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Dheefta Gargaarka Xaaladaha Degdegga ah ee Emergency MaineCare ayaa Caymisa Ka-tijaabinta iyo Daawaynta Cudurka COVID-19 (Koronafayras)

Mey 19, 2020

COVID-19 waa magaca cudurka uu keeno Koronafayraska cusub. Dadka aan muwaaddinka ahayn ee bilaa sharciga ah ayaa heli kara adeegyada, iyada oo aysan wax kharash ahi ka bixin, si ay iskaga tijaabiyaan oo looga daweeyo COVID-19 iyaga oo u mara "Emergency MaineCare."

Waa maxay Emergency MaineCare?

Emergency MaineCare ayaa u oggolaanaya dadka aan haysan caynsananta buuxda ee MaineCare inay helaan adeegyo daryeel caafimaad si looga daweeyo xaaladda caafimaadka degdegga ah. Adeegyada loogama baahna in lagu bixiyo kaliya uun Waaxda Degdegga ama isbitaalka.

Sida caadiga, xaaladda caafimaadda degdegga ayaa ah mid ku timaad si kedis ah oo aad u daran. Haddii aan la helin daryeelka caafimaadka degdegga ah, waxay ku dambayn kartaa:

- Halis daran oo caafimaadkaaga ku timaad;
- Waxyeello daran oo jirkaaga gaarta; ama
- Jirkaaga oo si daran u cilladooba.

COVID-19 ayaa uqalma xaalad caafimaad oo degdeg ahaan. Ka-tijaabinta iyo ka dawaynta cudurka ayaa lagu caymin karaa Emergency MaineCare sababta oo ah COVID-19 ayaa sababi kara halis daran oo ku timaad caafimaadkaaga iyo waxyeello iyo cillado daran oo jirkaaga ku yimaad.

Ka-tijaabinta iyo ka daawaynta COVID-19 miyaa lagu caymiyaa Emergency MaineCare?

Haa. Ka-tijaabada COVID-19 iyo adeegyada lagama maarmaanka ah ee la xiriiira dawaynta COVID-19 ayaa lagu caymiyaa kharash la'aan. Tusaalooyinka dawaynta loogu talagalay COVID-19 waxa ka mid ah isbitaal dhigidda, adeegyada caafimaadka guriga, iyo dawaynta neefmareenka.

Astaamaha COVID-19

Astaamaha COVID-19 wuxuu isku kala jiri karaa mid sahlan illaa mid aad u daran. Astaamuhu waxay soo bixi karaan 2-14 maalmood kaddib markuu u feydsamo fayraska. Calaamadaha waxa ka mid ah:

- Qufac
- Neef-qabatin ama neefsiga oo adkaada
- Qandho
- Qarqaryo
- Muruq xanuun
- Cune xanuun
- Wax dhadhamin ama urin ka tegid cusub

Astaamaha kale ee aan caadiga ahayn ayaa la soo sheegay, sida lallabbada, matagga, ama shubanka.

Maxaa ah inaad samayso haddii aad leedahay astaamaha COVID-19?

Astaamaha aadka u daran ayaa ah xaalad degdeg ah: Waa inaad raadsato **daryeel caafimaad degdeg ah** haddii adiga ama xubin qoyska ka mid ah aad yeelataan mid ka mid ah astaamaha digniinta xaaladaha degdegga ah ee COVID-19:

- Neefsashad oo ku dhibta
- Xanuun ama cadaadis an kaa tagin oo aad ku yeelato xabbadka
- Jahwareer cusub ama iyada oo la toosi kari waayo
- Dibnaha ama wajiga midabka buluugga oo kale noqda

Haddii aad leedahay midkoodna astaamaha korka ku yaal, wac 911 ama horay u wac Waaxda Xalaadaha Degdegga ah ee isbitaalka deegaankaaga. U sheeg hawladeenka telefoonka inaad u raadineyso daryeel qof leh ama laga yaabo leh cudurka COVID-19.

Astaamaha u baahan daryeel dhakhtar: Haddii astaamahaagu aysan aad u darnayn sida kuwa kor lagu qoray, laakiin ay yihiin kuwo aad u daran oo u baahan u tagid bixiye-daryeel caafimaad, **horay ugu sii wac kahor intaadan tagin** xafiiska ama rugta caafimaadka bixiyaha daryeelka caafimaadka. Ma aha inaad faafiso fayraska, oo waxa laga yaabaa inay tilmaamo gaar ah kuu hayaan.

Astaamaha sahlan: Haddii ay astaamahaagu sahlan yihiin oo aanad u baahnayn inaad booqato bixiye daryeel caafimaad, waa inaad isku-go'doomaysiiiso guriga. Macluumaad ka ku saabsan sida la isku-go'doomaysiiyo ayaa laga heli karaa [halkan](#).

Maxaan sameeyaa haddii aanan lahayn bixiye daryeel caafimaad caadi ah?

