



Dad Caafimaaad qaba oo ammaan ah.

## **TUSIYAHA ADEEGYADA**

**240 PARSONS AVENUE  
COLUMBUS, OHIO 43215**

**Teleefan: (614) 645-7417  
Dadka dhagaha la'a: TDD: (614) 645-7041**

**[www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)**



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Duqa Magaalada**

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Guddoomiyaha Caafimaadka**

February 2008

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**Adeegyo Tarjubaad Luuqadeed ayaad u heli kartaa dhammaan adeegyada Caafimaadka. Arag qof u shaqeeya waaxda Caafimaadka si uu kaaga gargaaro.**

# **\*\*CAAFIMAADKA BULSHADA COLUMBUS\*\***

## **ADEEGYADA CAAFIMAADKA CARRUURTA**

### **Xarunta Caafimaadka Ilkaha**

Daryeel caafimaadka Ilko oo aasaasia ah dadka deggan Degmada Franklin iska bixin karaan. Ballan oo kaliya. Miisaanka sicirrada hooseeya; Kaadhka caafimaadka dawladda (Medicaid) iyo caymisyada ilkaha oo dhan waa la aqbalaa. Barnaamij iskuuleed daweyn ilko.

**645-7487**

**8:00am - 4:30pm\*\***

**Isniin-Jimce**

**\*\*Xiran: 12:00Galab - 1:00Galab**

### **Xarun lacag la'aan ah (bilaash) – Daryeela qofka jirran ee soo booqda**

Caafimaadka bulshada ee Columbus waxay guri ahaan ugu adeegtaa si toddobaadle ah oo ay siiso daryeel aasaasi ah oo lacag la'aan ah oo ay bixiyaan Dhakhaatiir mutaddawiciin ah oo ka tirsan **Xariirka Caafimaadka ee Columbus**. Daryeelka waxaa loo bixiyaa si imaansho ah; gaar ahaan daryeelka la soo weeciyo. Galbaha Isniinaha oo kaliya. Salaanta iyo qoridda magaca wuxuu bilaabmaa 4:30 galabnimo.

**240-7430 (Wixii xog ah oo dheeraad ah)**

**Xarunta Caafimaadka. . . . .Biloow qoridda magacaaga 4:30 galabnimo..Isniinaha kaliya. \* Xaruntu ma shaqayso Isniinaha Marka Caafimaadka bulshadu xirantahay.**

### **Guri Booqashada- dumarka uurka leh, hooyooyinka iyo carruurta**

Kalkaaliyaasha caafimaadka bulshada, bulsho u shaqeeyaasha, iyo guri dhige booqdayaal ayaa bixiya adeegyo booqashooyin guri oo siiya hooyooyinka, dhallaanka iyo dumarka uurka leh. Bixiye **Igu Caawi Korid** – Barnaamij guri booqasho canugga dhasha. Shaqaaluhu wuxuu bixiyaa qiimeyn jireed iyo maskaxeed; barasho dhallaan, mawdduucyo la xariira dhallaanka iyo uurka; xariirka loo maro daryeel caafimaad oo aasaasi ah iyo adeegyada kale ee bulshada ee loo baahanyahay; daryeelada nasashada iyo taageerada.

**645-8323**

**8:00subax- 4:00galab**

**Isniin-Jimce**

### **Adeegyada Tallaalka (Tallaalada dhallaanka iyo dadka waaweyn)**

Bixisaa tallaalada carruurta iyo dadka waaweyn. Carruurta kayar 19 waxay heli doonaan tallaalka ku kacaya kharash maamuleedka ugu hooseeya. Caymisyada Medicaid, Medicaid MCOs, iyo caymisyada United HealthCare waa la aqbalaa; canugna looma diidi doono haddii aanu iska bixin karin. Tallaalada dadka waaweyn waxaa loo bixiyaa baahiyooyinka shaqada ama socdaalka. Waxaa ku baxaya kharashka tallaalka oo lagu daray khidmadda booqashada iyo maamulka. (Xogta qiimaha waxaa laga heli karaa:

[www.publichealth.columbus.gov](http://www.publichealth.columbus.gov) waxaanadna gujisaa "Immunizations.") Ballan looma baahna. Adeegyada bulshada & waxbarashada waxaa la heli karaa markaad codsato.

**645-7945**

**(Saacadaha xarunta – bogga xiga)**

All services available at 240 Parsons Avenue  
unless otherwise noted.

<b><u>Saacadaha-imaanshaha Xarunta:</u></b> 8:00subax - 4:30Glb	<b>Isniin</b>
11:00Subax - 6:30Glb	<b>Talaado</b>
<b>XIRAN</b>	<b>Arbaco</b>
8:00am - 4:30Glb	<b>Khamiis</b>
8:00am - 4:30Glb	<b>Jimce</b>
8:00am - 12:00Duhur	<b>2<sup>aad</sup> Sabti / Bishii</b>

Xarumaha Tallaalka waxaa kale oo lagu qabta gebi ahaan magalada. Saacadaha adeegga way kala duwanyihiin. Soo wac 645-7945 si aad u hesho goobta xarunta iyo saacadaha ama aad [www.publichealth.columbus.gov](http://www.publichealth.columbus.gov) / oo guji “Tallaalka” ("Immunizations.")

**Barnaamijka ka Hortagga Summoowga Macdanta**

Barnaamijka yaraynta halista macdanta ee CPH wuxuu ka dhex shaqeeyaa Barnaamijyada Guryaha Caafimaadka leh, qiimeynta caafimaadka bay’adda ee looga hortagayo ku summoobidda macdanta iyo aaladaha kale halista ah. Dhiig ka baarista macdanta waxaa lagu heli karaa ballan carruurta jirta sagaal bilood ilaa lix sanadood ama mid kamdi ah xuramaha baarista macdanta, kuwaasoo markasta ah khamiista koobaad iyo khamiista labaad ee bil kasta (3-7 galabnimo) Nadaafad yaqaan bay’adeed iyo kalkaaliyaal ayaa diyaar kuula ah la tashi maalmaha toddobaadka 7:45 subaxnimo – 4-45 galabnimo. Waxaad kale oo u dhaafi kartaa farriin khadka 24 saacadood ama email: [health@Columbus.gov](mailto:health@Columbus.gov).

