DI IWAAN KA ADEEGYADA

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TUSMO

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Tallaalada (Tallaalidda carruurta)	1
Ka hortagga Dhaawa	1
Baarista iyo ka hortagga sumoobidda macdanta	2
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Adeegyo Caafimaad Dad Waa-weyn	
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*****Saacadaha Rugta iyo Saacadaha Waaxyaha waa la baddeli karaa. Fadlan hore u soo wac. Waaxdu/Wakaaladdu way xirantahay Feestooyinka degmada taariikho gaar ah.****

ADEEGYADA CAAFIMAADKA CARRUURTA

Rugta Ilkaha

Daryeel ilko aasaasi ah oo la iska bixin karo dadka deggan Degmada Franklin. Ballan kaliya. Miisaan sicir jaban, aqbalo caymisyada ilkaha iyo Medicaid. Leh barnaamij ilko sharid Iskuul.
Teleefan: 645-7487 **Saacado: 8:00subax - 4:30galab**, Isniin-Jimce**
*** Xiran: 12:00galab - 1:00galab*

Rug lacag la'aan ah - Daryeel booqasho Jirro

Caafimaadka Bulshada Columbus waxay guri ahaan ugu adeegtaa rug lacag la'aan ah oo toddobaadle ah oo ay bixiyaan dhakhaatiir mataddawaciin ah oo ka yimid **Xariirka Caafimaadka Columbus**. Qofka yimaada ayaa daryeelka la siiyaa; gaar ahaan daryeelka gelinka danbe Isniinta waxay u baahantahay inuu dhakhtar kuu soo diro. Salaamaha iyo is-diiwaangelinta waxay bilaabataa 4:30 galabnimo
Teleefan: 240-7430 **Saacado: Is-diiwaa ngelinta bilaabataa 4:30ga lbnimo, Isniina ha kaliya***
**Rugta ma shaqayso marka dhismaha W. caa fimaadku xiranyahay.*

Carruur Caafimaad qabta, Miisaan Caafimaad leh

Carruur Caafimaad qabta, Miisaan Caafimaad leh waa barnaamij ka hortag buurnaan xad-dhaaf ah oo ku wajahan hagaajinta cuntada iyo xirfadaha bay'adaha carruurta u dhaxays 0-5 sano jir xarumaha barashada iyo guriga. Carruur caafimaad qabta iyo miisaan caafimaad leh ee xarumaha daryeelka carruurta Columbus.
Teleefan: 645-7520 **Saacadaha: 8:30-5:00, Isniin- Jimco**

Booqashada Guriga-Dumarka uurka leh, Hooyooyinka, iyo Carruurta

Kalkaaliyaasha caafimaadka bulshada, bulsho u shaqeeyaal, iyo guri ku booqdayaasha adeegyada siiya hooyooyinka, dhallaanka iyo dumarka uurka leh. Daryeel bixiye ah **Igu caawi Korid**- Booqashada Guriga canugga u dhashay. Shaqaalaha qiimeynta guriga iyo bay'adda, tacliinta dhallaanka, canugga iyo moowdduucyada uurka, ku xiridda ruaaha caafimaadka iyo adeegyada kale, adeeg nasin iyo taageero.
Teleefan: 645-8323 **Saacado: 8:00subax - 4:00galab, Isniin-Jimco**

Barnaamijka Tallaalka *(Tallaalada Carruurta iyo Dadka waaweyn)*

Wuxuu bixiyaa tallaalo carruur iyo dad waaweyn. Carruurta ka yar 1 9 waxay heli doonaan tallaaladii looga baahnaa oo kharash maamuleedka ugu yar ah. Caymisyada, Molina, iyo United HealthCare ayaa la aqbalaa, canugna lama celin doono haddii aanu iska bixin karin. Tallaalada dadka waaweyn badanaa waxaa laga qaadaa kharash maamuleed iyo khidmad booqasho yar. (Xogta kharashka waxaa laga heli karaa www.publichealth.columbus.gov Guji "Immunizations.") Ballan looma baahna. Adeeg bulsho iyo aalado Tacliin ayaa la helaa marka la codsado. Saacadaha loo qoondeeyey, adeegyo ayaa la helaa marka aad iska timaaddo. Rugtu arkidda bukaan ayuu joojin kartaa saacaddii qornayd ka hor haddii uu mashquul yahay. Munaasabado tallaal ayaa meelo badan lagu qabtaa (Saacado iyo goobo kala duwan)

Teleefan: 645-7945 **Saacado:**

8:00subax - 4:30galab	**Isniin**
11:00subax- 6:30galab	**Talaado**
XIRANTAHAY	**Arabaco**
8:00subax - 4:30galab	**Khamiis**
8:00subax - 4:30galab	**Jimco**
8:00subax – duhur	**Sabtida 2 aad Bil Kasta**

Barnaamijka Ka hortagga Dhaawaca

Waxay bixisaa Xog iyo Adeegyo lagu yaraynayo dhaawacyada carruurta ay kamidka yihiin: Hubinta ammaanka kuraasta carruurta, kuraas raqiis ah caruurta dhan ilaa 80 rodal qoysaska xaqa u leh, baqshimid guryaha daryeelka carruurta; iyo koofiyadaha bashkiilada. Hay'adda hormuudka ee Safe Kids Central Ohio Coalition. Si aad u eegto inaad xaq u leedahay kursi baabuur qiimo jaban, soo wac ka hortag dhaawac
Teleefan: 645-6138 **Saacado: 8:00subax - 4:30galab, Isniin-Jimco**
645-7748 – Khad 24 saac ah (duubid- farriin dhaaf)

