

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Huduma ya Matibabu na Bima ya Afya - 7**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance - 7**

SWAHILI

<p>Watoto wako wanaweza <i>kuelekezwa</i> kwa daktari wa watoto na daktari mwingine. Madaktari wa watoto ni madaktari ambao ni wataalamu wa kuwatibu watoto.</p> <p>Ni muhimu kwamba watoto wako waone daktari wao wa watoto mara kwa mara, ili wakue wakiwa wenye afya na nguvu.</p>	<p>Your children may be <i>referred</i> to a pediatrician by another doctor. Pediatricians are doctors who specialize in treating children.</p> <p>It is important that your children see their pediatrician on a regular basis, so that they grow up healthy and strong.</p>
<p>Kumbuka kuleta vielelezo vyote vya matibabu vya mtoto wako kwenye ziara ya kwanza na daktari wa watoto.</p>	<p>Remember to bring all of your child's medical records to the first visit with the pediatrician.</p>
<p>Bw. Ba humwona daktari mara kwa mara ili achunguliwe ugonjwa wake wa yabisi. Huenda ukaelekezwa kwa daktari kama una magonjwa <i>yanayoendelea kwa muda mrefu</i>.</p> <p>Magonjwa yanayoendelea kwa muda mrefu zaidi ni magonjwa kama vile shinikizo la juu la damu, ugonjwa wa kisukari na yabisi. Yanahitaji kuangaliwa na daktari mara kwa mara.</p> <p>Kama una ugonjwa unaoendelea kwa muda mrefu ni muhimu kumwona daktari mara kwa mara, ili aweze kuangalia na kuona jinsi unavyoendelea.</p>	<p>Mr. Ba sees a doctor regularly to control his arthritis. You may be referred to a doctor if you have <i>chronic</i> conditions. Chronic conditions last for a longer time, and include diseases such as high blood pressure, diabetes and arthritis. They need to be checked by a doctor on a regular basis.</p> <p>If you have a chronic disease it is important to see your doctor regularly, so that they can check and see how you are doing.</p>
<p>Unachokula na kunywa na dawa unazotumia zina athari kwako. Hakikisha <u>unamwambia</u> daktari wako unachokula na kunywa na dawa zozote unazotumia – <i>pamoja na vitamini zozote, mitishamba na matibabu mengine ya nyumbani</i>.</p> <p>Wanahitaji pia kujua kama unakunywa pombe au kuvuta sigara, na kwa <i>kiasi gani</i>.</p>	<p>What you eat and drink and what medicines you take all have an effect on you. Be sure to tell your doctor about what you eat and drink and any medicines you take—including any vitamins, herbal supplements and home remedies. They also need to know if you drink alcohol or smoke tobacco, and how much.</p>