

**ADEEGYADA ALKHAALKA IYO DAROOGADA**

Waxay siisaa adeegyada ka-hortagga dhaliyarada iyo dadka waaweyn iyo adeegyada daaweynta bukaanka ee dhammaystiran ee jinsiga gaarka ah, oo ay ku jiraan Medication Assisted Treatment (MAT) ee dadka waaweyn. Qiimaynta dadka iska imaada waxaa la sameeyaa Isniinta, Talaadada iyo Khamiista. Waqtiyada adeega waxay ku kala duwan yihiin barnaamij ahaan. Wac wixii ah faahfaahinta barnaamijka.

**Taleefanka:** Adeegyada Daaweynta: 614-645-6839
Adeegyada Ka-hortaga: 614-645-2457
Adeegyada Hoos u dhigida
Waxyeelada: 614-645-2750
**Saacadaha:** Isniin-Khamiis: 8 a.m.-6:30 p.m.
Jimce: 8 a.m.-5 p.m.

**QANIINYADA XAYAWAANKA, XAKAMAYNTA XAYAWAANADA KHATARTA LEH IYO CUDURKA XAYAWAANKKA**

Waxay ka jawaabtaa qaniinyada xayawaanka iyo 311 cabashooyinka Xarun Adeeg, waxay soo saartaa ogolaanshaha xayawaanka beerta, waxayna bixisaa macluumaadka xayawaamada iyo caafimaadka dadweynaha.

**Taleefanka:** 614-645-6134
**Saacadaha:** Isniin-Jiimce: 8 a.m.-4:30 p.m.

**BABY & ME TOBACCO FREE**

Waxay bixisaa adeegyada joojinta sigaar cabka shaqsi ahaaneed ee hooyooyinka uurka leh, iyo waxbarasho, taageero iyo xafaayad bilaash ah inta lagu jiro uurka iyo dhalmad ka dib. Diiwaangelinta iyo kulamadu waxaa lagu imaadaa ballan.

**Taleefanka:** 614-645-2135
**Saacadaha:** Isniin-Jiimce: 8 a.m.-4:30 p.m.

**SHAHAADOYINKA DHALASHADA & DHIMASHADA** (Tirakoobka Muhiimka ah)

Waxay bixisaa nuqullo shahaadeysan oo ah shahaadooyinka dhalashada iyo dhimashada Franklin County; \$25 ah khidmad. Wixii macluumaad ah ka hel barta www.publichealth.columbus.gov.

**Taleefanka:** 614-645-7331
**Saacadaha:** Isniin, Talaado, Khamiis & Jimce: 8 a.m. - 4:15 p.m.
Arbaco: 9 a.m.-4:15 p.m

Iska imaansha, adeega helida isla maalintaas Isniin-Jimco; waxay xirmaysaa 4p.m.

**RUQSADA FARSHAXANKA JIRKA**

Waxay baaraan oo shatiyeeyaan shaaabada iyo xarumaha lagu sameeyo daloolinta jirka.

**Taleefanka:** 614-645-7005
**Saacadaha:** Isniin, Talaado, Khamiis & Jimce: 7:45 a.m.-4:45 p.m.
Arbaco: 10 a.m.-4:45 p.m.

**BARNAAMIJKA KURSIGA GAARIGA**

Wuxuu sameeyaa hubinta badqabka kursiga gaariga wuxuuna siiyaa kuraas baabuur oo jaban qoysaska u qalma.

**Taleefanka:** 614-645-7748
**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

**XARUNTA CUSUB EE CAAFIMAADKA DADWEYNAHA**

Wuxuu la shaqeeyaa ururada shuraakada ah si loo hormariyo sinnaanta jinsiyadda xoojinta xiriirka bulshada, keenista codka bulshada go'aan gaarista, bixinta kaalmo farsamo, iyo samaynta talooyinka siyaasadda. Tallaabooyinka hagaajinaya sinnaanta jinsiyadda waxay hagaajin doonaan sinnaanta dhammaan.

**Taleefanka:** 614-645-0867
**Iimayl:** CPHInnovation@columbus.gov
**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

**KA JAWAABISTA QASHINKA KHATARTA AH**

Wuxuu baadhaha oo uu kala taliyaa arrimaha wasakhda khatarta ah iyo kuwa faafa, oo u diyaariya oo uu ka jawaabo xaaladaha degdegga ah ee kiimikada.

