

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Huduma ya Matibabu na Bima ya Afya - 6**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance - 6**

SWAHILI

<p>Bi. Li na Bi. Ba pia huenda kwa daktari wa uzazi au ginekolojia. Kama wewe ni mwanamke, unaweza kuelekezwa kwa mmoja wa madaktari hawa. Hao ni wataalamu katika kuwashughulikia wanawake.</p> <p>Madaktari hawa wanaweza kukusaidia wakati wewe ni mjamzito, kwa kukupa huduma ya kabla ya kujifungua. Hii ni muhimu sana kama unatazamia kumpata mtoto.</p> <p>Mtoto wako atakuwa <i>mwenye afya zaidi</i> kama una huduma ya kabla ya kujifungua.</p>	<p>Mrs. Li and Mrs. Ba also go to an obstetrician or gynecologist. If you are a woman, you may be referred to one of these doctors. They are experts in taking care of women.</p> <p>These doctors can help you when you are pregnant, providing prenatal care. This is very important if you are going to have a baby. Your baby will be healthier if you have prenatal care.</p>
<p>Madaktari hawa wanaweza pia kusaidia kwa masuala mengine ambayo wanawake tu ndio wanayo, kama vile hedhi au wanapozeeka na hedhi kukoma.</p>	<p>These doctors can also help with other health issues that only women have, such as menstruation or menopause.</p>
<p>Wataalamu hawa wa afya, na madaktari wengine na wauguzi, wanaweza kukusaidia na kupanga uzazi. Kupanga uzazi ni muhimu kwa hivyo utapata mimba tu wakati unapotaka, na unaweza kupata watoto ambao unaotaka kuwa nao.</p>	<p>These health professionals, and other doctors and nurses, can help you with family planning. Family planning is important so you will only get pregnant when you are ready, and can have only the number of children that you <i>want</i> to have.</p>
<p>Bi. Li ameamua kuwa na watoto wawili, na hupanga upangaji uzazi kwa msaada wa daktari wake.</p> <p>Idadi ya watoto unaotaka kuzaa ni uamuzi wako. Una uwezo wa kuamua ni wakati gani utakapopata mimba nyingine. Ongea na daktari wako au muuguzi wakati wowote unaotaka maelezo kuhusu upangaji uzazi.</p>	<p>Mrs. Li has chosen to have just two children, and practices family planning with the help of her doctor.</p> <p>How many children you have is <i>your</i> decision. You have a choice about how much time to wait between one child and your next pregnancy. Talk to your doctor or nurse any time you want information about family planning.</p>