

TOPIC 4—HEALTH

Ivyerekeye kwivuzza no Kubungabunga Amagara muri Leta zunze

Ubumwe z’Amerika

Birakenewe cane kubungabunga amagara yawe hamwe n’ukumenya ingene ubuvuzi buringanijwe muri Amerika.

Health Services in the United States

It is important to take care of your health and understand how the health care system works in the United States.



Itegekanywa ryo Kuriha mu Kwivuzza

Muri Amerika ntibavura ku buntu kandi ukwivuzza kurashobora kuzimba cane. Impunzi barashobora kuzifasha kuriha amahera yo kwivuzza babicishije mu migambi bita “Medicaid” hamwe na “Refugee Medical Assistance.”

Health Coverage

Health services in the United States are not free and can be very expensive. Refugees can receive help paying for health care through programs called Medicaid and Refugee Medical Assistance.



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Medicaid

Medicaid ni umugambi wishinze gufasha abantu bafise uburyo buke mu kubarihira amahera makeyi canke yose muvuyerekeye kwivuzwa. Imiryango y'impunzi n'abana babo barashobora kuronka imfashanyo ya Medicaid iyo baje muri Amerika. Urashobora kandi gufashwa n'uwo mugambi wa Medicaid iyo usanzwe uronka imfashanyo ihabwa abantu bita ntahonikora ari yo "Supplemental Security Income" SSI.

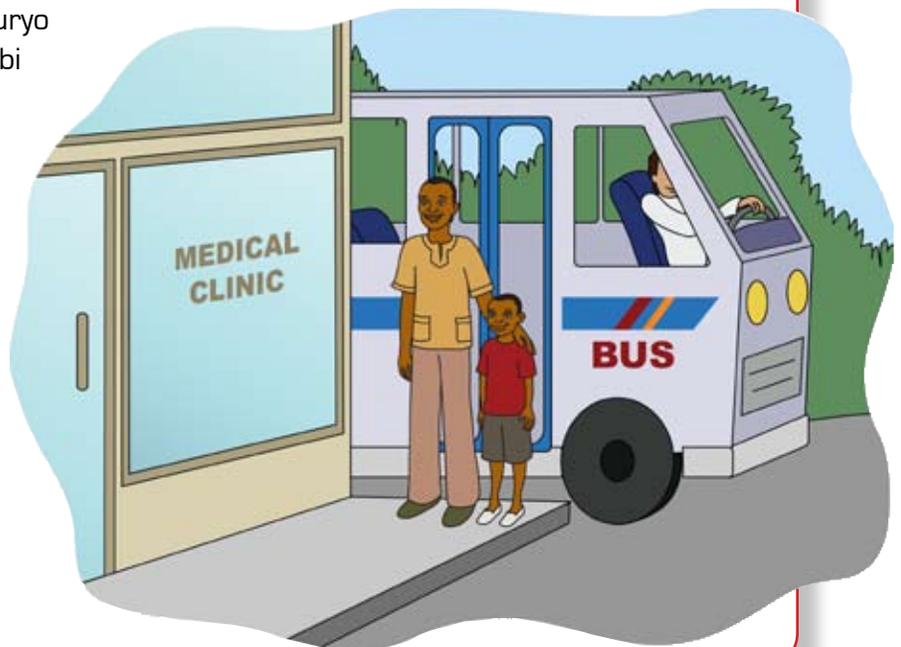


Medicaid is a medical assistance program that helps families with little money pay for some or all of their medical bills. Refugee families with children can get Medicaid when they come to the United States. You can also get Medicaid if you are receiving Supplemental Security Income or SSI.

Medicaid

Leta imwe imwe mu zigize Amerika irafise ingene iringaniza iyerekeye abaronka imfashanyo ya Medicaid. Hari uburyo bwinshi muvuyerekeye uyo mugambi wa Medicaid. Uraheza ugatora uburyo bukworohye n'abaganga bakorera hafi y'aho uba.

Every state has different requirements for who can get Medicaid. There are different Medicaid plans. You need to pick a plan that works best for you and that has doctors who work near you.