**724-6000                      7:45Subaxnimo - 4:45Galabnimo      Isniin- Jimce**  
Khadka 24 saacadood: (614)724-6000

**Daryeelka Caafimaadka Asaasiga ah- Xarumaha Caafimaadka Deriska**

**Xarumaha Caafimaadka Deriska ee Columbus (CNHC)**  
**(600 W. Spring St.)**

Daryeel caafimaad oo asaasi ah dhammaan da’aha, shan goobo deriseed. Bixisaa shaybaar, talo nafaqo, baaris dhiig (EKG), iyo adeegyo qorsho qoys. Talo bixinooyin aalkolo ayaa la helaa marka lagu soo weeciyo. Adeegyo uur ayaa laga helaa goobaha oo dhan. Barnaamij farmashiyo macaamiisha joogtada ah. Ballan ayaa loo baahanyahay. Miisaan sicir hooseeya. Waxaa la aqbalaa Medicare, Medicaid iyo caymisyada.

**Xafiiska Maamulka                      645-5500**

**Xarumaha Caafimaadka Derisyada ee CNHC:**

Xarunta bariga (East Central Health Center, 1180 East Main Street) .....	<b>645-5535</b>
Daryeelka Indhaha      (Eye Care).....	<b>645-5540</b>
Hilltop Health Center, 2500 Sullivant Avenue .....	<b>645-2300</b>
John R. Maloney South Side Health Center, 3781 S. High St.....	<b>645-3163</b>
St. Stephen's Health Center, 1500 East 17th Avenue .....	<b>645-2700</b>
Columbus Northeast Center, 3433 Agler Rd., Suite 2800.....	<b>645-1600</b>

**All services available at 240 Parsons Avenue  
unless otherwise noted.**

## **Qaaxada- Xarunta TBda ee Ben Franklin**

Waxay bixisaa adeegyo baaritaan, ilaalin iyo daweyn cudur, barasho, hoggaan/tilmaamo ku aaddan dadka deggan Columbus iyo Degmada Franklin. Adeegyada waxaa ku jira: Raajooyin, baaritaano gaarsiin iyo dabagal, indho ku hayn toos ah oo daweyn iyo gaarid waxbarid bulsho. Adeegyada khidmad ayey leeyihiin.. Qorshooyinka Medicare, Medicaid, qorshooyinka uu maamulo Medicaid, iyo caymisyada qolooyin seddexaadba waa la aqbalaa. Khidmadda macaamiisha aan caymiska lahayn waxaa lagu saleeyaa miisaamidda dakhliga.

### **Imaanshaha Xarunta Qaaxada ee jadwalada baarista qaaxada maqaarka:**

<b>8:00subax - 3:30galab</b>	<b>Isniin</b>
<b>8:00subax - 3:30 galab</b>	<b>Talaado</b>

### **Soo weecinta Raajacada sidoo kale waxaa la helaa jadwalada saacadaha sare:**

<b>8:00subax - 11:30subax</b>	<b>Arbaco</b>
<b>8:00subax - 11:30subax</b>	<b>Khamaiis</b>
<b>8:00subax - 3:30galab</b>	<b>Jimce</b>

**Daawooyinka lagu daweyo TBda qarsoon/hurudda waxaa lagu jadwaleeyaa ballan. Daawooyinka lagu daweyo TBda firfircoon lagu maareeyaa bixiyaa barnaamijka gaarista/indho-ku haynta dawaynta tooska ah.**

**645-2199**

## **WIC (Dumar, Dhallaan, iyo Barnaamijka Carruurta)**

Kordhinta cuntada iyo barnaamijyada baridda nafaqada dumarka uurka leh iyo kuwa nuujinaya, dhallaanka iyo carruurta le'eg ilaa 5 sanadood. Shaqsiyaadka waafaqsan hannaanka xaq u lahaanshaha barnaamijka WIC waxay heli doonaan:

- Boonooyin cunto nafaqo leh looga iibsado dukaamada cuntada degaankaaga
- Qiimeyn nafaqo, la talino, iyo waxbarasho
- Barasho naas nuujin, la talino, iyo taageero, sidoo kale mashiinka naaska tuujiya sida loogu baahdo shaqada ama iskuulka; caanaha canugga waxaa la siiyaa canugga dhasha ah ee aan naaska nuugin.

Waxaa jira lix iyo toban (16) goobood oo ku yaala Degmada Franklin. Soo wac oo ballan ka qabso goobta kuugu dhaw. Ballamaha galbihii/fiidkii waa la helaa.

<b>645-7280</b>	<b>8:00subax - 5:00galab</b>	<b>Isniin/Arbaco/Khamiis</b>
	<b>9:30subax- 7:00galab</b>	<b>Talaado</b>
	<b>8:00subax - 11:30subax</b>	<b>Jimce</b>

All services available at 240 Parsons Avenue  
unless otherwise noted.

# **ADEEGYADA CAAFIMAADKA DADKA WAAWEYN**

## **Barnaamijka Si xun u isticmaalidda Daroogada iyo Aalkolada**

Wuxuu bixiyaa ka hortag, faragelin iyo adeegyo dibad ku daweyn si xun u isticmaalid aalkolo iyo daroogooyinka kale. Adeegyada waxaa ku jira: Daweyn bukaan socod oo si gaar ah loogu qorsheeyey nimanka, dumarka, & Nimanka Afrikan-Amerikanka ah; Barnaamij gaarid, barid, baaris, aalkolo/daroogo iyo HIV iyo taageero iyo barid carruurta ay saamaysay aakoloda iyo si xun u isticmaalidda daroogooyinka kale; tacliimin aalkolo/daroogo oo ku aaddan dadka waaweyn ee aan u baahnayn daweynta; gargaar farsamo oo ka hortag bulsho. Miisaamidda khidmadda hoose iyo adeegyada daweynta bukaan socodka.