Adeegyada dhammaan waxaa laga helaa
240 Parsons Avenue ilaa si kale loo sheego

Barnaamijka ka hortagga Ku summoobidda Macdanta

Barnaamijka yaraynta halista macdanta ee CPH ee ka tirsan barnaamijka Guryaha Caafimaadka leh si uu u bixiyo qiimeyn bay'adeed iyo caafimaad si loo ilaaliyo ku summoobidda macdanta iyo halisaha kale ee guryaha la xariira. Baarista dhiigga ee macdanta ayaa la helaa marka loo ballansado carruurta jirt sagaal bilood ilaa lix sano ama mid kamid ah rugaheena baarista curiyaha macdanta khamiista ugu horraysa (8-1 1SBX) iyo Khamiista labaad (3-7GLB) ee bil kasta. Nadaafad yaqaan iyo kalkaaliyaal shati haysta ayaa la tashi loo helaa maalmaha toddobaadka 7:45 SBX – 4:45 GLB. Waxaad sidoo kale farriin ku dhaafi kartaa khadka 24 saac ah ama noogu soo dir email health@Columbus.gov

Teleefan: **724-6000** **Saacado:** **7:45subaxnimo - 4:45Galabnimo, Isniin-Jimco**

Daryeelka Caafimadka Aasaasiga ah – Xarumaha Caafimaadka Dariska

Xarumaha Caafimaadka Dariska ee Columbus, Inc (CNHC) - *600 W. Spring St.*

Daryeel Caafimaad Asaasi ah da'a kasta, shan goobood derisyo. Waxay bixisaa shaybaar, la talin nafaqo, EKG iyo adeegyo qorshayn qoys. La talin aalkolo, adeeg u weecin. Adeegyo daryeel uur ayaa laga helaa dhammaan goobaha. Barnaamij farmishiye macaamiisha joogtada ah. Ballan ayaa loo baahanyahay. Sicirro miisaan jaban.

Caymis, Medicare,& Medicaid ayaa la aqbalaa

Teleefan: **645-5500 – Xafiiska Maamul**

Xarumaha Goobaha Caafimaadka Dariska

East Central Health Center 1180 East Main Street	**645-5535**
Eye Care *(same address)*	**645-5540**
Hilltop Health Center 2500 Sullivant Avenue	**645-2300**
John R. Maloney South Side Health Center 3781 S. High St	**645-3163**
St. Stephen's Health Center 1500 East 17th Avenue	**645-2700**
Columbus Northeast Center 3433 Agler Rd., Suite 2800	**645-1600**

WIC (Barnaamijka Dummarka, Dhallaanka iyo Carruurta)

Barnaamijka Tacliinta Nafaqada iyo Cuntooyinka ee dumarka uurka leh iyo kuwa nuujinaya, dhallaanka iyo carruurta jirta ilaa 5 sano. Shaqiyaadka waafaqsan hannaanka sharuudaha WIC waxay heli doonaan:

- Boonooyin cunto nafaqo leh looga iibsado dukaamada cuntada
- Qiimeyn iyo la talin, iyo tacliin nafaqo
- La talin iyo Tacliin naas-nuujin, iyo taageero, sidoo kale tuubada nuuska lagu liso sida loogu baahdo shaqo ama iskuul. Caano dhallaanka aan la naas-nuujin ayaa sidoo kale la bixiyaa.

Teleefan: **645-7280** **Saacado:** **8:00subax - 5:00galabnimo, Isniin/Arbaco/Khamiis**
9:30subax - 7:00ga lab, Talaado
8:00subax - 11 :30sabax, Khamiis

Goobaha: *Waa sagaal iyo toban (19) Goobaha WIC ee Degmada Franklin.Goobta kuugu dhaw soo wac*

ADEEGYO CAAFIMAAD DADKA WAAWEYN

Barnaamijka Si Khaldan u isticmaalidda Aalkolada iyio Daroogada

Waxay bixisaa barnaamij ka hortag si khaldan u isticmaalidda aalkolada iyo daroogada, faragelin, iyo adeegyo daaweyn bukaan eegto. Adeegyada waxaa ku jira: Daaweyn bukaan eegto ragga iyo dumarka, iyo mid gaar ah u ah ragga Afrikan-Amerikanka ah, barmaaij barid, gaarid tacliin iyo baaris iyo taageero aalkolo/daroogo iyo HIV; iyo carruurta ay saamaysay si khaldan u isticmaalidda aalkolada iyo daroogada, tacliinta aalkolo/daroogada dadka waaweyn ee aan dawo u doonayn, gargaar ka hortag bulsho oo farsamo. Khidmado jaban iyo Adeegyo bukaan eegto **Teleefan:** **645-7306** **Saacado:** **7:45subax - 9:00galab, Isniin - Khamiis**
7:45subax - 4:45ga lab, Jimco
8:30subax - 1 2:00galab, Sabti

Barnaamijka HAA (YES Program) – Taageero iyo Tacliin carruurta jirta 5-13 sanadood ee ay saammayso waalidka maandooriyaha isticmaala **Teleefan:** **645-6256**

Kooxda Xariirka/Gaaridda Bulshada (COAT)

Waxay bixiyaan barnaamijyo lacag la'aan ah oo caafimaad iyo bulsho oo ay siiyaan dumarka iyo dhallaankooda. Adeegyada waxaa ku jira baaris uur oo guurguura, gaarid, booqashooyin guri, ku xariirid daryeel uur, dhallaan iyo daryeel aasaasi ah, ku xiriirin u weecin adeegyo bulsho, gargaar helid Medicaid iyo helid xog.

