

# Aqbaaroo Qaliinki Ku hor oo Dhalmathaa Qaliinki eh

**Qaliinkaa may la jadwaleeyey \_\_\_\_\_ saa'adi \_\_\_\_\_**

Qaliinki dhalmootha bathanaa may la suubiyey hiraabo inti an dhaheyta 8am ii 12pm. May taleefon ku helaasee koo ku mid eh kaaliyayaalki Harungti Dhalowki maalanti ku horeyi qaliinkaa si lan haqijiyi waqtaga kooyowki ii reer an fiiriyowki tilmaamoo ii su'aala kasti ee laku yaaba inii qobto.

May suubiyaanee dathaal kasta oo laki bilaabaw qaliinkaa waqtaga la jadwaleeyi. Sabab la hiriirti noo'a onog dhalathowki lan saathaaliyi korno, may jaraana suurtogalki hadaayowki waqtaga bilaabowki qaliinkaa hattii qaliima degdeg eh, lan jadwaleyna eh inii la suubiyi. May suubiyaanee dithaalkaana oo lakiila so'odsiiyaw isbadela kasta ee jadwalki waqtaga eh dhalmathaa eh.

## **BAARITAANATHA QALIINKI KU HORREYYA**

Ku hor qaliinki dhalmoothaa may an baahathaasee inii dhiig ku qaathowki. May la kooku qaatha koree sheybaar kasta ee bukaan dareerowki UVMMC, ama meelun ee harunti ACC. **Shaqathi sheybaarki waa inii la suubiyaa wal anku bathanayni 3 gee ku horeyi qaliinki.**

May lakooku qaatha koree shaqatha sheybaarka qaliinka ku horeya meeloo ha dareeraan:

**University of Vermont Medical Center Main Campus**

Ambulatory Care Center (ACC)

Main Pavilion - 2

111 Colchester Ave

Burlington, VT

Saa'athoo: Isniinti - Jimaatha 7AM - 7PM

Sabtatha - Ehada 9AM - 1PM

Kooy hafiiski Diiwaangeliyowka oo may king tilmaamaayaana meela quseyta.

**University of Vermont Medical Center Fanny Allen Campus**

790 College Parkway

Colchester, VT

Saa'athoo: Isniinti - Jimaatha 7AM - 9PM

Sabatha - Eheda 9AM - 4PM

Kooy hafiiska Diiwaangeliyowki.

## **MAY AN BAAHANA INII SUUBIYI 24TA SAA' KU HOR QALIINKEEY?**

- An qaathoy daawooyinki sithii kinki tilmaami koohta hanaanatha aafimaatkaa. Tafatal warsoy daawooyin kast oo atha ang hubna.
- Hamiinki ku horeyi qaliinki ku qubeysoy isbuunyitha saabuunti bakteeriyaalka ama istiraashitha una ka siini (fiiri tilmaamoo qubeysathowki laka dari baalki anka dambeeya ee dokumintigun).
- Hanku tab alaaboo qaaligi eh manka, qaas haan dahabki.
- An dhantoy alkula ama an dhuugtoy walyaalaga tubaakatha anka yaraang 24 saa' qaliinkaa ku hor.
- Qaathoy daawooyinkaa jadwalka eh illaamaa taqtarkaa king sheega inii ang qaathana.

## **TILMAAMOO SOOMOWKI QALIINKI KU HOR**

- Muhiimu inii dhanta biyi bathan. Dhan dareeraga ed oo illaa 2 saa' ku hor waqtaga qaliinkii balansang. Tan may kii kaalmeeyaasee inii quyanaata oo hoojita ha kabsathowkaa.

### **Dareeraga ed ee la ogolaatha koro may ka jaraana:**

- Biyi
- Gatorade
- Juuska tufaaha aathiga eh (saafi eh)

**Walaagii daaweyowki korka ee sonkorowki an hayni** - dhang abitaankikaarboonki ed 2.5 saa'athood ku hor qaliinkaa balansang **hattii atha an qobna sonkorow**. Tan may yaraayaasee jawaabta murugaatha bararka korkaa ee qaliinki oo may ka gargaaraasee faysathowki dhaawa'a ii hakab sathowki. Dooqyithi may ka jaraana:

- 26 oz oo Gatorade aathiga eh (ang gathuuthanayna)
- 16 oz oo juuski tufaaha aathiga eh (saafiga eh)



## **MAALANGTA QALIINKI**

- Hiraabti qaliinkaa ku qubeysoy isbuunyitha saabuunti bakteeriyaalka ama istiraashitha una ka siini (fiiri tilmaamoo qubeysathowki laka dari).
- Ang hiritoy is qurhiyowki ama dahabki ii hanku tab alaaboo qaaliga eh kulushoo manka.
- Raa' tilmaamoo soomowki koro.

Qaliinkaa may laka jadwaleeyee Harungti Dhalowki ee Kambaski Guud ee UVMMC.

Atheegoo Baakinki wal helee oo may futhusaaya kortee baakimowki.

Qidmaatha lanka talla gali baakinki may buwaa \$8.00/geekii. Ogaw inii atheegothon hirimaayang 9PM.

Baakinki may laku heley garaajka baakinki. Qidmaatha baakinki shaqsiga may buwaa \$7.00/geekii.

May lahakoo dala'eey maddii atha ku tabta garaashki.

