

Tallaabada 4

Dadka Kale U Sheeg Rabitaanadaada Caafimaad

Tani waxay kaa caawin doontaa inaad hesho daryeelka caafimaad ee aad rabto.



Sida loo sheegto:

Ku socota go'aan gaarahaaga iyo kooxdaada daryeelka caafimaadka:

"Tani waa waxa ugu muhiimsan noloshayda iyo daryeelkayga caafimaad..."

Ku socota kooxdaada daryeelka caafimaadka iyo qoyskaaga iyo asxaabtaada:

"Waxaan doortay qofkan inuu noqdo go'aan gaarahayga, waxaan rabaa inaan siiyo dabacsanaan (BUUXDA, ILAA XAD AH, ama LA'AAN) si uu qofkaan iigu gaaro go'aano."

Kooxdaada daryeelka caafimaadka ayaa kaa caawin kara inaad rabitaanadaada caafimaad ku qorto foomka dardaranka hordhaca ah.

Tallaabada 5

Su'aalo Weydii Kooxda Daryeelka Caafimaadka

- Si hordhac ah u qor su'aalo.
- Qof hore u soo kaxayso.
- U sheeg daryeel bixiyeyaasha caafimaadka bilowga booqashada haddii aad su'aalo qabto.



Sida loo sheegto:

Kooxda daryeelka caafimaadka wax ka waydii:

- **Faa'iidooyinka** - waxyaabaha wanaagsan ee dhici kara
- **Khatarta** - waxyaabaha xun ee dhici kara
- Xulashooyinka noocyada kala duwan ee daawaynta
- **Tan ugu muhiimsan:** "Sidee ayay nolosheydu noqon doontaa daawaynta ka dib? Wax miyay ka tari doontaa tayada noloshayda?"

Xaqiiji inaad fahantay:

Waxa aan maqlayo inaad ii sheegayso waa... "Ma sax baa?"

Booqo **PREPAREforYourCare.org** si aad u hesho dardaraan hordhac ah oo si fudud loo akhrin karo. Foomamkani waxay kuu oggolaanayaan inaad ku qorto rabitaanadaada qoraal ahaan.



Barnaamij kaa caawinaya inaad go'aannada caafimaad u gaarto naftaada iyo dadka kaleba



Tallaabada 1

Dooro Go'aan Gaare Caafimaad

Tallaabada 2

Go'aanso Waxa Kuugu Muhiimsan Noloshu

Tallaabada 3

Dooro Dabacsanaanta Go'aanka Qofka Go'aamada Kuu Gaaraya

Tallaabada 4

Dadka Kale U Sheeg Rabitaanadaada Caafimaad

Tallaabada 5

Su'aalo Weydii Kooxda Daryeelka Caafimaadka

www.PREPAREforYourCare.org

Copyright © The Regents of the University of California, since 2013. All rights reserved.

Copyright © The Regents of the University of California, since 2013. All rights reserved.

PREPARE materials can be used freely by individuals for personal use who agree to the Terms of Use. It is OK to print materials directly from the PREPARE website for individual use. Please ONLY download and use materials directly from the PREPARE website as we update materials often based on state law and other changes. It is OK to provide the "PREPAREforYourCare.org" URL in written or web-based materials. However, a license is required to use the URL or any materials in mass distribution (e.g., to send the URL via electronic health record, email, or SMS text message).

All other uses of PREPARE materials require a license, including to (i) post or distribute PREPARE PDFs or any other PREPARE materials on other parties' websites or other platforms; (ii) include PREPARE materials within other parties' print or electronic materials; (iii) modify (e.g., cobrand, white label, or change any text of) any PREPARE materials; (iv) use PREPARE materials in research, quality improvement initiatives, or for data reporting purposes; or (v) use or reproduce PREPARE materials for commercial purposes.

