



## Helitaanka Daryeelka caafimaadka haddii aadan lahayn Caymiska caafimaadka (OHIP or IFH) inta uu socdo Faafitaanka xunuunka COVID- 19

La cusbooneysiya April 15, 2020

Laga heli karo Khadka tooska ah : [www.wellesleyinstitute.com/uninsured](http://www.wellesleyinstitute.com/uninsured)

### Inta lagu jiro Faafitaanka Xanuunka COVID-19 adeegyada Isbitaallada waa in ay u ahaadan bilaash qof walba.

Haddii aadan haysan ama lahayn qorsha Caymiska caafimadka Ontario (OHIP), ka faa'ideysan Karin caafimaadka federalka ee ku meelgaarka ah, ama aadan haysan caymiska Caafimad ee gaarka loo leyahay, waa in aad wali daryeel caafimaad heshaa. Tani waa macluumaadki ugu danbeyaya ee ku salaysan sida ugu fiican, aqoonteenna, ilaa inta aan ka warhayno, ilaa 15ka April, 2020.

### Cidda aad wacayso haddi aad u bahan tahay caawimaad

- **Xaalad degdeg ah**, markasta waxaad wici karta 911.
- **Telefoonka caafimadka qaabilsan ee Ontario** waa u furan yahay qof walba. Telefoon nambarkana waa **1-866-797-0000**. Waxaa la hadli kartaa kalkaaliye caafimaad oo aad kala hadli karto waxii walaac ah ee ku suubsan caafimaadka. Kalkaaliyaha ayaa ogaanaya cudurkaaga ama ku siinaaya daawo . Kalkaaliyaha ayaa kaa caawin doona in aad go'aansato in aad isku filantahay, ama aad u baahantahay in aad dhaqtarkada u tagto ama in aad u baahantahay in lagu gudbiyo qolka xaalada deg degga ee Isbitaalka. wixii warbixin dheeraad ah ee ku saabsan telefoonka caafimaadka qaabilsan ee ontario booqo: <https://bit.ly/3b9pp3B>
- **Telefoonka caafimaadka qaabilsan waa bilaash waxaana la heli karaa 24 saac MaalinTii** . Waxay qaadan kartaa xoogaa waqti ah in ay dib kuu soo wacaan maadaama ay mashquul yihiin. Caawimaad tarjumaad oo luUqadaha qaarkood ah ayaa la heli karaa.
- **Caafimaadka bulshada ee Toronto** wuxuu adeeg u fidiyaa qof walba. Lambarka telefoonku waa **416-338-7600**. Waad so waci kartaa hadii aad qabto su'aalo ku saabsan Cudurka COVID-19, iyo in aad baaritaan heli kartid waqtiga u dhexeeya **8:30 AM 8:00 PM**.



## Hadii aad u baahan tahay inaad aaddo Isbitaal

**Waxaad aadi kartaa Waaxda Gurmada degdegga ah ee cisbitaalka hadii ay jirto xaalad caafimaad oo degdeg ah.** Waxay furunyihiin maalintii 24 saac. Inta lagu jiro xaaladda COVID-19 waa inaan lagugu soo dallicin wax biil ah.

**Sabab?** Wasaarada caafimaadka Ontario ayaa dhamaam cisbitaallada ku wargelisey in ay tahay muhiim in ay bixiyaan Adeegyada caafimaadka inta lagu guda jiro xaaladda COVID-19. Tani waa inay ay daboosho dhammaan daryeelka caafimaadka degdegga ah.

**Waxaa laga yaaba Isbitaallada qaar in aysan ogayn isbeddelladan cusub.** Waxaan maqalnay in dadka aan haysan caymiska caafimaad ee (OHIP) in loo sheegay in ay hore lacagta isaga bixiyaan. Tani mahan in ay dhacdo. Waa kan ogeysiiska rasmiga ah ee dowladda:

<https://bit.ly/3aamLcw>

### Si aad u diyaariso waxaad awooddaa:

- Ku calaamadayo telefoonkaaga bogga ogaysiiska dowladdu ku qoranyahay si aad u tustid shaqaalaha isbitaalka: <https://bit.ly/3aamLcw>
- Daabaco bogga ay ku qoran yahay ogeysiiska si aad u tustid shaqaalaha isbitaalka
- Ku qoro warqad linkga bogga si aad u tustid shaqaalaha isbitaalka

### Markii aad Isbitaalka Tagtid

- Shaqaalaha isbitaalku waxay ku waydiin karaan kaarkaga caafimaad ama aqoonsi. Haddii aadan haysan kaar caafimaad ama aqoonsi, wali waa in aad heli kartaa daryeel caafimaad. Si kastaba ha ahaate, hadii aad leedahay wax aqoonsi ah horey u sii qaado waxaa laga yaabaa in uu ku anfaci adeegsigiisu.
- Waa dooran kartaa, laakin kuma qasbanid in aad la wadaagto isbitaalka iyo cid kale oo ka tirsan Waaxda daryeelka caafimadka warbixin ku saabsan arrimaha socdaalkaga (maygareeshanka).
- Isbitaallada qaar ayaa helikara tarjumaad telefoonka laguso diro. Codso hadii aad jeceshay ama aad daremeyso in aadan is fahmayn adiga iyo shaqaalaha isbitaalku.