**Taleefanka:** 614-645-7005
**Saacadaha:** Isniin, Talaado, Khamiis & Jimce: 7:45 a.m.-4:45 p.m.
Arbaco: 10 a.m.-4:45 p.m.

**KA-HORTAGA DHAAWACA CUNUGA**

Wuxuu bixiyaa macluumaad iyo adeegyo si looga hortago dhaawacyada carruurta iyo dhimashada dhalinyarada.

**Taleefanka:** 614-645-1667
**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

**COLUMBUS CARE COALITION** (Bulshada, Ficil, Adkeysii, Awood-siinta)

Waxay bixisaa adeegyo ka jawaabaya dhaawacyada, waxbarashada, wacyigelinta iyo wax ka qabashada dhibaatooyinka bulshada dhexdeeda.

**Taleefanka:** 614-645-6248
**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

**GORSHAHA QBATINKA EE COLUMBUS & FRANKLIN COUNTY**

Waxay ka shaqeysaa si loo dhimo kullo badsiga, dhimashada kuuro badsiga iyo cudurrada faafa iyadoo laga hortagayo xadgudubka opioid iyo qabatinka, yareynta tirada dhimashada la xiriirta opioid, ballaarinta helitaanka daaweynta, iyo hagaajinta badbaadada bulshada.

**Taleefanka:** 614-645-0803
**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

Wixii ah xaalad degdeg ah oo la xiriirta caafimaadka dhimirka ama xadgudubka mukhaadaraadka, ka wac Khadka Netcare Access Crisis: 614-276-CARE (2273).

**KHADKA COMMUNITY RIGHT-TO-KNOW**

Wuxuu kormeeraa oo bixiyaa macluumaadka kiimikooyinka lagu isticmaalo ama lagu kaydiyo Columbus/Franklin County.

**Taleefanka:** 614-645-6275
**Saacadaha:** Isniin-Jiimce: 7:45 a.m.-4:45 p.m.

**RUGTA ILKAHA**

Waxay bixisaa adeegyada aasaasiga ah ee ilkaha, oo ay ku jiraan baaritaanada, raajooyinka, nadiifinta, buuxinta, soo saarista (ilka iska soo bixinta), dareemo ka diilista ilkaha qaar, iyo dayactirka ilkaha. Iska imaanshaha xaaladaha degdega ah (saacadaha way kala duwan yihiin).

**Taleefanka:** 614-645-8787
**Saacadaha:** Isniin-Jiimce: 8 a.m.-4 p.m.

(waxaa la xiraa maalin kasta duhurki-1 p.m.)

**BARNAAMIJKA DABOOLKA ILKAHA**

Waxay siisaa daboolayaasha ilkaha (dahaarka balaastikada ah) ee kuyaal dhabarka joogtada ah ee ardayda fasalada 2aad iyo 6aad ee dhigta dugsiyada deegaanka Columbus. Wax kharash ah ma leh, laakiin caymisyada qaarkood waa la dalaci karaa.

**Taleefanka:** 614-645-6853
**Saacadaha:** Isniin-Jiimce: 8 a.m.-3:30 p.m.

**U DIYAARSANAANTA XAALADA DEGDEGA AH**

Waxay xoojisaa awooda Columbus ee u diyaargarowga iyo ka jawaabida xaaladaha degdega ah iyadoo la shaqaynaysa wakaaladaha kale, horumarinta iyo ku dhaqanka qorshayaasha degdega ah, la socodka cudurada, iyo tababbarka jawaabayaasha.

**Taleefanka:** 614-645-7944
**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

**LAANTA CUDUR OGAANSHAHA**

Wuxuu ururiyaa, falanqeeyaa oo tarjumaa xogta qiimaynta caafimaadka bulshada iyo qorshaynta iyo qiimaynta barnaamijka; qabtaa ilaalinta; wuxuuna u diyaar garoobaa oo uu ka jawaabaa waxyaabaha khataraha ku ah caafimaadka bulshada.

**Taleefanka:** 614-645-6252
**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

**ILAALINTA CUNTADA & RUGSAD SIINTA**

Licenses and inspects food service operations and retail food businesses, and offers workshops for food workers.