### **Xog Guud**

**645-7306**

**7:45subax - 9:00galab/fiid**

**Isniin - Khamiis**

**7:45subax- 4:45galab**

**Jimce**

**8:30subax - 12:00galab**

**Sabti**

**645-6256**

**Barnaamijka HAA (YES Program)** (Taageero iyo tacliimin carruurta jirta 5-13 ee ay saamaysay si xun isticmaalidda maandooriyaha waalidka)

## **Baarista kansarka naasaha iyo qanjirada (Baaritaanada Mammograms & Pap)**

Barnaamijkan oo uu maalgeliyey Mashruuca Kansarka qanjirada iyo Naasaha ee Ohio, wuxuu bixiyaa adeegyo lacag la'aan ah oo tacliimin iyo baaris kansarka qanjirada iyo naasaha oo la siiyo dumarka xaqa u leh ee jira 40 sanadood ama ka weyn ee deggan degmooyinka Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway, iyo Union. Adeegyada baaritaanada (mammograms iyo Pap) ee naasaha iyo sinaha lagu eego waxaa sameeya daryeel caafimaad bixiye kugu xiraya adeegyo daweyn caafimaad. Adeeg gaadiid ayaa laga helaa degmada Franklin.

**645-1671**

**8:00subax - 5:00galab**

**Isniin – Jimce**

**Teleefan aan lacag ahayn: 1-866-418-4963**

## **Kooxda Gaaridda Gargaaritaanka Bulshada (COAT)**

Barnaamijyo lacag la'aan ah oo bixinaya adeegyo ku xirid adeegyo caafimaad/bulsho ee dumarka uurka leh iyo dhallaanka. Adeegyada waxaa ku jira baaritaano uur, gaarid bulsho, guri booqasho, ku xirid daryeel caafimaad oo aasaasi ah dumarka uurka leh, dhakhtarka carruurta, iyo daryeelka aasaasiga ah, ku xirid iyo u weecin adeegyo bulsho, helitaanka kaadhka caafimaadka, iyo helidda xogaha caafimaadka.

**645-7068**

**8:00subax - 4:30galab**

**Isniin – Jimce**

All services available at 240 Parsons Avenue  
unless otherwise noted.

## **Xarunta Caafimadka Galmada(HIV/AIDS iyo cudurada galmada lagu qaado)**

Xogta helidda cudurku galmada (STDs) iyo daweyntu way xafidantahay. Barnaamijka tacliiminta iyo ka hortagga uur yeelashada gabdhaha aan qaangaarin ee jira 13-19. U weecin ilo bulsho oo kale. Khidmado ayaa raacaya adeegyada. Kaararkan caymisyada soo socda ayaa wakhtigan la aqbalaa waana in la keenaa wakhtiga adeegga: Medicare Qaybta B (Part B), Medicaid, CareSource, UnitedHealthcare, Molina Healthcare, Anthem BlueCross BlueShield (qorshaha "YRB" ). Khidmaha macaamiisha aan caymiska haysan waxaa lagu saleeyaa miisaanka dakhliga. Aqoonsi ayaa loo baahanyahay. Ballan looma baahna. Bukaana waxaa loo kala hor arkayaa sida ay u kala hor imaadaan. Diiwaangelinta waxay dhammaan kartaa goor hore marka ay bukaanadu ka bataan intii loogu talgalay.

**645-7772**

**7:15subax- 3:30galab**

**Isniin**

**10:45subax - 7:00galab**

**Talaado**

**7:15subax - 12:00galab**

**Arbaco**

**7:15subax - 3:30galab**

**Khamiis**

**7:15subax - 3:30galab**

**Jimce**

**Ogoow: Goobo kale oo HIVga lagu baaro ayaa goobo degaanka ah ku yaalo. Saacaduhu way kala duwanyihiin. Soo wac si aad u agaato goobta iyo saacadaha.**

## **Adeegyada Caafimaadka Dumarka**

Wuxuu bixiyaa barnaamij heersare ah oo adeegyo daryeel uur iyo daryeel caafimaad dumar. Adeegyada waxaa bixiya dhakhaatiir, kalkaaliyaal caafimaad, kalkaaliyaal caafimaad bulsho, bulsho u shaqeeyaal, nafaqo yaqaano, iyo ka shaqeeyaal bulsho wacyigeli-yayaal. Adeegyada waxaa ku jira, daryeel uur, baaris jireed, shaybaar, baaritaano kansarka naasaha iyo qanjirrada, daaweynta caabuqyada xanuunada galmada iyo qorshaha qoyska. Adeegyada dheeraadka ah waxaa ku jira taageero naas nuujin, daaweyn sigaar joojin, iyo diiwaan gelin barnaamijka nafaqada ee WIC. Ballan ayaa loo baahanyahay. Baaritaano uur waxaa loo sameeyaa marka aad timaaddo (ballan uma baahna) Waxaa la aqbalaa Medicaid/CareSource iyo caymiska kale ee Medicaid HMO. Miisaamidda dakhliga ayaa lagu saleeyaa macaamiisha aan caymiska lahayn.

### **Goobaha Xarunta Caafimaadka**

Xarunta **Bariga**

240 Parsons Avenue

**645-6424**

**8:00subax - 4:30galab**

**Isniin / Khamiis / Jimce**

(Xiran: 11:45subax - 1:00galab, Qado)

**10:00subax - 6:30galab**

**Talaado**

(Xiran: 2:00galab - 3:00galab, Qado)

**8:00subax - 12:00 duhur**

**Arbaco**

**Xarunta Waqooyi :1390 Cleveland Avenue, Suite 203**

**645-1968**

**8:00subax - 4:30galab**

**Isniin / Khamiis / Jimce**

(Xiran: 11:45subax - 1:00galab, Qado)

**10:00subax - 6:30galab**

**Talaado**

(xiran: 2:00galab - 3:00galab, Qado)

**8:00subax- 12:00 duhur**

**Arbaco**

All services available at 240 Parsons Avenue  
unless otherwise noted.