Teleefan: 645-7068 **Saacadaha: 8:00subax - 4:30galab, Isniin-Jimco**

Rugta Caafimaadka Galmada (HIV/AIDS iyo Xanuunadaka kale ee galmada)

Xog xanuun baaris/helid xafidan, iyo daaweyn cudurrada galmada (STDs). U weecinaha ilaha/khayraadka kale ee bulshada. Adeegyada khidmado ayaa laga qaadaa. Kaararkaan caymisyada soo socda ayaa iminka la aqbalaa waana in la dhiibaa wakhtiga adeegga: Medicare (qaybta B), Medicaid, CareSource, UnitedHealthcare, iyo Molina Healthcare. Khidmadaha macaamiisha aan caymiska lahayn waxaa laga eegaa miisaaka shaxda sicirrada. Aqoonsi ayaa loo baahanyahay. Ballan looma baahna. Tani waa rug la yimaado ballan la'aan. Marka booasaska maalinlaha ahi buuxsamaan, waxaa laga yaabaa inaanan aqbalin bukaano kale maalintaas.

Teleefan 645-7772 **Saacado:**

7:00subax - 3:30galab	Isniin
9:30subax - 6:00 galab	Talaado
7:00subax- 1 0:30 galab	Arbaco
7:00subax - 3:30 galab	Khamiis
7:00subax- 3:30 galab	Jimco

Xasuusnow: *Goobo kale oo lagu baaroHIV ayaa Xaafadaha lagu qabtaa. Saa cado kala duwan. Goorta iyo meesha u soo wac*

Qaaxo- Barnaamijka Ilaalinta Qaaxada ee Ben Franklin

Wuxuu bixiyaa adeegyo, ilaalin iyo daaweyn cudur, iyo hormuudnimo/tilmaan dadka deggan Columbus ee degmada Franklin. Adeegyada waxaa ku jira: Baarista maqaarka ee TBda, Baaritaanada dhiigga ee QuantiFERON TB-Gold, u weecin raajo, baarayaal gaarid/xariir iyo dabagal, ilaao dawo oo qummaati ah, barid bulsho iyo xariir. Khidmado ayaa la qaadaa. Medicare, Medicaid, qorshayaasha la maareeyo ee Medicaid, iyo caymisyo seddexaad ayaa la aqbalaa. Khidmado ayaa laga qaadaa macaamiisha aan caymiska lahayn iyadoo lagu salaynayo miisaanka sicirrada.

Teleefan: 645-2199

Saacadaha Rugta TB baarista-maqaarka:

Isniin - 8:00subax - 3:30galab; **Talaado - 8:00subax - 3:30 galab**

U weecinta raajada xabadka ayaa sidoo kale la helaa:

Arbaco - 8:00subax- 11 :30subax
Khamiis - 8:00subax - 11 :30subax
Jimco - 8:00subax - 3:30ga lab

Dawooyinka lagu daweeyo caabuqa TBda hurudda waxaa loo jadwaleeyaa ballan. Dawooyinka lagu daweeyo TBda firfircoon waxaa lagu bixiyaa ilaalo toos ah/barnaamij gaarid bukaan.

Adeegyada Caafimaadka Dumarka

Wuxuu bixiyaa adeegyo daryeel uur oo dhammaystiran iyo daryeel fayaqabka dumarka. Adeegyada waxaa bixiya dhakhaatiir, kalkaaliyaal, kalkaaliyaal caafimaad bulsho, bulsho u shaqeeyaal, nafanqo yaqaano iyo shaqaale xariir bulsho. Adeegyada waxaa ku jira, baaris jireed, shaybaar, kansar naaso iyo min ka baaris, daweyn cudurrada galmada, iyo qorshayn qoys. Adeegyo dheeraad ah waxaa kamid ah taageero naas nuujin, daaweyn sigaar goyn, iyo iska diiwaangelin barnaamijka WIC. Ballamo ayaa loo baahanyahay. Baarista uurka ballan uma baahan. Medicaid/CareSource iyo caymisyada kale ee Medicaid HMO ayaa la aqbalaa. Khidmado miisaan jaban macaamiisha aan caymiska lahay.

Saacado: **Isniin/Khamiis/Jimco- 8:00subax - 4:30galab** *Xiran: 11 :45subax - 1:00 galab Qado*
Talaado - 10:00 subax - 6:30fiid *Xiran: 2:00 galab - 3:00 galab Qado*
Arbaco - 8:00subax - 12:00 duhur

Goobaha Rugta

Rugta Bari - 240 Parsons Ave **Teleefan: 645-6424, 645-1854** **Saacado: Eeg saacadaha sare**

Rugta Waqooyi - 1 390 Cleveland Ave, Suite 203
Teleefan: 645-1968 **Saacado: Eeg saacaha sare**

ADEEGYO KALE

Qaniinyo Xayawaan, Xayawaan Halis ah, Ilaalo Raabbiyo

Waxay ka jawaabaan cabashada qaniinyo xayawaan, waxayna bixiyaan xogo tallaalada raabbiyo iyo rugaha tallaalada. **Teleefan: 645-6134** **Saacado: 8:00subax - 4:30galab, Isniin-Jimco**

Qiimeyn iyo Indho ku hayn

Dhakhaatiir ku takhasustay hannaanada cudurrada ayaa bixiya xogo xaaladda bulshada iyo qiimayno (tusaale, dhimashada, dabeecadaha caafimaadka, dhaawac iwm.)

