

# Daryeelka Ka-Hortagga – Dadka Waaweyn

Ma ogtahay inta jeer ee ay tahay inaad iska baarto ama aad u tagto dhakhtarkaaga?  
Ma taqaanaa baadhitaano iyo adeegyada loo arko inay looga hortagayo cudurka?



## Waa maxay adeegyada daryeelka ka hortagga ah?

Waa muhiim inaad si joogto ah u booqato dhakhtarkaaga daryeelka aasaasiga ah (Primary Care Provider – PCP) si aad u hesho daryeel ka-hortag ah. Daryeelka ka-hortaggu wuxuu u oggolaanayaa PCP-gaaga inuu ogaado dhibaatooyin caafimaad oo suurtagal ah ka hor inta aadan dareemin xanuun. Markaad hore u heshid dhibaatooyin caafimaad, takhtarkaaga (PCP) wuxuu kaa caawin karaa inaad hesho daryeelka aad u baahan tahay si aad caafimaad u hesho.



## Goorma ayay adeegyadu bilaash yihiin?

Adeeg la mid ah waxa uu noqon karaa ka hortag (lacag la'an) ama ogaanshaha (wada bixinta, caymis ama wax laga jari karo ayaa lagu codsado).

Daryeelka ka-hortagga ah waa lacag la'aan (kharash la'aan kuwo xubinta) haddii:

- Ku taxan hagahan laga helay [osuhealthplan.com/forms-and-downloads](https://osuhealthplan.com/forms-and-downloads)
- Waxaa buuxinaya bixiyaha shabakada ama farmashiyaha aad doorbidayso. Tag [osuhealthplan.com](https://osuhealthplan.com) oo isticmaal qalabkayaga Raadi Bixiyaha si aad u hesho dhakhaatiirta shabakada
- Loo sameeyay ujeedooyinka ka hortag



DARYEELKA	SABABTA ADEEGA	MAXAAD BIXIN DOONTAA
Daryeelka ka hortagga	Si looga hortago dhibaatooyinka. Wax calaamado ah ma lihid.	Wax ma bixinaysid wax kasta. <i>lacag la'an</i>
Daryeelka Baritaanka	Waxaad leedahay calaamad, ama waxaa lagugu baaray arrin caafimaad oo la yaqaan.	Tani waa sheegasho caafimaad. Waxa laga yaabaa in lagaa jarayo, lacagaha aad bixineyso iyo caymiska aad codsanayso. Xusuusnow in booqashadaada xafiiska PCP ay lacag la'aan tahay haddii bixiyahaagu uu qeyb ka yahay shabakada koowaad. Haddii lagu sameynayo baaritaanka dhiigga ama raajada, kuwani waxay kaaga baahan doonaan inaad bixiso dhammaan ama qayb ka mid ah kharashka.



# Daryeelka Ka Hortagga Caafimaadka Dadka Waaweyn

Da'da	TALO	Qiimaha
19– 21 sanno	Hal mar 2–3 sano kasta; sannadkiiba haddii la doonayo	lacag la'an
22– 64 sanno	Hal mar 1–3 sano kasta	lacag la'an
65 sano iyo wixii ka weyn	Sanadkiiba hal mar	lacag la'an

TALLAALKA	TALO	Qiimaha	
TALAALADDA Qiyaasaha, da'da iyo talooyinka way kala duwan yihiin.	Bus-buska cudurka (jadeecada)	Laba qiyaasood oo 4 usbuuc u dhexeeya dadka aan horey u qaadan tallaalka ama cudur.	lacag la'an
	COVID-19-ka	Talooyinka CDC ee hadda la xiriira tallaalka COVID-19, fadlan booqo <a href="https://www.cdc.gov/covid/vaccines">cdc.gov/covid/vaccines</a> .	lacag la'an
	Hargabka (Hargab)	Hal qiyaas sanad kasta.	lacag la'an
	HPV-ga (aadanaha caabuqa babloomo)	Saddex qaadasho 24 usbuuc gudahood ilaa da'da 26. Shakhsiyadka qaarkood ilaa da'da 45 sano waxay ka faa'iideysan karaan, kala hadal dhakhtarkaaga.	lacag la'an
	Jadeeco, qaamo-qashiir, Cudurka shubanka (MMR)	Hal ilaa laba qaadasho haddii aanad horey u qaadin tallaalka ama cudurka.	lacag la'an
	Qoorgooyaha	Hal qiyaas oo loogu talagalay dadka da'doodu u dhaxayso 19 ilaa 23 sano haddii aan horay loo tallaalin. Waxaa la siin karaa dadka halis sare ku jira	lacag la'an
	Bararka sambabka (Koola bacaari)	Hal qiyaas oo loogu talagalay dadka 50 sano iyo ka weyn. Dadka khatarta sare leh ama kuwa horey u qabay cudurka neefta ama sigaarka cabaya 1 waa in ay qaataan hal mar da'da u dhaxaysa 19 ilaa 49 sano.	lacag la'an
Nooca (bus-buska)	Da'da 50 sano iyo wixii ka weyn.	lacag la'an	
Geli sumad gawracatada iyo xiiq-dheerta (xiiq-dheerta)	Hal qiyaas haddii aanu jirin taariikhda tallaalka xiiq-dheerta iyada oo aan loo eegin inta u dhaxaysa tan iyo tallaalkii teetanada ee u dambeeyay, oo ay ku xigto teetanada 10 kii sanoba mar. Tallaalkan ayaa lagula talinayaa gaar ahaan haddii aad xiriir la leedahay carruurta ka yar da'da 1.	lacag la'an	