

\$75

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Abaalmarinta Booqashada Daryeelka Caafimaadka Caruurta

Sida loo helo kaarka hadiyada \$75 ah

Booqashooyinka Daryeelka Caafimaadka, oo sidoo kale loo yaqaan baaritaanada C&TC, ayaa lagu taliyaa dhalashada, 1 bil, 2 bilood, 4 bilood, 6 bilood, 9 bilood, 12 bilood iyo 15 bilood jir. Soo celi kaarkan kadib marka ilmahaagu dhamaysto **ugu yaraan 6 booqasho/baaritaan oo daryeel caafimaad ah** kahor inta uusan 15 bilood gaarin. Ilmuhu waa inuu ka diiwaangashan yahay South Country marka ay booqanayaan. Waxaa la oggol yahay 4-6 toddobaad in la keeno. Kaararka aan dhammaystirnayn ama kuwa aan u qalmin waa la diidi doonaa. Fadlan wac Adeegyada Xubnaha haddii aad u baahan tahay caawimaad ku saabsan qabsashada balanta, gaadiidka ama adeegyada turjumaadda.

Kaarka hadiyadda ayaa la soo diri doonaa oo kaliya haddii kaarkan lagu soo diro boostada 90 maalmood gudahood ee baaritaanka.

1 Qeybtan WAA IN la buuxiyaa.

Macluumaadka waxaa loogu talagalay qofka baaritaanka lagu samaynayo/soo booqday

Magaca Xubinta: _____ Aqoonsiga SCHA ee Xubinta#: _____

Taariikhda Dhalashada: _____ Talefoonka Waalidka
ama Masuulka #: _____

Cinwaanka Boostada: _____

Magaalada: _____ Gobalka: _____ Koodhka boostada: _____

2 Keen kaarkan ballanta ilmahaaga.

Daryeel bixiye waa inuu buuxiyaa oo uu **saxiixaa** qeybtan si aad ugu qalanto.

Taariikhda baaritaanka/booqashadii ugu dambaysay ee la dhammeeyay: _____

Magaca xarunta caafimaadka: _____

Magaca Daryeel Bixiyaha: _____ Saxiixa Daryeel Bixiyaha: _____

3 Ku rid kaarkan la buuxiyay baqshad oo boostada ugu dir South Country 90 maalmood gudahood.

South Country Health Alliance
Attn: Health Promotions
6380 West Frontage Road
Medford, MN 55049



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**Abaalmarinta Booqashada Daryeelka
Caafimaadka Caruurta**



Ma qabtaa su'aalo? Adeegyada Xubinta ee South Country Health Alliance

1-866-567-7242 ♦ isticmaalayaasha TTY waxay

wici karaan 1-800-627-3529 or 711

Saacadaha Shaqada: 8 am ilaa 4:30 pm, Isniin - Jimce

limaylka: members@mnscha.org Fax: 507-444-7774

Websaytka: www.mnscha.org

Facebook Instagram

Adeegyada Xubnaha South Country 1-866-567-7242, TTY 1-800-627-3529 or 711

Attention: If you need free help interpreting this document, call the above number.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'ann ah ee tarjumaadda (afcelinta) qorallkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este document, llame al número indicado arriba.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.



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