



Daryeelka caafimaadka ee Queensland

Hagaha loogu talagalay imaatinka barnaamijka bini'aadantinimo ee Queensland

Somali - A guide for Queensland humanitarian program arrivals



Queensland
Government

Nuxurka



Turjubaan



Isbitaallada



Kaararka
caafimaadka



Daawooyin



Dhakhaatiirta
& daryeelka
caafimaadka



Caafimaadka
dhimirka



Takhasusleyaasha



Baaritaannada
caafimaadka



Gurmadka degdega
ah



Tallaalada

Xusuusnow inaad fiiriso **Qaamuuska** (liiska qeexida) bogga 16 si aad u hesho underlined words.

Turjubaan



Markaad aragto astaantan, adeeg turjubaan oo lacag la'aan ah ayaa kuu diyaar ah.

Adeegyada turjubaan lacag la'aanta ah ayaa la heli karaa 24 Saac, 7 maalmood si loo helo daryeel caafimaad sida ambalaas, isbitaallo, dhakhaatiir, iyo farmashiilayaal.

Lacag la'aan ayuu kuu yahay.

Haddii aad u baahan tahay turjubaan, weydii shaqaalaha caafimaadka inuu mid kuu habeeyo. Xusuusnow inaad weyddiiso luqadda aad ku hadasho (tusaale, Soomaali). Waxaad sidoo kale si toos ah uga wici kartaa Adeegga Fasiraada iyo Turjumaada (Translating and Interpreting Service - TIS) **13 14 50** waxayna kugu xidhi doonaan adeega.



Kaararka caafimaadka

Muxuu qabtaa kaarka Medicare-ka?

Kaarka Medicare-ka wuxuu kaa caawin karaa adeegyada caafimaadka inay fahmaan qofka aad tahay iyo inuu kaa caawiyo kharashyada ballamahaaga caafimaad.

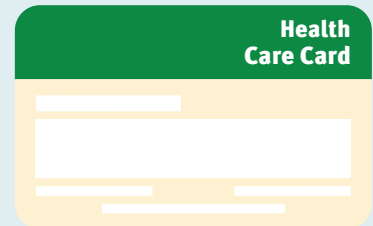
Markaad timaado Australia, waxaa lagu soo diri kaarka Medicare-ka.



Kaarka Medicare-ka

Muxuu qabtaa kaarka daryeelka caafimaadka?

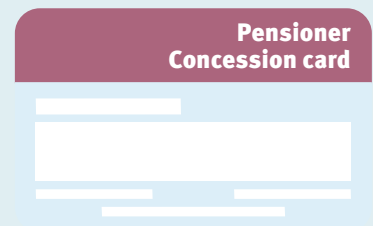
Kaarka Daryeelka Caafimaadka (Health Care card) waxaa loogu talagalay dadka dakhligoodu hooseeyo wuxuuna kaa caawin karaa inaad hesho adeegyada caafimaadka qaarkood oo aad ku hesho dawooyin dhakhtar qoray oo qiimo jaban ah. Caadiyan, kaarkani kaama caawinayo kharashka fiitamiinada iyo kaabayaasha.



Kaarka Daryeelka Caafimaadka

Muxuu qabtaa kaarka Qiimo-dhimista dadka Waayeelka iyo naafada.

Kaarka qiimo-dhimista dadka hawlgabka (A Pensioner Concession card) waxaa loogu talagalay dadka ka weyn 60 sano wuxuuna kaa caawinayaa inaad hesho daryeel caafimaad oo jaban, daawooyinka dhakhtar qoray iyo xoogaa qiimo dhimis ah.



Kaarka qiimo-dhimista dadka hawlgabka

Waxaa laga yaabaa in loo baahdo inaad bixiso qiimo buuxa daawooyinka qaarkood xitaa adoo heysta kaararkan. Waa inaad kaadhahdhan u sii qaadataa dhammaan ballamahaaga caafimaad iyo farmashiyaha.

Haddii aadan haysan mid ka mid ah kaararkan waxaad u baahan doontaa inaad farmashiyaha ka bixiso kharashka daawada oo dhan iyo adeegyada caafimaadka qaarkood. Had iyo jeer weydii haddii aadan hubin.

Dadka magangalyo ka raadsada Australia ee aan u qalmin kaarka Medicare-ka waxay heli karaan isbitaallada dadweynaha ee Queensland oo lacag la'aan ah.

Dhakhaatiirta & daryeelka caafimaadka



Waa lacag la'aan codsashada turjubaanka markaad la hadashid Dhakhtarka guud (GP), farmashiistaha, ambalaasta ama wac 13 HEALTH.

Sideen ku heli karaa caawimo haddii aan xanuunsanahay?