## **Adeegyada Caafimaadka Dumarka – Goobaha Xarumaha (Sare ka timid):**

### **Xarunta Galbeedka**

3556 Sullivant Ave.

**645-5040**

**8:00subax - 4:30galab**

**Isniin / Khamiis / Jimce**

(Xiran: 11:45subax - 1:00galab, Qado)

**10:00subax - 6:30galab/fiid Talaado**

(Xiran: 2:00galab- 3:00galab, Qado)

**8:00subax - 12:00 duhur** **Arbaco**

## **Adeegyada Kale**

### **Qaniinyooyinka Xayawaanka, Xayawaanada halista ah, Ilaalinta Raabiyada**

Ka jawaaba cabashooyinka qaniinyada xayawaanada bixiyana xogo ku saabsan tallaalada raabiyada iyo xarumaha tallaalada.esponds

**645-6134**

**8:00subax - 4:30galab**

**Isniin - Jimce**

### **Qiimeynta iyo kor Ka ilaalinta**

Cudur faafa yaqaanada waxay hayaan xogo iyo qiimeyno bulshada ku saabsan oo kala duwan. (tusaale ahaan, dhimashada, dabeecadaha caafimaad, iyo dhaawacyada iwm.)

**645-6252**

**7:45subax - 4:30galab**

**Isniin - Jimce**

### **Shahadooyinka Dhalashada iyo Dimashada (dad tiradoda kobantahay)**

Diiwaan galinta iyo soo bixint qodob muhim ah sida koobi ka samaynta shahadooyinka. dhalashada iyo dhimashada ee Degmada Franklin ilaa iyo bilowgii 1908. waxaad bixin khidmad, adeegi is ku malinta ahaa waa la joojiyaye in mudo ah. Waxaa kale oo jiro o wax lagugu qabankaraa telefon ama fax markad kaar bangi/deyn aad isticmasho, waxaa kale o bixine lacagta bostada.dalabka warqada bostada lagu soo diro waxay qadataa ilaa 12-14 maalmood. Mida caruurta hada dhashayna waxey qadataa 8-10 asbuuc.foomka waxaa kale oo adka heli kartaa shabakadda [www.publichealth.columbus.org](http://www.publichealth.columbus.org).

645-7331

8:00subax – 4:30galab isniin/talado/qamiis/jimco

9:00subax – 4:30galab arbaco

Goobta shahadada dhimashada waa laxiraa @4:15galabnimo.

### **Caafimaadka Wadnaha**

Wuxuu bixiyaa tacliin ku saabsan ammuuraha halista ah ee xanuunka wadnaha (xirfadaha (dhaqdhaqaaqa) jireed, faqada hoosaysa, sonkorowga, subugga dhiigga ‘kolostoral’, dhiig karka, iyo isticmaalka tubaakada) wuxuu sameeyaa weecino, bilaabaa iskaashi bulsho, wuxuuna sahlaa qorshe isbeddelaad bay’ad bulsho, iskuul, goob shaqo iyo goobaha daryeelka caafimaadka.

**645-0743**

**7:45subax- 4:45galab**

**Isniin – Jimce**

All services available at 240 Parsons Avenue  
unless otherwise noted.

### **Halisaha Kiimikooyinka iyo Jirka**

Baaraa oo bixiyaa talooyin ku saabsan halisaha wasakhda/haraadiga iyo maamulidda amuuraha caabuqyada haraadiga. Barnaamijkan, oo kaashanaya hay'adaha gurmada degdegga ah ee degaan hoosaadyada iyo warshadaha wuxuu u shaqeyaa koox qorshayn ahaan isu diyaarinta xaalad degdeg ah oo kiimiko Degmada Franklin.

**645-6275**

**7:45subax - 4:45galab**

**Isniin - Jimce**

### **Kooxda Dib u Eegidda Dhimashada Carruurta**

Caafimaadka Bulshada Columbus wuxuu hoggaan siiyaa hay'ado tiro badan oo kala duwan oo dib u eegta dhimashooyinka carruurta ilaa da'ada 19 si loo fahmo sababta ay u dhintaan iyo in dib loogu daabaco habab lagu yaraynayo ama lagu baabi'inayo dhimashooyinka laga hortagi karo ee carruurta ee Degmada Franklin.

**645-1667**

**8:30subax - 4:30galab**

**Isniin - Jimce**

### **Kooxda Nidaamka Jawaabta Caafimaadka ee Columbus (CMMRS)**

Caafimaadka bulshada Columbus waa hay'adda hoggaamisa CMMRS si u qorsheeyaan jawaabaha xaaladaha caafimaadka degdegga ah ee ku lug leh kiimikooyinka, cudurrada dillaaca, shucaaca, Niyuukleerka iyo xaaladaha qaraxa. CMMRS waxaa ka mid ah hay'adaha sharci xoojinta, dabka, caafimaadka bulshada, cusbitaalada, iskuulada, laanqayrta cas ee ameeriko, caafimaadka dhimirka, hay'adda sheegta waxa uu qofku u dhintay, iyo hay'adaha kale ee maaraynta xaaladaha degdegga ah.

**645-6736 / 645-7089**

**8:00subax - 5:00galab**

**Isniin - Jimce**

### **Nidaamka Warinta Cudurrada lakala qaado/baaha (CDRS)**

Waa masuuliyadda daryeel bixiyaasha caafimaad iyo shaybaarrada inay u soo sheegaan waaxaha caafimaadka deegaan hooseedyada kiisaska cudurrada baaha sida lagu qeexay xeerka Ohio ee dib loo saxay 3701. Caafimaadka Bulshada ee Columbus iyo guddiga caafimaadka ee Degmada Franklin waxay ku biireen way iska kaashadeen sahlidda soo warinta cudurradan iyo ammuuraha kale si ay u sahlanaato. **Adeeggan waxaa loo reebay/ u gaaryahay xirfadle-yaasha caafimaadka iyo shaybaarrada oo kaliya.**

Khadka Telefoonka CDRS waxaa la heli karaa 24ka saacadoodba si toos ah loogu soo wariyo cudurrada baaha. Daryeel caafimaad bixiyaasha doonaya inay soo wariyaan cudurka heerka A-1 fiidkii/habeenkii, maalmaha fasaxa ah ama maalmaha feestooyinka waxay soo wici karaan 645-7417.

