Safe, Smart, and Healthy

Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan

Keys to Success in Your New Home

Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub

	Medical Care / Health Insurance	**Daryeelka Caafimaadka / Caymiska Caafimaadka**
	Video	**Audio**
	Graphic	
1	Exterior Building	**VO:** Gudaha abaarmannadan, saddexan qoys ayaa la qabsanaya nolosha Maraykanka. Waxay wax ka baranayaan nidaamka caafimaadka ee ka jira waddankan iyo waxay u baahan yihiin, si ay u helaan daryeelka caafimaadka ee ay u baahan yihiin.
2	Doctors Office 1 Arrive See doctor	**VO:** Marwo Li waxay wax ka baratay Daryeelka Aasaasiga ah (Primary Care). Daryeelka Aasaasiga ahi waa marka aad ballan samaysatid si aad u tagtid xafiiska dhakhtarka sababta oo ah ma dareensanid inaad fiican tahay, ama si aad u heshid fiirin caafimaad. Marwo Li waxay inanteeda yar u geeysay dhakhtarka si fiirin loogu sameeyo. Caafimaadkeedu si weyn buu u wanaagsan yahay.
3	On Camera Doctor 1	**SYNC:** "Soo laabo oo aynnu is aragno hal sano ka dib."
4	Adam Home interior Calls Doctor	**VO:** Mudane Adam waxa uu dareensan yahay in aanuu fiicnayn, waxaana uu rabaa inuu isla hadda arko dhakhtarka. Xafiiska dhakhtarka ee uu caadi ahaan tago ma furna maalmaha Sabtida iyo Axadda ama habeenkii.
5	Urgent Care Exterior Reception Desk Doctor/Patient	**VO:** Waxa uu tagay Daryeelka Dhakhsaha ah (**Urgent Care).** Xafiiska Daryeelka Dhakhsaha ahi waa uu furan yahay waana la arki karaa ballan la'aan. Mudane Adam waxa uu caabuq (fash-fash) ka qabaa dhegta. Waa inuu qaato dawo oo uu si sax ah u raaco fariimaha qaadashada dawada.
6	On Camera Doctor 2	**SYNC:** "Waxa aad soo-fiicnaan dareemi doontaa dhawr maalmood gudahood."

7	Ba Home Kitchen Towel around hand Leave Apartment ER Exterior	**VO:** Marwo Ba iyada oo cunto karinaysa ayay si xun gacanta meel iska jeexday. Waxay u eg tahay in jeexitaanku yahay mid daran. Ninkeeda ayaa gacanta ugu duubay shukumaan ama tuwaal, ka dibna waxa uu u soo kaxeeyay qolka gargaarka degdegga ee cisbitaalka (qeybta xaalada deg-degga).
8	Mr. Ba on camera	**SYNC:** "Xaaskayga ayaa gacanta iska jeexday."
9	Li Home Mrs. Li on phone	**VO:** Marka Marwo Li ay isticmaashay daryeelka aasaasiga ah, waxay wacday xafiiska dhakhtarka si ay ballan u sameysato. Maadama ayna ku hadlin luqada ingriisiga, dhakhtarka ayaa u soo xiriiriyey khadka telefoonka turjubaanka.
10	Li's arrive at Doctors Office 1 Li's at reception desk	**VO:** Marka aad leedahay ballanta dhakhtarka, waa inaad timaadid xafiiska dhakhtarka *15 daqiiqadood* ka hor wakhtiga ballantaada. Keen kaadhkaaga caymiska caafimaadka iyo wixii ah lacag ee aad adigu mas'uul ka tahay bixinteeda.
11	Li Home Mrs. Li on phone	**VO:** Haddii aanad tagi karin ballantaada, waa inaad soo wacdid xafiiska dhakhtarka goor hore, si aad ugu sheegtid. Ballantaada waad baabi'in kartaa ama u beddeli kartaa maalin kale. Haddii aanad *soo wicin* oo aad gaftid ballanta, waxa laga yaabaa in lagaa rabo bixinta kharashka ballanta.
12	Doctors office 1 Patient/Doctor	**VO:** Marwo Li waxay inanteeda u geysay dhakhtarkooda joogtada ah, si fiirin loogu sameeyo. Waxa kale oo dhakhtarkan loo yaqaannaa "**dhakhtarka daryeelka aasaasiga ah**" (**primary care doctor).** Soo wac dhakhtarkaaga joogtada ah si aad ballan u sameysatid marka aad qabtid hargab, ama juucjuuc iyo xanuunno yaryar.
13	Urgent Care Interior Patient/Doctor	**VO:** Mudane Adam waxa uu tagay xarunta ama kiliinigga Daryeelka Dhakhsaha ah (Urgent Care clinic). Tag **daryeelka dhakhsaha ah** (**urgent care**) marka aad qabtid xanuun intaa ka culus oo aanad sugi karin ballan lagu siiyo saacadaha xafiisyada ee caadiga ah—sida caabuq dheg ama murkacasho canqow ama kuraan ama curcur.

14	Emergency Room Interior Patient/Doctor Flash **911** onscreen	**VO:** Mudane Ba waxa uu xaaskiisii geeyay **Qolka Degdegga** (**Emergency Room**) sababta oo ah si xun ayay u dhaawacantay, isla markaana dhiig badan ayaa ka socday gacanteeda. Kaliya tag qolka gargaarka degdegga haddii naftaadu halis ku jirto, sida wadne xanuun, faalig, qabasho neefta ama asma, gubasho daran, ama jeexitaan daran. Haddii aanad tagi karin cisbitaalka, teleefonka ku wac 9-1-1 oo weydiiso ambalaas. Qolka gargaarka degdegga ha u tagin juucjuuc iyo xanuunno yaryar.
15	ER Doctor on camera	**SYNC:** "Jeexitaankani waxa uu u baahday tolmo ama qodob, laakiin waxa uu ku bogsan doonaa dhawr todobaad gudahood."
16	Doctors office 1 Li and daughter with interpreter	**VO:** Marka aad u tagtid dhakhtarka, waxa aad xaq u leedahay in lagu siiyo **turjubaan** xirfadle ah. Khabiirkaasi luqadda waxa uu tarjumi doonaa wax kasta oo aad tidhaahdid, iyo wax kasta oo dhakhaatiirta iyo kalkaalisooyinku yidhaahdaan, si aad si fiican isu fahamtaan. Kharashka turjubaanka waxaa mas'uul ka ah dhakhtarka ama cisbitaalka. Weydiisashada turjubaan *kuuma* keeni doonto wax ah kharash ama lacag dheeraad ah.
17		Dhakhtarka Marwo Li waxa uu bixiyay turjubaan marka ay isugu yimaadeen fiirinta inanteeda. Turjubaanku waxa uu Marwo Li ka gargaaray inay si sax ah u fahamto waxay u baahnayd inay sameyso, si ay inanteeda uga gargaarto inay yeelato caafimaad. Dadka qoyskaaga ka tirsan ama saaxiibadaa ha u isticmaalin turjubaan ahaan; waxa loo baahan yahay inuu kuu tarjumo tarjubaan xirfadle ah. *Caruurta* turjubaan ahaan uma isticmaali kartid. Marka aad ballan la sameysanaysid dhakhtar cusub, u hubso inaad u sii sheegtid inaad u baahan tahay turjubaan yaqaanna luqaddaada.

