

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.
Ibirebana n'Ubuvuzi/Ubwiteganyirize bw'Ubuzima – 5

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

KINYARWANDA

<p>Adamu amaze kugera mu mugi mushya, umukozi ukora mu muryango ushinzwe iby'imiturire yamuhaye umunsi wo kubonana na muganga kugirango akorerwe isuzumwa ry'ubuzima rikorerwa impunzi.</p> <p>Uko kureba muganga ni ukugirango umenye ibibazo by'ubuzima waba ufite bishobora kubangamira akazi cyangwa ishuli. Twifuza ko wagira ubuzima bwiza muri Amerika, ubone akazi keza kandi n'abana bawe babone ishuli ryiza. Niba wowe n'umuryango wawe murwaye bizabakomerera gukora cyangwa kwiga.</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>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>Umugabo Adamu yajyanye impapuro z'amateka y'ubuzima bwe kwa muganga. Ni ngombwa ko uzana impapuro zose z'amateka y'ubuzima bwawe wazanye mu ndege ukazereka muganga.</p> <p>Ugomba kubwira muganga ku byerekeye uburwayi bwawe cyangwa ikindi kibazo cyerekeranye n'ubuzima ufite ako kanya cyangwa niba warigeze urwara cyangwa ubagwa mbere y'uko uza muri Amerika.</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>Refugee Health Screening igizwe n'ibizami n'amafoto menshi. Mu bizamini bikorwa harimo no gupima uduce duto twubwoko bw'ibyuma byitwa lead. Ni ngombwa kujyana abana gupimwa <i>ubugira kabiri</i> nka nyuma y'amezi atatu nyuma y'uko mukoresha ikizami cya mbere. Muganga azakenera ibisubizo by'ibyo bizami <i>byombi</i> kugirango afashe umwana wawe gukomeza kugira ubuzima bwiza.</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>Iyo abana cyangwa abantu bakuru bafite uduce</p>	<p>When children or adults are exposed to lead, for example from</p>

<p>tw'uwo muringa witwa lead mu maraso, wenda baraturiye mu irangi cyangwa itaka ririmo uwo muringa, bigira ingaruka mbi ku buzima bwabo. Niyo utwo duce twaba ari duke mu maraso, waduhumetse mu mwuka, wadukozeho cyangwa ukatumira bishobora kwangiza imikorere y'ubwonko, gutera anemi, kumva ubabara mu ngingo no mu nyama ndetse n'ibindi bibazo bikomeye by'ubuzima.</p>	<p>swallowing paint or dirt that contains this metal, 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>Wibuke ... gusuzumisha amaraso y'umwana <i>ubwa kabiri</i> kugira ngo urebe ko nta lead iri mu maraso kugira ngo wizere ko bafite ubuzima bwiza.</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>Ibizami <i>byose</i> byerekeranye n'ubuzima bw'impunzi bigomba gukorwa. Iyo muganga aguhaye ikintu cyo kuzanamo umusarani, ni byiza gukurikiza amabwiriza <i>uko ari</i>.</p> <p>Icyo kizami ni cyiza kugirango umenye niba ufite inzoka cyangwa mikorobi zishobora gutera uburwayi wowe n'umuryango wawe.</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>Iyo muganga cyangwa umuforomo basanze urwaye cyangwa ukenewe kwitabwaho, bakwohereza ahandi. Ni ukuvuga ngo bazagukoreraga gahunda yo kubonana n'undi muganga kugirango ukire.</p> <p>Ni ngomwa ko wubahiriza izo gahunda kugirango ushobore gufashwa ku ndwara iyo ariyo yose cyangwa ibindi bibazo nk'amaso, amatwi n'amenyo.</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>Izo gahunda zitwa '<i>follow-up appointments</i>'. Ugomba kujyana ikarita yawe y'ubwishingizi muri izo gahunda.</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>