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Gukoresha “Medicaid”

Uwujewe ku gufasha mu kwezi kwa mbere ushitse muri Amerika arashobora kukwereka ingene woronka iyo mfashanyo ya Medicaid. Bazokurungikira muri posita agakarata ko kwivurizako mu bitaro canke kwa muganga. Hari ibitaro n’abaganga batemera Medicaid. Imbere yo gusaba kubonana na muganga, banza uhamagare ubaze ko bemere Medicaid.

Using Medicaid

Your caseworker can help you apply for Medicaid during your first month in the United States. You will receive a card in the mail that you can use at the hospital or doctor’s office. Some hospitals and doctors do not accept Medicaid. Call to find out if they accept it before your appointment.



Ibituma uronka canke utaronka “Medicaid”

Urashobora kuronka imfashanyo ya Medicaid mu kiringo gishika ku myaka indwi. Iyo myaka iheze, iyo kubandanya uronka imfashanyo, biva ingene imigambi ya Medicaid iringanijwe muri Leta imwe imwe. Impunzi zidafise abana kandi zikorera amahera menshi ntizishobora gufashwa na Medicaid.

Limits on Receiving Medicaid

You can receive Medicaid for up to seven years after you arrive to the United States. It is optional for states’ Medicaid programs to cover you more than seven years. Refugees who do not have children and make too much money may not qualify for Medicaid.



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Gufasha Impunzi mu Kwivuza

Iyo udakwije vya ngombwa kugira ufashwe na Medicaid, mukwivuza urashobora kuronka imfashanyo yagenewe impunzi mu kiringo c’amezi umunani ugishika muri Amerika. Hacye ayo mezi umunani yambere, ntuba ugishobora kuronka iyo mfashanyo yo kwivuza igenewe impunzi.

Refugee Medical Assistance

If you are not eligible for Medicaid, you may get Refugee Medical Assistance for the first eight months after you arrive in the United States. After the first eight months, you will no longer be eligible for Refugee Medical Assistance.



Asiransi yo Kwivuza y’Abikorera Utwabo

Hari abantu canke imiryango bigurira asiransi yo kwivuza babicishije ku babakoresha canke bakayigurira bonyene. Iyo asiransi irafasha mu kurihira umugwayi amahera yo kwa muganga. Ni ukuvuga ko umuntu aza arariha buri kwezi amahera makeyi muri iryo shirahamwe rya asiransi canke bakayamukata ku mushahara.

Private Health Insurance

Some individuals and families buy private health insurance through their job or on their own. Private health insurance helps cover a person’s medical care costs. A person pays an amount of money each month to the insurance company or has it deducted from a paycheck.



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Asiransi yo Kwivuza y'Abikorera Utwabo

Iyo rero umuntu agwaye, iryo shirahamwe rya asiransi riraheza rikamufasha kuriha ibice bitari bike vy'amahera yo kwivuza. Hari ibitaro bitemera amashirahamwe ya asiransi yose, ku buryo ukwiye kwama ubaza imbere yo kugendayo. Ni vyiza kwama ugendana agakarata ka asiransi hamwe n'ikarata ndangamuntu yawe iriko ifoto.

Private Health Insurance

If the person becomes sick, the insurance company covers a part of the medical bill. Some hospitals do not accept certain insurance plans so always ask if they accept your insurance before going. It is a good idea to carry your insurance card and picture identification with you at all times.



Itegekanywa ryo Kuriha mu Kwivuza

Birakenewe gutegekanya uburyo bwo kuriha iyo umuntu agwaye kuko muri Amerika amahera yo kwivuza azimye cane. Iyo utabitegekanije ngo urondere asiransi ikurihira, amahera yo mu bitaro canke ya muganga uraheza ukayirihira yose. Ariko ama Leta amwe amwe arafise wa mugambi wa Medicaid ufasha iyo umuntu agwaye giturumbuka; ivyo uzobisiguzwa ku muntu ajejwe ku gufasha.