## Macluumaad ku saabsan Faafidda cudurka COVID-19

Dowladda Ontario waxay waxbixin ku saabsan cudurka COVID-19 ku haysaa luqado kale duwan. Macluumaad dheeraad ah Fadlan booqo: <https://bit.ly/2K6Prc1>



Sidoo kale, magaalada Toronto macluumaad ayaa ka heli kartaa . Guuji linkigan si aad u hesho wargelin Cusub iyo macluumaadkii u dammeeyey: <https://bit.ly/2VqrGB2>

## Xarumaha lagu Baaro Cudurka COVID-19

Waxaa jira xaruma gaar ah oo lagu baarayo cudurka COVID-19 .Kaliya dadka buuxiya shuruudaha qaarkood ayaa laga baari doonaa.

Macluumaad dheeraad ah ee ku saabsan goobaha ku yaalla magaalada Toronto ee hada baaritaanka samayn kara iyo xilliyada la tegi karo ama aan la tegi karin Fadlan booqo: <https://bit.ly/2K6ELdf>

### Uma baahnid caymiska (OHIP) si lagu baaro Xarumaha Qiimaynta Cudurka COVID-19.

Laguma waydiin doona in aad wax lacag ah bixiso. Haddii lagu baaro, weydii shaqaalaha xarunta baaritaanka sida lo helo natiijooyinka aan lahayn lambarka OHIP.

## Si kale oo Lacag La'aan ah

**Rugo caafimaad oo gaar ah oo loogu talagalay dadka aan Caymiska-Caafimaad lahayn ee kuyaal Toronto.**

Waxaa jira dhowr xarumo caafimaad oo ku yaal Toronto , kuwaas oo lagu qaabili doono dad aan lahay caymiska-caafimaadka si bilaash ah. Rugahan caafimaad ma bixiyaan gurmada degdeg ah. Wac si aad u aad u habsato in aad shurudahooda buuxisay iyo xilliga ay furan yihiin maadama laga yaabo inay bedelaan saacadahooda shaqada.

Booqasho Shaqsi ah:

- West End Non-Insured Walk-In Clinic (Access Point on Jane)
  - 761 Jane Street, Dabaqa labaad
  - Isniin iyo Khamiis, 3:00 pm (galabti) - 6:30 pm ( galabtii)
  - Wac macluumaad dheerad ah: 416-760-8677
- **WOW Clinic** (Regent Park CHC)
  - 465 Dundas Street East
  - Arbaco 10am (subaxdii) -12pm ( galabnimo)
  - Wac haddii aad rabtid macluumaad dheerad ah: 416-203-4506



- Blue Door Clinic for people with HIV (Regent Park CHC)
  - 465 Dundas Street East
  - The second and fourth Monday morning of each month, 10 am (subaxii) -12 (duhurkii) noon
  - Wac hadii aad rabtid macluumaad dheerad ah: 647-730-3222

Teleefonka ama qadka tooska internet ah

- Canadian Centre for Refugee and Immigrant Health, Community Volunteer Clinic
  - wac 1-647-267-2176 ext. 1 da duhurnimo Khamiis, Arbaco iyo Jimce inta u dhexaysa 6 pm am Talaado iyo Khamiis, 9 am (subaxnimo)-8 pm (galabnimo)
- Muslim Welfare Centre
  - Haddii aad rabtid macluumaad dheerad ah u dir email:  
[freeclinic@muslimwelfarecentre.com](mailto:freeclinic@muslimwelfarecentre.com)
  - Ama booqo Boggooda internetka: <https://bit.ly/2wAEmN4>
- FCJ Refugee Clinic
  - Wac 416-469-9754 oo waydiiso in lagu gudbiyo mid ka mid ah shaqaalaha Health and Well- Being Worker oo laga helo lambarkan: 230
  - Ama booqo Boggooda internerka: <https://bit.ly/3a95gJV>

Hada hadii aad tahay bukaan laga dawaynayo **goob caafimad-Bulsho**, waa in aad wali heli kartaa daryeel caafimadd oo lacag la'aan ah. Inkast oo hadda adeegyada qaarkood ay suuragal tahay in telefoonka lagugu dhammeeyo.