Haku arko Dhakhtarka guud (GP)



Utag farmashiyaha si aad talo u hesho



Wac Saddexda Ebar '000' haddii ay jirto xaalad degdeg ah

Haddii aadan hubin, wac 13 HEALTH **13 43 25 84** si aad talo uga hesho kalkaalisada diiwaangashan, 24 Saac, 7 maalmood.

Yaa Waayo Dhakhtarka guud (GP)?

Dhakhtarka guud (general practitioner) waxaa badanaa loo yaqaan 'GP' ama 'dhakhtar goys' oo badanaa waa qofka ugu horreeya ee aad ugu tagto dhibaato caafimaad. Caadi ahaan waxaad u baahan doontaa inaad ballan samaysato si aad u aragto GP.

Haddii aad u baahan tahay turjubaan, u sheeg soo-dhoweeyaha (receptionist) marka aad ballanta qabsanayso.

Muxuu GP-gu qaban karaa?

- Wuxuu kusiin karaa talo ku saabsan caafimaadkaaga, daaweyn karaa cudurradaada iyo dhaawacyadaada oo waxay kaloo bixin karaan daryeel caafimaad oo joogto ah
- Wuxuu kuu gudbin karaa xirfadlayaasha kale sida caafimaadka isbahaysiga (allied health) ama takhasuslaha (specialists), haddii loo baahdo. Tan waxa loo yaqaan 'referral'
- Waxay bixin karaan dukumeenti sharci ah sida shahaadooyinka caafimaadka
- Waxay kaa caawin karaan xaaladaha daba-dheeraada iyo baadhista (screening) caafimaadka ka-hortagga ah (sida hubinta kansarka iyo dhiikar)
- Waxay kusiin karaan daryeel inta aad uurka leedahay.

Waa imisa kharashka GP ga?

Haddii aad haysato kaarka Medicare-ka ama aad taqaano nambarkaaga Medicare-ka tani waxay kaa caawin kartaa qayb ama dhammaan kharashyada si aad u aragto GP.

Weydii in GP-gaagu uu biilasha ku dalacdo dowlada 'bulk bills'. Haddii aysan sidaas yeelin, waxaad u baahan doontaa inaad bixiso farqiga lacagta 'gap fee' si aad u aragto GP-ga xitaa haddii aad haysato kaarka Medicare-ka

Fadlan la xidhiidh rugta caafimaadka haddii aadan tagi karin ballantaada, maadaama laga yaabo in lacag lagugu soo dallaco haddii aadan tagin.

Waxaad yeelan kartaa ballan taleefanka ah (telehealth) taas oo macnaheedu tahay inaad dhakhtarka kala hadli karto taleefanka, halkii aad ballan fool ka fool ah ka lahayd. Weydii GP-gaaga haddii aad heli karto adeeggan.

Takhasusle



Waa lacag la'aan codsashada turjubaan markaad booqato takhasusle. Waxaad codsan kartaa turjubaan wakhtiga aad ballanta qabsanayso.

Sideen u arki karaa specialist?

1. Dhakhtarkaga guud (GP) ayaa samayn doona hubinta hore oo go'aamin doona haddii aad u baahan tahay inaad aragto takhasusle.
2. Dhakhtarkaga guud (GP) ayaa kuu qori doona warqad (referral) si uu kuugu gudbiyo dhakhtar takhasus leh. (dadweyne oo bilaash ah iyo mid gaar ah oo lacag ah)
3. Waydii GP'gaaga macluumaad dheeraad ah oo ku saabsan takhasusle aad dooran karto in lagu gudbiyo iyo sida u gudbintaada looga baaraandegayo.

Inta aad sugayso inaad la kulanto takhasusle waxa muhiim ah inaad u sheegto GP-ga haddii xaaladaadu isbeddesho si ay kuu daryeelaan oo ay xaaladaha soo cusboonaaday ula socod siiyaan takhasusle haddii loo baahdo.

Waxaad si lacag la'aan ah ugu arki kartaa khabiir ku takhasusay nidaamka guud waxaana jiri kara sugitaan. Muddada aad u baahan doonto inaad sugto waxay ku xirnaan doontaa degdegga xaaladdaada caafimaad. Waxaad la kulmi kartaa takhasus gaar ah oo lacag ah. Waydii kharashyada iyo haddii ay bixiyaan wax qorshooyin lacag bixin ah.

Gurmadka degdega ah



Waa lacag la'aan inaad codsato turjubaan markaad wacayso ambalaasta ama aad aadayso waaxda gurmadka degdega ah.

Maxaan sameeyaa haddii aan si xun u xanuunsado ama u dhaawacmo?

Australia gudaheeda, Lambarka **Saddexda Ebar '000'** waa nambarka gurmadka degdega ah ee loogu yeero booliska, dab-damiska iyo adeegga ambalaasta.