**Taleefanka:** 614-645-7005
**Saacadaha:** Isniin, Talaado, Khamiis & Jimce: 7:45 a.m.- 4:45 p.m.
Arbaco: 10 a.m.-4:45 p.m.

**SOO SHEEGIDA CUNTADA WASAQAYSAN**

Waxay baartaa cabashooyinka jirrooyinka ka dhasha cuntada ee ka yimaada dadweynaha.

**Taleefanka:** 614-645-1791
**Saacadaha:** Isniin-Jiimce: 7:45 a.m.-4:45 p.m.

**FRANKLIN COUNTY HEALTHCARE COALITION/ COLUMBUS METROPOLITAN MEDICAL RESPONSE SYSTEM (ISBAHAYSIGA DARYEELKA CAAFIMAADKA DEGMADA FRANKLIN/ NIDAAMKA JAWAABTA CAAFIMAADKA MAGAALADA COLUMBUS)**

Qorshayaasha xaaladaha degdegga ah ee caafimaad ee ku lug leh kiimikaad, bayooloji, shucaac, nukliyeer iyo dhacdooyinka qarxa.
**Taleefanka:** 614-645-6055
**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

**GURYO CAAFIMAAD**

Wuxuu bixiyaa la-talin telefoon oo ku saabsan khataraha guriga iyo caawinta qoysaska leh carruurta qaba sunta rasaasta.

**Taleefanka:** 614-724-6000
**Saacadaha:** Isniin, Talaado, Khamiis & Jimce: 7:45 a.m.-4:45 p.m.
Arbaco: 10 a.m.-4:45 p.m.

**DUGSIYADA CAAFIMAAD**

Wuxuu kormeeraa dugsiyada dadweynaha iyo kuwa gaarka loo leeyahay si loo ilaaliyo caafimaadka iyo badbaadada carruurta isagoo ka hortagaya khataraha.

**Taleefanka:** 614-645-7005
**Saacadaha:** Isniin, Talaado, Khamiis & Jimce: 7:45 a.m.-4:45 p.m.
Arbaco: 10 a.m.-4:45 p.m.

**CAGAARSHOOW C - KU XIRAN DARYEELKA**

Waxay daba gal ku sameeyaan natijooyinka baaritaanka cagaarshowga C waxayna ku xiraan shaqsiyaadka baaritaan dheeri ah, waxbarashada, daryeelka caafimaadka, gaadiidka, caymiska, iyo adeegyada kale ee taageerada.

**Taleefanka:** 614-645-CARE (2273)
**Saacadaha:** Isniin-Jiimce: 8 a.m.-4:30 p.m.

**KHEYRAADKA AADANAHA**

Wuxuu bixiyaa boos qorista, xiriirka shaqada iyo maareynta kheyraadka aadanaha.

**Taleefanka:** 614-645-6238
**Saacadaha:** Isniin-Jiimce: 7 a.m.-4 p.m.
*Khadka Shaqada ee Shaqaalaha Dawladda: 614-645-7667 (24-saac, Isniin-Jiimce)*

**ADEEGYADA TALLAALKA**

Waxay siisaa tallaalo iyo waxbarashada carruurta iyo dadka waaweyn.

**Taleefanka:** 614-645-8180
614-645-7597 (Kahortagga Cagaarshowga B ee Perinatal)
614-645-7559 (Mashruuca L.O.V.E. & Wacyigelinta)
**Iimayl:** shots@columbus.gov
**Saacadaha:** Isniin: 8 a.m.-4:15 p.m.
Talaado: 10 a.m.-6:15 p.m.
Arbaco: 8-11:15 a.m.
Khamiis: & Jimce: 8 a.m.-4:15 p.m.

Rugta caafimaadka ayaa laga yaabaa inay joojiso qaadashada bukaanka goor hore haddii ay buuxsanto.

**Saacadaha Rugta Worthington (600 High St., Worthington):** 1-4 p.m., 1<sup>aa</sup> Arbacada bil kasta

**HURDO AMAAN U AH DHALAANKA**

Wuxuu qabtaa waxbarashada hurdada badbaadada leh iyo adeegyada si loo dhimo dhimashada ilmaha la xiriirta hurdada.

