

- Ku dadaal in aad ogaato dhibaataada ku haysa iyo siyaabaha loo dawayn karo.
- Runta ka sheeg xanuunkaaga, si xog-agaalnimo ahna ugu waran dhakhtarka.
- Dawoyinka iyo dabiibka lagu siiyo si toos ah u qaado
- Warayso dhakhtarkaaga waxyaaba dabiibkani u kuu keeni karo ee dhibaato iyo faa'iidaba leh
- Diwaan geli dhakhtarkaaga wixii isbedel ah ee dabiibku kugu soo kordhiyo
- Ilaali balamaha lagu qabto. Hadii aanad imaan karin balantaada, soo wargeli dhakhtarkaaga
- Jeebkaaga in aad ka bixisid wixii dheeraad kuu raaca (inta laaga bixiyo mooyaane inta kale adiga ayaa mas'uul ka ah).

Hadii aad u baahatid faahfaahin dheeraad ah ee ku saabsan xuquuqda iyo mas'uuliyada qofka jiran, fadlan ka eega Internet-ka:

Department of Labor

www.dol.gov

Agency for Healthcare Research and Quality

www.ahrq.gov

American Hospital Association

www.hospitalconnect.com

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Akhbaarta ku qoran dhambaalkan waxaa laga soo xigtay qoraalo ay qoreen hay'adaha:

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**Xuquuqda iyo Mas'uuliyada
uu Leeyahay Qofka Jirran**
(Somali)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

HEALTHY LIVING: XUQUUQDA IYO MAS'UULIYADA UU LEEYAHAY QOFKA JIRAN

WAXYAABA AAD XAQ U LEEDAHAY:

- Caafimaad heer sare ah iyada oo aan lagugu diidayn middabkaaga, da'daada, diintaada, dhadig, lab, dhalasho iyo la dhaqankaaga ragga ama dumarka;
- In aad hesho daryeel ku salaysan xishmada fikradaada, dhaqankaaga iyo iimaankaaga oo intuba waxay ku qaybleeyihiin sida aad u aragto xanuunkaaga;
- In aad hesho daryeel ku salaysan ixtiraam iyo xishmad;
- In lagula socodsiiyo kuli wixii war ku saabsan cafimaadkaaga (siiba waxa khusaynaya cusbitaalka, dhakhtarka iyo daawoyinkaaga;
- In akhbaartaada oo dhan laguugu sheego luuqad aad fahmayso;
- Hadii aad u baahato, in aad hesho daryeel deg-dega (in kastoo aad adigu kamuul tahay kharashka lasocda daryeelka deg-dega ah)
- In aad ra'igaaga dhiibankarto oo aad sheegankarto waxyaabaha aad dhibanayso lagaana jaahil jaahil-bixiyo waxyaabaha aanad fahmayn;
- In akhbaartaada caafimaadka ay sir kuu ahaato oo aan cidna lala wadaagi karin;
- In aad helikarto, arki karto iyo akhriyi karto akhbaartaada caafimaad mar walba ood u baahato;
- In aad ka saari karto oo aad sixi karto akhbaartaada hadii aad ku aragto wax khalad ah;
- In aad waydiin karto su'aalaha aad qabto dhakhtarkaaga ama kalkaalayah caafimaadka ee kula shaqaynaya;
- In lagu macneeyo cudurkaaga, dawadaada iyo daryeelkaaga si aad u fahantid waxa lagu qabanayo oo dhan;
- In aad doorankarto nooca lagu dawaynayo iyo in aad ka qaybqaadan karto go'amada dabiibka lagu siinayo.



MAS'UULIYADA SAARAN QOFKA JIRAN

- U sheeg dhibaatooyinkaaga oo dhan dhakhtarkaaga ama kalkaaliyahaaga.