**719-8888 -or- 719-8889 (24 Saacadood)**

**Faakis: 719-8890**

**Kalkaaliyaha Heeganka xaaladda degdegga ah --- 645-7417**

### **Ilaalada iyo Eegmada cudurrada lagala qaado/baaho**

Barnaamijkan wuxuu xaqiijiyaa baarista ku habboon iyo dabaggalka dhammaan kiisaska cudurrada baaha ee la soo wariyey iyo eegmadooda. Dejjiyaa hannaan ka hortag, wax ka baridda muwaadiniinta cudurrada baaha iyo maaraynta kiisaska cagaarshowga nooca B ee dumarka uurka leh. Ensures proper investigation and follow-up of all reported cases of communicabl (Perinatal Hepatitis B cases).

**All services available at 240 Parsons Avenue  
unless otherwise noted.**

Dadka ay soo wajahdo xaaladda caafimaad ee degdegga ah ee doonaya inay la hadlaan Kalkaaliyaasha cudurrada baaha waxay soo wici karaan khadka kalkaaliyaha hoose inta lagu jiro saacadaha shaqada ama qofka heeganka leh saacadaha fiidkii, maalmaha fasaxa ah iyo feestooyinka. (Nambarka heeganka wuxuu u oggolaan doonaa wacaha inuu ku xirmo kalkaaliye cudurrada baaha ku takhasusay goor kasta maalintii.)

**(Kalkaaliye cudur faafa) 645-1474 8:00 subax - 4:30 galab Isniin - Jimce**  
**Kalkaaliyaha heeganka xaaladda degdegga ah --- 645-7417**

### **Khadka Xaquuqda Ogaanshaha Bulshada**

Ilaaliyaa uuna bixiyaa xog ku saabsan kiimikooyinka la isticmaalay ama la dhigay Columbus/Degmada Franklin.

**645-6672/ 645-6275 7:45subax - 4:45galab Isniin – Jimce**

### **Isu diyaarinta Xaalad degdeg ah**

Xafiiska isu diyaarinta Xaaladda Degdegga ah wuxuu quweeyaa kartida bulshada Columbus ay isugu diyaarinayso ugana jawaabayso xaaladaha degdegga ah. Tani waxaa ku jira: La shaqaynta hay'adaha kale, horumarinta ku tababarashada ficilka, eegidda iyo ka jawaabidda calaamadaha khayrul caadiga ah ee cudurka, tababaridda shaqaalaha inay tilaabo qaadaan ay ku ilaalinayaan caafimaadka iyo ammaanka muwaadiniinta Columbus, iyo siinta bulshada xog ay isugu diyaariyaan ugana jawaabaan xaalad degdeg ah.

**645-7089 8:00subax- 5:00galab Isniin – Jimce**

### **Amniga Cuntada iyo Shatiyeynta**

Waxay masuul ka tahay shatiyeynta iyo baqshimidda adeegyada hawlgallada cuntada iyo aagagga tafaariiqda cuntada. Waxay masuul ka tahay baqshimadaha macaahidda oo ay ku jirto macaahidda xabsiyada, cusbitaalka dhalmada iyo iskuulada.

<b>645-8191</b>	<b>7:45subax- 4:45galab</b>	<b>Isniin-Jimce</b>	<b>Baqshimido/Cabashooyin</b>
<b>645-6191</b>	<b>7:45subax- 4:45galab</b>	<b>Isniin- Jimce</b>	<b>Qorshe Dib eegid</b>
<b>645-7538</b>	<b>7:30subax – 4:45galab</b>	<b>Isniin- Jimce</b>	<b>Khidmad shati/lacag bixin</b>

### **Soo Warinta Xanuunada Cuntada ka Dhasha**

Kalkaaliyaha ah baaraha ee aasaasiga ah, oo xubin ka ah kooxda ka hortagga cudurrada baaha, ayaa ka jawaaba baarana dhammaan cabashooyinka bulshada ka yimaada ee xanuunada cuntada ka dhasha. 24 saacadood gudahood cabashada, baaritaan ku habbaan ayaa la bilaabaa. Xarun kasta oo cunto oo shati ka haysta Magaalada Columbus oo taariikh ahaan lagu muujiyey inay qayb ka tahay baarista waxaa loo weecin doonaa barnaamijka baqshimidda ammaanka cuntada.

**645-1791**

All services available at 240 Parsons Avenue  
unless otherwise noted.

### **Qorshaynta Caafimaadka**

Waxay bixisaa hoggaan helaya furaha ammuuraha caafimaad ee bulshada, qorshayn caafimaad, iskaashina la samaynaya hannaanada horumarinta nidaamyada caafimaad.

**645-6189**

**7:30subax-4:30galab**

**Isniin - Jimce**

### **Carruurta Caafimaadka qabta, Miisaannada Caafimaadka leh**

Barnaamijka ka hortagga buurnaanta ee Carruurta Caafimaadka Qabta, Miisaannada Caafimaadka leh, waa barnaamij u kuurgala horumarinta xirfadaha jireed iyo cunto ee bay'adaha carruurta jira 0-5 sanadood ee xarumaha barashada hore iyo guryaha. Saaxiibbada/iskaashigu naga dhaxeeyo ee xarumaha Carruurta Caafimaadka qabta, Miisaanada Caafimaadka leh ee agagaarka Columbus.

**645-7520**

**8:30-5:00**

**Isniin- Jimce**

### **Barnaamijka Guryaha Caafimaadka Leh**

Barnaamijka Guryaha Caafimaadka leh, kaashanaya waaxda guryeynta iyo horumarinta magaalooyinka ee Maraykanka, iyo barnaamijka ilaalinta halista macdanta wuxuu bixiyaa adeegyo guri o bay'adeed iyo qiimeyn caafimaad si looga hortago halisa la xariira guryaha, loogu kuurgalo daxalka, iyo ammuuraha kale ee neefta keena/kiciyahe, iyo ka hortagga ku summoowga macdanta. Nadafad yaqaan shati u haysta iyo kalkaaliyaalk ayaa diyaar u ah la tashi toddobaadka gudihisa.

