

Dhaawacyada Ciyaaraha ee Carruurta

Cunug kasta ama kuray kasta oo la ildaran wareer waa in ciyaarta laga saaraa ilaa inuu fasaxo maahee dhakhtar. Kani waa sharciga gobalka MN. **Markaad walaac qabto, fariisi ilmaha!**

Dhaawacyada ilmaha yaryar

Waxaa jira digniino dheeraad ah oo ku xeeran carruurta iyo ilmaha yaryar. Haddii ay xaaladahaan jiraan, wac 911 ama aad Waaxda Xaaladaha Degdega ah:

- boohin niyad jab ah
- diidista cuntada ama cabitaanka

Guud ahaan, haddii cunug la dhaawacay aadna walaac qabto, ka saar ciyaarta.

Qoraalada

Xarunta Dhaawaca Madaxa

Adeegyada TBI ee Bukaankii Jifka:

Xarunta Dhaawaca Dadka waawayn iyo Carruurta ee Heerka I

730 South 8th Street
Minneapolis, MN 55415

Adeegyada TBI ee Bukaankii Socodka:

Xarunta Caafimaadka iyo Taqasuska
715 South 8th Street
Minneapolis, MN 55404

Wixii xog dheeraad ah: (612) 873-4172

Balamaha: (612) 873-6663

Si aad xog dheeraad ah uga ogaato dhaawaca madaxa, ama aad u codsato buugaagtaan xogta, wac Xarunta Dhaawaca Madaxa oo aad ka wacayso 612-873-3284.

www.hennepinhealthcare.org/tbi



**WAXYAABAHA
LA ISKA FIIRIYO
MARKAAD MADAXA
MEEL
KU
DHUFATO**



Haddii aad madaxa meel ku dhufato, waa inaad iska fiirisaa astaamaha dhaawaca madaxa ee fudud (TBI), oo sidoo kale miyir dabool. Astaamaha ayaa si dhakhso ku bilaaban kara, ama kadib dhawr maalmood.

Astaamaha ayaa caadiyan ka kooban afar qaybood waxaana kamid ah:

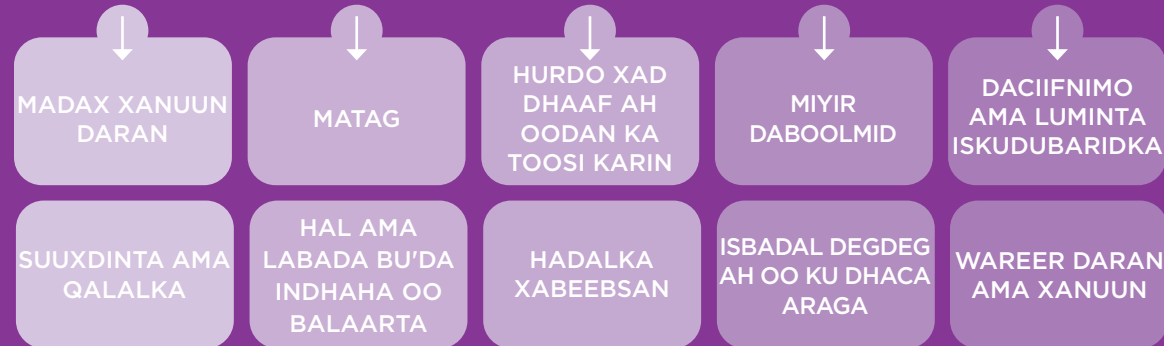
FAKARKA/ XASUUSTA	JIRKA	CAAFIMAADKA DHIMIRKA	HURDADA
Dhibaato ka haysata inuu si quman u fakaro	Madax xanuun	Dabeecad xumo	Seexashada wax badan sida caadiga ah
Dareemida dawakhsanaan ama caad	Xasaasiyad ku aadan nalka ama dhawaaqa	Si ka dareen badan sida caadiga ah	Seexashada wax kayar sida caadiga ah
Dhibaato ku aadan diihaalka ama go'aan gaarista	Lalabo ama matag	Dareemida xanaaq ama walaac	Dhibaato ka haysata hurdada
Caqabadaha dhimirka	Luminta dheeltirnaanta ama dawakhsanaan	Dhibaato ku aadan la qabsiga dhaawaca	Dhibaato kaa haysata ku nagaanshaha hurdada
Dhibaato ku aadan nidaaminta shaqooyinka maalinlaha ah	Caad ama humaag kaa saaran araga	Murugo	Inaad daal dareento, tamartu kugu yaraato



hennepinhealthcare.org/tbi

Wac 911

Haddii aad qabto wax kamid ah astaamaha hoos ku qoran ama aad qabto astaamo daran ama kasii daraaya, aad Waaxda Xaaladaha degdega ah hadda.



Waa inaad u tagtaa dhakhtarkaaga haddii aad qabto astaamaha. **Haddii astaamahaagu ay socdaan wax ka badan 7 illaa 10 maalmood, ama aad dhibaato ku qabto ku laabashada shaqada ama dugsiga, waa inuu ku baaraa mid kamid ah khubaradeena dhaawaca maskaxda. Si aad balan u qabsato wac 612-873-6663.**