Haddii aad bukto ood u baahan tahay in lagaa tijaabiyo COVID-19 laakiin aadan lahayn daryeel bixiye hore, waxaad booqan kartaa goo caafimaad dhakhso leh (urgent care) ama goob laga la iska tagi karo bilaa ballan si aad uga hehso daryeel iyo ka tijaabin. Haddii aadan hubin goobaha ka tijaabinta ee ku yaal agagaarahaaga, fadlan raadso [xarun caafimaad bulsho](#) oo kuu dhow ama wac isbitaalka kuugu dhow.

Xusuusnow, had iyo jeer wac kahor intaadan iman si aad u weyddiiso inay sameeyaan ka tijaabinta COVID-19 iyo inaad xafiiska u sheegto inaad imanayso.

Ayaa ku caynsan Emergency MaineCare (MaineCare-ka Xaaladaha Degdegga Ah)?

Emergency MaineCare waxa loogu talagalay qof kasta oo aan ahayn muwaaddin oo aan uqalmin dheefta MaineCare ee buuxda, sababtuna tahay xaaladdooda socdaalka ama sababta ah inayna haysan waraaqo sharci ah. Dadka sharciga socdaalka haysta dammaantood uma wada qalmaan MaineCare.

Goorta iyo Sida loo Codsado Emergency MaineCare

Haddii aad leedahay xaalad caafimaad degdeg ah oo COVID-19, isla markaaba raadso daryeel. Waad codsan kartaa caysanaanta mar dambe.

Si aad u hesho caynsanaanta Emergency MaineCare, waa inaad ka codsataa adiga oo mara DHHS Office for Family Independence (Xafiiska DHHS ee Madax-bannaanida Qoyska. Waad codsan kartaa wakhti kasta, oo waxaad haysataa illaa saddex bilood laga soo bilaabo taariikhda aad heshay adeegyada daryeelka caafimaadka si aad u codsato caynsanaanta. Tusaale ahaan, haddii lagaa tijaabiyay COVID-19 Maarso 30, 2020, waxaad haysataa illaa Juun 30, 2020 inaad gudbisoo codsi oo aad u hesho caynsanaan caynsanaantaada loogu talagalay ka tijaabintaada Maarso 30^{ka}.

Waad ku codsan kartaa [onlayn](#) ama [adiga oo dajista codsiga](#) oo ku gudbiya [iimayl](#), faakis (207-7788429), ama boostada (Office for Family Independence, 114 Corn Shop Lane, Farmington, ME 04938).

Consumers for Affordable Health Care (Macaamiisha Daryeel Caafimaad La Awoodi Karo) ayaa loo heli karaa in laga caawiyo shakhsiyaadka dhammaystirka nidaamka codsiga, oo waxa lagala xiriiri karaa telefoon **1-800-965-7476**.

Haddii aad codsato ood uqalanto caynsanaantan kaddib markii lagaa tijaabiyay COVID-19 ama adeegyo daryeel caafimaad kale oo xaaldeg ah, hubi inaad u sheegto waaxda biil ku soo dallaca halkaad ka heshay adeegyada aad uqalantahay si ay ugu dallacaan biilka MaineCare. Marka caynsanaantaadu hirgasho, ma aha inaad bixiso biilka adeegyada xaaladaha degdegga ah ee aad hesho intay caynsanaantaadu shaqeynayso. Haddii aad ugu hesho biil si qalad ah, waa inaad wacdaa daryeel bixiyahaaga.

Emergency MaineCare iyo Xil Ku Soo-baxsiga Dawladda

U.S. Citizenship and Immigration Services (Adeegyada Muwaddiniimada iyo Socdaalka ee Mareykanka) (USCIS) ayaa xaqiijisay inay ka-tijaabaint, dawaynta, ama daryeelka kahortaga COVID-19 aan loo qaddarin doonin inay qaab ka mid ah tahay go'aannada xil ku soo-baxsiga dawladda. Wixii macluumaad dheeraad ah, fadlan fiiri [xaashidan Xaqiiqda](#), ee ay qoreen Maine Immigrants' Rights Coalition (Isbahaysiga Xuquuqda Muhaajiriinta ee Maine), Immigrant Legal Advocacy Project (ILAP) (Mashruuca U Doodista Sharciga Muhaajiriinta) iyo Maine Equal Justice (Cadaaladda Siman ee Maine).

Su'aalo?

Waxaad uga wac adeegyada xubinta MaineCare Member Services telefoonka 1-800-977-6740. Isticmaalayaasha TTY, garaac 711. Af-celiyeyaal (tarjumaanno) ayaa la heli karaa haddii loo baahdo.

Ilaha Waxtarka leh

- Maine CDC [Su'aalaha Badanaa La Weyddiiyo](#) ee ku saabsan COVID-19
- Xarumaha Xakamaynta iyo Ka-hortagga Cudurrada COVID-19 [Macluumaadka Guud](#) (luqado badan)
- [Barta internetka ILAP COVID-19](#)
- Ilaha COVID-19 ee [Maine Equal Justice](#)
- [Consumers for Affordable Health Care \(Macaamiisha Daryeel Caafimaad La Awoodi Karo\)](#)