Health Coverage

Health coverage is important to have because health care is very expensive in the United States. If you do not have it and you need to go to the hospital or see a doctor, you will have to pay for all the bills yourself. However, some states have emergency Medicaid which your caseworker can give you more information about.



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Abaganga n'Amavuriro Mato mato

Ibiro vya muganga canke ivuriro ritoyi niho wogenda kwivuza iyo wumva ugwaye canke ukeneye kwisuzumisha nk'ukwicandagisha canke gupimisha amaraso. Abaganga benshi kugira bakwakire basaba ko uba ufise isaha utegerezwa gushikirako. Ariko, hariho abashobora kukwakira isaha yose ushikiyeko.

Doctors and Health Clinics

A doctor's office or health clinic is where you go if you feel sick, or if you need health services like vaccinations or blood tests. Most doctor's offices and clinics ask that you call to make an appointment. However, some clinics may have walk-in services.



Ibitaro

Ibitaro n'ahantu wivuriza ugwaye cane, iyo umuganga wawe akurungitse kwisuzumisha, iyo bakubaga canke iyo wafashwe n'ingwara giturumbuka. Urashobora kuja mu bitaro iyo wafashwe n'ingwara giturumbuka. Uturorero ni nk'iyi waravye ugata ubwenge, ufashwe n'ingwara y'umutima canke ufise ububabare bwinshi bwa giturumbuka.

Hospitals

A hospital is where you go if you feel very sick, if your doctor sends you there for tests or surgery, or if you have a medical emergency. A medical emergency is an extreme and sudden health problem. For example, losing consciousness, having signs of a heart attack, or experiencing sudden and severe pain.



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Kwama Wisuzumisha

Birakenewe cane ko mwe n'umuryango wawe mubonana na muganga rimwe mu mwaka kugira abasuzume. Ivyo bavyita "check-up." Umuganga azoheza agusuzume naho woba utagwaye. Hari ingwara canke amakanseri bashobora gutora zitarakomera ngo zigusinzikaze.

Routine Medical Exams

It is important that you and your family go to the doctor once a year for a routine medical exam or check-up. The doctor will examine you even if you feel healthy. Some diseases or cancers may be found before they become serious.



Kubonana na Muganga

Iyo ugiye kubonana na muganga ni ngombwa kumwiganira ingene umerewe kandi gutegera ivyo akubarira. Iyo utumva neza icongereza, umuganga canke ibitaro baraha bakakuronderera uwusobanura mu rurimi wumva. Urafise uburenganzira bwo gusaba ko bakuronderera umusobanuzi kugira mwumvikane na muganga.

Seeing the Doctor

When you visit the doctor, it is very important to tell the doctor how you feel and that you understand what the doctor is saying. If you have limited English skills, the doctor, clinic, or hospital should provide interpretation services. It is your right to ask for an interpreter to help you communicate with the doctor.



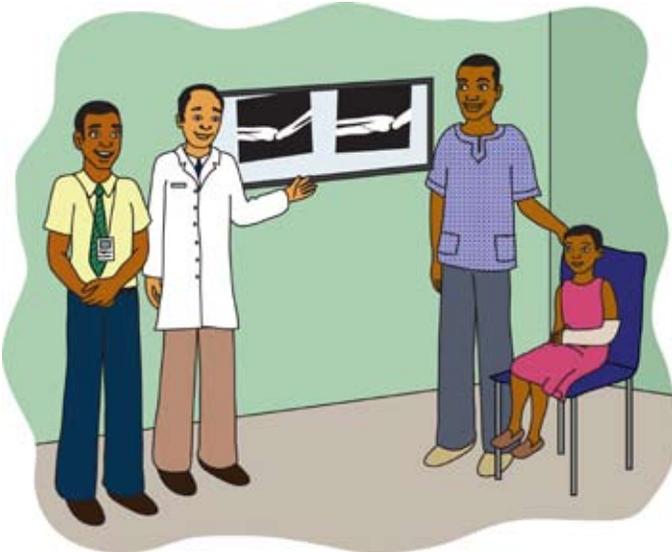
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Gukoresha umusobanuzi

Umusobanuzi arabujijwe kuyaga hanze canke kwararaza ivyo mwavuganye na muganga wawe. Ibicuraba vyose vyo kwa muganga n'ibanga. Nturondere abana ngo bagusobanurire kwa muganga kuko hariho ibintu usanga bibarengeye kandi badakwiye kwumva.

