

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Huduma ya Matibabu na Bima ya Afya - 5**

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

SWAHILI

<p>Wakati Bw. Adam alipowasili katika makao yake mapya, mfanyakazi wa kesi katika chombo cha makazi, alifanya miadi na yeye ili kutembelea ofisi ya daktari na kuanza Uchunguzi wake wa Afya ya Mkimbizi.</p> <p>Ziara hizi kwa daktari ni za kutambua matatizo yoyote ya afya, unayoweza kuwa nayo ambayo yanaweza kutatiza kazi au shule. Tunataka maisha yako mapya nchini Marekani kuwa yenye ufanisi – na kazi nzuri kwako, na shule nzuri kwa watoto wako. Kama wewe au familia yako ni wagonjwa, itakuwa vigumu kwako kwenda kazini, au kwa watoto wako kwenda shuleni.</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>Bw. Adam alibeba vielelezo vyake vya matibabu kwenye ofisi ya daktari. Ni muhimu kwako kuleta vielelezo vyako vyote vya matibabu ambavyo ulibeba ukiwa ndani ya ndege, na uvionyeshe kwa daktari wako.</p> <p>Lazima umwambie daktari kuhusu ugonjwa wowote au matatizo ya afya uliyo nayo sasa, au kama umewahi kuwa mgonjwa au kupasuliwa kabla ya kuja Marekani.</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>Uchunguzi wa Afya ya Mkimbizi hujumuisha vipimo na sindano nyingi. Hujumuisha pia upimaji plumbi kwa watoto. Ni muhimu sana ukumbuke kumrudisha mtoto wako ili kupimwa plumbi mara ya pili, miezi mitatu baada ya kipimo cha kwanza. Daktari anahitaji matokeo kutoka kwenye vipimo vyote ili kumweka mtoto wako mwenye afya.</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>Wakati watoto au watu wazima wanapofichuliwa kwa plumbi, kwa mfano kutokana na kumeza rangi au uchafu wenye chuma hii, inaweza kuwadhuru sana.</p>	<p>When children or adults are exposed to lead, for example from swallowing paint or dirt that contains this metal, it can be very harmful to them.</p>

<p>Kuwa na viwango vidogo vya plumbi katika damu yako, aidha kutokana na kupumua, kugusa au kumeza plumbi, inaweza kuharibu ubongo, kusababisha anemia, maumivu ya misuli na viungo, na matatizo mengine makali sana.</p>	<p>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>Kumbuka ya kwamba kukagua damu ya mtoto wako kwa mara ya pili ili kuangalia plumbi ni muhimu sana, ili kuhakikisha wana afya nzuri.</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>Ni muhimu kuhusika katika <i>sehemu zote</i> za Uchunguzi wa Afya ya Mkimbizi. Wakati muuguzi anapokupa kibuyu ili ulete sampuli ya kinyesi, ni muhimu sana kwamba ufuatae <i>kabisa</i> maagizo.</p> <p>Upimaji ni muhimu ili kuona kama kuna vijidudu au wadudu ambao wanaweza kukufanya wewe na familia yako kuwa wagonjwa.</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>Kama daktari au muuguzi atatambua ya kwamba wewe ni mgonjwa au unahitaji matibabu zaidi, watakupa rejeo. Hii inamaanisha, watafanya miadi kwa ajili yako ili kumuona daktari <i>mwingine</i>, ili uweze kupata nafuu.</p> <p>Ni muhimu sana kama utaenda kwenye miadi hii, ili uweze kupata msaada kwa magonjwa yoyote au matatizo mengine uliyonayo kama macho, masikio au meno yako.</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>Miadi hizi huitwa miadi za kufuatilia. Utahitaji kuleta kielelezo chako cha bima ya afya kwenye miadi yako ya ufuatiliaji.</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>