## Hadii aadan xaq u lahayn kaarka caafimaadka ee Ontario ama aadan haysan kaar caafimaad.

- **Hadii aadan haysan kaarka caafimaadka sabab kasta awygeed**, ha u ogoolaan in taasi kaa hor istaagto inaad raadsato daryeel caafimaad oo degdeg ah .
- **Hadii aadan so buuxin shuruuda kaarka caafimadka**, waxaad wali ka heli kartaa isbitaallada daryeel caafimaad oo bilaash ah inta uu socdo xanuunka COVID-19.

### Sida loo heli karo kaarka caafimaadka haddii aad buuxiso shuruudaha

- Haddii aad shuruudaha lagu helo kaarka caafimaadka aad soo buuxiso, waad dalban kartaa in kharashaadka caafimadka ay bixiso Barnaamijka Caafimadka Dawladda ee loo yaqaan OHIP.
- Sida aad ku heli kartaa adeegyadaan waa in aad tahay Muwaadin kanadiyaan ah ama aad leedahay sharci qaxooti ama hijra kale. Macluumaad intaas ka badan oo luuqada kala duwan ku qoran ayaa laga heli karaa halkaan: <https://bit.ly/2z0g7sE>



- Markii aad dalbatid , isla markiiba waxaad heli doontaa caymiska caafimaadka daryeelka degdeg ah. sababtoo ah Dowladda ayaa mesha ka saartay muddadii 3da Biloood ee sugutaanka ahayd inta uu socdo fiditaanka cudurka **Karoon** COVID-19. Isbeddel ayaa ku imaan karo marka uu dhamaado fiditaanka cudurka **Karoon** COVID-19.
- **Haddii aad codsatay kaarka caafimaadka wixii ka horeysay 19ka Maarso2020:** Waxaad leedahay caymiska OHIP, laakin waa in aad wacdaa Adeegga ontario teleefoonkooda oo ah **1-866-532-3161** si loo hawlgeliyo caymiska caafimaadkada.

### Haddii aadan dalban kaarka caafimaadka

Hadii aad buuxisey shuruudaha lagu helo kaarka caafimaadka , laakin aadan ku kalsooneyn in aad shaqsi ahaan u raadsato adeeg caafimaa xilligaan, waxaad weli kaarkada ku heli kartaa isbitaallada daryeel caafimaad oo bilaash ah inta uu socdo fiditaanka cudurka **Karoon** COVID-19.

- Booqo <https://bit.ly/2z0g7sE> si aad u ogaato sida aad u dalban kartid kaar caafimaad.
- Xafiisyada adeegga Ontaariyo qaarkood ayaa wali furan. Waad waci kartaa marka hore si aad u hubiso in ay furan yihiin.
- Hadii aadan awoodin inaad shaqsi ahaan u tagto Serfis ontariyo (Service Ontario), waxaad waci kartaa qadka serfis ontariyo (**Service Ontario Info-Line**) lambarkan **1-866-532-3161** si aad u hesho macluamad dheerad ah.

### Waxii ku saabsan dukumintigan:

- Dukumintigaan waxaa soo saaray Shabakadda caafimaad ee macaamiisha aan caymiska lahay oo loo yaqaan (**Health Network for Uninsured Clients**). waxaa nahay dad ka shaqyaya daryeelka caafimaadka iyo ururrada u adeegga bulshada oo ku baahsan Toronto. wixii macluumaad dheeraad ah Gujji: [www.wellesleyinstitute.com/uninsured](http://www.wellesleyinstitute.com/uninsured)
- Hadii aad qabtis wax su'aalo ah oo ku saabsan macluumaadka dukumintigaan, waxaa nalaga soo xiriiri kartaa ciwaankan [uninsuredTO@gmail.com](mailto:uninsuredTO@gmail.com). fadlan noo sheeg mesha aad kaga nooshahay Toronto.
- Waxaa suuragal ah in aanan jawaabta heli karin, laakin waxaan ku dadaali doonna in aan jawaab ku siino intii karaankeenna ah. Waxay qaadan kartaa ilaa toddobaad in aan kugu so war celino. Ma nihin Xirfadlayaal daryeel caafimaad. **Hala soo xiriirin Emaylkan hadii aad qabtid xaalad caafimaad oo degdeg ah ama aad waydiinayso su'aalo caafimaad ku saabsan.** Hadii aad qabtid xaalad caafimaad oo degdeg ah, wac **911** ama aad qolka xaalada gargaarka degdegga ee isbitaalka kuugu dhow.