

Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance - 5

KIRUNDI

<p>Igihe umushingantahe Adamu yimukira muri iki gisagara gishasha, umukozi ashinzwe ivy’abimukira yaramufashije kubonana n’umuganga kugirango atangure ibijanye n’Isuzumwa ry’Amagara y’impunzi.</p> <p>Igituma ivyo bipimo kikogwa, ni ukugira ngo umuntu amenye ingorane z’amagara yiwe, zotuma adakora canke ngo yige neza. Dushaka ko ubuzima bwawe bushasah muri Amerika yobabuba bwiza, uronke akazi keza, n’abana bawe bige amashure meza. Igihe wewe n’umuryango wawe mugwaye, bizobagora gukora, eka n’abana bawe ntibizoborohera kwiga.</p>	<p>When Mr. Adam arrived in his new city, a resettlement agency case worker made an appointment for him to visit a doctor’s office and begin his Refugee Health Screening.</p> <p>These visits to the doctor are to identify any health problems you might have that could interfere with work or school. We want your new life in America to be successful, with a good job for you and a good school for your children. If you or your family are sick, it will be hard for you to go to work, or for your children to go to school.</p>
<p>Umushingantahe Adamu yajanye impapuro ziwe zo kwa muganga. Birakenewe cane yuko witwaza impapuro zo kwa muganga wazanye mu ndege, kugirango uzereke umuganga w’ino.</p> <p>Ukwiye kubwira muganga ingwara iyo ariyo yose woba ufise, n’izindi ngorane zose zerekeye amagara yawe cankeko woba warigeze kugwara cane, canke kubagwa imbere yoko uza muri Amerika.</p>	<p>Mr. Adam took his medical records to the doctor’s office. It is important for you to bring all the medical records that you brought with you on the airplane, and show them to your doctor.</p> <p>You must tell the doctor about any sickness or other health problem you have now, or if you were ever sick or had surgery before you came to America.</p>
<p>Isuzumwa ry’Amagara y’Impunzi rigizwe n’ ibipimo vyinshi hamwe n’inshinge nyinshi. Muri ivyo bipimo harimwo n’ugupimisha abana utwuma dutoduto turimwo isumu ubumara bita Plomb, aritwo bita lead mu congereza, twanduza amaraso. Kandi birakenewe ko wibuka gusubiza abana kwa muganga nga bapimwe ubugira kabiri, amezi atatu inyuma y’ipimwa rya lead rya mbere. Umuganga aba akeneye kumenya ivyavuye muri ivyo bipimo vyombi kugira ibibodo bagumane amagara meza.</p>	<p>The Refugee Health Screening includes many tests and shots. It also includes lead testing for children. It is very important that you remember to take your child back for a <i>second</i> lead test, three months after the first test. The doctor needs the results from <i>both</i> tests to keep your child healthy.</p>
<p>Igihe abana canke abakuzze begereye cane utwo twuma duto duto bita plomb, nk’igihe bamize irangi canke umwanda irimwo, birashobora kubazanira</p>	<p>When children or adults are exposed to lead, for example from swallowing paint or dirt that contains this metal, it can be very harmful to them. Having</p>

<p>ingorane. Igihe utwo twuma tugiye mu mubiri w'umuntu naho twoba ari dukeya, nko mu maraso, mu guhumeka, wayikozeko canke ukayimira, birashobora kwonona ubwonko, gukama amaraso gutera ububabare mu mubiri no mu ngingo, hamwe n'izindi ngorane zohungabanya amagara yawe.</p>	<p>even small amounts of lead in your blood, whether from breathing, touching or swallowing lead, can cause brain damage, anemia, pain in muscles and joints, and other very serious health problems.</p>
<p>Wibuke ko gupimisha abana bawe amaraso ubugira kabiri, kugirango umenye ko ata Plomb ariyo lead arimwo, ari nkenegwa kugirango wizere neza yuko bakomeye.</p>	<p>Remember that checking your child's blood for lead a <i>second</i> time is very important, to make sure they are healthy.</p>
<p>Birakenewe yuko uca mu bikenewe vyose mw'Isuzuma ry'Amagara y'Impunzi. Igihe umuganga aguhaye agacupa kugira ngo umuzanire umusarani, ni ivy'ingirakamaro ko ubikurikiza <i>neza</i>.</p> <p>Ivyo bipimo ni nkenerwa kugirango barabe ko atadukoko canke imigera mufise ishobora gutuma wewe n'umuryango wawe mugwara.</p>	<p>It is important to participate in <i>all parts</i> of the Refugee Health Screening. When the nurse provides you with a container to bring back a stool sample, it is very important that you follow the instructions <i>exactly</i>.</p> <p>The test is necessary to see if you have parasites or germs that can make you and your family sick.</p>
<p>Umuganga canke umuforoma asanze urwaye canke ukeneye kuvurwa, azokurungika ahandi. Ibi ni ukuvuga yuko, bazogufasha kuja kwivuzza ku wundi i muganga, kugira ngo ukire.</p> <p>Birakenewe ko ugenda kubonana na muganga, kugira ngo akuvure ingwara woba ufise, canke izindi ngorane ufise ariz'amaso, amatwi, canke amenyo.</p>	<p>If the doctor or nurse discovers that you are sick or need further medical care, they will give you a referral. This means they will make an appointment for you to visit another doctor, so you can get better.</p> <p>It is very important that you go to these appointments, so you can get help for any illnesses or other problems you have with your eyes, ears, or teeth.</p>
<p>Iyi mibonano yitwa <i>follow up Appointments</i> ari yo <i>mibonano yo gukurikirana umugwayi</i>. Utegerezwa kuzana ikarata yawe yo kwivuriza ko muri iyo mibonano yo gukurikirana umurwayi.</p>	<p>These appointments are called <i>follow-up appointments</i>. You will need to bring your health insurance card to your follow-up appointments.</p>