

# ARAGGA IYO WAXBARASHADA XIDHIIDHKA KA DHEXEeya

CARUUR BADAN, XATAA CARUUR YARYAR, AYAA  
YEESHA DHIBAATOoyIN XAGGA ARAGGA AH.

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



Markay Galaan Dugsiga Barbaarinta Caruurta, iyo kadib sannadkiiba, Ilamahaaga waxa lagu samaynaa baadhitaan xagga indhaha ah oo uu iskuulkiisu samaynayo ama Xafiiska Dhakhtarka Caruurta.

**Badhitaanka Indha, Ha Dib Dhigin. Ilmahaaga ugee dhakhtarka indhaha isla markiiba si loo sameeyo baaritaan buuxa oo indhaha oo dhan.**



Children's Vision  
Massachusetts

Open Eyes. Open Doors.

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

**Ballan la samee dhakhtarka indhaha isla maanta.** Haddii ilmahaagu dhibaato ku qabo aragtida, ma aha mid iska tegaysa. Haddii aan Ilmahaaga laga dawayn dhibaataada araga, waxa Ilmahaaga ku adkaanaysa wax akhriska, laysliska dugsiga, ama inuu ku raaxaysto ciyaaraha iyo waxqabadyada 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 aqbalaya 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 jebiyoo 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 Paulette Tattersall, Kahortaga Indhola'aanta Deegaanka Waqooyibari [ptattersall@preventblindness.org](mailto:ptattersall@preventblindness.org)

## Halkeen ka heli karaa macluumaad Dheerada oo ku saabsan aragtida carruurta?

[www.childrensvisionmassachusetts.org](http://www.childrensvisionmassachusetts.org)  
[www.preventblindness.org](http://www.preventblindness.org)