Waa inaad wacdaa ambulance haddii aad leedahay mid ka mid ah calaamadahan:

- xabad xanuun daran
- daciifnimo lama filaan ah ama kabuubyo wajiga ah, gacmaha ama lugaha
- dhiigbax aan la xakamayn karin
- dhibaato neefsashada
- Suuxid ama dhicis lama filaan ah
- gubasho daran.

Adeegga ambalaasta maaha mid loogu talagalay dhaawacyo fudud ama jirro. Haddii aadan hubin in xaaladdaada caafimaad ama dhaawacaagu yahay xaalad degdeg ah, kawac **13 HEALTH 13 43 25 84**.

Ambalaasta waa adeeg lacag la'aan ah haddii aad ku nooshahay Queensland.

Waxa kale oo aad aadi kartaa qaybta gurmadka degdega ah (emergency department - ED) ee isbitaalka xaafadaada. Kaasi waa adeeg lacag la'aan ah. **EDs waxay furan yihiin 24 Saac, 7 maalmood.**

ENGLISH



Calling an ambulance

SOMALI



Wicista ambalaas



Isbitaalada



Waa lacag la'aan inaad codsato turjubaan markaad isbitaalka ku jirto.

Maxaa dhacaya haddii ay noqoto inaan isbitaalka joogo?

Waxaa laga yaabaa inaad u baahato inaad isbitaalka joogto haddii aad si daran u jirran tahay ama u dhaawacantay, ama haddii aad u baahan tahay qalliin.

Markaad isbitaalka joogto, shaqaalaha isbitaalka ayaa ku taageeri doona oo ku daryeeli doona, waxayna hubin doonaan inaad haysato wax kasta oo aad u baahan tahay. Waxaad waydiisan kartaa xanuun baabi'iye, tarjubaan, agab ka caadada, cunto iyo cabitaan lacag la'aan ah.

Maxaa dhacaya haddii ilmahaagu ku qasban yahay inuu isbitaalka jiifo habeen?

Hal qof oo weyn oo keliya ayaa la joogi kara cunug habeen. Xubnaha kale ee qoyska ayaa soo booqan kara. Kala hadal kalkaalisada saacadaha booqashada isbitaalka.

Haddii aad ka welwelsan tahay xaaladda ilmahaaga inta ay ku jiraan isbitaalka, waa muhiim inaad u sheegto shaqaalaha isbitaalka, maadaama adiga aad tahay qofka ugu aqoonta fiican ilmahaaga.

Baro xuquuqda aad ku leedahay isbitaallada

Waxaa laga yaabaa in shaqaalaha caafimaadka ee ku daryeela aanu garanayn sida aad dareemayso. Taasi waa sababta ay muhiim kuugu tahay inaad ogeysiiso iyaga si ay kuu siiyaan daryeelka ugu fiican ee aad u baahan tahay. Haddii aad dareento in adiga ama xubnaha qoyskaagu aanay soo fiicnaanayn ama u soo roonaanayn sidii la filayey, waxaad isticmaali kartaa dib u eegista Xeerka Raayan (Ryan's Rule) si aad u hesho caawimo dheeraad ah.

Iskaan/sawir koodka QR si aad wax badan uga ogaato Xeerka Raayan (Ryans' Rule).



ENGLISH



About Ryan's Rule



Daawooyinka



Waa kuu lacag la'aan inaad farmashiyaha weydiisato turjubaan.

Sideen ku heli karaa daawo?

Pharmacists waxay ka shaqeeyaan 'pharmacy' ama 'chemist'. Farmashiistayaalka waxay awoodaan:

- Inay bixiyaan talo ku saabsan jirrooyinka fudud ama dhaawacyada
- Inay bixiyaan daawooyin marka GP-gaagu ku siiyo prescription (mararka qaarkood loo yaqaan 'script')
- Inay iibiyaan daawooyinka aan u baahnayn warqad dhakhtar
- Inay ku siiyaan noocyo ka mid ah tallaalada, oo uu ku jiro tallaalka hargabka.

Waxaad waydiisan kartaa farmashiistahaaga generic medicines. Waxaa ku jira active ingredients la mid ah daawooyinka caanka ah, laakiin badanaa way ka jaban yihiin. Australia gudaheeda, farmashiistayaashu waxay iibin karaan oo kaliya daawooyinka la midka ah kuwa orijinaalka ah haddii ay u shaqeeyaan si la mid ah dawada caanka/orijinaalka ah, markaa waad ogtahay in isticmaalkoodu dhibaato lahayn.

Qofna hala wadaagin daawooyinka laguu qoray xitaa haddii aad isku xanuun qabtaan.



Caafimaadka dhimirka



Dhammaan adeegyadani waa lacag la'aan waana sir, wax lacag ah na maaha inaad codsato turjubaan markaad wacayso.

