COVID-19: Astaamaha laga Feejignaado iyo Halka loo Doonto Daryeel

City of Portland Minority Health Program

Public Health
Prevent. Promote. Protect.
Portland Public Health Division
City of Portland, Health and Human Services Department

Helitaanka daryeelka

Haddii aadan dhakhtar lahayn

Waxay CDC Maine ku talinaysaa inaad goobahan la xiriirto si astaamaha lagaaga hubsado:
Daryeelka dagdagga ah ama daryeel aan ballan lahayn:

1) Convenient MD

- Haddi aad astaamaha isku aragto, fadlan marka hore wac daryeelka dagdagga ah adigoo aan la joogin, waxay furan yihiin todobada maalmoodba: (603) 570-2800
- Haddii loo garto inaad qabto xanuunka, waxa lagugu baari doonaa teendhada Anthem ee baaritaanka baabuurka lagu maro ee ku taalla 2 Gannett Drive, South Portland

2) Maine Medical Center Emergency Department: (207) 662-0111 or **Mercy Hospital Emergency Department:** (207) 879-3000 (waxay ku galin doonaan safka baaritaanka)

3) Greater Portland Health: (207) 874-2141

Haddii aad tahay bugtada **GREATER PORTLAND HEALTH**:

(1) Haddii aad isku aragto astaamaha COVID- 19, fadlan marka hore wac **(207) 874-2141**

- Waxa lagu weydiinayaa su'aalo lagugu baarayo iyadoo fiidiyow ama telefoon dhakhtar kugu qaabilayo. Haddii la garto in lagu baaro, waxa lagugu baari doonaa goobta baaritaanka ee dibadda ah. Haddii baaritaan aan laguu garan, waxa laguu sheegi doonaa sidii aad guriga isugu baxnaanin lahayd.
- Haddii aad jirran tahay laakiin aan loo garan inaan qabto xanuunka, waxa dhakhtar kugu qaabili karaa fiidiyow ama telefoon. Kulan fool-ka-fool ah wuxu dhici doonaa kaliya haddii uu lagama maarmaan u noqdo caafimaad ahaan. Kulan fool-ka-fool ah waxa laga heli kataa xafiiskayaga 63 Preble/Oxford St; Park Ave; Brick Hill.

(2) Haddii aad lahayd ballan waqtiyeed caafimaad, dib ayaa loo dhigayaa ama telefoonbaa lagugu qaabili doonaa. Fadlan xafiiskayaga kasoo wac **(207) 874-2141** haddii aad u baahan tahay inaad su'aal ka qabto ballan hore.

(3) Fadlan kala soco http://www.greaterportlandhealth.org/ wixii isbeddela ee go'aannadan ku saabsan.

Haddii aad tahay bugtada **MAINE MEDICAL PARTNERS**:

(1) Haddii aad isku aragto astaamaha COVID- 19, **fadlan marka hore wac dhakhtarkaaga.**

- Haddii la garto inaad xanuunka qabto oo aad gaadiidkaaga wadato, waxa laguu diri doonaa meel lagugu baaro.
- Haddii la garto inaad xanuunka qabto oo (1) aadan haysan gaadiid; AMA (2) aad garan weydo si loo tago goobta baaritaanka; AMA (3) ku nooshahay xaalad khatar ah (hoy-laawe, hoy ku meelgaar ah iwm.), u sheeg si rugta caafimaadku kaalmo kuugu diyaariso.

(2) Dhammaan ballamaha aan lagama maarmaanka ahayn, dib baa loo dhigay ama waxa loo baddalay telefoon. Dhakhtarkaaga ayaa isbeddelkan kula soo socodsiin doona.

Haddii aad tahay bugtada **MERCY HOSPITAL**:

Si laguu baaro, waa inaad leedahay astaamo muuqda, kana mid tahay dad khaas ah (uur leh, daryeele caafimaad, gargaarka dagdagga ah, ku nooshahay guryo wadareed). Waxa iyagana baaritaanka mudnaan loo siinayaa dadka leh astaamo muuqda oo xaalado caafimaadna qaba, sida sonkorta iyo wadne xanuunka.

(1) Haddii aad isku aragto astaamaha COVID- 19, fadlan marka hore wac **(207) 553-6050**.

(2) Haddii aad leedahay astaamo sahlan, oo mudnaan u hesho baaritaanka, waxa adigoo jooga meel ka dheer lagugu baarayaa: Northern Light Mercy Hospital, Fore River: 175 Fore River Parkway Portland, ME 04102

(3) Haddii aad leedahay astaamo waaweyn ama/iyo aad leedahay xaalado caafimaad, waxad booqan doontaa xarumaha daryeelka bukaan-socodka adigoo telefoon ku ballansanaya **(207) 553-6050**.