

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance - 5**

BURMESE

<p>ဝတ်စုံကို ဝတ်ဆင်ပြီးနောက် မိမိတို့၏ အိမ်ထောင်ရေးနှင့် အကျန်းအဝမ်းဆိုင်ရာ အကူအညီများကို ရရှိရန်အတွက် အရေးကြီးသော အချက်အလက်များကို သိရှိရန်အတွက် ဤစာရွက်ကို ဖတ်ရှုပေးပါ။</p>	<p>When Mr. Adam arrived in his new city, a resettlement agency case worker made an appointment for him to visit a doctor's office and begin his Refugee Health Screening.</p>
<p>'သို့မဟုတ် အကျန်းအဝမ်းဆိုင်ရာ အကူအညီများကို ရရှိရန်အတွက် အရေးကြီးသော အချက်အလက်များကို သိရှိရန်အတွက် ဤစာရွက်ကို ဖတ်ရှုပေးပါ။</p>	<p>These visits to the doctor are to identify any health problems you might have that could interfere with work or school. We want your new life in America to be successful, with a good job for you and a good school for your children. If you or your family are sick, it will be hard for you to go to work, or for your children to go to school.</p>
<p>ဝတ်စုံကို အဆင့်မြှင့်တင်ရန်အတွက် အရေးကြီးသော အချက်အလက်များကို သိရှိရန်အတွက် ဤစာရွက်ကို ဖတ်ရှုပေးပါ။</p>	<p>Mr. Adam took his medical records to the doctor's office. It is important for you to bring all the medical records that you brought with you on the airplane, and show them to your doctor.</p> <p>You must tell the doctor about any sickness or other health problem you have now, or if you were ever sick or had surgery before you came to America.</p>
<p>'လူ့အဖွဲ့အစည်းအတွက် အရေးကြီးသော အချက်အလက်များကို သိရှိရန်အတွက် ဤစာရွက်ကို ဖတ်ရှုပေးပါ။</p>	<p>The Refugee Health Screening includes many tests and shots. It also includes lead testing for children. It is very important that you remember to take your child back for a <i>second</i> lead test, three months after the first test. The doctor needs the results from <i>both</i> tests to keep your child healthy.</p>
<p>အသက် ၆ နှစ်အောက်ကလေးများသည် အကျန်းအဝမ်းဆိုင်ရာ အကူအညီများကို ရရှိရန်အတွက် အရေးကြီးသော အချက်အလက်များကို သိရှိရန်အတွက် ဤစာရွက်ကို ဖတ်ရှုပေးပါ။</p>	<p>When children or adults are exposed to lead, for example from swallowing paint or dirt that contains this metal,</p>

<p>t E&m, &dygw, /clu½lr dV x d w f d V ' grs [kwf r d c s r d V aofxrhñ cententav; ygae&i lawmi frSOBaEñ ufysupðwm? aof t m; enfa&m* g? < u ubm; awG t ½ t q p a w G emusi fu l u c w m e l t j c m; t a & B u d w e m r u s e f r a w G u l l jz p a p y g w, /</p>	<p>it can be very harmful to them. Having even small amounts of lead in your blood, whether from breathing, touching or swallowing lead, can cause brain damage, anemia, pain in muscles and joints, and other very serious health problems.</p>
<p>uav;&laofxrhñ clygOir&f&u l l' kwf t B u r f p p a q; c z h l m uav; awG usef r m a & t w l u f o d f t a & B u d w, l q l w m ow&yy/</p>	<p>Remember that checking your child's blood for lead a <i>second</i> time is very important, to make sure they are healthy.</p>
<p>' lu ð n f u s e f r m a & p p a q; r & h t q i l w l f r ñ ygOiz h t a & B u d y g w, / o e m j y k q & m r u r p i e r e m a w G , l m & a t m i f x n p & m w p c k a y; w l t c g ñ ð l l u m; c s u b a w G u l l w l w u s u s v l u l e m z h t a & B u d y g w, /</p> <p>oi f e l o i r ñ b m; p l u l a e r a u m i f j z p a p r h u y y g; y l a w G y l r i n; a w G & ð e o v m; q l l v m o & a t m i f ' p p a q; r l v h t y y g w, /</p>	<p>It is important to participate in <i>all parts</i> of the Refugee Health Screening. When the nurse provides you with a container to bring back a stool sample, it is very important that you follow the instructions <i>exactly</i>.</p> <p>The test is necessary to see if you have parasites or germs that can make you and your family sick.</p>
<p>wu, l m l q & m o e f ' g r s [kwf o e m j y k q & m r u oi ð e r a u m i f j z p a e w, / a q; u l o c z h l v h t y w, l m l b o ñ & i f v a y; y g v r i r, / y l e a u m i f v m z h l a e m u f q & m o e l w p a, m u e l y j & a t m i f t c e f t c s u f v l y a y; r, l m l q l l w m y g /</p> <p>' l m l c e f x m; w m u l o ñ; z l o y f t a & B u d y g w, / b, l m e m r u s e f r l t w l u f y j z p z p l r s u p l e m; ? o ñ; e l y w o u l m l c p m; a e & w m a w G t w l u f t u l t n d & E l l f w m a y g /</p>	<p>If the doctor or nurse discovers that you are sick or need further medical care, they will give you a referral. This means they will make an appointment for you to visit another doctor, so you can get better.</p> <p>It is very important that you go to these appointments, so you can get help for any illnesses or other problems you have with your eyes, ears, or teeth.</p>
<p>' l e f q l r a w l u l a e m u f q u w l e f q l r a w l l a c: y g w, / o ñ; w l t c g u s e f r m a & t m r c l u w f y m; u l l, l o ñ; z h l y g w, /</p>	<p>These appointments are called <i>follow-up appointments</i>. You will need to bring your health insurance card to your follow-up appointments.</p>