18	Doctors office 1 Nurse on camera with language selection card	**SYNC:** "Tilmaan afkaaga waxana aanu kuu keeni doonaa turjubaan."
19	Doctor office Financial/Insurance meeting at end of visit	**VO:** Marka aad u tagtid dhakhtar, waxa lagaa rabi doonaa inaad qaybtaada ka bixisid kharashka booqashada. Xiitaa haddii aad leedahay caymis caafimaad, caadi ahaan waxa lagaa rabi doonaa in adiga naftaadu aad wax ka bixisid kharashka.
20		Waxa muhiim ah inaad ballantaada ku timaadid *wakhtiga* loogu talogalay. Haddii aanay taasi suurogal ahayn, waa inaad wacdid <u>24 saacadood</u> ka hor si loo beddelo ama loo baabi'iyo ballantaada.
21	Bus or Cab	**VO:** Marwo Li waxay ku sii talogashay gaadiid si ay sugto in inanteedu tagto xafiiska dhakhtarka oo aanay ka daahin.
22	Li Home Collecting medical records Pulling file folder	**VO:** Soo qaad dhammaan diiwaannada ama waraaqahaaga caafimaadka. Waxa aad u baahan tahay inaad diiwaannada caafimaadka habeysatid oo ku kaydsatid meel ammaan ah, sababta oo ah waxa aad u baahan doontaa marka sharcigaagu iska beddelo qaxooti ee uu isu beddelo degane joogto ah (permanent resident). Hubso in diiwaanadaadu ay muujinayaan *dhammaan* tallaallada, baadhitaanada iyo daweynta caafimaad ee muhiimka ah ee lagu siiyay.
23	Doctor on camera	**SYNC:** "Ma sidataa diiwaannada caafimaadka?"
24	Refugee health screening forms Civil Surgeon giving TB test	**VO:** Badi baadhitaanada caafimaad iyo daweynta aad u baahan tahay si loo beddelo sharcigaaga waxa lagu siinayaa bilaash ama kharash la'aan, marka laga soo billaabo **Baadhitaanka Caafimaadka Qaxootiga** (**Refugee Health Screening).** Marka aad rabtid inaad beddeshid sharcigaaga oo aad noqotid degane joogto ah, haddii *aanad haysan* diiwaanno caafimaad oo aad ku xaqiijisid inaad qaadatay baadhitanadaas caafimaad iyo daweyntaas, waxa lagaa rabi doonaa in Dhakhtarka Madaniga (Civil Surgeon) aad siisid lacag si markale laguu siiyo talaaladaas.

25	Resettlement Office Caseworker reviewing file/on phone	**VO:** Marka Mudane Adam uu yimid magaaladiisa cusub, shaqaale dib-u-dejin oo hay'ad ka socda ayaa u soo sameeyay ballan u ku booqdo xafiis dhakhtar, si uu ugu bilaabmo Baadhitaanka Caafimaadka Qaxootiga. Booqashooyinkan dhakhtarka lagu tago, ayaa loogu talogalay in lagu ogaado wixii dhibaatooyin caafimaad ah ee laga yaabo inaad qabtid, ee qas galin kara shaqada ama waxbarashada. Waxa aanu rabnaa inaad ku guulaysatid noloshaada cusub ee Maraykanka, oo aad heshid shaqo fiican caruurtaaduna ay helaan dugsi fiican. Haddii adiga ama qoyskaagu jiran yahay, waxa dhib kugu noqon doona inaad shaqo tagtid, ama in caruurtaadu dugsi tagaan.
26	Doctors Office Mr. Adam with medical records/ showing to doctor and nurse	**VO:** Mudane Adam waxa uu diiwannada caafimaadkiisa geeyay xafiiska dhakhtarka. Waxa muhiim ah inaad keentid dhamaan diiwaanada ama waraaqaha caafimaadka ee aad diyaaradda la soo raacday, oo aad tustid dhakhtarkaaga. Waa inaad dhakhtarka u sheegtid wixii cudur ama dhibaato caafimaad ee kale, aad hadda qabtid, ama haddii mar uun aad jiratay ama lagugu sameeyay qaliin ka hor imaatinkaaga Maraykanka.
27	Child getting lead test (two different sets of clothes to show two tests)	**VO:** Baadhitaanka Caafimaadka Qaxootiga waxa ku jira baadhitaano iyo tallaallo badan. Waxa kale oo ku jira **baadhitaanka suntan rasaasta** (**lead testing**) ee carruurta. Waxa si weyn muhiim u ah inaad xusuusatid inaad ilmahaaga geysid baadhitaanka *labaad* ee suntan rasaasta, saddex bilood ka dib baadhitaanka koobaad. Dhakhtarku waxa uu rabaa natiijooyinka *labada* baadhitaan si loo daryeelo caafimaadka ilmahaaga.

28		Marka carruurta ama dadka waaweyn ay soo gaadho **macdanta ledhka** (**lead)**, tusaale ahaan marka ay liqaan rinji ama wasakh ay macdantaasi ku jirto, si weyn ayay u waxyeeleyn kartaa. Xiitaa qaddarro yaryar oo ah ledh ku jira dhiiggaaga, oo ka timid neefsasho, taabasho ama liqid ledh, waxay sababi karaan waxyeelo maskaxda ah, dhiig-yaraan, xanuun ah muruqyada iyo laabatooyinka, iyo dhibaatooyin caafimaad oo culus oo kale. Xusuuso in dhiigga ilmahaaga oo mar *labaad* laga baadho suntan rasaasta ay si weyn muhiim u tahay, si loo hubsado inay caafimaad qabaan.
29	Doctor on camera	**SYNC:** "Waxa aanu rabnaa in baadhitaanka labaad ee ilmahaaga la ballamiyo saddex bilood gudahood."
30	Doctors office 2 Blood test Skin test X-ray Nurse gives container to Mr. Adam Mr. Adam returns with sample	**VO:** Waxa muhiim ah in laga qaybgalo dhamaan qaybaha *Baadhitaanka Caafimaadka Qaxootiga*. Marka kalkaalisadu ku siiso weel si aad u keentid qayb saxaro ah, waxa si weyn muhiim u ah inaad *si sax ah* u raacdid fariimaha. Baadhitaankaasi waxa uu lagama-maarmaan u yahay in la ogaado haddii aad qabtid gooryaan ama jeermi adiga iyo qoyskaaga jiro ku ridi kara.
31	Doctor delivering referral	Haddii dhakhtarka ama kalkaalisadu ogaadaan inaad jirran tahay ama aad u baahan tahay daryeel caafimaad oo dheeraad ah, waxay kuu sii gudbin dhakhtar kale. Taa macnaheedu waxa weeye, waxay kuu sameyn doonaan ballan si aad ugu tagtid dhakhtar kale, si caafimaadkaagu u soo fiicnaado. Waxa si weyn muhiim u ah inaad tagtid ballamahaas, si lagaaga gargaaro wixii ah jirro ama dhibaatooyin kale ee aad ka qabtid indhaha, dhegaha ama ilkaha.
32	Doctors office 3 Mr. Adam enters Reception desk	**VO:** Ballamahaas waxa la yidhaahdaa *ballamo ah la-sii-socod* (*follow-up appointments).* Waxa lagaa rabi doonaa inaad kaadhkaaga caymiska caafimaadka u soo qaadatid ballamahaas la-sii-socodka ah.

33	Receptionist on camera	**SYNC:** “Ma haysataa kaadhkaagii caymiska caafimaadka?”
34	Doctors office 3 Turning away payment attempt from Mr. Adam	**VO:** Lagaama rabo inaad lacag ka bixisid Baadhitaankaaga Caafimaadka Qaxootiga. Laakiin dhammaan daryeelka caafimaadkaaga ee kale waxa uu yeelan doonaa kharash. Kharashkaas waa la yareyn karaa haddii aad haysatid kaadh caymis caafimaad oo dawladda ah, kaadh caymis caafimaad oo ah goobtaada shaqada.
35	CU of government insurance card	**VO:** Mudane Adam waxa kaliya ee uu joogay Maraykanka mudo ah saddex bilood. Waxa uu wali isticmaalaa kaadhkiisa caymiska caafimaadka ee dawladda. Waxa aad kaadhka caymiska caafimaadka ee dawladda haysan doontaa <u>sideedda bilood</u> ee ugu horeeya joogitaankaaga Maraykanka. Sideed bilood ka dib, *waxa laga yaabaa* inaad wali sii haysan kartid kaadhka caymiska caafimaadka ee dawladda, gaar ahaan haddii aad qabtid caruur.
36	Office Conference room Mr. Ba receives benefit card HR office setup Mrs. Ba gets folder with insurance info	**VO:** Mudane Ba iyo Marwo Ba waxay Maraykanka joogeen mudo dhaafsan hal sano, hadda wakhtigan ma haystaan kaadhka caymiska caafimaadka ee dawladda. Waxay labadooduba shaqo ka heleen shirkado shaqaalahooda siiya caymis caafimaad. Haddii aanad haysan kaadh caymis caafimaad oo ah dawladda, waa inaad isku daydid inaad heshid shaqo bixisa caymis caafimaad.