Using an Interpreter

The interpreter is not allowed to share the information you and your doctor discuss with anyone else. This information is confidential. Avoid using children as interpreters as some information may be inappropriate for them to hear.



Kubonana na Muganga

Iyo udatahura neza ivyo muganga avuga n'ugusaba ko muganga canke uwusobanu bagusubiriramwo ivyo bavuze. Ntutinye kubaza ibibazo woba ufise!

Seeing the Doctor

If you do not understand the doctor, you should ask the doctor or interpreter to repeat what they are saying. Do not be afraid to ask questions!

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Imiti

Birakenewe cane gutegera:

- Igituma uriko ufata umuti
- Ingene ukoresha umuti muganga yakwandikiye
- Ingene n'incuro ufata umuti ku munsu n'igihe co guhagarika kuwufata
- Ko utegerezwa gufata umuti uriko urafungura
- Ko umuti ufata ufise izindi ngaruka mbi

Medicine

It is very important that you understand:

- Why you are taking medicine
- What to do with the medicine the doctor prescribes
- How many times a day you need to take the medicine and when to stop taking it
- If you need to take the medicine with food
- If the medicine has any side effects



Imiti

Uzokenera ko muganga akwandikira umuti kugira uwugure mu mangazini y'imiti bita faramasi. Hari aho utegerezwa gutanga amahera ku muti naho woba ufise asiransi canke Medicaid. Ayo mahera bayita “co-pay.”

Prescriptions

You will need a doctor's prescription to get your medicine filled at a pharmacy. You might have to pay a fee for the medicine even if you have insurance or Medicaid. This fee is called a co-pay.



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Gufata imiti

Ni ngombwa kubandanya ufata umuti uko muganga yabikwandikiye naho woba wumva ko wagize mitende canke ubabara cane. Iyo wumvise uguma uremba cane, ububabare bukaba umurengera, telefona muganga wawe. Umuti ntukora neza iyo utawufashe uko babigutegetse kandi birashobora gutuma indwara igaruka.

Taking Medicine

It is important to continue taking your medicine as instructed by your doctor even if you start to feel better or if you feel worse. If you continue to feel worse, call your doctor. Medicine is not effective if you do not follow the directions correctly and it may cause your illness to return.



Kubika imiti

Utegerezwa kubika imiti yose aho abana badashikira. Ni ukuyishingura mu kabati kugazwa n'urufunguzo canke ahantu abana badashobora kuyishikira.

Storing Medicine

Make sure you store any medicine away from children. Keep it in a locked cabinet or in a place where children cannot get to it.

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Amagara Yawe

Hari uburyo bwinshi bwo kwamana amagara meza mwe n'umuryango wawe. Hariho gufungura imfungurwa nziza, kunonora imitsi, kubonana na muganga no kwiwandikisha muri asiransi y'ukwivuzza. Kubungabunga amagara yawe harimwo n'iyerekeye kuvyara ku rugero.

Your Health

There are many ways to keep you and your family healthy. These include eating food that is good for you, exercising, visiting the doctor, and having health coverage. Taking care of your health also means thinking about family planning.