**645-6226**

**7:45subax - 4:45galab**

**Isniin – Jimce**

### **Barnaamijka Goobaha Caafimaadka**

Hawlgalkan barnaamijka goobaha caafimaadka waa sare u qaadid caafimaad iyo firfircoonaan ku noolaasho iyadoo 1) la aas-aasayo qorshooyin horumarsan iyo macaamilo lagu yaraynayo saamaynta caafimaad ee xun, iyo 2) iyadoo la abuurayo goobo lagu kobciyo dhaqdhaqaaqa/firfircoonaanta xirfadaha jireed ee qaybta ka ah nolol maalmeedka. Si tani looga gun gaaro, shaqaalaha barnaamijkan wuxuu sare u qaadaa ka war haynta (ogaanshaha) qawaaniinta firfircoonaan ku noolaanshaha, wuxuuna ka shaqeeyaa danaha saaxiibbada (dadka/hay'adaha aan iskaashiga la leenahay) iyo bulshada si dib ugu eego, dib ugu daabaco ama u horumariyo qorshooyin iyo macaamilada saameeya bay'adda dhisan.

**645-5318**

**8:00am – 5:00pm**

**Monday-Friday**

### **Barnaamijka Iskuulada Caafimaadka leh**

Hawlgalka barnaamijka Iskuulka caafimaadka leh waa inuu carruurta bulshada ee iskuulka ka ilaaliyo kana baabi'iyoxarunta iskuulka halisaha soo juhuumi kara caafimaadka carruurta. Xarumaha iskuulada bulshada iyo kuwa sida goonida ah loo leeyahay ku dhexyaala Iskuul degmeedka Columbus iyo Worthington waxaa la baqshimaa sanadkii labo jeer.

**645-7005**

**7:45subax - 4:45galab**

**Isniin- Jimce**

All services available at 240 Parsons Avenue  
unless otherwise noted.

## **Barnaamijka ka hortagga Dhaawaca**

Wuxuu bixiyaa xogo iyo adeegyo lagu yaraynayo dhaawacyada soo gaara carruurta: Hubinta ammaanka kursiga canugga ee gaariga, eegidda kuraasta carruurta ee baabuurta ee qiimaha hoseeya carruurta ilaa 80ka rodol dhan ee qoysaska xaq u leh, baqshimidda guryah ammaanka guryaha daryeelada carruurta,baqshimidda qayla-dhaamiyaha dadka xaq u leh, iyo koofiyadaha baaskilada. Hay' dda hormuudka ka ah gaashaanbuurta ammaamnka ilmaha ee bartamaha Ohio. Si aad u eegto inaad xaqo u leedahay kursiga qiimaha jaban, soo wac khadka ka hortagga dhaawaca. .

**645-7748 Khadka (Cajal duubis – Farriin u dhaafid) 24 Saacadood/ Maalintii**  
**645-6138 8:00subax - 4:30galab Iniin - Jimce**

## **Guryaha la sameeyey ee goobaha ciyaarta/Guryaha Socdaala**

Bixisaa shatiyeyn iyo baqshimid guryaha la sameeyey ee goobaha ciyarta si u waafaqsanaadaan sharuudaha iyo shuurda gobolka Ohio.

**645-6197 7:00subax - 3:30galab Isniin - Jimce**

## **Caafimaadka Dadka laga Tirada badanyah**

Waxay bixisaa hoggaan lagu wajahayo baahiyooyinka caafimaadka bulshooyinka jinsiyadda gaarka ah leh ee laga tirada badanyanyahay. Siisaa waxbarid bulsho, gaarid xarumaha caabiddaadda, tacliimin iyo adeegyo caafimaad iyo u sahlid ammuuraha caafimaadka khuseeya ee bulshada. Xariirisaa adeegyo waaxeed tarujubaad adeegyada iyo tababarrada ku aaddan gaaridda isu keenidda bulshooyinka.

**645-6450 8:00Subax - 5:00Galab Isniin - Jimce**

## **Ilaalinta Kaneecada iyo Qaniinyada Cayayaanka**

Qabataa kor ka eegid kaneeco iyo xirfado ilaalo oo lagu yaraynayo dhacdooyinka xirfadaha xanuunada la xariira cudurrada ay kaneecadu keento sida, Saint Louis Encephalitis, LaCross Encephalitis and West Nile virus. Bixisaa baqshimid barkadaha dabaasha gaarka loo leeyahay si looga hortago in kaneeco halkaasi ku dhasho iyo yaraynta ku hafashada. Qabataa ilaalo cayayaaan si talooyin looga gaysto yaranta cawska ee waaxda horumarinta. Bixisaa xog iyo adeegyo talooyin oo khuseeya cayayaaanka iyo habdhaqanka la xariira.

**645-BITE (2483) Khadka Kaneecada 24 saacadood**  
**645-8191 7:45subax - 4:45galab Isniin - Jimce**

## **Adeegyada Caafimaadka Deriska – Shaqo Bulsho**

U Shaqeeyaasha Bulshada waxay ka shaqeeyaan derisyada iyo xarumaha derisyada Kalsoonida (City Neighborhood Pride Centers) iyagoo iskaashi la samaynaya waaxaha kale Magaalada barnaamijyadooda bulshada si ay ugu gargaaraan shaqsiyaadka doonaya xog ku saabsan caafimaadka ilaha bulsho ee ay heli karaan. Bulsho u shaqeeyaasha waxay joogaan xarumaha derisyada ee magaalada waxaana laga wici karaa xarun kasta oo hoos ku qoran

**645-6450 Maamul 8:00subax – 4:30galab Isniin - Jimce**  
**645-5224 Xarunta Deriska ee Franklinto (Franklinton Pride Center)**

All services available at 240 Parsons Avenue  
unless otherwise noted.