Xaaladaha Degdega ah

Haddii adiga ama qof aad taqaan ay ku sugan yihiin xaalad naftoodu halis ku sugan tahay ah

24 saac, 7 maalmood usbuucii



Ambalaas

☎ 000

Taageero degdeg ah

Haddii aad dareento caafimaad darro oo aad rabto in aad qof la hadasho isla markiiba

24 saacadood maalintii, 7 maalmood usbuucii



Lifeline

☎ 13 11 44



1300 MH CALL

☎ 1300 642 255



Suicide Helpline Call Back Service

☎ 1300 659 467

La hadal GP-gaaga

Ballan ka qabso GP-gaaga oo kala hadal fursadaha daaweynta fayoobida dhimirka. Waxay ku siin karaan talo, [medical treatment plans](#) dhimirka waxayna kuu gudbin karaan adeegyo kale haddii loo baahdo.

Khadadka taleefanka ee talada

QPASTT

U tag la-taliye (counsellor) ku takhasusay saameynta jirdilka iyo dhaawaca.

📍 Isniin ilaa Jimco 9:00 subaxnimo ilaa 5:00 galabnimo

☎ (07) 3391 6677

Multicultural Connect Line

La hadal qof haddii aad walwalsan tahay ama walaacsan tahay.

🕒 Isniin ilaa Jimco 9:00 subaxnimo ilaa 4:30 galabnimo

☎ 1300 079 020

Kids Helpline

La talinta taleefoonka iyo khadka tooska ah ee dhalinyarada da'doodu u dhaxayso 5 ilaa 25.

🕒 24 saacadood maalintii, 7 maalmood usbuucii

☎ 1800 551 800

Beyond Blue

Kala hadal lataliye khadka online ka ah.

🌐 www.beyondblue.org.au

Head to Health

Kala hadal taleefoonka khabiirka caafimaadka dhimirka

🕒 Isniin ilaa Jimco 8:30 subaxnimo ilaa 5:00 galabnimo

☎ 1800 595 212

Queensland Transcultural Mental Health Centre

Kala hadal dhakhtarka caafimaadka dhimirka wixii talo iyo taageero ah.

🕒 Isniin ilaa Jimco 8:30 subaxnimo ilaa 4:30 galabnimo

☎ (07) 3317 1234

MensLine

Taageerada la-talinta ee telefoonka iyo Khadka online ka ee loogu talagalay ragga.

🕒 24 saacadood maalintii, 7 maalmood usbuucii

☎ 1300 78 99 78

DVConnect

Taageerada telefoonka ee dadka la kulma rabshadaha qoyska ama guriga.

☎ **Womensline** - 1800 811 811

☎ **Mensline** - 1800 600 636

Baaritaannada caafimaadka

Baaritaanno caafimaad oo joogto ah

Baadhitaanno caafimaad oo joogto ah ama 'screens' waxay heli karaan calaamadaha hore ee arrimaha caafimaadka. In la helo dhibaatooyinka waqti hore waxay la macno tahay in aad si dhakhso ah u heli karto daaweyn. Arrimo badan, sida da'daada, caafimaadkaaga, taariikhda qoyskaaga iyo doorashada qaab nololeedkaaga, waxay saameeyaan inta jeer ee aad u baahan tahay baaritaanno.

Waxaa jira baaritaanno caafimaad oo kala duwan kuwaas oo la sameeyo xilliyo kala duwan oo qofka da'diisa ah. Waa inaad kala hadashaa GP'gaaga wixii ku saabsan hubinta caafimaadka ama screening programs.

Soo galootiga cusub ee soo mara barnaamijka bini'aadantinimada waxay GP ka heli karaan **Qiimaynta Caafimaadka Qaxootiga** ee lacag la'aanta ah.

Iskaan garee/sawir koodka QR ee hoose si aad wax badan uga akhriso Qiimaynta Caafimaadka Qaxootiga, oo ay ku jiraan sababta ay tahay inaad u samayso iyo waxa aad ka filan karto.

Qiimaynta Caafimaadka Qaxootigu waxay qaadan doontaa 2 ilaa 3 balamood marka dhamaadka ballanta, ha ilaawin inaad waydiiso inaad leedahay ballan kale oo aad u baahan tahay inaad timaado.

Hubinta maqalka

Haddii aad ka welwelsantahay maqalkaaga, waxaad aadi kartaa audiologist si uu u hubiyo maqalkaaga.

Ballamaha dhaqtarka maqalka oo dhan mawada ahan lacag la'aan. Ka hubi GP-gaaga ballantaada kahor.