Teleefan: 645-6252 **Saacado: 7:45subax - 4:30galab, Isniin-Jimco**

Shahaadooyinka Dhalasha iyo Dhimashada (Tirada iyo Taranka)

Diiwaangeliyaal nuqulo ka soo saaro shahaadooyinka dhalashada iyo dhimashada laga soo bilaabo ilaa 1 908. Waxaa laga qaadaa khidmad nuqulada shatiyada, <u>Adeeggii-ila-maalinta ahaa si kumeel gaar ah ayaa loo laalaay.</u> Adeegga sidoo kale teleefan ayaa lagu helaa ama faakis lasocdo kaadh bangi/ ama amaaho/ (kharash dheeraad ah ayaa wehlaya). Codsiga waraaqaha boostada waxay qaadayaa 1 2 ilaa 14 maalmood. Canugga markaas dhasha shahaadooyinkooda waxay qaadataa 8 ilaa 10 toddobaad. Foomka arjiga waxaa laga heli karaa shabakadda: www.publichealth.columbus.org.

Teleefan: 645-7331 **Saacado: 8:00subax - 4:30galab*, Isniin/Talaado/Khamiis/Jimco**
9:00subax - 4:30galab*, Arbaco
**Qaybta shahaadooyinka dhimashada waxay xirantaa @ 4:15 glbnmo*

Caafimaadka Wadnaha

Waxay bixisaa tacliin ku saabsan ammuuraha halista ah ee xanuunada wadnaha.(xirfadaha jireed, nafaqo xumo, sankoroow, kolostorool sare, dhiig kar, iyo isticmaal tubaako), sammaysaa u weecin adeeg, bilaawdaa iskaashi bulsho, waxayna sahashaa baddelidda bay'adeed ee bulshada, iskuulka, goobaha shaqada iyo maamuusyada daryeelka caafimaad.

Teleefan: 645-0743 **Saacado: 7:45subax-4:45galab,Isniin-Jimco**

Halista kiimakooyinka iyo Dhisma ha

Waxay baartaa kana talo bixisaa halista haraadiga wasakhda iyo ammuuraha maaraynta wasakhda caabuqa. Barnaamijka, oo kaashanaya hay'adaha xaaladaha degdegga ah iyo warshadaha, wuxuu shaqeeyaan koox qorshayn isu diyaarin xaalad degdeg ah Degmada Franklin.

Teleefan: 645-6275 **Saacado: 7:45subax - 4:45galab, Isniin-Jimco**

Kooxda Dib u eegidda Dhimashada Carruurta

Caafimaadka Bulshada Columbus wuxuu bixiyaa hormuudnimo koox hay'ado badan ka kooban u dib u eega dhimashada carruurta jira ilaa 1 8 si loo fahmo sababta carruurta u dhintaan loona helo hannaan waxgal ah oo lagu yaraynayoamalagubaabi'inayodhimashadacarruurtaeelagahortagika roDemgadaFranklin.

Teleefan: 645-1667 **Saacado: 8:30subax - 4:30galab, Isniin-Jimco**

Kooxda Nidaamka Jawaabta Caafimadka ee Guda-weynta Columbus (CMMRS)

Caafimaadka bulshada Columbus waa hay'adda hormuudka ka aholumbus CMMRS si ay u qorshayso xaaladaha degdegga ah ee caafimaad ee ku lugta leh xaalado kiimiko, noole, shucaac, ama qarax. Kooxda CMMRS waxaa lagu kala matalaa hay'adaha sharci xoojinta, dabka, caafimaadka bulshada, cusbitaalada, Laanqayrta Cas ee Maraykanka, caafimaadka dhimmirka, sarkaalka baara dadka dhinta, iyo hay'adaha kale ee maamulka xaaladda degdegga ah.

Teleefan: 645-6736/645-7089 **Saacado: 8:00subax - 5:00galab, Isniin - Jimco**

Nidaamka Warinta Cudurrada Faafa ee La is Qaadsiiyo (CDRS)

Waa masuuliyadda xirfadle-yaasha caafimaadka iyo shaybaarrada inay waaxda caafimaadka deegaan hoosaadka u soo sheegaan kiisaska cudurrada faafa sida ku qeexan Xeerka Ohio ee dib loo saxay 3701. Caafimaadka Bulshada Columbus iyo Golaha Caafimaadka Degmada Franklin waxay leeyihiin shaqaale ka midaysan soo warinta cudurradan iyo ammuuraha kale si sahal ah oo u dhib yar. **Adeeggan waxaa khuseeyaa xirfadle-yaasha caafimaad iyo shaybaarrada kaliya.** Khadka teleefanka CDRS waa la helaa 24 saacba si ay si toos ah ugu soo wariyaan cudurrada faafa. Daryeel Caafimaad Bixiyaasha raba inay soo wariyaan Heerka A-1 ee cudur fiidkii, iyo maalmaha fasaxa ah, ama feestooyinka,wac 645-7417. **Teleefan: 719-8888 –ama- 719-8889 (24 saacadood)faakis: 719-8890**
Kalkaaliyaha Xaaladaha degdegga ah ee Teleefanka lagu helo: 645-7417

Ilaalinta iyo Indho ku haynta Cudurrada Faafa

Xaqiijisaa baaris ku habboon iyo dabaggal dhammaan kiisaska cudurrada la is qaadsiiyo ee la soo wariyey, sammaysaa indho ku hayn cudur, hirgelisaa hannaan ka hortag, cudurrada faafa wax ka bartaa dadka, oo maaraysaa kiisaska Hepatitis B ee dummarka uurka leh.