37	Looking through phone book for a doctor Apartment exterior Car	Haddii aanad haysan *wax* ah kaadh caymis caafimaad, waa inaad raadsatid xafiis dhakhtar oo qiime jaban ama raqiis ah. Weydii shaqaalaha ku qaabilsan liiska xarumaha caafimaad ee qiimaha jaban. Dhakhtarka oo aad booqatid ama u tagtid adiga oo aan haysan kaadh caymis caafimaad waxay noqon kartaa arrin si weyn u kharash badan, waxana aad mas'uul ka noqon doontaa bixinta biilasha ama kharashyada ka yimaada xafiiska dhakhtarkaaga. Haddii *aanad* bixin kharashyadaas ama biilashaas, waxa wakhti dambe dhib kugu noqon karta inaad iibsatid baabuur ama heshid abaarman fiican.
38	OB/GYN Office Women enter separately Doctor consultation with patient	**VO:** Marwo Li iyo Marwo Ba waxay sidoo kale u tagaan **dhakhtarka umulinta** (**obstetrician**) ama **dhakhtarka haweenka** (**gynecologist**)**.** Haddii aad tahay haween, waxa laga yaabaa in laguu gudbiyo mid ka mid ah dhakhaatiirtaas. Waxay khibrad u leeyihiin daryeelista haweenka. Dhakhaatiirtaasi waxay ku gargaari karaan marka aad uur leedahay, iyaga oo ku siinaya daryeelka ka horeeya umusha. Taasi si weyn bay muhiim u tahay haddii aad dhali doontid. Caafimaadka Ilmahaagu waxa uu sii wacnaan doonaa haddii aad heshid daryeelka ka horreeya umusha.
39		Waxa kale oo dhakhaatiirtaasi ay kaa gargaari karaan arrimo caafimaad oo kale oo kaliya haweenku la kulmaaan, sida dhiigga caadada ama dhalmo-dayska.
40	2nd Doctor consultation with patient	Xirfadleydaas caafimaadka, dhakhaatiirta iyo kalkaalisooyinka kale, waxay kaa gargaari karaan **qorsheynta qoyska** ee la xiriirta dhalmada **(family planning).** Qorsheynta qoysku waa muhiim si aad uur u yeelatid kaliya marka aad diyaar u tahay, oo aad yeelatid kaliya tirada caruurta ee aad *rabtid* inaad yeelatid.

41		Marwo Li waxay dooratay inay yeelato laba ilmo, waxana ay ku dhaqantaa qorsheynta qoyska ee la xiriirta dhalmada iyada oo gargaar ka hesha dhakhtarkeeda. Inta carruur ah ee aad yeelan doontid adiga ayaa *go'aankeeda iska leh*. Waxa aad ikhtiyaar u leedahay inaad go'aan ka gaadhid wakhtiga u dhexeeya hal ilmo iyo uurka ku xiga. La hadal dhakhtarkaaga ama kalkaalisada wakhti kasta oo aad rabtid war ku saabsan qorsheynta qoyska.
42	Doctors office 5 Enter office, visit front desk, Mother and daughter talk with doctor and nurse	**VO:** Waxa kale oo ay Marwo Li inanteeda u geysaa dhakhtar u gaar ah oo la yidhaahdo dhakhtarka caruurta. Dhakhaatiirta caruurtu waa dhakhaatiir ku takhasusay daweynta carruurta. Waxa muhiim ah in carruurtu si joogto ah u arkaan dhakhtarka caruurta, si ay u koraan iyaga oo leh caafimaad iyo xoog.
43		Dhakhtar kale ayaa carruurtaada u *gudbin* kara dhakhtarka carruurta. Xusuuso inaad soo qaadid dhamaan diiwaanada ama waraaqaha caafimaadka ee ilmahaaga wakhtiga booqashada ugu horeysa ee lala yeelanayo dhakhtarka caruurta.
44	Doctors office 6 Mr. Ba consults new doctor,	**VO:** Mudane Ba waxa uu si joogto ah u arkaa dhakhtar si loo xakameeyo ama loo yareeyo xanuunkiisa lafaha (arthritis). Waxa laga yaabaa in laguu gudbiyo dhakhtar haddii aad qabtid xaalad *soo-jireen* ah ama mudo dheer soo jiray. Xaaladaha soo-jireenka ahi waxa kuwo jira mudo dheer, waxana ka mid ah dhiig-karka, sonkorta ama macaanka iyo lafo-xanuunka. Waxa loo baahan yahay in dhakhtarku uu si joogto ah ula socdo. Haddii aad qabtid cudur soo-jireen ah, waxa muhiim ah inaad si joogto ah u aragtid dhakhtarkaaga, si ay kuu fiiriyaan oo u arkaan sida ay xaaladdaadu tahay.

45		Waxa aad cuntid ama cabtid iyo dawooyinka aad qaadatid dhamaantood way ku saameyn karaan. U hubso inaad dhakhtarkaaga u sheegtid waxa aad cuntid ama cabtid iyo wixii dawooyin aad qaadatid—*oo ay ku jiraan* wixii ah fitamiino, dawooyin ka sameysan dhirta iyo dawo-guri ama dawo dhaqameed. Waxa kale oo ay u baahan yihiin inay ogaadaan haddii aad cabtid khamri ama sigaar, iyo qadarka aad ka cabtid.
46	Doctor on camera	**SYNC:** "Ii sheeg cuntadaada. Maxaad si joogto ah u cuntaa ama u cabtaa?"
47	Doctors office 7 Show patient at home not sleeping, arguing with family	**VO:** Waa caam in qofku u baahdo inuu dhakhtar arko sababta oo ah xanuun iyo dhib uu ka qabo madaxa iyo maskaxda. Ha ka xishoon haddii aad u baahan tahay inaad qof la hadashid sababta oo ah waxa aad dareentay murugo ama walwal. Dhibaatooyinkaagii hore ayaa wali ku hayn kara, isla markaana dhibaatooyinkaaga imminka ayaa dhib ka dhigi kara hurdada, kuu keeni kara hurdo riyo xun, ama dhib u keeni kara xidhiidhkaaga dadka. Haddii aad qabtid qaar ka mid ah dareenadaas, waxa fiican inaad la hadashid qof khabiir ku ah caafimaadka maskaxda.
48	Doctors office 7 Couch for consultation with patient	Haddii aad xusuusatid waxyaabo mar hore kugu dhacay, ama aad si joogto ugu riyootid waxyaabo xun ama naxdin leh, ama aad qabtid dareen ah dambi-qabis ama cadho, ama hurdadu dhib kugu tahay, waxa laga yaabaa inaad u baahan tahay gargaar aad ka heshid khabiir caafimaad maskaxeed. Daryeelka noocaasoo kale ah waxa laga yaabaa inuu bixiyo la-taliye, dhakhtarka maskaxda ama shaqaale bulsho. Waxa muhiim ah inaad gargaar heshid si aad u tagi kartid shaqo. Gargaar la'aantu waxay dhib u keeni kartaa adiga iyo qoyskaaga. *Laguuma* ciqaabi doono ama qoyskaaga lagaama kaxeyn doono, sababta oo ah waxa aad weydiisatay gargaar ah caafimaadka maskaxda.