Barnaamijka Maqalka Caafimaadka leh ee Queensland (The Queensland Healthy Hearing Program) wuxuu siiyaa dhammaan dhallaanka ku dhashay isbitaallada Queensland (dadweynaha iyo kuwa gaarka ah) baaritaanno maqal oo lacag la'aan ah. Barnaamijku wuxuu kaloo siiyaa carruurta ka yar 16 sano adeegyo dheeraad ah.

Baaritaanno caafimaad oo lagu taliyay si looga hortago jirrada



Baaritaanno caafimaad oo joogto ah



Hubinta maqalka



Baaritaannada caafimaadka afka (ilkaha).



Baaritaanka indhaha



Baaritaanka kansarka

ENGLISH



Refugee Health Assessment

SOMALI



Qiimaynta Caafimaadka Qaxootiga





Weydiiso turjubaan markaad tagto ballanta dhakhtarka ilkaha, waa lacag la'aan adeegyada caafimaadka dadweynaha ee afka.

Baaritaannada caafimaadka afka (ilkaha).

Marka ugu horraysa ee aad Australia ku timaaddo barnaamijka bini'aadantinimada, waxa aad ilkahaaga ku hubin kartaa oodna ku daawayn kartaa dhakhtarka ilkaha iyadoo taasina ay tahay lacag la'aan adeega ilkaha dadweynaha ee Queensland.

Haddii aad u baahan tahay hubin iyo daawayn joogto ah oo aad haysato kaarka daryeelka caafimaadka ama kaarka qiimo-dhimista dadka hawlgabka, waxaad si lacag la'aan ah ballan uga qabsan kartaa xarunta caafimaadka dadweynaha ee afka ee kuugu dhow adiga oo wacaya **1300 300 850**. Wakhtiyada sugitaanku way dheeraan karaan.

Carruurta da'doodu ka yartahay 17 sano waxay si lacag la'aan ah ku heli karaan baaris iyo daawaynta aasaasiga ah ee xarunta caafimaadka dadweynaha ee afka. Waxaa lagu talinayaa in la sameeyo baaritaanka ilkaha sanad walba.

Haddii aadan haysan kaarka daryeelka caafimaadka, waxaad u baahan doontaa inaad ballan ka qabsato dhakhtarka ilkaha ee gaarka ah oo aadna bixiso wixii kharash ah eek u baxa adeega. Qaar ka mid ah daawaynta ilkaha waxaa lagu samayn karaa oo keliya dhakhtarka ilkaha ee gaarka ah.

Baaritaanka indhaha

Waa muhiim in aad baaritaan indhaha ah oo joogto ah sameysid sababtoo ah mar walba wax muuqda maaha marka ay dhibaato isha ku hayso. Waxaad u tagi doontaa 'optometrist'.

Baaritaanka isha ayaa kuu sheegi doona haddii indhahaagu caafimaad qabaan ama haddii aad u baahan tahay daaweyn kale oo ay ku jiraan ookiyaaleyaa.

Dadka da'doodu ka yar tahay 65 sano waxay heli karaan jeegareynta indhaha oo lacag la'aan ah **saddexdii sanoba mar** haddii ay leeyihiin kaarka Medicare-ka. Dadka da'doodu ka weyn tahay 65 sano ee haysta kaarka Medicare waxay heli karaan jeegareynta indhaha oo lacag la'aan ah **sannad kasta**.

Waxaa laga yaabaa inaad heli karto ookiyaalaha aasaasiga ah oo lacag la'aan ah 2-dii sanoba mar haddii aad haysato kaarka daryeelka caafimaadka. Weydii dhakhtarkaaga GP-gaaga ama dhakhtarka indhaha wixii ku saabsan Qorshaha Bixinta Muuqaalka (Spectacle Supply Scheme).

Somali (Af-Soomaal) - Healthcare in Queensland



ENGLISH



More information and locations in Queensland

SOMALI



Ilaalinta caafimaadka ilkahaaga



Baaritaanka kansarka

Kansarka wuxuu qaadan karaa waqti dheer inuu soo baxo, baaritaanka wuxuu heli karaa kansar inta uu weli ku jiro marxaladihiisa hore iyo marka qofku uusan lahayn wax calaamado ah.

Marka la helo kansarka waqti hore, waxaa jirta fursad wanaagsan in daawadu ay shaqeyso, qofkuna wuu noolaan doonaa. Waxaad iska baari kartaa noocyo kala duwan oo kansar ah laakiin waxaa jira saddex barnaamij Oo baadhista kansarka qaranka Australia oo aad si fudud u samayn karto:

	Kansarka naasaha		Kansarka mindhicirka	Kansarka ilmo-galeenka
Da'da	50 ilaa 74	40 ilaa 49 ama 75+	50 ilaa 74	25 ilaa 74 jir isla markaasna sameeyay wax galmo ah
Sidee	BreastScreen Queensland (BSQ)	Ballan ka qabso GP-ga	Boostada halaguu soo dhigo xirmo loogu talagalay baadhista kansarka mindhicirka oo lacag la'aan ah	Ballan ka qabso GP-ga
Qiimaha	Waa lacag la'aan haddii aad heysato kaarka Medicare ka	Waxaa laga yaabaa in GP-gu kugu dalacdo lacagta talo-siinta si uu kuu gudbiyo	Waa lacag la'aan haddii aad heysato kaarka Medicare ka	GP-yada qaarkood ayaa tan ku bixiya lacag la'aan. Waydii kharashka marka aad ballan qabsanayso
Meeqo jeer	Labadii sanoba mar	La hadal GP-gaaga	Labadii sanoba mar	Shantii sanaba mar
Khayraadka Ingiriisiga				
Khayraadka Af-Soomaali				



Haddii aad welwelsan tahay ama aad leedahay astaamo da kastood tahayba, la hadal GPgaaga.

Tallaalka



Weydiiso turjumaan wakhtiga ballanta tallaalka.

Vaccinations waa muhiim si adiga iyo qoyskaagaba looga ilaaliyo jirrooyinka iyo fayrasyada, tusaale ahaan hargabka ama COVID-19.

Tallaalka ayaa mararka qaarkood loo baahan yahay:

- Si laisaga diwaangeliyo iskuulka iyo daryeelka carruurta
- Si aad u safarto
- Shaqooyinka qaarkood.

Tallaaladu waxay saamayn karaan lacagahaaga Centrelink haddii aad tahay waalid.

Maxay tahay sababta la isu tallaalo?

Kala hadal GP-gaaga wixii ku saabsan tallaallada adiga iyo qoyskaaga aad u baahan tihiin iyo sida iyo goorta aad qaadanayso.

Haddii aad siin karto GP-gaaga diiwaanka la fasiray ee tallaalkaaga iyo tallaalka ilmahaaga, waxaa laga yaabaa inaanay u baahnayn in lagu celiyo. Diiwaanadaada waxaa laguugu fasiri karaa si lacag la'aan ah.

Wixii macluumaad dheeraad ah booqo barta internetka ee [Wasaaradda Arrimaha Gudaha](#).



ENGLISH



Free Translating Service



Qaamuuska

English	Somali
Allied health professional	Xirfadle caafimaad oo isbahaystay (Allied health professional)
Trained healthcare professionals who can treat and help you take care of your physical or mental health such as physiotherapists, psychologists, and dietitians.	Xirfadlayaal daryeel caafimaad oo tababaran kuwaas oo daweyn kara kaana caawin kara inaad daryeesho caafimaadkaaga jir ama maskaxeed sida takhaatiirta jimicsiga, cilmi-nafsiga, iyo dhakhaatiirta cuntada.
General practitioner / GP	Dhakhtarka guud / GP-ga
A general practitioner also known as ‘GP’ or ‘family doctor’ is usually the first person you go to when you are feeling sick or unwell. They are doctors who have focused their training to look after people of all ages with all different conditions. They work at GP practices or medical centres in the community.	Dhakhtarka guud oo sidoo kale loo yaqaan ‘GP’ ama ‘dhakhtar qoys’ ayaa badanaa ah qofka ugu horreeya ee aad u tagi doonto markaad jiran tahay ama aad xanuunsan tahay. Waa takhaatiir tababarkooda diiradda saaray si ay u daryeelaan dadka da’ kasta leh ee leh dhammaan xaaladaha kala duwan. Waxay ka shaqeeyaan xarumaha GP-ga ama xarumaha caafimaadka ee bulshada.
Specialist	Khabiir/Takhasusle (Specialist)
A doctor that has focused their training on a specific type of medicine for a particular area of the body like the heart (cardiologist), a skill set like surgery or particular age group like child health (paediatrics).	Dhakhtar ku takhasusay tababarkooda nooc gaar ah oo daawo ah oo loogu talagalay meel gaar ah oo jidhka ah sida wadnaha (wadnaha), xirfad u dejisan sida qaliinka ama koox gaar ah sida caafimaadka carruurta (caafimaadka carruurta).
Bulk billing	biilasha lagu dalacdo dowlada (Bulk billing)
Bulk-billing is a service that health professionals such as doctors, specialists, optometrists, and dentists can choose to offer. If your health professional offers bulk billing, the full cost of your appointment is covered by Medicare.	Bulk-billing waa adeeg ay xirfadlayaasha caafimaadka sida takhaatiirta, takhasusleyaasha, dhakhaatiirta indhaha, iyo dhakhaatiirta ilkuhu ay dooran karaan inay bixiyaan. Haddii xirfadlahaaga caafimaadku bixiyo bulk billing, kharashka oo dhan ee ballantaada waxaa daboolaya Medicare.
Gap fee / Medicare gap	Kharashka farqiga / farqiga Medicare
Sometimes you need to pay the whole fee for health services and Medicare will refund some of the cost. The amount you pay is called the ‘Medicare gap’.	Mararka qaarkood waxaad u baahan tahay inaad bixiso dhammaan kharashka adeegyada caafimaadka Medicare-na wuxuu soo celin doonaa qayb ka mid ah kharashka. Qeybta aad bixiso waxaa loo yaqaan ‘Medicare gap’.

