

Ka fikir Ilkaha

Ilaali caadooyinka wanaagsan ee ilkaha da 'kasta.



Waxaad ka caawin kartaa ilmahaaga inuu ka hortago godadka!
Waa kan sida:

- Samee baaritaanno ilkeed oo joogto ah, laga bilaabo da'da 1. Weydii waxyaalaha daboolaya ilkaha ee ka hortagaya suuska iligga.
- Ku caday laba jeer maalintii 2 daqiiqo adoo isticmaalaya daawada cadayga ee fluoride.
- Xaddid cuntooyinka iyo cabitaannada sonkorta leh.

Ilmahaagu waxa uu xaq u yeelan karaa daryeelka ilkaha iyada oo loo marayo Medicaid iyo Barnaamijka Caymiska Caafimaadka Carruurta (CHIP). Adeegyada waxaa ka mid ah ilkaha nadiifinta, baadhista, raajooyinka, fluoride, dhaymada ilkaha, iyo buuxinta.

Si aad u qorto ilmahaaga, wac **1-877-KIDS-NOW (543-7699)** ama booqo **InsureKidsNow.gov**. Horaa loo daboolay? Isticmaal hagaha dhakhtarka Ilkaha **InsureKidsNow.gov** si aad u hesho takhtar ilkeed oo kuu dhow oo wac ballan balan dhakhtarka ilkaha maanta.

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