



## Daryeel Caafimaad

### Multnomah County Health Centers & Student Health Centers

Xarumaha Caafimaadka Degmada Multnomah & Xarumaha Caafimaadka Ardayda

Badbaadada qof kasta darteed, fadlan had iyo jeer soo wac inta aadan rugta caafimaad iman. Xarunta Caafimaadka Ardayda Parkrose way furan tahay! Isniinta-Jimcaha, 8:15 gh - 4:15 gd.

Fadlan wac 503-988-3392 si qiimayn taleefanka ah lagaaga qaado iyo si aad ballan u qabsato.

<https://multco.us/health/student-health-centers> ayaa sidoo kale laga heli karaa macluumaadka ugu dambeeyey ee Xarumaha Caafimaadka Ardayda

Rugaha Caafimaadka ee Aasaasiga ah ee Degmada Multnomah waxay ka furan yihiin:

East County Health Center  
Mid County Health Center  
NE Health Center  
Health Services Center (Downtown Gladys McCoy Building)

Fadlan wac 503-988-5558 ballamaha

Ballamaha caafimaadka ee taleefanka ayaa sidoo kale la heli karaa. Qoysaska iyo ardayda xiisaynaya daryeelka taleefanka laga bixinayo ha wacaan:

Parkrose Student Health Center 503-988-3392  
Main Primary Care 503-988-5558

Wax kharash kaga baxayaa ma jiro dhallinyarta Degmada Multnomah. Sida badan, waxaannu dabbaqaynaa fayodhawr badbaado leh oo sax ah si aannu u ilaalinno badbaadada macaamiisha iyo shaqaalaha

## Caymiska Caafimaadka

PPS way ogtahay in helitaanka daryeelka caafimaadku ay muhiim tahay wakhtigan adag. Qoysaska u baahan caymis caafimaad waxa dhici karta inay si cusub ugu mutaysan karaan Qorshaha Caafimaadka Oregon.

Ka raadi Saaxiib Bulsheed caawimo dalabkaaga halkan [www.OregonHealthCare.gov](http://www.OregonHealthCare.gov). Caawiyayaasha Muctarifka ah ayaa kaa caawin karaa inaad taleefanka ka dalbato. Ama wac si toos ah Qorshaha Caafimaadka Oregon 800-699-9075. Tarjumaad ayaa la heli karaa.

OHP waxay hadda bixisaa ikhtiyaaro badan oo Telehealth ah!