**Taleefanka:** 614-645-1762 (macluumaadka barnaamijka)
614-645-3111 (Sariir la qaadi karo; inta sahaydu dhamaato)
**Saacadaha:** Isniin-Jiimce: 8 a.m.-4:30 p.m.

**BAARITAANKA CUDURRADA FAafa**

Wuxuu baaraa kiisaska la soo sheegay ee cudurrada faafa; wuxuu la socdaa cudurada ku dhaca bulshada, wuxuuna ka hortagaa fidaanka cudurada.

**Taleefanka:** 614-645-1474 *ama* 645-7417 (xaaladaha degdega ee wicitaanka)

**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

**NIDAAMKA KA WARBIXINTA CUDURRADA FAafa**

Waxay ka dhigtaa ka warbixinta cudurrada faafa ee waaxda caafimaadka deegaanka mid sahlan oo hufan. Loogu talagalay dhakhaatiirta daryeelka caafimaadka iyo shaybaarrada oo keliya.

**Taleefanka:** 614-525-8888 (24-saac)
**Webka:** www.idrsinfo.org
**Fakis:** 614-525-8890

**BARNAAMIJKA KA HORTAGGA RABSHADAHA EE LINDEN**

Waxay bixisaa qorshe firfircoon, qorshe dhammaystiran si loo dhimo rabshadaha aagga Linden iyadoo la aqoonsanayo shakhsiyaadka khatarta ugu jira dhaqdhaqaaqyada rabshadaha iyo waxbarashadaha xaaladaha rabshadaha iman kara.

**Taleefanka:** 614-645-5060
**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

**BOOQASHADA GURIGA HOoyADA IYO ILMAHA**

Waxay bixisaa daryeel, guri, iskudubarid daryeel qoys ku-saleysan oo kalkaaliyayaal diiwaangashan, shaqaalaha bulshada iyo shaqaalaha wacyi-gelinta oo bilaash ah si kor loogu qaado hooyooyinka, aabayaasha, dhallaanka iyo qoysaska caafimaadka qaba. Adeegyada waxaa diiradda lagu saaray kordhinta helitaanka qoyska ee daryeelka caafimaadka iyo ilaha bulshada, hagaajinta natijada dhalashada iyo bixinta waxbarashada. Adeegyada taageerada aabbanimada sidoo kale waa la heli karaa.
**Taleefanka:** 614-724-BABY (2229)
**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

**SHAQADA BULSHADA EE XAAFADDA**

Waxa uu ku xidhaa deganayaasha ilaha waxana uu bixiyaa tixraac/isku xidhid si loo abuuru jawi bulsho, jidh iyo dhaqaale kuwaas oo kor u qaada caafimaadka iyo ladnaanta dadka oo dhan. Waxay ku bixisaa adeegyada goobaha xaafadaha sida maktabadaha, xarumaha kibirka xaafadda iyo dhacdooyinka bulshada.

**Taleefanka:** 614-645-6807 (Khadka Caawinta Shaqada Bulshada)
**Saacadaha:** Isniin-Jiimce: 8 a.m.-4 p.m.

**Ka jawaabista dillaaca**

Wuxuu baaraa oo ka jawaabaa cudurrada dillaaca si looga hortago jirrada iyo ilaalinta bulshada.

**Taleefanka:** 614-645-6578
**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

**GORSHAYNTA & HAGAAJINTA TAYADA**

Isku-dubbaridaa qorshaynta horumarinta caafimaadka bulshada iyo qorshaynta istiraatiijiyadeed ee Columbus Public Health; waxay cabbirtaa qanacsanaanta macaamilka; waxay hagtaa dadaallada hagaajinta tayada; wuxuuna la socdaa waxqabadka iyo u hoggaansanaanta heararka caafimaadka guud ee waaxda, gobolka iyo qaranka.

**Taleefanka:** 614-645-6052
**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

## PRIMARYONE HEALTH

Waxay bixisaa daryeelka aasaasiga ah, OB, carruurta, aragga iyo daryeelka caafimaadka ilkaha ee da' kasta. Wac wixii ku saabsan macluumaad ama ballan qabsi ah.