English	Somali
<p>Referral</p> <p>A letter from your doctor to a specialist asking for an appointment for you. If the referral is to a specialist in a public hospital, the hospital will contact you to make an appointment. If it is to a private specialist, you will need to make the appointment yourself and there will be a fee.</p>	<p>U gudbin</p> <p>Warqad ka timid dhakhtarkaaga oo ku socota khabiir ku takhasusle ah oo looga codsanayo inay kuu sameeyaan ballan. Haddii u gudbintu ku socoto dhakhtar takhasus leh oo jooga isbitaal dadweyne, isbitaalku wuu kula soo xiriiri doonaa si aad ballan u sameysato. Haddi ay tahay khabiir gaar ah, waxaad u baahan doontaa inaad ballan samaysato laftaada waxaana jiri doona lacag.</p>
<p>Ambulance</p> <p>An ambulance is a vehicle with equipment that can provide emergency care to sick or injured people and get them to hospital quickly. Ambulances can also be used to transport patients between hospitals.</p>	<p>Ambalaas</p> <p>Ambalaasta waa gaadhi qalab leh oo daryeel gurmada degdeg ah u fidin kara dadka buka ama dhaawacmay oo si degdeg ah u geyn kara cusbitaalka. Ambalaasta waxa kale oo loo isticmaali karaa in lagu qaado bukaanka inta u dhaxaysa cusbitaalada.</p>
<p>Emergency department</p> <p>Emergency departments treat serious or life-threatening illnesses and injuries. They are open 24 hours a day, 7 days a week.</p>	<p>Waaxda gurmada degdega ah</p> <p>Waaxyaha gargaarka degdega ah waxay daaweeyaan jirrooyinka iyo dhaawacyada halista ah ama nafta halis gelinaya. Waxay furan yihiin 24 saacadood maalintii, 7 maalmood todobaadkii.</p>
<p>Chemist / pharmacy</p> <p>A place where you can buy medicines and other health products, for example vitamins and sunscreens. If you have a prescription for medicine from your GP, a pharmacist will give these to you. You can also buy some medicines without a prescription. They are called ‘over-the-counter medicines’.</p>	<p>Farmashiyaha</p> <p>Meel aad ka iibsano karto dawooyinka iyo waxyaabaha kale ee caafimaadka, tusaale ahaan fiitamiinnada iyo ookiyaalaha qorraxda. Haddii aad ka haysato GP’gaaga warqad dhakhtar, farmashiistaha ayaa ku siin doona kuwan. Waxaad sidoo kale ood ka iibsano kartaa dawooyinka qaarkood warqad dhakhtar la’aan. Waxaa loo yaqaan ‘daawoyinka aan la qorin’.</p>
<p>Prescription / script</p> <p>The document on which your doctor writes an order for medicine and which you give to a chemist or pharmacist to get the medicine.</p>	<p>Daawooyinka dhakhtarka qoray/qoraalka</p> <p>Dukumeentiga uu dhakhtarkaagu ku qoro amarka daawada oo aad siiso farmashiistaha si aad u hesho daawada.</p>
<p>Generic medicine</p> <p>Generic medicines have the same active ingredient as brand-name medicines and work in the same way. They are often cheaper than brand-name medicines.</p> <p>In Australia, pharmacies can only sell generic medicines if they work the same way as the brand-name medicine.</p>	<p>Daawooyinka aysan shirkadaha caanka ah sameyn balse la mid ka ah kuwaas (Generic medicine)</p> <p>Daawooyinka aysan shirkadaha caanka samayn ee ka samayn isla waxyaabaha laga sameeyay daawooyinka caanka ah waxayna u shaqeeyaan si isku mid ah. Badana way ka jaban yihiin dawooyinka magac-yada leh.</p> <p>Australia dhexdeeda, farmashiyeyaashu waxay iibin karaan oo keliya dawooyinka aysan shirkadaha caanka ah sameyn haddii ay u shaqeeyaan si la mid ah dawada shirkadaha magacoodu caanka yahay.</p>

