



Diiradda la saarayo: Waxyaabo kaa caawinaya joojinta sigaar cabida

Joojinta isticmaalka tubaakada — oo ay ku jiraan cabidda sigaarka, isticmaalka e-cigarettes iyo tubaakada la calashado — waa mid ka mid ah tallaabooyinka ugu wanaagsan ee aad u qaadi karto dhanka caafimaadka wanaagsan.



24 ka dib joojinta sigaar cabida, fursadaada wadne xanuunku hoos ayay u dhacdaa.



Sanadka ugu horeeya, caafimaadka afka ayaa wanaagsanaada waxaanad yeelataa astaamo yar oo ah cudurka ciridka.



Bilo gudahood, sambabadaadu si fiican ayay u shaqeynayaan waxayna wanaajiyaan caafimaadkaaga guud.



Ka dib sanad aan sigaar la cabin, waxaad yeelataa in ka yar kala bar halista cudurka wadnaha.

Waxaa jira siyaabo badan oo lagu joojiyo sigaar cabida, oo dhammaantood si buuxda loo daboolo:



Kooxdaada daryeelka

Daryeel bixiye kasta — mid jireed, maskaxeed ama ilkood — aad bay ugu faraxsanaan doonaan in ay kaa caawiyaan joojinta sigaar cabida. Waxay kaa caawin karaan helitaanka, barnaamijyada degaanka oo wanaagsan, oo kuu shaqeynaya adiga oo si buuxda loo daboolo. Waxay sidoo kale kaa caawin karaan in aad go'aansato ta ay tahay daawada (sida duubka nikatiinka ama xanjo) ay dhici karto in ay kugu habboon.



Khadka Joojinta Tubaakada ee Oregon

Khadka Joojintu waa **adeega la talinta oo lacag la'aan ah** oo lagu bixiyo telefoon ahaan iyo kuwada sheekaysiga internet-ka. Ka bilow quitnow.net/oregon ama 800-QUIT-NOW (800-784-8669). Tani waa faa'iido la daboolo oo aad isticmaali karto laba jeer muddo 12 bilood gudahood ah.



Smokefree.gov

smokefree.gov waa barnaamij qaran oo bixiya **waxyaabo kala duwan oo kaa caawiya joojinta sigaar cabida**, oo ay ku jiraan kuwada sheekaysiga internet-ka iyo farriimaha telefoonka oo lacag la'aan, iyo dhiirigelin ah. Lacag la'aan ayuu kuu yahay adiga. Booqo website-ka oo dooro adeega aad rabto in aad tijaabiso.

Waxay u badan tahay in aad joojiso sigaar cabida haddii aad hesho caawimaad. Isticmaalka adeegyada iyo daawada si loo joojiyo sigaar cabidu waxay laban laabtaa fursadaha ah in aad sigaarka xor uga ahaato muddada fog.

Su'aalaha?

Haddii aad hayso wax su'aalo ah oo ku saabsan sida loo joojiyo sigaark cabida, ama u baahan tahay wax caawimaad ah oo kale, waxaad Adeega Macmiilka CareOregon ka wacdaa 800-224-4840 ama TTY 711, ama farriin ammaan ah noogu soo dir careoregon.org/portal

Faa'iidooyinkaaga caafimaadka waxaa bixiya CareOregon, qorshahaaga caafimaadka Medicaid. Halkan ka ogow waxyaabo badan oo nagu saabsan.

Marka ay dadku ka hadlaan Medicaid ka jirta Oregon, waxaa dhici karta in aad maqasho iyaga oo dhahaya magacyo iyo warqado badan oo kala duwan. Sababtu waa in ay jiraan ururo badan oo ku lug leh xaqijinta in aad hesho daryeelka aad u qalanto. Sidee baad macne ugu yeeli kartaa haba yaraatee?

Waxay gacan ka geysataa in aad uga fikirto Medicaid ka jirta Oregon in ay tahay sida qaabka pyramid oo kale.

Maamulka Caafimaadka Oregon (OHA) ayaa gacanta ku haya barnaamijka Medicaid ee loogu talagalay gobolka Oregon oo dhan, kaasi oo loogu yeero Qorshaha Caafimaadka Oregon (OHP).

Oregon
Health
Authority

Health Share of Oregon (HSO) waa waxa loo yaqaano daryeelka ururadu iska kaashadeen (CCO). Health Share of Oregon waxay ka hoos shaqeysaa OHA si ay ugu adeegto xubnaha ka tirsan OHP ee ku nool degaanka saddexda-magaalo ka kooban.

health
share
Health Share of Oregon

CareOregon waa mid ka mid ah dhowr bixiyayaasha caafimaadka oo ku yaala degaanka saddexda-magaalo ka kooban oo Health Share CCO ka caawiya n ay bixiso daryeel. Waxaan sidoo kale gacan ka geysanaa faa'iidooyinka daryeelka caafimaad iyo adeegyada — sida caawimaada ah in la joojiyo cigaar cabida — ee loogu talagalay xubnaheena.

CareOregon

Daryeel bixiyahaaga aasaasiga ah (PCP) wuxuu noqon karaa dhakhtar, kalkaaliso sare, kalkaaliyaha dhakhtarta ama daaweynta bedelka ah 'naturopath'. Waxay isku duwaan daryeelkaaga aad la leedahay CareOregon iyo xubnaha kale ee kooxda caafimaadka sida dhakhaatiirta ilkaha, bixiyayaasha daryeelka caafimaadka maskaxda, farmashiyayaasha iyo kuwo kale.



CareOregon waxay bixisaa adeegyada kuwan oo kale ah ee loogu talagalay xubnaha Medicaid (OHP):

- ▶ Daryeelka caafimaadka jirka
- ▶ Daryeelka caafimaadka dhimirka
- ▶ Isticmaalka mukhaadaraadka
- ▶ Daryeelka ilkaha
- ▶ Medicare la sii marayo CareOregon Advantage
- ▶ Daryeelka bukaanka hospice ama daaweynta oo la adeegsanayo Bixiyayaasha Housecall

Waxaad sidoo kale awoodi doontaa in aad isticmaasho adeegyo muhiim ah sida kuwani oo kale:

- ▶ Isku duwida daryeelka
- ▶ Farmashiyaha
- ▶ Daryeelka dhalashada ilmaha ka hor iyo daryeelka dhallaanka
- ▶ Kala doorashada gaadiidka
- ▶ Adeegyada turjumaada luqadda
- ▶ ER iyo daryeelka degdega ah

Waxaad heli kartaa tani oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee braille ama qaabka aad doorbidayso. Waxaad sidoo kale codsan kartaa turjubaan. Caawimaadani waa lacag la'aan ah. Wac 800-224-4840 ama TTY 711.