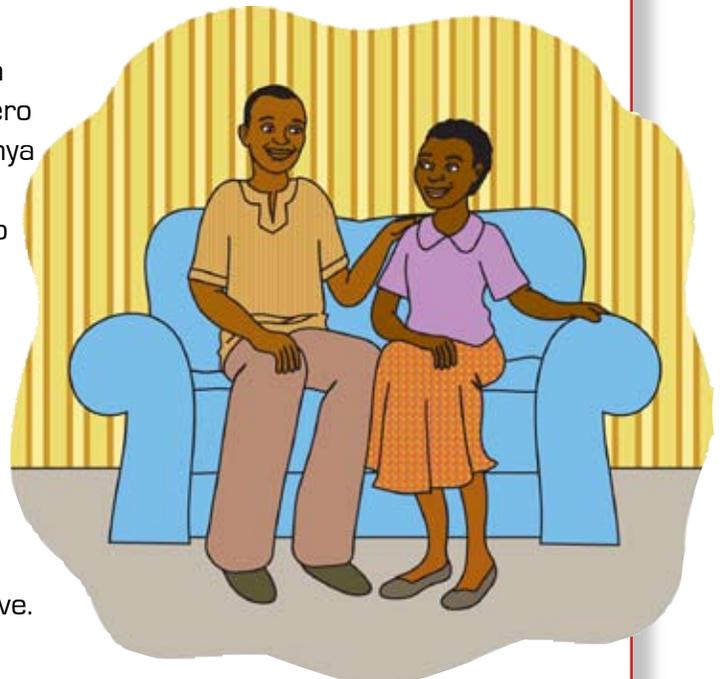


Kuvyara ku Rugero

Abubatse hamwe barategekanya igihe bipfuzza kurondoka bakaronka abana. Abandi bagashima kubana ariko ntibigere bavyara. Kuvyara ku rugero arivyo bita “family planning” ni uburyo bwo kumenya no kuringaniza igihe kibereye gusama inda n'ugutegekanya abana wifuzza kuvyara. Umugabo n'umugore bategerezwa kubivugana hanyuma bakumvikana ico bashitseko.

Family Planning

Some couples plan when they want to start a family and have children. Some couples may decide they do not want to have any children. Family planning is a way to control when you get pregnant and how many children you want to have. The man and woman should decide after talking about it together.



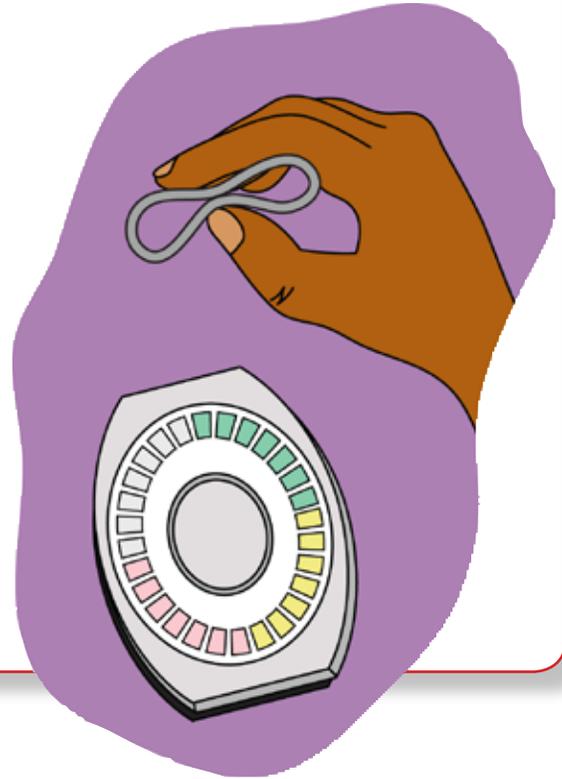
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Kuringaniza iruvyaro

Muri Amerika, urashobora gushinga igihe wifuza kuzoronka abana mugukoresha uburyo bwinshi bwo kuvyara ku rugero. Gukoresha ivyagenewe kugera uruvyaro ntibituma umuntu aba ingumba canke intavyara, ahubwo bifasha kudasama inda utavyiteguriye

Birth Control

In the United States, you can decide when you want to have children by using certain products called birth control. The use of birth control does not make you infertile or barren, it just controls when you get pregnant.



Kuringaniza iruvyaro

Ni ngombwa kuvugana na muganga wawe uburyo bubereye gukoresha kugira ntusame utavyiteguriye. Ariko ni ukumenya ko ubwo buryo bwose budakinga gutwara inda igihe cose.