Dadka ay hayso xaalad degdeg ah oo u baahan inay la hadlaan Kalkaaliye Cudurrada Faafa waxay soo wici karaan khadka kalkaaliyaasha hoos ku qoran maalmaha shaqada, ama ama qofka heeganka leh khadka teleefanka lagu soo waco fiidkii, maalmaha fasax ah iyo feestooyinka (Khadka wuxuu kuu oggolaan doonaa soo wacaha in lagu xiro khadka Kalkaaliyaha heeganka leh wakhti kasta maalint.)

Teleefan: 645-1474 (CD Kalkaaliye) **Saacado: 8:00 subax - 4:30 galab, Isniin - Jimco**
Kalkaaliyaha Xaaladaha degdegga ah ee Teleefanka lagu helo: 645-7417

Khadka Xaquuqda Ogaanshaha Bulshada

Wuxuu kormeeraa oo bixiyaa xogta kiimiko la isticmaalay la dhigay meel ah Columbus/Franklin.

Teleefan: 645-6672/ 645-6275 **Saacado: 7:45subax - 4:45galab, Isniin-Jimco**

Isu Diyaarinta Xaalad Degdeg ah

Wuxuu xoojiyaa awoodda bulshada Columbus ay isugu diyaarinaysa ugana jawaabayso xaalad degdeg ah. Tani waxaa ku jira: La shaqaynta hay'adaha kale, dajinta iyo ku dhaqanka qorshe ficileed, eegidda iyo ka jawaabidda calaamado cudur oo aan caadi ahayn, tababar shaqaale si loo badbaadiyo bulshada yo bixinta xogta sida la isugu diyaariyo loogana jawaabo xaal dedeg ah.

Teleefan: 645-7089 **Saacado: 8:00subax - 5:00galab, Isniin – Jimco**

Ammaan cunto & Shatiyeyn

Masuul ka tahay shatiyeynta iyo baqshimidda adeegyada cuntada iyo rugaha ganacsiga cuntada. Masuul ka tahay baqshimidda xarumaha ay ku jiraan, xabsiyada, cusbitaalada dhalniinka & iskulada

Baqshimidda/Cabashooyink	**Teleefan: 645-8191**	**Saacado: 7:45sbx - 4:45glb, Isniin-Jimco**
Dib u eegid qorshe	**Teleefan: 645-6191**	**Saacado: 7:45sbx- 4:45glb, Isniin-Jimco**
Khidmad shati/bixin kharash	**Teleefan: 645-7538**	**Saacado: 7:30sbx- 4:45glb, Isniin-Jimco**

Soo warinta Cudurrada Cuntada

Kalkaaliyaha ah Baaraha Asaasiga ah, oo ah xubin kamid ah Kooxda Ka hortagga Cudurrada Faafa, waxayna ka jawaabaan oo baaraan dhammaan cabashooyinka bulshada ee cudurrada cuntada. 24 saacadood gudahood cabashada ayey baaris bilaabaan. Xarun kasta oo cunto oo ay Columbus shati siisay oo ku lug leh baarista waxaa loo weecin doonaa barnaamijka baqshinka ammaanka cuntada.
Teleefan: 645-1791

Qorshayn Caafimaad

Waxay bixisaa hormuudnimo lagu muujinayo ammuuraha furaha ah ee caafimaadka bulshada, qorshayn caafimaad, iyo horumarin iskaashi nidaam caafimaad oo leh hannaan horumarsan.
Teleefan: 645-6189 **Saacado: 7:30subax -4:30galab, Isniin - Jimco**

Barnaamijka Guryaha Caafimaadka leh

Barnaamijka Guryaha Caafimaadka leh, oo kaashanaya Waaxda Guryeynta iyo Horumarinta Magaalooyinka ee Maraykanka, Xafiikeeda Guryaha Caafimaadka leh iyo Ilaalinta Maaddada Macdanta waxay bixiyaan qiimeyn guri, bay'adeed iyo caafimaad si looga hortago halista ku lugleh daxalaysiga iyo maaddooyinka kale ee neefta keena iyo ka hortag ku summow macdan. Nadaafad yaqaan iyo kalkaaliye shati haysta ayaa talo loogu helaa maalmaha toddobaadka.
Teleefan: 645-6226 **Saacado: 7:45subax- 4:45galab, Isniin-Jimco**

Xafiiska Caafimaadka Deriska

Xafiiska Caafimaadka Deriska waxaa ka go'an dhisidda dhaqan caafimaad leh bulshada aan u adeegno iyadoo loo marayo adeegyo sida bixinta xog caafimaad, munaasabado caafimaad, sharraxaad, iyo sahlid guddiyo talo caafimaad oo wajaha ammuuraha caafimaad, sammeeyana ka warqabidda ammuurahan.
Teleefan: 645-0732 **Saacado: 8:00subax– 5:00galab, Isniin-Jimco**