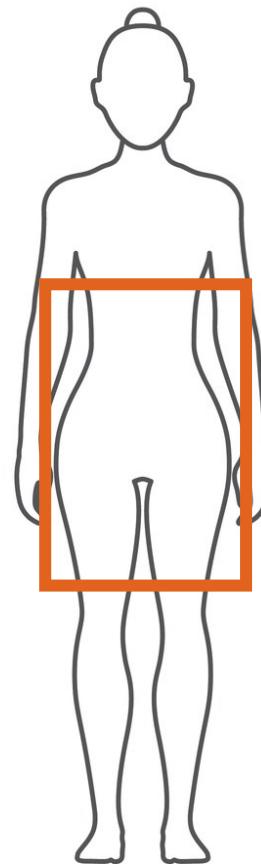
## **TILMAAMOO QUBEYSATHOWKI QALIINKI KU HOR**

Door wing yaa ku leta ku hor seethowki infakshanki meela qaliinki athoo an diyaarasa inii maqaarkaa ang lahayni jeermis sitha suuragalki eh. Taqtarki qaliinkaa may warsathey inii ka qubeysata isbuunyitha saabunti bakteeriyalki ama istiraashooyinki laka siiyi.

May wathatee kiimikithi jeermisdil (CHG). Hattii atha qobto alaarji la ka sow oo kiimikathun eh, ang istimaaloy saabuntung oo hang sheeg taqtarka qaliinkaa ama kaalisitha. Tusaala hang waa inii istimaalaa saabuunti Dial™ ama Safeguard™.

## **TILMAAMAGA ISTIMAALOWKI**

- Qabeysoy hamiinki ku horeeyi ii hiraabti qaliinkaa.
- Ang hiirtoy meela qaliinki.
- Dhimmaadki qubeymatha, ang istimaal dhiniga **isbuunyitha** ee mariyaagi saabunti liki siiyi si anka dhagta aaga la tilmaami ee laki qori sanduuqi lama daqiga buuta atha oo biyoo ku dheeraathaasa.
- Quyaami 1 daqiiqa dheeraad eh.
- Raa' korko oo dhang.
- Ka qalaji shukumang nathiif eh.
- Ang istimaaloy boodhar, kariim ama dhaysa qubeymatha kudib.
- Ka badeloy orarkii dhawang la dhigi ii go'yaalki sariirta oo engagan ii dharki (tusaala hang, orka jiifka) qubeymathaa maqrirkii kudib.



## **WALAAGII SU'AALOO AAFIMAATKI EH, TAFATHAL**

### **HANGWEER HAFIISKI BIHYAYAALKI QALIINKI**

Hattii taleefon ha diraasa saa'athoo shaqathi kudib, tafathal warsoy inii la dohowta bihiyaaga Qaliinki OO

**WEEROWKI TALEEFONKA EH**

## **MASUULIYATHOO BUKAANKI**

### **Aqri Til mangta Qaliinka Dhalmaatha Harunghi Aafimaatki UVM**

- Raa' tilmaamoo laka siiyi ee aamowki ii dhamowki.
- Ka qubeysoy ama ka meeroy hamalinki ku horoyti ii markala maalangti qaliinki saabuunta bakteeriya (Dial).
- Raa' tilmaamoo laka siiyi ee la hiriirta daawooyinkaa. La koy isbitaalki caaga neeftha, neefsiiyaaga, ii insuliinta.
- **Tafathal si degdeg eh an koy** waqtaga la jadwaleeyi. Ha daahowki reed yaa andhiki korto ama baajiyi korto qaliinki.
- Ogeysii taqtarkaa hattii atha jirata qaliinki ku hor, ama iska aragta maruub, sarma, nabra, ama hanqariifa oo aaga ama agagaarki qaliinki eh.
- Hattii, sababtoo eh aaminaada diinti, an fathaana inii atha qaathata dhiig ama walyaalaga dhiiga intii laka jara qaliinkaa, tafathal kula dohow arintun taqtarkaa ii taqtarka suuxiyowki qaliinki KU HOR.

## **DADKI DAGAN / TABABARTAAGA / KU TAABTA**

Harunghi Aafimaatki Jaama'ada Vermont may buwaa isbitaal walbaraw oo may ang bathantaa inii weeldatha dad dagan, kutaab aafimaat, ii kutaab kaalisi eh sithi ku qiib eh koohta hanaanatha aafimaatkaa. Taqtarkaa (ama koohti) yaa si buyti masuul anku eh oo maamulaw hanaanathaa. Hattii atha qobto wal su'aala eh ee la hiriira doorki taqtarkaa sithii maalanka, tafathal kula dohow iyoo arintung.

## **HOYKI DEEGAANKI**

### **Best Western**

1076 Williston Road  
(802) 863-1125

### **Clarion Hotel**

1117 Williston Road  
(802) 658-0250  
Atheega Gaathiidki La biyi

### **Anchorage Inn**

08 Dorset Street  
(802) 863-7000  
Atheega Gaathiidki La biyi

### **An dhow Kambaska UVMMC Fanny Allen**

### **Hampton Inn**

42 Lower Mountain View Drive  
Colchester, VT  
(802) 655-6177

### **Fairfield Inn**

84 South Park  
Colchester, VT  
(802) 655-1400

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tafathal warsoy inii la dohowta bihiyaaga Qaliinki OO

**WEEROWKI TALEEFONKA EH**