Birth Control

It is important to talk to your doctor about the type of birth control that is right for you. However, no method of birth control is completely guaranteed to prevent pregnancy.



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Uburyo butandukanye bwo kuringaniza uruvyaro

Hari uburyo bwinshi bwo gukinga gutwara inda. **Udufuko** nibwo buryo bwo nyene bukingira gutwara inda kandi bugakingira ingwara zifatira mu bihamba vy'irondoka nka SIDA. Hariho ubwoko bubiri; udufuko tw'abagore n'udufuko tw'abagabo.

Birth Control Options

There are many birth control options. **Condoms** are the only type of birth control that help to protect against sexually transmitted diseases, such as HIV/AIDS. There are two types of condoms, one for females and one for males.



Uburyo butandukanye bwo kuringaniza uruvyaro

Ibinini vyo kumira ni ikinini canke umugwi w'ibinini banywa bacishije mu kanwa kandi bakabifata iminsi yose. Inshinge bita "**Depo-Provera injections**" bazitera nk'urushinge rusanze. Abagore baziteza uko amezi atatu aheze.

Birth Control Options

Oral contraceptive is a pill or tablet that is swallowed through the mouth and should be taken daily. **Depo-Provera** is injected like a shot. Women get the injections every three months.

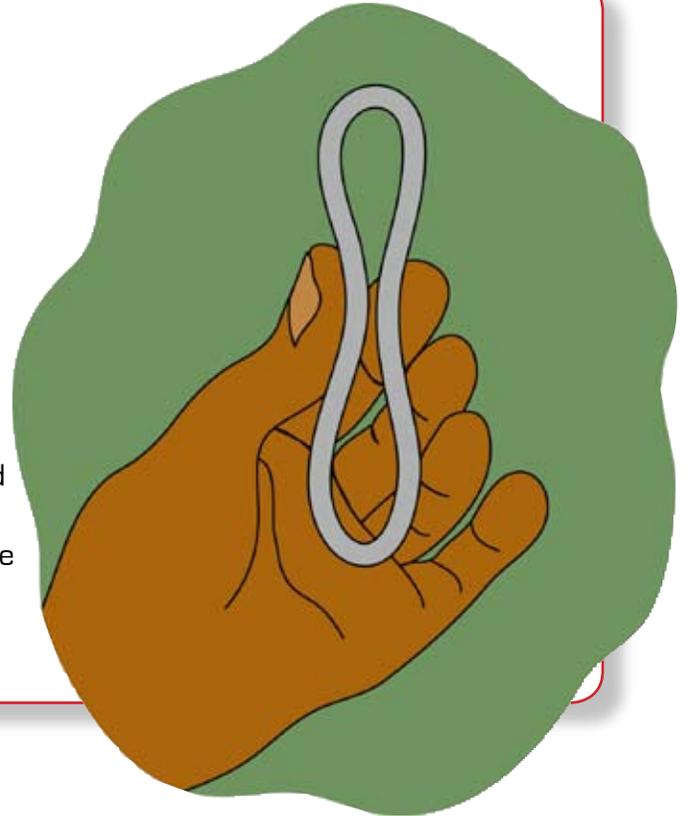
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Uburyo butandukanye bwo kuringaniza uruvyaro

Ivyo bita “**Nuvaring**” ni akantu kameze nk’impeta umugore yiyinjizamwo mu gihimba c’irondoka. Ako kantu akigumizamwo amayinga atatu hanyuma akagakurayo mu kiringo c’yinga ari mu butinyanka. Araheza avuye mu butinyanka (mu kwezi) agakoresha akandi gashasha.