	Personal Hygiene	Nadaafadda Shakhsiyeed
49	Li home Several scenes in living room, kitchen or bedroom	**VO:** Marwo Li waxay baratay sida ay muhiim u tahay inay ka shaqeyso sixada shakhsiga. Sixadda shakhsigu si weyn bay muhiim ugu tahay caafimaadka qoyskaaga. Haddii ilkahaaga, jidhkaaga iyo dharkaaga aan la nadiifin oo aan marrar badan la dhiqin, waad jiran kartaa. Marwo Li way ogtahay in nadaafadda qofku muhiim u tahay inay ku guulaysato shaqada, iyo in inanteedu ku guulaysato dugsiga.
50	Li home Mrs. Li brushing teeth	Marwo Li iyo inanteeda waxay si gaar ah u daryeelaan afkooda iyo ilkahooda. Waxa si weyn muhiim u ah inaad ilkahaaga ku cadaydid burush iyo dawada ilkaha subax kasta, iyo waliba ka hor inta aanad seexan. Haddii aanad si joogto ah u cadayan ilkahaagu way caabuqi doonaan waxana ay kuu keeni doonaan xanuun; xiitaa way soo dhici karaan.
51	Mrs. Li on camera	**SYNC:** "Ma cadaydaa ilkahaaga Maya?"
52	Ba home Someone spits outside	**VO:** Mudane Ba waxa uu wax ka ogaaday jeermiga ku jira xaakada. Xaakada iyo candhuufta ka yimaada afkaaga waxa ku jira jeermi dadka ku ridi kara jiro. Waligaa candhuuf ha ku tufin gudaha meel xiran. Mudane Ba waxa uu ogaaday in tufidda candhuuftu ay fidiso jeermiga oo ay dadka kale cudur ku ridi karto, isla markaana waxa tufidda candhuufta loo haystaa inay edeb-daro ka tahay wadanka Maraykanka.
53	Ba home Mr. Ba coughing, sneezing Various boxes/packets of tissue	Hawada oo aad ku qufacdid ayaa iyaduna ah qaab kale oo uu jeermigu ku fido. Waxa muhiim ah inaad dabooshid afkaaga marka aad qufacaysid. Haddii ay lagama-maarmaan tahay, waxa uu Mudane Ba afkiisa ku daboolaa gacanta shaadhkiisa ama shaatigiisa, ama waxa uu ku qufacaa suxulkiisa. Ama waxa ka sii fiican oo uu ku qufacaa waraaq la tuuri karo oo la yidhaahdo Kleenex. Kuma qufaco gacantiisa sababta oo ah ka dib marka uu gacantiisa ku taabto alaab, waxa uu fidinayaa jeermi.

54	Mr. Ba blowing nose	Haddii Mudane Ba uu sanka duuf ka socdo waxa uu isticmaalaa waraaq la tuuri karo, ama “Kleenex,” wuuna ku duufsadaa ama ku masaxaa sankiisa waraaqda. Ha iskaga duufin shaadhkaaga ama gacantaada.
55	Ba home Washing hands after coughing – show soap and water	**VO:** Mudane Ba waxa kale oo uu ogaaday inay si weyn muhiim u tahay inuu dhaqo gacmihiisa. Wakhti kasta oo uu ku qufaco waraaq ama uu taabto duufka sankiisa, waxa uu tagaa musqusha si uu gacmihiisa ugu soo dhaqo saabuun iyo biyo. Gacmahaaga oo aad mar kasta dhaqdid maalintii ayaa ah talaabada ugu muhiimsan ee aad qaadi kartid si aad u joojisid fidinta jeermiga ugana hortagtid cudur—ku dhaca adiga iyo caruurtaada.
56	Show hands rubbing alcohol-based hand cleaning gel products in other setting	Waxa kale oo dukaanada laga iibsan karaa *hooreyaal* aalkolo ku sameysan oo gacmaha lagu nadiifiyo. Taasi waa hab fiican oo aad gacmahaaga ku nadiifin kartid marka aad ka maqan tahay guriga ee aanad heli karin saabuun iyo biyo.
57	Show toilet, baby diaper change and sitting down to eat fingernail trimming	Waa in qof kastaa wakhti kasta dhaqo gacmihiisa ka dib marka ay isticmaalaan musqusha, iyo ka dib marka ay beddelaan xafaayadda ama qoyaan-celiska ilmaha. Waxa kale oo si weyn muhiim u ah inaad dhaqdid gacmahaaga ka hor karinta ama ka hor cunista cuntada. Waxa kale oo gargaar leh in cidiyaha la iska gaagaabiyo, iyo in la nadiifiyo hoosta dhamaadka cidiyahaaga. Haddii kale, wasakhda ku jirta hoosta cidiyahaaga ayaa jeermi ku fidin karta dadka kale.

58	Adam home Mr. Adam prepares for shower Uses deodorant Product shots: soaps, shampoos, deodorants	**VO:** *Gacmahaaga* oo aad si joogto ah u dhaqdid ka sokow, waxa sidoo kale si weyn muhiim u ah inaad *jidhkaaga* si joogto ah u dhaqdid. Mudane Adam waxa uu ogaaday in habka ugu fudud ee taa loo sameyn karo ay tahay isaga oo maalin kasta qubeysta. Waxa uu qubeystaa subixii ka hor inta aanuu tagin shaqada, isagoo jidhkiisa marinaya saabuun timahana ku nadiifinaya shaamboo. Ka dib qubeyska, waxa uu kilkishiisa mariyaa lidka dhididka ama barafuunka lidka urta, si uu uga hortago ur meeshaas ku ururta. Si aad ugu guulaysatid shaqada, ama si caruurtu ugu guulaystaan dugsiga, waxa muhiim ah in jidhku nadiif yahay oo aanuu lahayn ur xun.
59	Mrs. Ba entering store Mrs. Ba at store in feminine hygiene products aisle	**VO:** Marwo Li and Marwo Ba waxay wax ka barteen alaabooyinka sixadda haweenka ee laga helo Maraykanka. Waxay isticmaalaan alaabooyinka sixadda haweenka ee la tuuri karo ee ay ka helaan farmasiga ama dukaanada degmada, sida suufka galiska ah (tampon), suufka caadada iyo suufka surwaalka qoyaanka ka celiya. Waxay u hubsadaan inay kuwaas si joogto ah u beddelaan, si ay uga baxsadaan (ama hortagaan) inay jiradaan iyo si ay uga baxsadaan (ama hortagaan) urta.

60	Li home Putting clothes in washer Folding clean clothes Putting diaper on baby	**VO:** Si aad jidhkaaga uga dhigtid nadiif oo uga baxsatid (ama hortagtid) urta, waxa sidoo kale muhiim ah inaad dhaqdid dharkaaga oo aad si joogto ah u beddeshid gogosha sariirtaada. Marwo Li waxay u hubsataa in iyada iyo inanteedu ay mar kaliya gashadaan matantayaashaa ama nigisyada dhaqista ka dib, waxana ay maalin kasta xidhaan matante ama nigis nadiif ah. Waa in dhamaan caruurta iyo dadka waaweyn ay maalin kasta xidhaan matante ama nigis nadiif ah. Waa in caruurtu xidhan yihiin matante ama nigis marka aanay joogin guriga, ama xafaayad ama qoyaan-celis, haddii aanay wali aqoonin sida loo isticmaalo musqusha.
61	Li home Changing socks Show shirts and pants in closet	**VO:** Marwo Li waxay sidoo kale u hubsataa in sharabaadka ama iskaalshaha la xidho kaliya *hal mar* ka hor inta aan la dhiqin, iyo in xubnaha qoyskeedu maalin kasta xidhaan sharabaad nadiif ah. Shaatiyada ama shaadhadhka iyo dharka taabta qoorta iyo kilkisha, waxa la xidhan karaa hal ama laba jeer dhaqista ka hor. Surwaalada waxa la xidhan karaa laba ama saddex jeer dhaqista ka hor.
62	Li home Changing sheets in master bedroom	**VO:** Marwo Li sidoo kale si joogto ah ayay u beddeshaa go’yaasha sariirteeda iyo sariirta inanteeda. Markasta waxay isticmaasha go’yaal la saaro furaashka sariirta. Waa in go’yaasha si joogto ah loo dhaqo, ugu yaraan hal mar labadii todobaad.