**645-5205 Xarunta Deriska ee Koonfurta (Southside Pride Center)**  
**724-0101 Xarunta Deriska ee bariga fog (Far East Pride Center)**  
**724-0116 Xarunta Deriska ee bariga dhaw (Near East Pride Center)**  
**645-6807 (Farriin –su’aalaha aan degdegga ahayn)**

### **Xafiiska Maamuuska Caafimaadka Bulshada**

Kor ka ilaaliyaa oo qoraa/diiwaangeliyaa waafaqsanaanta hannaanada caafimaadka bulshada ee gobolka iyo qaranka, wuxuuna xariiriyaa aasaasidda hannaan shaqo oo lagu cabbiro barnaamij waaxeedyada. Wuxuu ururiyaa oo indha-indheeyaa baaritaanada xogaha la xariira ku qancitaanka macaamiisha adeegyada ay ka helaan waaxda caafimaadka.

**645-6751 7:45subax- 4:45galab Isniin – Jimce**

### **Waxbaridda & Qorshaynta Faafidda Qufuca/hergabkaan**

Koox xirfadley-yaal caafimaad bulsho ah ayaa u kuurgala faafidda hergabka (flu) iyo isu diyaarinta. Waxabarasho bulsho iyo ilo kale ayaa iminka diyaar ah.

**645-5139 7:45subax - 4:45galab Isniin - Jimce**

### **Baqshimidda iyo Shatiyeynta Barkadda**

Wuxuu bixiyaa shatiyeyn iyo baqshimid baraagaha dabbaasha ee ku yaala goobaha bulshada, biyaha gaarka loo leeyahay, gaarna loo leeyahay dadkana ka dhaxaysa, (ganacsi yar) nadaam qashin qaad iyo xarun qashin qaadis wasakhda adag si loo hubiyo inay waafaqsanyihiin sharuucda gobolka.

**645-7538 7:45subax - 4:45galab Isniin-Jimce Khidmad shati & kharash adeeg**  
**645-8191 7:45subax- 4:45galab Isniin- Jimce Nidaam qashin saaris tuubo**  
**gelin si gaar ah loo leeyahay**

### **Mashruuca Jacaylka (Jacloow goor hore talaalidda carruurteena)**

Waa iskaashi bulsho oo ka dhaxeeya caafimaadka Bulshada Columbus, Waaxda Caafimaadka Degmada Franklin, dhammaan cusbitaalada badhtamaha Ohio, Shaybaarka Ross, Merck, Columbus Compact Corporations iyoi NBC4, oo u wada shaqaynaya siday u xaqiijin lahaayeen in carruurta degmada Franklin la wada tallaalay marka ay 2 jiraan.

**645-6522 Xafiiska Agaasimaha 8:00subax - 5:00galab Isniin – Jimce**  
**645-6835 Xafiisyada Maamulka [www.project-love.org](http://www.project-love.org)**

### **Mashruuca Ammaanka Bulshooyinka**

Mashruuca Ammaanka Bulshooyinka ee Degmada Franklin wuxuu gargaaraa horumarinta ammaanka gadiidka iyadoo loo sii marayo saaxiibadeena aan iskaashiga leenahay ee hay'adaha sharci xoojinta, caafimaadka, waxbarashada, injineeriyada, gaadiidka iyo qorshaynta, iyadoo kaashanaya dadka deggan degmada. Hadafkeenu waa yaraynta shilalka gaadiidka, dhaawaca, iyo dhimashada dadka iyadoo la wajahayo isticmaalidda suunka ammaanka ee baabuurka, cabbidda iyo baabuur wadidda, dadka dhallinta yar ee baabuurta wada, iyo ammaanka mootooyinka.

**645-0867 7:45subax- 4:45galab Isniin-Jimce**

All services available at 240 Parsons Avenue  
unless otherwise noted.

### **Barnaamijka Sigaar ka deynta Hawada Gudaha**

Iyadoo la isticmaalayo Qaanuunka sigaar ka deynta hawada gudaha, Caafimaadka bulshada ee Columbus waxay masuul ka tahay tacliiminta bulshada iyo ka jawaabidda iyo xoojinta cabashooyinka ka yimaada ammuurtan. Ku xadgudubyada xeerkan waxaa lagu soo warin karaa iyadoo la soo waco khadka tooska. Waraaqaha tixraaca xogta ee qaanuunka sigaar ka deynta hawada gudaha waa la heli karaa si loogu caawiyo ammuur kasta oo ku saabsan xeerkan, sidoo kale waxaa la heli karaa iyadoo la soo waco khadkan.  
**724- 4247                      24 Saacadoo/Maalintii**

### **Barnaamijka Jir dad duridda Suridda iyo shatiyeynta**

Wuxuu baqshimaa shatina siiyaa goobaha jirka lagu duro/masawiro/biraha lagu suro.  
**645-6672            7:45 subax - 4:45 subax                      Isniin - Jimce**

### **Hal Abuuridda Tubaakada**

Barnaamijyadan waxay bixiyaan taxaddaro/ka hortagyo bulsheed oo ku aaddan ka hortagidda iyo joojinta Tubaako ku dhex isticmaalidda Columbus, sida iyadoo lala shaqeeyo kooxaha iskuulada, kooxaha goobaha cibaadada iyo goobaha shaqada oo siyaadiya ka warhaynta ammuurahan, barnaamijyadan iyo ilahan.  
**645-6055                      8:30subax - 5:30galab                      Isniin - Jimce**

## **AMMUURO/ADEEGYO KALA DUWAN**

### **Barnaamijka Gargaaridda Shaqaalah Magaalada Columbus**

Wuxuu bixiyaa talooyin iyo adeegyo xogeed oo ku aaddan Xubnaha qoysaska Shaqaalaha Magaalada ay soo wajahdo dhibaatooyin shaqsiyadeed. Waxay siiyaan tababarro, waxayna baraan mawdduuc kala duwan.  
**645-6894                      8:00subax- 5:00 galab                      Isniin – Jimce**  
**Wakhtiyada Kale waa ballan**

### **Xariirrada Caafimaadka iyo Arrimaha Bulshada**

Wuxuu bixiyaa Xog caafimaad uu siiyo Saxaafadda deegaanka iyo bulshadaba.  
**645-6928                      7:30Subax - 4:30galab                      Isniin -Jimce**

### **Ilaha Adeegyada Dadka**

Waxay masuul ka yihiin tababaridda/shaqaalaynta iyo taageeridda shaqaalaha waaxda Caafimaadka Bulshada ee Columbus.  
**645-6046            7:30subax - 4:30galab            Isniin-Jimce            Xog**  
**645-6568            8:00subax - 5:00galab            Isniin-Jimce            Caddayn Shaqaale-nimo**  
**645-7667            24 Hour    Isniin-Jimce            Khadka shaqada Adeegga madani**

All services available at 240 Parsons Avenue  
unless otherwise noted.

