

Talada dumarka uurka leh & waalidka cusub

Ballamada

Ballamada Rugta Caafimaadka Dumarka/ballan bedelida wac
8345 3033
Soo dhowaynta wac 8345 2000

labitaalka Dumarka iyo Carruurta ee Sunshine /Joan Kirner
Women's & Children's Hospital haddii aad ballan ku leedahay JKWC
wac 8345 1727

Fursada 1aad – haddii aad fool tahay
Fursada 2aad – Rugaha Takhasuska ee Dumarka iyo Carruurta xalka
Fursada 3aad– Rugaha caafimaadka Dadka waaweyn ee takhasuska
ah
Fursada 4aad –Switch board-ka Western Health
Fursada 8aad – si aad u maqasho menu-ga mar labaad

Telehealth

Ballanta telefoonka ama fiidiyowga (umulisada ayaa kuu sheegi doonta haddii
ballantaada la samayn karo iyada oo la isticmaalayo Telehealth).

Uurka

Waxaa laga yaabaa inaad bilawdo dareemida ilmaha marka uurkaagu yahay 18-20
asbuuc, marka ilmahaagu soo weynaado, waxay yeellanayanaan nooc dhaqdhaqaaq
ah. Waxaad la qabsan doontaa sida iyo marka ilmahaagu dhaqaaqo iyo waxa caadiga
u ah ilmahaaga. Marmarka qaarkood markaad mashquulka tahay waxaa laga yaabaa
in aadan dareemin in ilmahaaga dhaqaaqiisa, naso lana soco ilmahaaga. Haddii aad
dareento ilmahaagu sida uu u dhaqdhaqaaqo in uu isbedelay wac umulisadaada ama
isbitaalka si ilmahaaga loo fiiriyo. Ha la sugin ilaa ballantaada soo socota.

Foosha

Waxaad arki doontaa dareen aad u weyn, xanuun siyaada ah oo ilmagaaleenka.
Waxaad yeellanaysaa dareen dhan 3 ilaa 4 jeer oo fool ah. Waxay yeelanayaan
hanaan ah 3 ilaa 4 dareen oo ah fool, xanuun siyaada ah oo fool 3 ilaa 4 jeer 10kii
daqiiqaba, wuxuuna dhamaanayaa 60 ilmariqsi inta kaleetana 90 ilmariqsi inta u
dhexaysa dareenada. Markaad dareento fool tanoo kale ah tani waxay ku
dhammaanaysaa ilaa 2 saacadood taasina waxay muujinaysaa in fooshaadii
bilaabatay.

WAC ISBITAALKA AMA UMULISADAADA/AMA 000

Haddii aad u malaynayso in biyihii dilaaceen [waxay noqon kartaa wax hal mar soo
butaacaya, ama tartiib tartiib ah] ama in dhiig ka socdo cambarkaaga sidii dhiiga
caadada oo kale, ilmuhuna ma dhaqdhaqaaqayo sidii caadiga ahayd ama waxaa ku
haysta xanuun kaa welwelinaya. Haddii biyoh ama dhiig ka soo baxayo cabarkaaga,
xaqiiji inaad saarto shaafad sidaas darteed waxaad tusi kartaa umulisada markaad
timaado isbitaalka.

Ilmahaaga cusub

Ilmahaaga cusub oo dhashay waa seexanayaa, quudi wuxuuna yeelanaya naabi
qoyan oo wasakhaysan. Waa soo kacayaa wuxuuna ahaanaya kuwa waxa socda la
socda, quudi, ka dibna seexo.

Haddii ilmahaagu aad u kulul yahay, oo aanu quudinta ogolayn, oo naabigu qoyanayn
wasakhna ahayn, aanu xasiloonaayn ama taag daran yahay waa inaad aadaa
dhakhtarka ama wac ambalansida (000).

Nambarada Kaalmada Bulshada

North Melbourne – Xarunta Caafimaadka Ilmaha iyo Hooyada 9340 1444
Flemington – Xarunta Caafimaadka Ilmaha iyo Hooyada 9340 1444

Khadka caawimada Telefoonka

24ka saac Khadka telefoonka ee Caafimaadka Hooyada iyo Ilmaha 13 22 29

Isbitaalka Royal Childrens Hospital 9345 5522

Kaalmada Caafimaadka dhimirka ee uurka ka dib – Khadka caawimada ee PANDA
1300 726 306 [9subaxii – 7.30fiidkii]

Khadka caawimada naasnuujinta 1800 686 268 [24 saac]

Khadka caawimada ilmaha yar, uurka, iyo Dhalida 1800 882 436

Faraxumayn, rabshad qoys/guri iyo ka talasiinta rabshada qoyska, macluumaadka
iyo xawilaada 1800RESPECT [1800 737 732]

Ka kaalmaynta Rabshada Qoyska – Kooxda wax ka qabashada ee Women's Health
West First Te: 9689 9588 ama email-ka fvassist@whwest.org.au

Australian Muslim Women's Centre for Human rights
(Xarunta Xuquuqda Dumarka Australiyaanka Muslimka ah)
<https://ausmuslimwomenscentre.org.au/>

Adeega Tarjumida iyo Qoraalka (TIS) [TIS] - 131 450

Ku tarjumida telefoonka degdegta ah (24 saac, maalin walba oo sanadka ka mid ah)
Waxaad wici kartaa TIS weydiina mutarjum ka dibna wac – Tusaale ahaan Isbitaalka
ama ambalansida, Khadka coronavirus ama Khadka Naasnuujinta.

National Coronavirus Hotline 1800020080

Macluumaadka-luqadaha badan ee dumarka soogalootiga ah

<https://www.mcwh.com.au/covid-19/>

Kaalmada dhalida uurka lacag la'aanta ah

Birthfor Humankind 1300073086

Tabaruciintayada doulas waxay bixiyaan kaalmo ah lacag la'aan oo uurka, dhalida iyo
iyo adeegyada waxbarashada iyo dhalida ka hor ee dumarka uurka leh kuwaas oo ay
haysato dhaqaala xumo kariteeriyada soo socota: welwelka caafimaadka dhimirka ee
hadda ah ama horay jiray; ka yar 25 sano; ay haysato ama khatar ugu jira guri la'aan;
ah soogalooti dhowaan yimid (5 sano gudahood); asal ahaan qaxooti ahaa ama
raadinaya magangeliyo; leh taariikh si xun u isticmaalka mukhaadaraadka; waaya-
aragnimo rafaad, dhibaatayn, rabshad qoys; asal ahaan ah Aborijinis iyo/ama Torres
Strait Islander; aan lahayn cid ka kaalmaynaysa dhalida.