63	Changing sheets in children's bedroom — child in pajamas	Haddii inanteeda qoyaan ka fakado oo ay isku kaadiso ama wasakheyso go'yaasha marka ay hurudo, waa in *isla markiiba* la dhaqo go'yaasha. Marwo Li waxay fahamsantahay in jidhka ilmaha yaryar aanuu wakhti kasta xejin karin kaadida habeenkii oo dhan. Marna kuma xanaaqi doonto ama ma ciqaabi doonto ilmaheeda marka si aan kas ahayn ay isugu kaadido iyada oo huruda, sababta oo ah taasi waa arrin dabiici ah, dhibkuna waa uu iska tagi doonaa marka inanteedu sii weynaato.
64	Washing machine and laundromat B-roll images Coins being inserted into machine	Mishiinnada dhar-dhaqista waxa marmarka qaarkood laga helaa abaarman alaabi taallo, ama waxa laga heli karaa goob dhar-dhaqis. Waa kuwo si fudud loo isticmaali karo waxana ay dhaqista dharka iyo gogasha ka dhigaan wax si weyn u sahlan. Haddii mishiinka dhar-dhaqista aanuu *abaarmanka* kuu oollin, waxa aad u baahan tahay inaad lacag soo qaadatid si aad u isticmaashid mishiinada dhaqista iyo mishiinada qallajinta intooda badan.
65	Office or School Mr. Adam walks down the hall	**VO:** Mudane Adam waxa uu arkay in musqulaha Maraykanku ka duwan yihiin kuwii wadankiisa. Si aad ugu guuleysatid shaqada iyo dugsiga, waxa si weyn muhiim u ah inaad taqaanid sida saxda ah ee loo isticmaalo qolka qubeyska iyo musqusha.
66	Office worker on camera	**SYNC:** "Musqushu waxay ku taallaa halkaa hore oo bidix ah."
67	Public bathroom Show toilet Show Mr. Adam flushing toilet (be sure to show both flush *handles* and flush *buttons*)	**VO:** Mudane Adam waxa uu ku fadhiistay kursiga musqusha si uu u hubsado in dhamaan qashinkiisu galo godka musqusha. Marna ha ku dul istaagin kursiga musqusha. Marka Mudane Adam uu dhameysto waxa uu riixayaa gacan yar ama meel si uu musqusha u biyo raaciyo. Waa inaad musqusha biyo raacisid wakhti *kasta* oo aad isticmaashid.

68	Graphic : .. universal “no” symbol (red barred circle), over images of paper towels and feminine hygiene products Mr. Adam washing hands in sink	Biyo raaci *kaliya* kaadida, xaarka, iyo waraaqaha musqusha. Ha biyo raacin shukumaannada ama alaabta sixada haweenka, sida suufka dhiigga caadada loo xidho ama loo gashado. Waa inaan marna godka musqusha loo isticmaalin goob gacmo-dhaqasho. Mudane Adam waxa kale oo uu xusuustaa inuu gacmihiisa dhaqo wakhti kasta ka dib marka uu dhameysto.
69	Public bathroom 2 Mrs. Ba enters bathroom Mrs. Ba uses towel to wash feet	**VO:** Mudane Ba iyo Marwo Ba waxay barteen inay dadka kale qadariyaan marka ay isticmaalayaan saxanka gacmo-dhaqashada si ay isugu diyaariyaan salaadda. Marka aad dhaqaysid cagahaaga waxa fiican inaad soo qaadatid maro ama shukumaan aad ku masaxdid cagahaaga halka aad cagaha ka dhex galin lahayd saxanka gacmo-dhaqashada.
70	Mrs. Ba wipes up water with towel	Wadanka Maraykanka waxa edeb-daro weyn ah inaad cagahaaga ku dhaqdid saxan dhaqista gacmaha loogu talogalay oo ku yaala goob dadweyne. Haddii ay *noqoto* inaad cagahaaga ku dhaqdid saxanaka gacmo-dhaqashada, u hubso inaad masaxdid wixii biyo agagaarka iyo dhulka kaaga daata ama aad ku saydhid.
71	Li home Mrs. Li on phone Mrs. Li checks girl’s scalp	**VO:** Marwo Li waxa dugsiga inanteedu soo ogeysiiyay in caruurta ay soo gaadheen injirta madaxa, taasoo ah xasharad ama cayayaan isku aasa maqaarka madaxa. Waxay noqotay inay injir ka fiiriso madaxa iyo maqaarka madaxa ee inanteeda, oo ay raacdo fariimo gaar ah oo ku saabsan sida looga takhaluso injirta.
72	Mrs. Li at pharmacy to pick up shampoo	Inanteedu waxay u baahatay shaamboo daaweysan si loo dilo injirta ku jirta timaheeda iyo maqaarka madaxeeda, ka dibna waxay u baahdeen inay biyo kulul ku dhaqaan dhamaan gogosha iyo go’yaasha guriga.
73	Spray stuffed animal, place inside sealed plastic bag	Xayawaanka dufka ama dhogorta ah ee caruurtu ku ciyaarto ee aan la dhiqi karin, waa in lagu rido bac hawada ka xidhan mudo ah laba todobaad, si loo dilo ukunta laga yaabo in injirtu gudaha kaga tagtay.

74	Pharmacist	**SYNC:** “Dawadani waxay ka takhalusaysaa ukunta laga yaabo in jirto dhashay—haddii kale, dib bay injirtu u soo noqon kartaa.”

	Food Safety and Housekeeping	**Food Safety and Housekeeping**
75	Li home Li family washing hands	**VO:** Marwo Li waxay og tahay sida ay muhiim u tahay in la dhawro caafimaadka qoyskeeda. Haddii ay jirato, waxa laga yaabaa inaanay awoodin inay tagto shaqada. Haddii inanteedu jirato, ma tagi karto dugsiga. Marwo Li waxay taqaanaa, in waxa ugu muhiimsan ee ay qaban karaan si u yeeshaan caafimaad marka ay joogaan guriga ama dugsiga, uu yahay gacmahooda oo ay marrar badan ku dhaqaan saabuun iyo biyo.
76	Doctors office 1 Nurse on camera	**SYNC:** "Si joogto ah u dhaq gacmahaaga, gaar ahaan marka aad isticmaashid musqusha ka dib iyo inta aanad u fadhiisan cuntada ka hor."
77	Li family using faucet to fill water glass and drinks Show kids in bathroom filling Dixie cup and drinking	**VO:** Gudaha Maraykanka, isla biyaha ka socda tuubada saxanka gacmo-dhaqashada ee aad ku dhaqdid gacmahaaga iyo wajiga ayaa ah biyo ammaan ah oo la cabi karo. *Uma* baahnid inaad iibsatid biyo dhalo ku jira. Waxa aad cabi kartaa biyaha ka socda tuubada jikada ama madbakha iyo qolka qubeyska. Waa in carruurtaadu cabaan biyahan sababta oo ah waxay ilkahooda ka dhigi doontaa kuwo xoog leh, waxana ay ka hortagi doontaa ilko bololka ama godadka ama suuska.
78	Ba Home Food preparation Show cooking utensils	**VO:** Mudane Ba waa u og yahay in isaga iyo xaaskiisu ay si weyn u jiran karaan haddii aanay si haboon u isticmaalin cuntada. Xiitaa haddii aanad isticmaalin qalabka sida qaado iyo fargeeto si aad u *cuntid* cuntada, waxa si weyn muhiim u ah inaad isticmaashid qalab si aad dadka u *siisid* cuntada. Taasi waxay ka hortagaysaa inaad dadka ku sii fidisid jeermiga saaran gacmahaaga, taasoo keeni karta cudur.

