

# PARKROSE STUDENT HEALTH CENTER

12003 NE Shaver St, Portland, OR 97220

# Furan

*Intal lagu jiro xidhitaanka iskuulka*

**Isniinta – Jimcaha • 8:15 am – 4:45 pm**

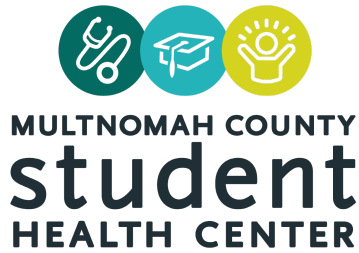
**Wac 503-988-3392 balamaha.**

Telefoon, ballamo fiidiyoow ah iyo ballamo gaar ah  
ayaa sidoo kale la heli karaa  
Adeegyada turjubaanka ee luqado badan ayaa  
sidoo kale la heli karaa



MULTNOMAH COUNTY  
**student**  
HEALTH CENTER

[www.multco.us/student-health](http://www.multco.us/student-health)



## Daaweynta Dhanka Khadka - Su'aalo iyo Jawaabo

### Waa maxay daaweynta dhanka khadka?

Waa marka daryeel bixiye uu talo caafimaad iyo daaweyn bixiyo isagoo adeegsanayo taleefan ama muuqaal.

### Halkee daryeel caafimaad u doonan karaa haddii ay da'deyda udhaxeyso 5 illaa 18 jir oo aan ku noolahay Degmada Multnomah?

Waxaad tagi kartaa Xarunta Caafimaadka Ardayda Dugsiga Sare ee Parkrose, 503-988-3392, 12003 NE Shaver St., Portland, OR 97220.

### Sidee u egtahay booqashada daaweynta dhanka khadka?

Waxay la mid tahay booqasho toos ah kaliya waxaa la adeegsanayaa taleefan ama muuqaal. Si aad uga faa'iideysato wada-sheekeysigaaga, diyaar garow. Sameey liis ay ku qoranyihiin daawooyinkaaga, callaamadaha cudurka ee aad dareemeyso, marka ay soo bilowdeen iyo su'aalaha aad u qabto bixiyaha daryeelka caafimaad.

### Daryeel bixiyaha luuqaddeyda miyuu ku hadlayaa?

Waxaan haysannaa turjubaanno luqado badan ku heli kara taleefanka, fiidiyoowga ama shakhsi ahaan lacag la'aan.

### Ma waxaan ubaahanahay kaamirada khadka? Kumbuyuutar? Ma isticmaali karaa taleefankeyga?

Waxa kaliya aad ubaahantahay waa moobeel si aad u hesho ballanta dhanka taleefanka ama muuqaalka.

### Haddii aanan heysanin dukumintiyo sharci ah ma ballansan karaa booqashada dhanka taleefanka ama muuqaalka ah?

Haa, xaaladda socdaalka muhiim ma ahan.

### Qiimaha lacageed waa imisa? Sidee la iiga qaadayaa lacagta? Caymiska ma daboolayaa daaweynta dhanka khadka?

Adeeggeenna marnaba wax lacag ah lagaagama qaadayo (ma jirto lacag hormaris ah). Waxaan qaadnaa dhammaan noocyada caymiska waana arkeynaa haddii aadan caymis lahayn.

### Maxay yihiin adeegyada lagu heli karo daaweynta dhanka khadka?

Maamulidda cudurka raagey sida neefta, soo dhex galka xannuuno yar-yar, daawo sii wadashada, dib u eegista jawaabaha sheybaarada, dabagalka kadib booqashooyinka qolka xaaladda deg-degga, adeegyada ka hortagga uurka/caabuq lagu kala qaaday galmada (STI) iyo caafimaadka dhanka dhaqanka.

### Tayada daryeelka daaweynta dhanka khadka mala mid tahay mida tooska ah?

Haa, waa mid waxtar u leh sida booqashada tooska ah oo kale marka aad heleyso adeegyada daryeelka dhanka taleefanka iyo muuqaalka. Waxaan bixinaa booqasho toos ah oo loogu talagalay qof kastoo codsada.

### Sidee u ballansan karaa booqasho?

Marka aad xarunta caafimaadka ka wacdo lambarkaan (503-988-3392), waxaan ku weydineynaa callaamadaha cudurka kadibna waxaan go'aansaneynaa haddii aad ubaahantahay booqasho toos ah ama mid dhanka khadka ah. Haddii booqashada dhanka khadka uu noqdo ikhtiyaarka ugu wanaagsan, shaqaalaha ayaa kuu diyaarinayo booqasho dhanka taleefanka ama muuqaal ah waxayna kuu qabanayaan wakhti uu daryeel bixiyaha ku soo wacayo.

**Parkrose Student Health Center** waxay furan tahay hadda iyo xilliga xagaaga. Taleefan, ballan qaali iyo shaqsi ayaa la heli karaa. Wac **503-988-3392** si aad ballan u sameysato. Adeegyada turjumaanka ee luqado badan ayaa sidoo kale la heli karaa.