**Taleefanka:** 614-645-5500

**Webka:** [www.primaryonehealth.org](http://www.primaryonehealth.org)

## ARIMAHA GUUD & ISGAARSIINADA

Waxay la shaqaysaa warbaahinta, waxay siisaa macluumaadka dadweynaha iyada oo loo marayo warbaahinta bulshada iyo dhacqanka, waxay isku dubbaridaa codsiyada diiwaannada dadweynaha, waxayna horumarisaa ololaha waxbarashada caafimaadka dadweynaha.

**Taleefanka:** 614-645-7213

**Saacadaha:** Isniin-Jiimce: 8:30 a.m.-5 p.m.

## UNUGGA KA JAWAABTA SAXDA AH

Dhaxhaatiirta shatiga leh waxay bixiyaan jawaab kale oo loogu talagalay wicitaanada Xarunta Isgaarsiinta Degdegga ah ee 911. Ula soocidda darnaanta waxay ugu yeedhaa haysashada qayb ka mid ah caafimaadka dhimirka ama adeega bulshada, kana fogaynaysa jawaab-celinta booliiska dhaqameed ee lataliyaha xasaradaha bulshada.

**limayl:** [RRU@columbus.gov](mailto:RRU@columbus.gov)

**Saacadaha:** Isniin-Jiimce: 8:30 a.m.-4:30 p.m.

## BARNAAMIJKA RYAN WHITE

Waxay ku xidhaa oo ku haysaa dadka la nool HIV/AIDS daryeel, oo ay ku jiraan daryeelka caafimaadka iyo dhimirka, adeegyada khamriga iyo daroogada, iyo kaalmada gurueynta iyo tamarta. Waxay u adeegtaa Franklin, Licking, Delaware, Morrow, Union, Madison, Pickaway iyo degmooyinka Fairfield.

**Taleefanka:** 614-645-CARE (2273)

**Saacadaha:** Isniin-Jiimce: 8 a.m.-4:30 p.m.

## BULSHOYINKA NABDOON

Waxay horumarisaa badbaadada taraafikada iyada oo loo marayo isbahaysiga bulshada iyadoo diiradda la saarayo isticmaalka suunka, cabbitaanka iyo wadista, xawaaraha, badbaadada dadka lugaynaya iyo kuwa baaskiilka wado, darawalada dhalinyarada ah, gaari wadista dadka waaweyn iyo badqabka kuwa kaxeeyo mootada.

**Taleefanka:** 614-645-2481

**Saacadaha:** Isniin-Jiimce: 8 a.m.-4:30 p.m.

## CAAFIMAADKA GALMADA & FAYOABAANTA

Waxay bixisaa waxbarasho, ogaanshaha sirta ah iyo daawaynta cudurada galmada la isku qaadsiyo (STIs) oo ay ku jiraan HIV/AIDS, waxay siisaa marin u helka PrEP si ay uga caawiso kahortaga HIV, oo ay baarto oo u gudbisoo qof kasta oo 13 jir ah iyo ilaa ilaha bulshada. (Ogolaanshaha waalidka looma baahna.) Booqashooyinka ballanta iyo iska imaanshaha. Aqbashaa caymiska iyo khidmadaha ku salaysan dakhliga.

**Taleefanka:** 614-645-7772

**Saacadaha:** Isniin: 8 a.m.-4:15 p.m.

Talaado: 10 a.m.-6:15 p.m.

Arbaco: 8 a.m.-12:15 p.m.

Khamiis: & Jimce: 8 a.m.-4:15 p.m.

## KOOXDA KALKAALINTA EE ISTIRAATIJIJIGA AH

Wuxuu bixiyaa fursadaha tallaalka ee bulshada oo dhan, wuxuu caawiyaa wacyigelinta bulshada degdega ah, wuxuuna bixiyaa tababaro loogu talagalay siinta "Joojinta Dhiigga" iyo Narcan (naloxone).

**Taleefanka:** 614-645-6734

**Saacadaha:** Isniin-Jiimce: 8 a.m.-4:30 p.m.

*Sabti & Axad baaritaanno waxaa la heli karaa, 8 a.m.-4 p.m.*

## TAKE CARE DOWN THERE

Waxay bixisaa baaritaan bilaash ah oo loogu talagalay HIV, jabtada, kalamiiyiya iyo waraabowga. Tijaabada kaliya rugta caafimaadka - daawaynta lama bixiyo. Natiijooyinka HIV waxaa la bixiyaa isla maalintaas iyadoo la isticmaalayo 10 daqiiqo oo baaritaan degdeg ah. Adeeg iska imaanshaha ayaa diyaar ah.