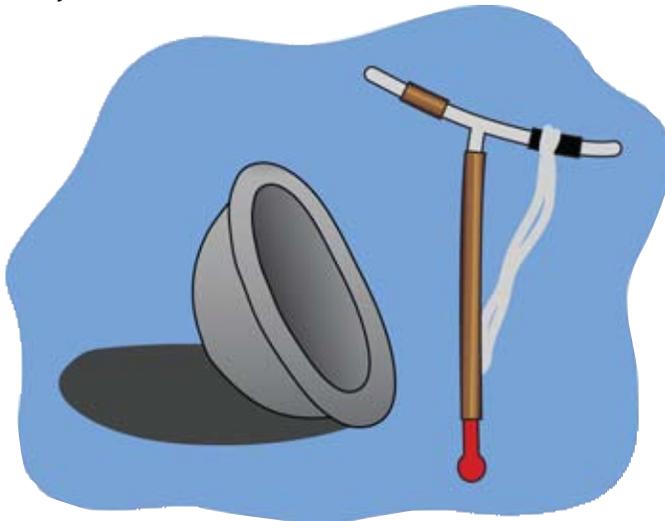
Birth Control Options

Nuvaring is in the shape of a ring and is inserted by the woman into her vagina. It is worn for three weeks and taken out for one week while the woman is menstruating. After each menstrual cycle, a new ring is used.



Uburyo butandukanye bwo kuringaniza uruvyaro

Ivyo bita “**Intrauterine Device (IUD)**” ni akantu gateye nk’indome T umuganga ashira mu gitereko c’umugore. Ivyo bita “**diaphragm or cervical cap**” ni akantu kameze nk’agakombe umugore yinjiza mu gihimba c’irondoka imbere yo kurangura amabanga y’abubatse.



Birth Control Options

Intrauterine Device (IUD) is a T-shaped device that is placed inside a woman’s womb by a doctor. A **diaphragm or cervical cap** is in the shape of a cup and placed inside the vagina before sexual intercourse.

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Kuronka imiti yo kuringaniza uruvyaro

Ushobora kuronka ivyo vyose bifasha gukingira gusama inda ubisavye kwa muganga, kw'ivuriro rikwegereye, kuri faramasi canke mu zindi magazini. Rimwe rimwe urakenera urwandiko rwa muganga kugira ugure ivyo bifasha kuyara ku rugero. Iyo bifasha kuyara ku rugero bifise ibiciro bitandukanye. Iyo ufise asiransi y'ukwivuzza, irashobora gufasha mu kuriha. Ni ukubiganira na muganga kugira akurangire uburyo buzimbutse.

Getting Birth Control

You can get birth control from the doctor's office, pharmacy, clinic, or store. Sometimes you need a prescription to buy birth control. Each birth control has a different price. If you have medical insurance, it might cover the expenses. Talk to your doctor about finding assistance for the costs.



Kuringaniza iruvyaro

Hari abagore batinya iyo ari uwambere bafata canke bakoresha ubwo buryo bwo kugera uruvyaro, bakishiramwo ko batazoshobora kuronka umwana canke ko umugabo aca aba ingumba. Iyo si vyo namba. Muri Amerika ubwo buryo barabukoresha cane kandi nta nkurikizi mbi ziriho. Urashobora guhagarika gukoresha ivyo bintu iyo ugomba kuyara.

Birth Control

Some women are afraid of taking birth control for the first time because they believe that birth control will permanently prevent a woman from getting pregnant or a man from being able to get a woman pregnant. This is not true. In the United States, birth control is widely used and very safe. You can stop using birth control if you want to have children.

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Amagara meza yawe nay'umuryango wawe

Gutahura ingene ivy'ubuvuzi biringanijwe muri Amerika birakenewe cane kugira wivuze neza. Gerageza ubonane na muganga rimwe mu mwaka kugira agusuzume, ni ugusaba umusobanuzi kugira wumvikane na muganga kandi usabwe gukurikiza neza ivyo yakubariye mu gufata imiti. Kuvugwa neza hamwe n'ukwihereza imfungugwa z'ingira kamaro ufatanije n'ukunonora imitsi, bizobafasha n'umuryango wawe kugira amagara meza.

Good Health for You and Your Family

Understanding the health care system in the United States is necessary for you to access good health care. See a doctor for a routine medical exam once a year, ask for an interpreter if you do not understand the doctor, and follow instructions for taking medicine. Receiving good health care combined with a good diet and exercise will keep you and your family healthy.