English	Somali
<p>Active ingredient</p>	<p>Maaddooyinka firfircoon (active ingredient)</p>
<p>The main component in the medicine that makes it work.</p>	<p>Qaybta ugu muhiimsan ee daawada ka dhigaysa inay shaqeyso.</p>
<p>Screening / screening programs</p>	<p>Barnaamijyada baarista / baarista</p>
<p>Screening involves simple tests that look for early signs of a disease, for example cancer, before you can see or feel any changes to your body. When you find a disease like cancer early, it is easier to treat successfully.</p>	<p>Baadhitaanka waxa ku jira baadhitaano fudud oo raadiya calaamadaha hore ee cudurka, tusaale ahaan kansarka, ka hor inta aanad arkin ama dareemin wax isbedel ah oo ku yimaadda jidhkaaga. Marka aad hore u hesho cudur sida kansarka, way fududahay in si guul leh lagu daweyo.</p>
<p>Optometrist</p>	<p>Dhakhtarka indhaha (Optometrist)</p>
<p>A person qualified to check your eyes for vision (how well you can see), eye disorders, or any other health problems.</p>	<p>Qof u qalma inuu indhahaaga heerkooda araga eego (sida wanaagsan ee aad wax u arki karto), cilladaha indhaha, ama dhibaatooyin kale oo caafimaad.</p>
<p>Audiologist</p>	<p>Dhakhtarka maqalka (Audiologist)</p>
<p>A person qualified to check your hearing. An audiologist identifies, manages, and assesses hearing problems.</p>	<p>Qof u qalma inuu hubiyo maqalkaaga. Maqal-yaqaanku/dhaqtarka maqalka wuxuu aqoonsadaa, maamulaa, oo qiimeeyaa dhibaatooyinka maqalka.</p>
<p>Vaccination / immunisation</p>	<p>Tallaalka</p>
<p>Vaccines are given to children and adults, usually by injection, to prevent them from getting diseases</p> <p>This can prevent the disease from developing or can make it less severe.</p>	<p>Tallaalka waxaa la siiyaa carruurta iyo dadka waaweyn, sida caadiga ah cirbadeynta, si looga hortago in ay qaadaan cudurrada</p> <p>Tani waxay ka hortagi kartaa in cudurka inuu kordho ama wuxuu ka dhigi karaa mid aan aad u darnayn.</p>
<p>Mental health treatment plan</p>	<p>Qorshaha daaweynta caafimaadka dhimirka</p>
<p>A plan your GP writes with you to help support you to get better. It also can help with the costs to access support from other health professionals like psychologists and counsellors.</p> <p>A mental health treatment plan can be useful for people with minor mental health conditions or serious conditions, short-term or long-term illnesses. You don't already have to be diagnosed with a mental health condition to talk to your doctor about making a mental health treatment plan.</p>	<p>Qorshe GP-gaagu kuu soo qoro si uu kaaga caawiyo sidii aad u fiicnaan lahayd. Waxa kale oo ay kaa caawin kartaa kharashyada helitaanka taageerada xirfadlayaasha kale ee caafimaadka sida cilmi-nafsiga iyo la-taliyayaasha.</p> <p>Qorshaha daawaynta caafimaadka dhimirku waxa uu faa'iido u yeelan karaa dadka qaba xaalado caafimaad dhimir oo yar ama xaalado halis ah, jirrooyinka muddada-gaaban ama muddada dheer. Uma baahnid in hore laguugu sheegay xaalad caafimaadka dhimirka si aad ugala hadasho dhakhtarkaaga samaynta qorshaha daaweynta caafimaadka dhimirka.</p>

Xiriirada muhiimka ah

Case Manager/Case Worker/Maareeyaha Kiis/Shaqeeyaha Kiis

GP/GP-ga ama dhakhtarka guud

Nurse/Kalkaalisada

Dentist/Dhakhtarka ilkaha

Other/Mid kale

Notes/Qoraalo

Ilahan waxa soo saaray **Mater Refugee Health** waxaana dib u eegis ku sameeyeen bulshooyinka dhaqamada kala duwan iyo daaweeyayaasha iyadoo la sii marinayo **Shabakadda Caafimaadka Qaxootiga ee Queensland (Refugee Health Network Queensland)**, iyadoo lala tashanayo **Caafimaadka Queensland (Queensland Health)**. Waxay ka kooban tahay macluumaadka caafimaadka guud oo keliya. Fadlan ka hubi xirfadlahaaga caafimaadka hagitaan dheeri ah ama talo gaar ah.

Shaqadan waxaa lagu taageeray maalgelinta **Dawladda Australia** iyada oo loo marayo **Brisbane South PHN**. Iyadoo dawlada Australia ay ku biirisay maalgelinta alaabtan, dib uma eegin waxa ku jira masuulna kama aha dhaawac kasta, khasaare ama waxyeelo si kastaba ha ahaatee ka dhasha isticmaalka ama ku tiirsanaanta macluumaadka halkan lagu bixiyay.



REFUGEE HEALTH
NETWORK QUEENSLAND