**Taleefanka:** 614-645-6732

**Saacadaha:** Isniin & Khamiis: 5-8 p.m.

## KA HORTAGGA & XAKAMAYNTA TUBAAKADA

Shatiyo siisaa, wax bartaa oo kormeertaa tafaariiglayda tubaakada si ay ugu hoggaansamaan Xeerka Magaalada Columbus iyo Caafimaadka Magaalada Columbus

Xeer-hoosaadka; waxay bixisaa baadhis iyo dhaqan gelinta cabashada iyada oo la raacayo sharciga goobta shaqada ee ka xorta ah sigaarka ee Gobolka Ohio; iyo, la shaqeyna shuraakada bulshada si kor loogu qaado oo loo taageero ka hortagga isticmaalka tubaakada.

**Taleefanka:** 614-645-7005 (macluumaadka barnaamijka guud)

866-559-OHIO (Cabashooyinka Goobta shaqada ee

aan sigaarka lagu cabbin)

**Saacadaha:** Isniin, Talaado, Khamiis & Jimce: 7:45 a.m.-4:45 p.m.

Arbaco: 10 a.m.-4:45 p.m.

## BARNAAMIJKA QAAXADA

Waxay siisaa baadhis, daaweyn, maarayn kiis, waxbarasho iyo hagitaan dadka degan Columbus iyo Degmada Franklin ee qaba TB jirta; aqoonsataa oo qiimeysaa xidhiidhka dadka qaba TB-da jirta; iyo, qiimeeyaa baahida loo qabo in lagu daweyno soogalootiga iyo qaxoowiga cusub. Sidoo kale waxay bixisaa la tashi bulsho iyo bixiyaha caafimaadka iyo adeegyada waxbarashada.

**Taleefanka:** 614-645-2199 (ka qabso ballan)

614-645-1823 (soo sheeg kiis ah ama looga shakisan

yahay TB)

614-645-6518 (bulshada ama bixiyaha macluumaadka

ama waxbarashada)

**Saacadaha:** Isniin: 8 a.m.-2:15 p.m.

Talaado: 10 a.m.-6:15 p.m.

Arbaco: 8 a.m.-11:15 a.m.

Khamiis: & Jimce: 8 a.m.-4:15 p.m.

## XAKAMAYNTA CUDUR FAAFIYAYAASHA

Wuxuu kormeeraa oo xakameeyaa kaneecada iyo jiirka si looga hortago cudurrada, wuxuu kormeeraa barkadaha dabaasha ee gaarka loo leeyahay si looga hortago meelaha ay ka dhashaan kaneecada, wuxuuna kala tashadaa xakameynta cayayaanka.

**Taleefanka:** 614-645-3111 (khad ah 24-saac) ama 614-645-7005

**Saacadaha:** Isniin, Talaado, Khamiis & Jimce: 7:45 a.m.-4:45 p.m.

Arbaco: 10 a.m.-4:45 p.m.

## KOOXDA DIB U EEGISTA DEMBIYADA RABSHADAHA

Waxay la shaqaysaa wakaaladaha magaalada si ay jawaab degdeg ah uga bixiyaan dembiyada rabshadaha wata, qiimeeyaan dilalka, iyo bixinta waxqabadyada si loo dhimo saamaynta iyo heerka dilalka bulshada dhexdeeda iyadoo qayb ka ah Istaratiijiyada Badbaadada Xaafadda ee Istaratiijiyada Badbaadada Xaafadda ee Duqa Ginther.

**Taleefanka:** 614-645-6189

**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

## VOICE (Wacyigelinta Rabshadaha, Faragelinta, Ka Qaybgalka Bulshada)

Wuxuu caawiyaa dhibanayaasha dembiyada rabshadaha wata ee uu soo gudbiyay Isbitaalka Grant, siinta xalinta isku dhaca, wax ka qabashada dhibaatooyinka bulshada, iyo maareynta kiisaska si wax looga qabto baahiyaha waxbarasho, shaqo ama guri. Sidoo kale waxay bixisaa adeegyo isku dhafan waxayna ku xidhaa ka qaybgalayaasha adeegyada bulshada ee loo baahan yahay si loo dhimo dhaawaca dib-u-dhaawacmida loona wanaajiyo tayada noloshu.