## **Caafimaadka iyo Ammaanka Shaqada**

Waxay bixisaa indho-ku hayn caafimaad oo ku aaddan shaqaalaha magaalada Columbus sida loogu baahdo. Waxay bixiyaan barnaamijyo dacwad dhagaysi, tallaalo shaqada la xariira, tijaabo jireed oo ku aaddan in shaqada shaqaaluhu hayo ka bixi karo, baaris caafimaad oo shaqada ka horrayso, baaritaano cayiman oo dabagaleed.

**645-3278**

**7:15subax - 3:30galab**

**Isniin-Jimce**

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## **Barnaamijyo Aan Taxnayn (La muujinin):**

**645-7417 (Farriin Duuban) 7:45subax - 4:45galab**

**Isniin - Jimce**

Wicitaanada teleefoonada la wareejiyo, khadka ku sug teleefoonkaaga waxaa loo wareejin doonaa qof ka jawaaba.

Wicitaanada Teleefoonka batoonada la riixa leh, markasta waxaad riixi kartaa nambarka ku habboon:

2 Shatiyada cuntada, barkadaha dabbaasha, qashin qubka, cabashooyinka cuntada, qaniinyada xayawaanada, Kaneecooyinka;

Ilaalinta biyaha ama Halisaha kiimakooyinka;

3 Tallaalada carruurta iskuulka, tallaalka hergabka, ama Diiwaanka tallaalka;

4 Shahaadooyinka dhalashada ama Dhimashada

5 Adeegyada Caafimaadka Galmada

6 WIC – Dumarka, Dhallaanka, iyo barnaamijka nafaqo saa'idinta carruurta iyo dumarka;

7 Kalkaalinta Guriga ama Adeegyada Booqashada Guryaha

0 Teleefan hayaha- Xogaha ama Barnaamijyada aan diiwaansanayn.

**645-7041dhahaha jiga(TDD)**

**7:00subax - 4:00galab**

**Isniin-Jimce**

**645-7633(Faakis)**

**24 saacadood**

**7 maalmood Toddobaadkii**

**\*\*\*Saacadaha Xarunta iyo Sacadaha Waaxaha way isbaddeli karaan. Fadlan sii wac\*\*\***

## **TILMAAMAHA – Bogga Xiga**

## **TILMAAMO KU AADDAN:**

### **Caafimaadka Bulshada Columbus**

240 Parsons Avenue  
Columbus, OH 43215  
Teleefan: 614 / 645-6447

Waxaan ku naalnaa Jidka Parsona (Parsons Avenue) Geeska E. Main inta u dhaxaysa Main iyo E. Broad Street, dhinaca bariga badhtamaha magaalada. (Labadaba Jidadka Main iyo E. Broad waa laga geli karaa jidka I-71 ee koonfurta u socda; Jidka E. Broad st oo kaliya ayaa laga soo geli karaa jidka weyn I-71 ee waqooyiga u socda). Booska baabuurta la dhigto oo lacag la'aan ayaa laga heli haraa dhanka danbe ee sare ee dhismaha.

Marka Aad ka soo socdalayso Dhanka Bariga, Galbeedka ama Koonfurta Magaalada Columbus: I-71 E. Waqooyin U soco E. Broad St; midig ugu leexo Broad (east); Midig ugu leexo nalka xiga ee Parsons (Parsons Avenue). Ku *soco oo gudub jidadka 2da ah ee xiga* (Bryden Rd/Town St.) markaana gal jidka 2aad ee dhanka bidixe. Dhanka midige ka garab gal dhismaha danbe ee baabuurta la dhigto, booska bannaan ee danbe baabuurka dhigo. Arag qofka joogo miiska hore ee xogta si aad tilmaan uga hesho xarunta caafimaadka ama qolka aad rabto.

### Ka imaanayso Waqooyiga Magaalada:

I-71 Koonfur, ilaa E. Broad St.; Ka bax Braod St (east)- Ku leexo laynka midige ee fog' , dhanka ugu midigeeya ee nalka xiga (Parsons Avenue). Ku soco oo gudub 2da nal ee xiga (Bryden Rd./Town St.) Markaana gal jidka 2aad ee bidixe. Dhanka midige ka garab gal dhismaha danbe ee baabuurta la dhigto si aad baabuurka u dhigato booska danbe oo baabuurka dhigo. Arag qofka joogo miiska hore ee xogta si aad tilmaan uga hesho xarunta caafimaadka ama qolka aad rabto.

### Marka Aad Ka Imaanayso Gegidda Diyaaradaha Caalamiga ah ee Columbus:

I-670 Uga leexo 71 S; kadib qaado/ka bax bixidda 1aad –Braod Street, bidix ugu leexo Broad (isticmaal jidka dhexe ee kuurbada looga soo baxo) Midig ugu leexo nalka xiga ee Parsons Avenue. Ku sii soco oo gudub jidadka 2da ah ee xiga (Oak Street & Bryden Rd./Town St.). Dhanka midige ka garab gal dhismaha danbe ee baabuurta la dhigto si aad baabuurka u dhigato booska bannaan ee danbe baabuurka dhigo. Arag qofka joogo miiska hore ee xogta si aad tilmaan uga hesho xarunta caafimaadka ama qolka aad rabto.

**All services available at 240 Parsons Avenue  
unless otherwise noted.**