79	Eating at kitchen or dining room table	Qoyska Ba waxay cuntada ku cunaan miiska halka ay ku cuni lahaayeen dhulka. Taasi waxay yareynaysaa suurogalka in jeermiga dhulka, ee cudur ku ridi kara adiga iyo qoyskaaga, uu soo gaadho cuntada.
80	Putting grocery items away in cupboards Putting eggs, milk etc. in refrigerator	Marka qoyska Ba cunto guriga keenaan, waxay u hubsadaan inay si haboon u kaydiyaan. Bacaha ah digirta iyo bariiska waa in la galiyo kabadhada ama khaanadaha waana inaan marna la dhigin dhulka. Ukunta, caanaha, subagga, jiiska ama faramaajada iyo hilibka waa in la galiyo qaboojiyaha.
81	Cut meat with knife and retrieve new knife from drawer to cut vegetables Raw meat on cutting board Washing hands Cooking in kitchen	Marka aad isticmaalaysid mindi iyo looxa jarjarista si aad u jarjartid hilib, waa inaad isticmaashid mindi kale iyo loox jarjaris oo kale oo nadiif ah si aad u jarjartid khudaar ama waxyaabaha caanaha ka sameysan. Hilibka aan la karin si weyn baad ugu jiran kartaa. U hubso inaad *dhaqdid gacmahaaga* ka dib marka aad taabatid hilib aan la karin. Marwo Ba si buuxda ayay dhamaan cuntadooda u karisaa, si aanay ugu jiran. Marka ay dhameeyaan, cuntada soo hadha waa la daboolaa waxana lagu kaydiyaa qaboojiyaha.

82	Looking in refrigerator for outdated food hand pointing to date Throwing food away	Qoyska Ba waxa uu u fiirsadaa *mudada* ay cuntadu ku jirtay qaboojiyahooda. Cuntada si weyn u gabowday way xumaan kartaa waana aad ku jiran kartaa. Cuntada soo hadhay ee *karsan* waa in lagu cuno saddex ama afar maalmood gudahood. Cuntada baakado ama qardaas ku jirta ee dukaanka waxay lahaan doontaa *taariikh dhicitaan* (*expiration date*) waxana loo baahan yahay in la cuno taariikhdaas ka hor. Taariikhda dhicitaanku waxay muujin doontaa bisha, maalinta iyo sannadka, sidan oo kale: “March 10, 2011” oo ah 10-ka Bisha Saddexaad sannadka 2011. Marka cuntadu gabowdo ama ay gaadho taariikhda dhicitaanka, waa in lagu tuuro qashinka.
83	Adam home Placing garbage in trash can in apartment Take garbage outside and place in dumpster	**VO:** Marwo Adam si joogto ah ayay qashinka uga qaadaa abaarmankeeda. Ma oggalaato in qashinku ku ururo gurigooda sababta oo ah waxa uu yeelan karaa ur xun. Qashinka jikada oo u daysid gurigaaga waxa kale oo uu soo jiidan karaa jiirka ama dooliga iyo cayayaanka. Kuwaasi waxay siddi karaan cudur qoyskaaga jiro ku ridi kara. Maalin kasta, qoyska Adam waxa uu dhammaan qashinkooda ku ridaa baco waxana ay geeyaan haanta qashinka lagu ururiyo.

84	Adam home Mrs. Adam cleaning apartment Kitchen Bathroom Sinks Vacuum Washing machine for clothes	Si aad caafimaad ugu heshid abaarmaankaaga, waa inaad dibadda iska geysid qashinka oo aad abaarmanka ka dhigtid *nadiif*. Marwo Adam si joogto ah ayay u nadiifisaa dhamaan qolalka abaarmankooda. • Waxay jikada iyo qolka qubeyska ku nadiifisaa walax jeermiga dilaysa iyo biyo. • Waxay saxamada dhiqista gacmaha iyo dusha miisaska ku nadiifisaa walxaha nadiifinta, si looga hortago in jeermigu fido. • Waxay masaxdaa qaboojiyaha oo ay dhaqdaa dhulka. • Waxa kale oo ay si weyn uga taxadirtaa in aanay jeermiga meel ka qaadin oo meel kale ku fidin marka ay wax nadiifinayso. Tusaale ahaan, marna maro ama buush wasakh ah oo ay ku isticmaashay musqusha ama dhulka uma isticmaali doonto inay ku nadiifiso dusha miisaska, kuraasta, ama meel ah jikada. • Waxay roogga ama qadiifadaha qolalka kale ku nadiifisaa mishiinka faakiyuum. • Waxay si joogto ah mishiinka dhaqista ugu dhaqdaa shukumaannada ama tuwaalada, go'yaasha, galka barkimooyinka, marada miiska iyo maryaha dhulka, iyo dhamaan dharka.
85	Li Home Mrs. Li prepares vegetables in kitchen Daughter gets pop from fridge; mom makes her put it back	**VO:** Marwo Li waxay ogaatay sida ay muhiim u tahay inay cuntooyin caafimaad leh u doorato nafteeda iyo inanteeda. Gudaha Maraykanka, waxa si weyn u fudud in la cuno cunto badan oo aan caafimaad lahayn oo la buurto ama la cayilo. Qoyska Li waxay u hubsadaan inay cunaan cagaar iyo khudaar badan, iyo xoogaa ah hilib iyo cuntooyinka daqiiqleyda ah. Waxay si weyn uga taxadiraan in aanay cunin milix, saliid, sonkor ama dufan si weyn u badan.

86	Show collection of sodas, including various brands/flavors, with red universal “no” graphic over them. Mom helps daughter get water to drink	Waxa kale oo ay u hubsataa inaan inanteedu cabin cabitanno badan oo ah soodha ama cabitaanno kale oo leh sonkor. Waxay aad ugu xuntahay ilkaha caruunta. Waxa carruurta u fiican, kana kharash yar, inay kuwaas beddelkooda cabaan biyo.

	Family Issues/Domestic Violence	Family Issues/Domestic Violence
87	Home scene Man yells at wife Man pushes wife Some could be shown in silhouette – better not to use the main family characters	**VO:** Qaar ka mid ah sharciyada Maraykanka ayaa laga yaabaa inay ka duwan yihiin kuwii wadankii aad hore ugu noolayd. Gudaha Maraykanka ragga iyo haweenku sharci ahaan way siman yihiin. Budhcadnimada gurigu waa sharci-daro gudaha Maraykanka. Budhcadnimada gurigu waa marka qof uu isku dayo inuu waxyeeleeyo, xumeeyo ama uu helo awood uu ku xukumo qof kale, isaga oo adeegsanaya xumeyn ah jidh, galmo, niyad, hadal ama dhaqaale. Budhcadnimada gurigu waxay ka dhex dhici kartaa gudaha qoysaska ama dad kale oo leh xidhiidh soke, in kasta da'doodu ha ahaato, ha ahaadaan dadkaasi kuwo gooni u kala degan ama kuwo wada jooga guri. Xiitaa waxay ka dhex dhici kartaa dad hore xidhiidh u lahaan jiray. Boqolkiiba shan iyo sagaashan dhibaneyaasha budhcadnimada guriga waa haween.
88	Police officer on camera	**SYNC:** " Gudaha Maraykanka waa sharci-daro in raggu xumeeyaan xaaskooda, hablaha walaalahood, gabdhaha ay dhaleen ama hooyooyinka. **VO:** Ragga looma oggala inay wax ku dhuftaan haweenka gudaha Maraykanka. Raggu xaaskooda kuma qasbi karaan inay la yeelato galmo gudaha Maraykanka. Haddii ninku xaaskiisa ku qasbo inay la yeelato galmo, waa kufsi waana sharci-daro. Ragga looma oggala inay gudaha Maraykanka ku yeeshaan wax ka badan hal xaas. Haddii ninku leeyahay wax ka badan hal xaas, waxa uu jebinayaa sharciga."