**Taleefanka:** 614-424-9340

**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

## DIFAACA BIYAHA

Waxay shatiyo siisaa iyo kormeertaa barkadaha dabaasha ee dadweynaha, isbadaha, jardiinooyinka buufiska, ceelasha biyaha ee gaarka loo leeyahay, nidaamka bullaacadaha qoyska iyo kuwa yar-yar (ganacsiga yar) iyo tas-hiilaadka qashinka adag si ay ugu hoggaansamaan shuruucda Ohio. Sidoo kale waxay bixisaa tababar hawl-wadeennada barkadda.

**Taleefanka:** 614-645-7005

**Saacadaha:** Isniin, Talaado, Khamiis & Jimce: 7:45 a.m.-4:45 p.m.

Arbaco: 10 a.m.-4:45 p.m.

## WIC (Barnaamijka Haweenka, Dhallaanka & Carruurta)

Waxay siisaa cunto dheeri ah, taageero naasnuujin iyo waxbarasho nafaqo oo loogu talagalay uurka, naasnuujinta iyo haweenka umusha, dhallaanka iyo carruurta jira ilaa da'da 5. Wac wixii ballan ah.

**Taleefanka:** 614-645-7280

**Saacadaha:** Isniin, Arbaco & Khamiis 7:30 a.m.-5 p.m.

(waxaa la xiraa 12:30-1 p.m.)

Talaado: 9 a.m.-7 p.m. (waxaa la xiraa 2-3 p.m.)

Jimce: 7:30-11:30 a.m.

## CAAFIMAADKA HAWEENKA & FAYOABAANTA

Waxay bixisaa: daryeelka caafimaadka taranka ee qarsoodiga ah ee haweenka, lamaanayaashooda iyo dhallinta; baaritaanka, daaweynta iyo waxbarashada ka hortagga cudurrada galmada lagu kala qaado; baaritaanada dumarka fayaqabka sanadlaha ah iyo baaritaanka kansarka; adeegyada ka-hortagga uur-qaadidda, oo ay ku jiraan hababka wax ka qabashada muddada-dheer (xunbo tallaalida iyo IUD); qorsheynta noloshu taranka; baaritaanka uurka; iyo, joojinta tubaakada. Booqashooyinka ballanta iyo iska imaanshaha. Aqbashaa caymiska iyo khidmadaha ku salaysan dakhliga.

**Taleefanka:** 614-645-1850

614-645-5907 (Leenka balanta Isbaanishka)

**Saacadaha:** Isniin: 8 a.m.-4:15 p.m.

Talaado: 10 a.m.-6:15 p.m.

Arbaco: 8 a.m.-12:15 p.m.

Khamiis: & Jimce: 8 a.m.-4:15 p.m.

**Iska imaanshaha Rugta Caafimaadka Dhallinta:** Tallaado kasta laga bilaabo 3-6 p.m.

## HINDISAHU LADNAANTA DHALINYARADA

Waxay kor u qaadaa fayooabaanta qaan-gaarka iyada oo loo marayo baaritaanka STI iyo HIV iyo gudaha dugsiyo iyo waxbarashada bulshada ee caafimaadka galmada iyo taranka.

**Taleefanka:** 614-645-7368

**Saacadaha:** Isniin-Jiimce: 8 a.m.-5 p.m.

Helitaanka saacadaha iyo adeeggu waa la bedeli karaa. Fadlan xilli hore soo wac. U xiran tahay fasaxyada Magaalada iyo taariikhaha kale ee la doortay.

Adeegyada tarjumaadda luqadda ayaa diyaar u ah dhammaan adeegyada caafimaadka ee Columbus Public Health. La kulan shaqaalaha wixii kaalmo.

*La cusbooneysiyo 4/12/2022*



THE CITY OF  
**COLUMBUS**  
ANDREW J. GINTHER, MAYOR

COLUMBUS  
PUBLIC HEALTH

240 Parsons Ave., Columbus  
Taleefoonka: 614-645-7417  
Fakis: 614-645-7633  
limayl: [health@columbus.gov](mailto:health@columbus.gov)  
Adeegyada Magaalada: 614-645-3111  
[www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)



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# HAGAHA ADEEGYADA



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