Barnaa mijka Gooba ha Caafimaadka leh

Hawsha Barnaamijka Goobaha Caafimaadka leh waa in sare loo qaado caafimaadka iyo si firfircoon u noolaanshaha iyadoo 1) la dajinayo qorshooyin lagu yaraynayo saammaynta xun ee caafimaad, iyo iyadoo 2) la sammaynayo goobo kobcisa xirfado jireed oo qayb ka ah hawsha maalinlaha ah. Si tan loo gaaro, shaqaalaha barnaamijka wuxuu horumariyaa ka warqabidda qawaaniinta firfircoonaanta waxayna iskaashi la leeyihiin asxaab dib u eegta qorshooyinka iyo ficilada saammeeya bay'adda.
Teleefan: 645-5318 **Saacado: 8:00subax– 5:00galab, Isniin-Jimco**

Barnaa mijka Iskuulada Caafimaadka leh

Hawsha Barnaamijka Iskuulada Caafimaadka leh waa badbaadinta caafimaadka iyo ammaanka iskuulka carruurta bulshada iyadoo loo marayo baabi'inta halisaha xarunta iskuulka. Iskuulada bulshada iyo kuwa sida goonida ah loo leeyahay ee ku yaala degmada Columbus Iyo Worthington labo jeer la baqshimo sanadki.
Teleefan: 645-7005 **Saacado: 7:45subax- 4:45galab, Isniin-Jimco**

Guryaha La Sammeeyo ama Baabuurta ah/Guryaha Guurguura

Waxay bixiyaan shatiyeyn iyo baqshimid guryaha la sammeeyo si loo xaqiiyo waafiqidda Sharuudaha Ohio.
Teleefan: 645-6197 **Saacado: 7:00subax - 3:30galab, Isniin-Jimco**

Caafimaadka Dadka laga tiro badan yahay

Wuxuu bixiyaa hurmuudnimo uu ku wajahayo baahida caafimaad jisniyadda iyo qoomiyadaha laga tirada badanyahay. Waxay bixiyaan tacliin bulsho, gaarid diin ku salaysan, adeegyo tacliin iyo caafimaad, iyo sahlid ammuuraha caafimaad. Xariiriyaa adeegyada tarjubaaneed iyo tababar dhaqan.
Teleefan: 645-6450 **Saacado: 8:00subax - 5:00galab, Isniin-Jimco**

Ilaalinta Kaneecada iyo Qaniinka

Waxay qabtaan indho ku hayn iyo xirfado ilaalo oo lagu yaraynayo dhacdooyinka xanuunada kaneecada la xariira sida fayraska Saint Louis Encephalitis, LaCross Encephalitis iyo West Nile virus. Waxay bixiyaan baqshimid baraagaha sida gaarka ah loo leeyahay si looga hortago koridda kaneecada in la yareeyo halista hafashada. Sammaysaa indho ku hayn qaniin, talo siin caws Waaxda Horumarinta. Bixisaa xog iyo adeegyo talo bixin ku saabsan dilidda balahada yaryar iyo cayayaan.

Teleefan: 645-8191 **Saacado: 7:45subax - 4:45galab, Isniin-Jimco**
645-BITE (2483) – Khadka Kaneecada - 24 Saacado

Adeegyada Caafimaadka Dariska

Iyadoo la shaqaynaysa Xarumaha Derisyada iyo Xarumaha Sharafta ee Derisyada iyo wakaaladaha baladka iyo barnaamijyada bulshada si loogu xiro dadka khayraadka barnaamijyada caafimaad. Sidoo kale bixinta qiimeyn iyo baaris shaqsiyaadka, qoysaska iyo kooxbaha jooga Xarumaha Sharafta Derisyada iyo goobaha kale ee bulshada.

Teleefan: 645-6450 **Maamulka (Administration) Saacado: 8:00subax – 4:30galab, Isniin - Jimco**
645-5224 **Franklinton Pride Center**
645-5205 **Southside Pride Center**
724-0101 **Far East Pride Center**
724-0116 **Near East Pride Center**
645-6807 **Farriin cod ah su'aalaha aan xaalad degdeg ah ahayn**

Xafiiska Maamuuska Caafimaadka Bulshada

Ilaaliyaa oo diiwaangeliyaa u hoggaansanka hannaanada gobalka iyo hannaanada caafimaadka bulshada qaranka iyo xariirin aasaasidda cabbir hawl-qabasho barnaamijyada wakaaladaha. Ururiyaa oo lafa-guraa/baaraa sahan/ra'yi koob la xariira qanaca macaamiisha adeega waaxda caafimadka

Teleefan: 645-6751 **Saacado: 7:45subax - 4:45galab, Isniin-Jimco**

Qorshaynta iyo Tacliinta Baahidda Hergabka

Koox ah xirfadle-yaal caafimaad oo ku wajahan isu diyaarinta baahidda Hergabka (flu). Ilaha khayraadka bulshada ee la helo. **Teleefan: 645-5139 Saacado: 7:45subax-4:45galab, Isniin-Jimco**

Shatiyeynta iyo Baqshimidda Baraagta

Waxay bixisaa shatiyeynta iyo baqshimidda baraagaha dabbaasha bulshada iyo goobaha bakhuurka bulshada, ceelasha biyaha gaarka loo leeyahay, nidaamka biyaha bulshada qaybta leedahay (ganacsiga yarka ah) iyo rugaha wasakhda si loo xaqiijiyo hoggaansanka sharuucda gobalka ohio.