89	Show high school girls talking	**VO:** Gudaha Ohio, waa in haweenaydu jirto 16 sannadood ama ka weyn tahay si ay u oggalaato galmo. Raggu galmo lama yeelan karaan haweenay da'deedu ka yar tahay 16 sannadood. Haddii aad jebisid mid ka mid ah sharciyadaas, waxa aad halis galinaysaa sharcigaaga joogitaanka Maraykanka waana lagu musaafurin karaa.
90	Graphics (in English): 911 National Domestic Violence Hotline 1-800-799-7233 Ohio Legal Services 1-866-529-6446	Haddii adiga ama qof kale oo aad taqaanid la xumeeyo—oo ay ku jiraan rag, haween, dad waayeel ah ama caruur—wac 911 oo xumeynta u sheeg boliiska. Haddii aad dareensan tahay in aanad guriga ammaan ku hayn, waxa aad wici kartaa Khadka Budhcadnimada Guriga ee Heer Qaran (National Domestic Violence Hotline), ee ah 24-ka saacadood maalintii waana 1-800-799-7233. Adeeggani waxa uu kaa gargaari karaa inaad heshid gabood kuu dhow halkaasoo aad ammaan ku heli doontid; waxa kale oo ay bixiyaan la-talin. Waxa aad gargaar *sharci* ka heli kartaa Adeegyada Sharciga ee Ohio (Ohio Legal Services) haddii aad wacdid 1-866-529-6446. Wicitaanadaasi waa bilaash waxana ay *lacag la'aan* ka yihiin teleefon kasta.

91	B-roll images of Headstart, WIC, Medicaid, and Help Me Grow if available Graphic with logos if B-roll footage not available	**VO:** Gudaha Ohio, waxa ka jira barnaamijyo badan oo gargaara caruurta: **Head Start (oo ah Waxbarashada Goor Hore)** waa barnaamij dugsi oo loogu talogalay caruurta jirta 3 ilaa 6 sanno, waxana loo yaqaana “da’da aan gaadhin dugsiga” (preschool). **WIC** waxay Ingiriisiga u taagan tahay *Women-Infants-Children* taasoo ah Haweenka, Ilmaha Yaryar iyo Caruurta. Barnaamijkani waxa uu cunto iyo gargaar cunto siiyaa qoysaska, si loo hubsado inay haystaan cunto ku filan. **Medicaid** waa caymis caafimaad oo ay bixiso dawladdu si loo bixiyo kharashka caafimaadka. **Help Me Grow** waxa uu bixiyaa adeegyo korniin siiyaa dhawaan-dhaladka ilaa ilmaha jira 3 sannadood. Shaqaalaha ku qaabilsan weydiiso in laguu gudbiyo mid ka mid ah barnaamijyadaas.

	Substance Use/Abuse	Isticmaalka /Isticmaal-xumidda Daroogada
92	Corner bar Ba and Adam enter and get drink Bartender asks for identification	**VO:** Mudane Ba and Mudane Adam waxay marmarka qaarkood ka helaan inay wada-jir u cabaan khamriga biirka loo yaqaano ka dib shaqada. Waxay barteen sharciyada Maraykanka ee ku saabsan khamriga. Waa inaad jirtid 21 sannadood ama aad ka weyn tahay si aad khamri ugu cabtid gudaha Maraykanka. Mudane Ba iyo Mudane Adam labadooduba way gaadheen da'da lagu cabi karo khamri, laakiin waa inay haystaan aqoonsi ay ku xaqiijinayaan da'dooda.
93	Police car pulls over drunk driver – stock footage	Si weyn ayey u tahay khatar waana *sharci-daro* in la kaxeeyo baabuur haddii aad soo cabtay khamri. Sababtan daraadeed, waxay sii sameystaan qorsheyaal gaadiid oo kale. Haddii lagu qabto adiga oo baabuur wada oo soo cabay khamri ama soo qaatay daroogo ama maandooriye kale, waxa aad halis galinaysaa sharcigaaga joogitaanka Maraykanka waana lagu musaafurinkaraa.
94		Xusuusnow in *dawooyinka* ay kugu ridi karaan daal ama hurdo-hurdo, oo ay ammaan-daro ka dhigi karaan inaad kaxeysid baabuur. Taasi waxay gaar ahaan dhab tahay marka aad qaadatid dawooyinka xanuunka qaarkood: kuwaasi waxay *si gaar ah* khatar u noqon karaan haddii aad khamri cabtid marka aad qaadanaysid dawada.
95	Stock footage of drugs	**VO:** Xashiishada, kookayn, iyo heroo'iin dhamaantood waa *sharci-daro* gudaha Maraykanka. Isticmaalka ama iibinta mid ka mid ah daroogooyinkaas waxa uu halis galin karaa sharcigaaga joogitaanka Maraykanka waana lagu musaafurin karaa.

96		Qaadka ama jaadka sidoo kale waa sharci-daro gudaha Maraykanka. Isticmaalka ama iibinta walaxdan waxa uu halis galin karaa sharcigaaga joogitaanka Maraykanka waana lagu musaafurin karaa. Waxa kale oo laga yaabaa inay jiraan walxo *kale* oo maanka dooriya ama lagu sakhraamo, oo aad ku isticmaali jirtay wadankii aad hore ugu noolayd, ay sidoo kale sharci-daro ka yihiin gudaha Maraykanka, waxana ku jira walxo dabiici ah ama dhir. U hubso si aad u ogaatid.
97	Stock footage of people smoking	**VO:** Tubaakada iyo sigaarku waa sharci gudaha Maraykanka, laakiin lama oggala in sigaar lagu cabo gudaha badi dhismeyaasha. Qiiqa tubaakada ama sigaarku si weyn buu caafimaadka ugu xun yahay—uma xuma kaliya sigaar-cabka, laakiin waxa kale oo uu u xun yahay qoysaskooda iyo cid kale oo *kasta* oo neefsata qiiqa ku jira qolka sababta oo ah waxay u dhow yihiin qofka sigaarka cabaya.
98	Doctors office 3 nurse on camera	**SYNC:** "Tubaakada iyo sigaarku waxay keenaan kaansar. Tubaakada ama sigaarku waxa uu u xun yahay caafimaadka qoyskaaga—waxana ku jira caruurta, haddii aad agtooda ku cabtid sigaar. Qiiqa *sigaarkaaga* oo la neefsado waxa uu keeni karaa dhibaatooyin neefsasho, neef ama asma iyo kaansar."

	Medications and Home Remedies	Medications and Home Remedies
99	Grocery Store Exterior showing Mrs. Li entering Mrs. Li looking at "over the counter" medicines	**VO:** Marwo Li markasta way taxadirtaa marka ay dawooyinka ka soo iibsato dukaanka ama farmasiga. Dawooyinkaas waxa la yidhaahdaa dawooyinka la iibsan karo warqad dhakhtar la'aanteed (over the counter) sababta oo ah waxa aad iibsan karta adiga oo aan warqad ka haysan dhakhtarka. Haddii aanad garanaynin magaca dawada aad u baahan tahay ama aad su'aalo qabtid, weydii farmasiilaha. Qofkaasi waxa qof tababar gaar ah u leh dawooyinka—waxa ku jira dawooyinka aan u baahnayn warqad dhakhtar.
100		Waxay markasta si taxadir leh u akhridaa fariimaha waxana ay isticmaashaa kaliya ujeedada loogu talogalay. *Ha* qaadan dawo ka badan inta lagu sheegay fariimaha—ma dhacayso in aad dawada hore ugu fiicnaatid marka qadar siyaado ah ka qaadatid. Taxadir u yeelo akhrinta fariimaha ku saabsan dawooyin la siinayo *caruurta*. Marmarka qaarkood, caruurtu u baahan yihiin qadaro yaryar dawada la siiyo, marmarka qaarkoodna waxay u baahan yihiin nooc kale oo si buuxda uga duwan dawada qofka weyn, marmarka kalena waa inaan laba waxba laga siin dawada oo dhan. Haddii aanad ku fiicnaan dawada aad ka iibsatay dukaanka, u tag oo *soo eeg dhakhtarka*.
101	Doctors office 1 Doctor writes prescription and hands to Mrs. Li Doctor and Mrs. Li talk Mrs. Li leaves office with prescription in hand	**VO:** Marmarka qaarkood, waxa dhacday in marka ay Marwo Li tagtay xafiiska dhakhtarka soo qoro dawo. Warqad dawo oo dhakhtar soo qoray (prescription) waxa ku qoran dawo daweyn doonta dhibaato gaar ah oo aad qabtid. U hubso inaad dhakhtarkaaga u sheegtid dhamaan dawooyinka aad qaadatid, oo ay ku jiraan dawooyinka dhakhtar kuu qoray iyo daweynnada guriga ama dhaqankiina.