To learn more about the Terms of Use, go to PREPAREforYourCare.org

Somali

Tallaabada 1

Dooro Go'aan Gaare Caafimaad

Dooro qof aad ku kalsoon tahay inuu kaa caawiyo go'aannadaada haddii ay dhacdo inaad aad u xanuunsato oo aadan gaari karin go'aan.

Go'aan gaare wanaagsan wuxuu:

- dhakhaatiirta waydiin doonaa su'aalo
- ixtiraami doonaa rabitaanadaada

Haddii aysan jirin qof aad hadda dooran karto, sameey Tallaabooyinka 2, 4, iyo 5.

Sida loo sheegto:

"Haddii aan mustaqbalka xanuunsado oo aanan awoodin inaan gaaro go'aannadayda, ma la shaqaynaysaa dhakhaatiirtayda oo ma iga caawinaysaa inaad ii gaarto go'aanada caafimaad?"

AMA

"Ma doonayo in aan go'aannadayda caafimaad aan aniga gaaro. Ma la hadli lahayd dhakhaatiirta oo ma iga caawin lahayd inaad ii gaarto go'aanno caafimaad hadda iyo mustaqbalkaba?"



Tallaabada 2

Go'aanso Waxa Kuugu Muhiimsan Noloshu

Tani waxay kaa caawin kartaa inaad go'aansato daryeelka caafimaad ee adiga kugu habboon

Shan su'aalood ayaa kaa caawin kara inaad go'aansato waxa muhiimka u ah daryeelkaaga caafimaad

1. **Maxaa ugu muhiimsan nolosha?**
Saaxiibo? Qoyska? Diinta?
2. **Waa maxay waayo-aragnimada aad kala kulantay cudurro halis ah ama dhimasho?**
3. **Maxaa ku keena nolal tayo leh?** Tayada noloshu way u kala duwan tahay qof walba. Dadka qaarkiiis waxay diyaar u yihiin inay dhib badan ku noolaadaan si ay helaan fursad ay ku noolaadaan waqti dheer. Qaar kalana waxay ogyihiin in waxyaalaha qaarkood ay adkaan doonaan tayada noloshooda.
4. **Haddii si aad ah aad u xanuunsanayso, maxaa kuugu muhiimsan:**

Inaad noolaato wakhti dheer ilaa inta suurtoogalka ah xitaa haddii aad u malaynayso inaad helayso nolol tayadeeda liidata?

Ama, inaad isku daydo inaad marto daawayn ilaa in muddo ah, laakiin inaad iska joojiso haddii aad ku rafaado?

Mise, inaad diirada saarto tayada iyo raaxada nolosha, xitaa haddii cimriga noloshaadu gaaban yahay?

5. Ma baddashay maskaxdaada/go'aankaaga ku aadan waxa ugu muhiimsan noloshaada wakhti ka dib?

Tallaabada 3

Dooro Dabacsanaanta Go'aanka Qofka Go'aamada Kuu Gaaraya

Dabacsanaantu waxay u oggolaanaysaa go'aan gaarahaaga inuu beddelo go'aamadii hore aad ugu soo heshiiseen haddii dhakhaatiirta ay u maleeyaan in ay jiraan waxyaabo kale oo kuu fiican yihiin wakhtigaas.

Sida loo sheegto:

Dabacsanaan Buuxda:

"Waxaan ku kalsoonahay inaad la shaqeynayso dhakhaatiirtayda. Waana caadi haddii ay dhacdo inaad bedesho go'aamadii aan hore ugu soo heshiinay haddii ay jiraan waxyaabo aniga ii fiican wakhtigaas."



Dabacsanaan Ilaa Xad ah:

"Waa caadi haddii ay dhacdo inaad bedesho go'aamadii aan hore ugu soo heshiinay. Laakin, waxaa jira go'aamo aanan marnaba rabin inaad beddesho. Go'aamadan waa..."



Dabacsanaan La'aan:

"U raac rabitaanadayda sida aan kuugu sheegay, hana bedeli wax walba oo dhaca."

