada go’aan ka gaadhida haddii ay isiinayaan daboolida caymiska ama bixinayaan biilashayda caafimaadka,.

TAARIIKHDA CAAFIMAADKA AASAASIGA AH

MAGACA ILMAHA ______ **TAARIIKHDA DHALASHADA (mm/dd/yyyy)** ______ **FASALKA** ______ **DUGSIGA** ______

Gacaliye Waalidka/Masuulka Caafimaadka ilmahaagu anaga waa noo muhiim. Si qaab wanaagsan loogu fahmo baahiyaha daryeelka caafimaadka ilmahaaga ee daryeelka joogtada ah iyo xaalada gurmadka, fadlan ka jawaab su'aalaha soo socda.

Xasaasiyadaha:	Maya	Haa
Ilmahaagu xasaasiyad ma ku leeyay wax daawooyin ah? **Haddii haa, fadlan caddee:**		
Ilmahaagu xasaasiyad ma ku leeyay wax dcuntooyin ah? **Haddii haa, fadlan caddee:**		
Haddii haa, ilmahu ma haystaa Epi-pen?		
Ilmahaaga ma gaadhay wax dhibaatgooyin halis ah ama raaga oo caafimaakda ah?	**Maya**	**Haa**
Xiiqda		
Cudurka dhibta Dareenka ah		
Walbahaarka ama Werwerka *(goobaab hal ama labba, haddii haa)*		
Taariikhda Guuxa Wadnaha		
Cudurka suuxdinta		
Dhiig la'aanta lakala dhaxdlo		
Kale:		
Ilmahaagu ma u qaataa si caadi ah wax daawooyin ah? **Haddii haa, fadlan caddee magac(yada) iyo Qadarka dawada(ooyinka).**		
Weligaa ilmahaaga cusbitaal ma la dhigay ama ma galay qaliin? **Haddii haa, maxayna?**		
Ilmahaag weligii ma ku dhacday habla baastu? **Haddii Haa, Da'da ________ Sanadaha. ________**		

Waaxda Caafimaadka NYS waxay nooga baahan tahay inaan waydiido su'aalaha soo socda ee ku sabasan khatarta qaaxada iyo khatarta ku sakhraamida sunta kibriidka.	Maya	Haa
Ilmahaag weligii ma ku dhacday qaaxo ama baadhitaanka maqaarka wanaagsan ee qaaxada ma qaatay? **Haddii Haa, Da'da __________ Sanadaha.**		
Ilmahaaga weligii miyay gaadhay cid qabta cudurka qaaxo (TB)? **Haddii Haa, Goorma? __________ Kuma? _______________**		
Ilmahaagu ma ka ag dhawaa ama mala noolaa qof qaba ama qaatay baadhitaanka Qaaxada TB maqaarka? **Haddii Haa, Goorma? ____________ Kuma? _____________**		
Miyuu ilmahaagu ku noolaa Maraykanka wax ka yar 5 sanadood? **Haddii Haa: Halkee?** __________		
Miyuu ilmahaagu u safarya meel dibada ka ah Maraykanka wax ka badan bil? Haddii Haa, Da'da ______ Halkee? _________		
Ilmahaagu miyuu u safray, ama isticmaalay alaabta (dheeh alaabta weelka dhoobada ah, dawo dhaqmeed, kosmeetiga la isku qurxiyo, cuntooyin ama xawaashyo) laga keenay Hayti, Meksiko, Baakistaan, Jamhuuriyada Domenika, ama Bangaladhesh?		

Miyaa cid xubin ka qoyska, nool ama dhintay ay qabeen wax dhibaatooyinka soo socda ah? Sax dhammaan inta ku habboon.	Hooyada	Aabbaha	Walaalaha	Awowga iyo ayayda
Xiiqda				
Cudurka sonkorta ee hormoonka isuulintu maqantahay				
Wadna xanuun ama faaliga ka horeeya da\da 45				
Kolostarool aad u sareeya				
Qiijinta sigaarka buuriga/sigaarka wayn				
Kale:				

Qofkee ayuu ilmahu la noolyahay badanka wakhtiga? Goobaab dhammaan inta ku habboon:				
Labbada waalid	Hooyada oo keliya	Aabbaha oo keliya	Aayadda	Adeerka hooya qaba
Awowga ama ayeyda/Qof wayn oo Kale oo Qaraabo	Walaalada iyo Habalaha walaalaha ah Da'aha _____	Carruurta kale Da'aha _____	Waalidka korinta	Masuulka Kale
Sanadkii la soo dhaafay, miyay jireen wax isbeddelo ah gudaha qoyskaaga? Goobaab dhammaan inta ku habboon:				
Guurka	Kala maqnaanshaha	Furiinka	Shaqo waayoda	U guurida xaafad cusub
Dugsiga cusub	Dhalashooyinka	Jirrada Khatarta ah	Dhimashooyinka	Kale

Fadlan isticmaal meelaha banaan ee hoose si aad noogu sheegto walaacyo kasta oo aad ka qabto ilmahaaga.

Had iyo jeer waanu kugu wargelin doontaa haddii ilmahaagu uu aad u jirran yahay oo u baahan yahay inuu ka tago dugsiga ama inuu raadsado daryeel degdeg ah. *Fadlan had iyo jeer nagu wargeli haddii macluumaadkaaga xidhiidhku weligi is beddelo. Aad ayaanu ugu dedaali doonaa si aanu kuugu wargelino, miduun wicitaan ama u soo dirid warqad ilaa guriga adiga laguugu soo dhiibo ilmahaaga.*

______ *Taariikhda Maanta (mm/dd/yy)* ______ *Magaca* ______ *Saxeexa* ______ *Xidhiidhka lala leeyahay ilmaha*

(Sax haddii ilmahu ku jiro daryeelka korinta □)