Khidmadda shatiga& Bixinaha **Teleefan 645-7538 Saacado: 7:45subax - 4:45galab, Isniin-Jimco**
Qashin-qub gaar loo leeyahay Nidaam-Teleefan: 645-8191 Saacado: 7:45subax 4:45galab, Isniin-Jimco

Mashuurca JACAYL (Jecloow Carruuteena Tallaal Goor Hore)

Iskaashi bulsho oo ka dhaxeeya Caafimaadka bulshada Columbus, Waaxda Caafimaadka Degmada Franklin, Golaha Maamulka Franklin, Cusbitaalada Agagaarka Columbus, Ururrada diinta, iyo ganacsatada deegaan hoosaadka, oo u shaqaynaya si ay u xaqiijiyaan in dhammaan xarruurta Degmada Franklin la talaalo Markay jiraan da'ada 2. *www.project-love.org*

Xafiiska Agaasimaha **Teleefan: 645-6522 Saacado: 8:00subax - 5:00galab, Isniin-Jimco**
Xafiisyada Maamulka **Teleefan: 645-6835**

Mashruuca Ammaanka Bulshooyinka

Wuxuu horumariyaa ammaanka gaadiidka isagoo kaashanaya sharci xoojinta, caafimaadka, waxbarashada, injineeriyada, gaadiidka, iyo qorshaynta iyo bulshada deggan degmada. Hadafkeenu waa yarayntaa isku dhacyada gaadiidka, dhaawaca, dhimashada Degmada Franklin iyadoo loo kuurgalayo isticmaalka suunka ammaanka, sarqaan wadidda, xawaaraynta, amniga jidgoynta, amniga dhallinta & mootooyinka.

Teleefan: 645-0867 **Saacado: 7:45subax- 4:45galab, Isniin-Jimco**

Barnaamijka Gudaha Guryaha Sigaarka Xorta ka ah

Qaanuunka Gobalka Ohio ee sigaar la'aanta goobta shaqada, Caafimaadka Bulshada Columbus wuxuu masuul uga dhigayaa hirgelintiisa iyo ka jawaabidda cabashada la xariirtander. Xadgudubyada goobaha la qoondeeyey waxaa lagu soo warin karaa iyadoo la soo waco khadka teleefanka Gobalka Ohio.

Xog Guud Teleefan: **645-7005** Saacado: **8:00subax- 4:30galab, Isniin-Jimco**
Khadka soo Warinta Cabashada Teleefan: **866-559-OHIO (6446) - 24 saac./maalinti**

Banraamijka Shatiyeynta jir midabaynta (Tattoo) iyo Jir dulduleelinta

Baqshimidda iyo shatiyeynta Taattooga iyo Rugaha jir duleelinta.
Teleefan: **645-6672** Saacadaha: **7:45 subax - 4:45 galab, Isniin- Jimco**

Qorshooyinka Tubaakada

Barnaamij bulsheed oo ku wajahan ka hortagga iyo joojinta isticmaalka tubaakada ee Columbus, sida la shaqaynta kooxaha bulshada, iskuulada, kooxaha diimaha iyo goobaha shaqada si loo kordhiyo ka warqabidda barnaamijyada iyo khayraadka.
Teleefan: **645-6055** Saacadaha: **8:30subax - 5:30galab, Isniin-Jimco**

ADEEGYO KALA DUWAN

Barnaamijka Gargaarka Shaqaala h Degmada Columbus

Wuxuu bixiyaa adeegyo xog iyo la talin ee shaqaalah Degmada iyo xubnaha qoysaskooda ee ay soo wajahdo dhibaatooyin shaqsiyeed iyo/ama shaqada la xariira. Waxay siiyaan tababar iyo tadliin/aqoon moowdduucyo kala duwan.
Teleefan: **645-6894** Saacado: **8:00subax - 5:00 galab, Isniin-Jimco**
Wakhtiyo kale marka ballan la sammaysto

Xariirka Caafimaadka iyo Arrimaha Bulshada

Wuxuu bixiyaa xog caafimaad saxaafadda deegaan hoosaadka iyo bulshada.
Teleefan: **645-6928** Saacado: **7:30subax - 4:30galab, Isniin-Jimco**

Adeegyada Shaqaalaynta (Khayraadka Dadka)

Masuuliyadda tababarka iyo taageerada shaqaalaha Caafimaadka Bulshada Columbus.

Xog	Teleefan: **645-6046**	Saacado: **7:30subax - 4:30galab, Isniin-Jimco**
Xaqiijin Shaqaale-nimo	Teleefan: **645-6568**	Saacado: **8:00subax- 5:00galab, Isniin-Jimco**
Khadka Shaqada Madiniga	Teleefan: **645-7667**	Saacado: **24 subax, Isniin-Jimco**

Caafimaadka iyo Ammaa nka Shaqaala ha

Waxay bixisaa indho ku hayn caafimaad ku aaddan shaqaalaha Degmada Columbus sida laga doonayo. Waxay bixisaa barnaamijyo dhagaysi, tallaalo shaqada la xariira, baaris awood shaqo, baaris shaqada ka hor, iyo baaritaano cayiman oo ah dabaggal indho ku hayn.
Teleefan: **645-3278** Saacado: **7:1 5subax - 3:30galab, Isniin-Jimco**