102		Dawooyinka qaarkood waxa kaliya ee aad ku heli kartaa warqad uu soo qoray dhakhtarkaagu. Marka aad ka tagtid xafiiska dhakhtarka, waxa aad warqadda geynaysaa farmasiga adiga oo sita kaadhkaaga caymiska caafimaadka si aad u heshid dawada. Iyada oo ku xidhan nooca caymiska caafimaadka ee aad haysatid, waxa laga yaabaa in lagaa rabo inaad bixisid qayb ka tirsan kharashka dawada laguu soo qoray.
103	Doctors office 1 nurse on camera	**VO:** Waxa si weyn muhiim u ah inaad raacdid fariimaha uu ku siiyo dhakhtarkaagu iyo fariimaha uu kuu sheego farmasiilaha dawada kuu siinaya. Haddii aanad fahamsanayn fariimahaas, weydiiso in laguugu soo celiyo, ama weydiiso turjubaan. Qaado *qadarka* dawada ee saxda ah ee ay kuu sheegaan. Qaado wakhtiga maalinta ee ay kuu sheegaan. *Siina wad qaadashada* dawada inta maalmool ama todobaad ee ay kuu sheegaan. Marna dawada ha la *wadaagin* dadka qoyskaaga ka tirsan ama saaxiibada. Dawada dhakhtarku soo qoray waa inuu qaato kaliya bukaanka loo soo qoray.
104	Ba home Struggles to take medicine Multiple shots taking medicine	**VO:** Haddii jidhkaagu dawadu si xun u diido, ama haddii dawadu ay kaaga sii darto ama haddii aad *diidmo ama xasaasiyad* u yeelatid dawada, jooji qaadashada dawada oo isla markiiba u sheeg dhakhtarkaaga. Tusaale ahaan, haddii qaadashada dawadu kuu keento dhibaatooyin neefsashada ah, xanuun laabta ah, finan, ama xanuun caloosha ah, waxa laga yaabaa inay tahay diidmo ama xasaasiyad aad dawada u leedahay, waana inaad isla markiiba la hadashid dhakhtarkaaga.

105		Haddii dawada laguu soo qoray ay tahay antibiyootiko, waa inaad qaadatid DHAMAAN dawada lagu siiyay, xiitaa ka dib marka aad dareentid soo-wacnaan. Dhamee *dhamaan* antibiyootikada.
106	Retrieving medicine from suitcase	Isticmaal kaliya antibiyootikada lagugu siiyay warqad uu kuu soo qoray dhakhtarkaagu. Marna ha isticmaalin antibiyootikada ay xubno qoyska ah ama saaxiibo ka soo gateen wadan kale. Marka aan antibiyootikada si sax ah loo isticmaalin, adiga iyo caruurtaadu sidii hore si ka sii daran ayaad u jiran kartaan, waxana sii dheeraan doona inaad bogsataan.
107		Haddii dawada dhakhtarku kuu soo qoray loogu talogalay cudurka tiibayda ama tiibisho ama loogu talogalay in lagaga *hortago* tiibay, waa inaad qaadatid dhamaan dawada oo aad wadid dhamaan wakhtiga dawada loogu talogalay. Marmarka qaarkood dawada tiibayda waxa la amraa inaad qaadatid 9 bilood. Si weyn bay khatar u tahay in la joojiyo qaadashada dawadan ka hor inta aanad isticmaalin *dhamaanteed*. Haddii *aanad* qaadan dhamaan bilaha loogu talogalay dawada tiibayda, waxa aad halis galin kartaa sharcigaaga joogitaanka Maraykanka, waxana kugu sii adkaan doonto inaad noqotid degane joogto ah ama muwaadin.
108	Doctors office 3 nurse on camera	**SYNC:** “Ha isticmaalin dawo gabowday ama wakhtigeedi dhacay. Fiiri taariikhda ku qoran dhalada. Waxay ku tusi doontaa Bisha/Maalinta/ iyo Sannadka. Haddii maanta la dhaafay taariikhdaas, dawada ku tuur qashinka.”

109	Adam home Pharmacy exterior Mr. Adam on phone	**VO:** Haddii dawooyinka la iska iibsan warqad dhakhtar la'aanteed ama dawo dhaqameed aanad ku soo fiicnaan, waa inaad u tagtid dhaktharka. Haddii ay tahay inaad dawada qaadatid mudo sii dheer, waxa aad u baahan doontaa inaad tagtid farmasiga oo aad in kale soo qaadatid. Waxa taas la yidhaahdaa *cusbooneysin dawo* (*refill).*
110	Mr. Adam in car on way to pharmacy	Waxa aad wici kartaa xafiiska dhakhtarkaaga oo aad weydiin kartaa inay wacaan farmasiga oo u sheegaan in laguu cusbooneysiiyo dawada kuu qoran. Ka dib waxa aad toos u tagi kartaa farmasiga si aad u soo qaadatid dawada. U hubso inaad marwalba kaadhkaaga caymiska caafimaadka u soo qaadatid farmasiga.
111		Marmarka qaarkood kharashka ama lacagta dawooyinka waxa lagu bixiyaa kaadhka caymiska caafimaadka ee dawladda ama kaadhkaaga caymiska caafimaadka ee shaqada. Waxa iman doonto wakhtiyo kale oo lagaa rabi doono inaad dawada lacagtaada ku bixisid ama jeebkaaga ka bixisid.
112	Li home Mrs. Li on phone School nurse on phone	**VO:** Marwo Li waxay rabtaa in inanteedu qaadato dawada antibiyootikada ah maalintii inta ay joogto dugsiga. Waxay wacday dugsiga si ay ula hadasho kalkaalisada dugsiga.
113		Haddii ilmahaagu u baahan yahay inuu dawada ku qaato dugsiga, waa inaad la xidhiidhid kalkaalisadda dugsiga. Haddii aanad si fiican ugu hadlin Ingiriisiga, dugsiga ayaa ku siin doona turjubaan, si aad si toos ah ula hadashid kalkaalisada. Waa inaan ilmahaagu marna qaadan *wax* dawo ah u sii qaadan dugsiga haddii aan kalkaalisadu ka warqabin.

114	Li home Mrs. Li reading and then measuring medicine	**VO:** Marwo Li waxay ka taxadirtaa inay si sax ah u cabirto qadarka qaadashada ee dawada inanteeda. Sababta oo ah ilmaha oo jidhkoodu ka yar yahay ka dadka waaweyn, caadi ahaan ilmuhu wuxuu u baahan yahay qadar yar oo ah dawada. Si taxadir weyn leh u raac fariimaha ku saabsan sida aad dawada u siin lahayd ilmahaaga. Weydii kalkaalisada inay ku tusto sida dawada loo siiyo ilmaha aad u da'da yar iyo nuunuuga.

	Closing	**Closing**
115	Short shots of each family	**VO:** Saddexda qoyska ee qaxootiga ah ee degan abaarmanadan waxay wax weyn ka barteen nolosha hoygooda cusub ee Maraykanka. Waxay barteen sida caafimaad loo helo, waxay sameyn lahaayeen haddii ay *jiradaan*, iyo sida loo raaco sharciyada Maraykanka ee laga yaabo, iyo sida loo adeeco sharciga ka jira Maraykanka ee laga yaabo inuu ka duwan yahay wadankii ay hore ugu noolaayeen.
116	Caseworker at desk, answering phone	**VO:** Haddii aad qabtid wax su'aalo ah, ama aad u baahan tahay war dheeraad ah, fadlan la xidhiidh shaqaalaha ku qaabilsan. Ku soo dhawow halkan, waxana aanu rabnaa in noloshaada cusub ee Maraykanka ay noqoto mid ammaan, guul iyo farxad u leh adiga iyo qoyskaaga.