

Umutekano, Ubushishozi n’Ubuzima: Ngizo Imfunguzo z’Ishya n’Ihirwe mu rugo rwawe.
Ibirebana n’Ubuwuzi/Ubwiteganyirize bw’Ubuzima – 2

Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance – 2

KINYARWANDA

<p>Umugore wa Li amaze gukoresha buvuzi bw’Ibanze yahise ahamagara muganga ngo amushyire kuri gahunda y’ abarwayi aza kuvura. Kubera ko atazi icyongereza, Muganga yamuteguriye umusemurira kuri telefone.</p>	<p>When Mrs. Li used primary care, she called the doctor’s office to schedule an appointment. Because she doesn’t speak English, the doctor’s office has provided a telephone interpreter.</p>
<p>Iyo bagushyize kuri gahunda yo kubonana na muganga, ugomba kugera ku biro bya muganga mbere y’igihe baguhaye ho <i>iminota 15</i>. Uza witwaje ikarita y’ubwishingizi n’amafaranga ugomba kwiwishyurira.</p>	<p>For scheduled visits, you must arrive at the doctor’s office <i>15 minutes</i> ahead of your appointment time. Bring your insurance card and any payment you are responsible for.</p>
<p>Niba <i>utari</i> bubashe kubahiriza gahunda wahawe, ugomba guhamagara ibiro bya muganga hakiri kare ukabibamenyesha. Ushobora kubabwira ko bitakiri ngombwa kubona muganga cyangwa ko ushaka guhindura gahunda ukayishyira ku wundi munsi. Igihe udahamagaye kandi ntujyeyo bashobora n’ubundi kugusaba kwishyura.</p>	<p>If you cannot go to your appointment, you must call the doctor’s office in advance to let them know. You can cancel the appointment or change it to another day. If you do <i>not</i> call and you miss the appointment, you may have to pay for the appointment anyway.</p>
<p>Umugore wa Li yagiye gusuzumisha umwana we ku muganga bivurizaho. Bene uwo muganga ni we bita ‘Umuganga wawe w’Ibanze.’ Hamagara umuganga wawe igihe ufite ibicurane, inkorora cyangwa igihe wumva ufite uburibwe ariko budakabije.</p>	<p>Mrs. Li took her daughter to their regular doctor for her checkup. This person is also known as your “primary care doctor.” Call your regular doctor for an appointment when you have a cold, flu, or minor aches and pains.</p>
<p>Adamu yagiye kuri kiliniki yitwa ‘Urgent Care clinic.’ Wihutire nawe kujya kuri urgent care igihe ufite uburibwe bukabije udashobora gutegereza igihe andi mavuriro afungurira—ubwo ni nk’igihe waba urwaye mu gutwi, utsikiye cyangwa uvunitse.</p>	<p>Mr. Adam went to the Urgent Care clinic. Go to urgent care when you have more serious pain that cannot wait for a scheduled appointment during regular office hours—like an ear infection or sprained ankle or wrist.</p>

Ba yajyanye umugore we ku cyumba cy'indembe bita '**Emergency room**' kubera ko yari yakomeretse, ikiganza cye cyavaga cyane. Ujya ku cyumba cy'indembe iyo ubona ko ushobora gutakaza ubuzima, nk'igihe ugize ikibazo cy'umutima, kuvira mu bwonko, utunguwe n'asima, uhiye, cyangwa witemye. Niba udafite uburyo bwo kujya kwa muganga, hamagara 9-1-1 kuri telephone usabe imodoka y'abarwayi. Si byiza kujya ku cyumba cy'indembe ku burwayi budakomeye.

Mr. Ba took his wife to the **Emergency Room** because she was badly injured and her hand was bleeding heavily. Only go to the emergency room if your life is in danger, like a heart attack, stroke, asthma attack, severe burn, or a severe cut.

If you cannot get to the hospital, call 9-1-1 on the telephone and ask for an ambulance. Do not go to the emergency room for minor aches and pains.