KHADKA XOGTA IYO BARNAAMIJYADA AAN QORNAYN

Teleefan: 645-7417 (Farriin Duuban) **Saacado: 7:45subax - 4:45galab, Isniin-Jimco**

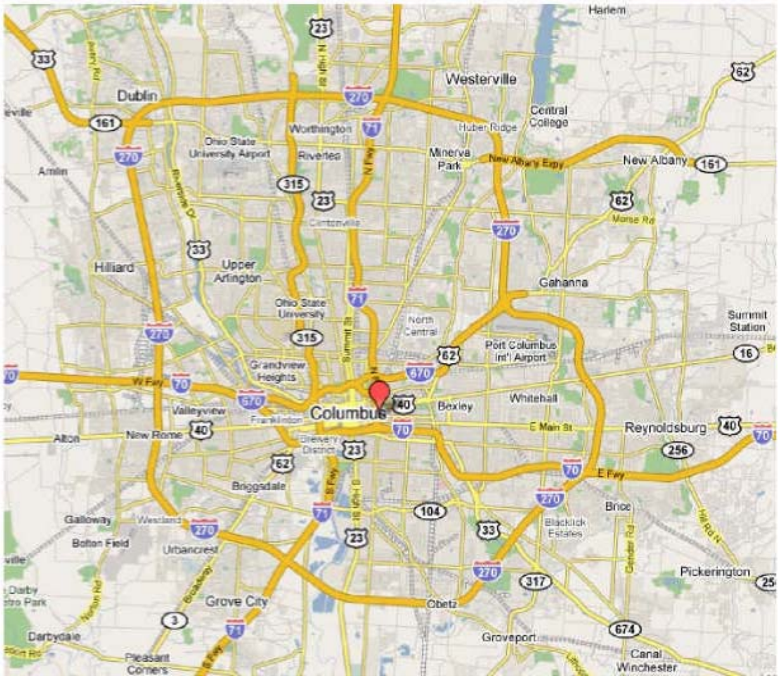
Teleefanka aan lahayn lambarrada la riixo: Khadka ku sug waxaa laguu weecin qof teleefanka ka shaqeeya.

Teleefanka leh lambarrada la riixo: Markasta, waxaad xog ku heli kartaa barnaamijyadan, adigoo riixiya lambarka ku habboon:

- **2** Shatiyeynta cuntada, Baraagaha, Biyaha, cabashooyinka cuntada, qaniinyo xayawaan, kaneeco, badbaado biyo ama halis kiimiko
- **3** Tallaal carruur, tallaal Hergab, ama Taariikh/diiwaan tallaalo
- **4** Shahaadooyin Dhalasho ama Dhimasho
- **5** Adeegyo Caafimaad Galmo
- **6** Barnaamij nafaqo Dumar, Dhallaan iyo Caruur - WIC -
- **7** Adeegyo Kalkaaliye ama Adeegyo Booqasho Guri
- **0** Qof Teleefanka ka shaqeeyo- Xogta ama Barnaamijyada aan qornayn/Diiwaansanayn

TILMAAMAHA CAAFIMAADKA BULSHADA COLUMBUS

Caafimadka B.Columbus
240 Parsons Avenue
Columbus, OH 43215
Teleefan: 614/645-6447



Waxaan ku naalnaa Jidka Parsons Avenue dhinaca E. Main, inta u dhaxaysa Main iyo E. Broad Street, dhanka bari badhtamaha faras magaalaha (Labada jidka Main iyo E. Broad waa looga soo bixi karaa I-71 kuunfurta u jeeda, E. Broad Street kaliya ayaa looga soo bixi karaa I-71 waqooyiga u jeeda.) Boos baabuurta la dhigto oo lacag la'aan ah aya dhismaha ka danbeeyo, dhanka sare danbe.

Ka imaanshaha dhanka Bari, Galbeed, ama Koonfurta faras-magaalaha:
I-71 N ilaa E. Broad St; midig u gal Broad (east); Midig nalka xiga (Parsons Avenue). Dhaaf nalka 2aad (Bryden Rd/Town St.) Gal dariiqa 2aad ee bidixe. Raac dhanka waqooyi ee dhinaca danbe ee dhismaha Iridda barsada dhexe way ka xirantahay dariiqada baabuur dhigashada. Xogta ka eeg miiska tilmaanta qolka ama rugta.

Ka imaa nshaha Waqooyiga Faras-magaa laha:
I-71 S ka bax E. Broad St.; bidix ku aaddan Broad (east)- laynka midig u leexo, midig nalka xiga (Parsons Avenue). Dhaaf 2 nal (Bryden Rd./Town St.) Gal dariiqa 2aad ee bidixe. Raac dhanka waqooyi ee dhinaca danbe ee dhismaha. Iridda barasadda dhexe way ka xirantahay dariiqa baabuur dhigashada. Xogta ka eeg miiska tilmaamaha qolka ama rugta.

Ka imaashaha Gegida Diyaaraha Columbus:
I-670 West laga aado 71 S; kadib qaado bixidda 1aad- Broad Street; bidix u gal Broad (isticmaal laynka dhexe ee dhanka bixidda). Midig ugu leexo nalka xiga - Parsons Avenue. Dhaaf 2 nal (Oak Street & Bryden Rd./Town St.). Raac dhanka waqooyi ee dhinaca danbe ee dhismaha. Iridda barsadda dhexe way ka xirantahay dariiqa baabuur dhigashada. xogta ka eeg miiska tilmaamaha qolka ama rugta.