

ARAGGA IYO WAXBARASHADA GARO XIDHIIDHKA

CARRUUR BADAN, XITAA CARRUURTA YARYAR,
WAXAY LEEYIHIIN DHIBAATOYIN XAGGA ARAGGA.

Sidee baan ku ogaanayaa haddii ilmahaygu uu dhibaato ku qabo aragga?



MARKEY GALAAN KINDERGARTEN, iyo kadib sanadkiiba, ilmahaagu wuxuu yeelan doonaan BAADHITAAN INDHAHA OO DUGSIGA AMA XAFIISKA DHAKHTARKOODA AH.

HADDII ILMAHAAGU KU DHACO BAADHITAANKAN INDHAHA HA DIB DHIGIN. Ilmahaaga ugee dhakhtarka indhaha isla markiiba si loo sameeyo baaritaan buuxa oo indhaha oo dhan.



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Haddii ilmahaygu ku dhaco baaritaanka aragtida, iyo/ama aan u maleynayo inay dhib ku qabaan aragtida, maxaan sameeyaa?

Samee ballan dhakhtarka indhaha maanta. Ha sugin. Haddii ilmahaagu qabo dhibaataada aragtida, wax iska tagi doono ma aha. Dhibaato aragti waxay u keenaysaa iney ku adkaan karto ilmahaaga inuu barto akhriska, shaqo dugsi, ama uu ku raaxaysto cayaar, isboorti iyo waxqabadyo kale.

Ma haysto dhakhtarka indhaha, yaan wacaa?

- Weydii kalkaaliyaha caafimaadka ee iskuulka, dhakhtarka carruurta, ama rugta caafimaadka ee deegaankaaga magaca dhakhtarka indhaha ee caruurta yaryar oo aqbala caymiska caafimaadka ee ilmahaaga.
- Booqo diiwaanka dhakhaatiirta indhaha:
<https://www.maoptometry.org/find-a-doctor.html>
<http://mseps.org/referral-directory-by-area-2/>
- Massachusetts dhakhaatiirta indhaha oo qaata Maskaxda iyo daaweynta carruurta 5 sano jir ka yar:
<https://childrensvision.preventblindness.org/cvma-resources>

Caymiska caafimaadka ilmahaygu ma bixindoonaa kharashka baadhitaanka indhaha iyo muraayadaha indhaha ee ilmahayga?

Qaar badan oo ka mid ah qorshayaasha caymiska caafimaadka ee **MASSHEALTH** wuxuu bixin doonaa baaritaanka indhaha iyo muraayada indhaha, bedelka muraayadaha indhaha haddii ilmahaagu jebiyo ama lumiyo. Qorshayaal caymis oo gaar ah ayaa bixin doona daryeelka indhaha ee carruurta.

Maxaan sameeyaa haddii qorshaha caymiska ilmahaygu aanu bixineynin baaritaanka indhaha iyo / ama muraayadda indhaha?

La xiriir Priscilla Kelangi, Kahortaga Indhola'aanta Deegaanka Waqooyibari pkelangi@preventblindness.org

Halkeen ka heli karaa macluumaad dheerada oo ku saabsan aragtida carruurta?

www.childrensvisionmassachusetts.org
www.preventblindness.org



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