



Buug yaraha Dhageysiga Caddaaladda ah

Gobolka Washington
Barnaamijka Nafaqada Dheeraadka ah (Supplemental
Nutrition Program)
Loogu talagalay Haweenka, Dhallaanka, iyo Carruurta (For
Women, Infants, and Children WIC)

Washington WIC Program

DOH 962-105 December 2021 Somali

Waa maxay Dhageysiga Caddaalada ?

Dhageysiga caddaalada ah waa dhageysi sharci ah. Dhageysiga cadaalada ah waxaad sheekadaada u sheegaysaa garsoore. Garsooraha kama socdo dhanka barnaamijka Haweenka, Dhallaanka, iyo Carruurta

(Women, Infants, and Children, WIC). Garsooraha ayaa go'aaminaya haddii barnaamijka WIC uu si cadaalad ah kuula dhaqmay.

Waa maxay sababaha loo codsado dhageysiga cadaalad ah?

Waxaa aad codsan kartaa dhageysiga cadaalada ah haddii WIC:

- Ku sheegto in aadan u qalmin barnaamijka sabab kastaba ha noqotee oo adigana aad u maleyneyso inay khaldan yihiin.
- Ay kaa saarayo barnaamijka oo adigana aad u maleyneyso in tani ay tahay cadaalad daro.
- Ay adiga ku weydiineyso inaad lacag dib u bixiso barnaamijka.

Sidee ayaan u codsadaa dhageysiga cadaalad ah?

Waxaad buuxineysa Foomka Codsiga Dhageysiga Cadaalada ah ama warqad u soo qor oona ku soo dir cinwaankaan:

Department of Health
Adjudicative Service Unit
P. O. Box 47879
Olympia, WA 98504-7879

Warqadda gudaheeda waa inaad ku sheegtaa magacaaga, cinwaankaaga, magaca rugta WIC iyo sababta aad u dooneyso dhageysiga cadaalada ah. Fadlan nala soo socodsii haddii aad u baahan tahay turjubaan.

Miyuu jiraa waqti xaddidan oo lagu codsan karo dhageysiga cadaalada ah?

Haa. Waxaad haysataa 60 maalmood laga bilaabo taariikhda warqadda sheegaysa in aadan u qalmin WIC, in lagaa saarayo WIC, ama waa inaad lacag dib ugu bixisaa barnaamijka si aad u codsato dhageysiga cadaalada ah.

Miyaan wali heli doonaa faa'iidooyinka cuntada ee WIC?

Waxaa laga yabaa inaad hesho faa'iidooyinka cuntada ee WIC haddii aad weli ku jirto muddadii aad u qalantay WIC oo aadna ku codsato dhageysiga cadaalada ah 15 maalmood gudahooda laga bilaabo taariikhda warqadda sheegaysa in lagaa saarayo barnaamijka WIC.

Ma heli doontid faa'iidooyinka cuntada haddii muddadii waqtiga ee loogu talagalay taas oo aad u qalantay ay dhammaatay.

Ma heli doontid faa'iidooyinka cuntada haddii aadan ku codsanin dhageysi cadaalad ah 15 maalmood gudahooda laga bilaabo taariikhda warqadda sheegaysa in lagaa saarayo barnaamijka WIC.

Waa maxay xuquuqyadeyda haddii aan codsado dhageysi cadaalad ah?

- Dhageysiga waa in lagu qabtaa 21 maalmood gudahooda laga bilaabo taariikhda codsigaaga ku aadan dhageysiga cadaalada ah la helo.
- Ogeysiiska loogu talagalay dhageysiga waa inuu ku soo garaa ugu yaraan 10 maalmood ka hor dhageysiga.
- Dhageysiga waa inuu ka dhacaa meel u dhow meesha aad ku nooshahay.
- Waxaad keeni kartaa dad kale si ay ku caawiyaan; oo ay ka mid yihiin gargaarka sharciga.
- Adiga iyo kuwa ku caawinaaya waxaad eegi kartaan diiwaanada uu barnaamijka WIC ku soo bandhigi doono barta dhageysiga.

Kawaran waxa dhacaya haddii aan awood u lahayn inaan tago dhageysiga cadaalada?

Waa inaad ku ogaysiisaa garsooraha dhageysiga wakhti ka hor hadii aadan awood u lahayn inaad tagto dhageysiga. Taariikh cusub oo dhageysi ah ayaa la dejin doonaa.

Maxaa ka dhacaya goobta dhageysiga cadaalada?

- Garsooraha ayaa qabanaaya dhageysiga cadaalada ah.
- Garsooraha waxa uu dhageysanayaa waxaa adiga iyo shaqaalaha WIC aad oranaysaan. Garsooraha waxaa uu xaqiijinaaya in laguugula dhaqmay si cadaalad ah.
- Waxaad weydiin kartaa su'aalo waxaadna soo bandhigi kartaa macluumaad, markhaatiyo ama caddayn kale.
- Waxaad sharxi kartaa sababta aad ugu malaynayso in adiga ama ilmahaaga aad u qalantaan WIC, sababta ay tahay inaad u awoodid inaad ku sii jirto barnaamijka, ama sababta ay tahay in aadan lacag ugu dib ugu bixinin barnaamijka.
- Garsooraha ayaa go'aaminaya inaad u qalanto WIC ama aad awood u leedahay inaad ku sii jirto barnaamijka, ama haddii ay tahay inaad lacag dib ugu bixiso barnaamijka WIC, ayadoo lagu saleynayo caddaynta.
- Garsooraha waa inuu ku bixiyaa go'aan qoraal ah 45 maalmood gudahooda laga bilaabo wakhtiga aad codsatay dhageysiga. Waxaad ku heli doontaa warqadda go'aanka garsooraha boostada. Warqadda go'aanka waxaa ku jiri doona ogeysiis la yiraahdo Codsiga ku aadan Dib u eegista.

Maxaa dhacaya haddii aan ku khilaafdo go'aanka garsoorka?

Waxaad waydiisan kartaa Xoghayaha Waaxda Caafimaadka (Department of Health) inuu dib u eegis ku sameeyo go'aanka.

Si aad racfaan uga qaadato go'aanka, buuxi Codsiga ku aadan Dib u eegista oo boostada ugu dir Department of Health, Adjudicative Service Unit. Waa inaad tan ku samaysaa 15 maalmood gudahooda laga bilaabo taariikhda warqadda go'aanka.

Xoghayaha Department of Health ayaa badeli doona go'aanka haddii:

- Ay jiraan khaladaad ka dhan ah sharciga.
- Dhageysiga aan si sax ah loo fulinin.
- Garsooraha uusan bixinin tilmaamo cad.
- Aysan jirin caddayn ku filan oo lagu caddaynayo go'aanka.

Waxaad xaq u leedahay inaad yeelato dib u eegis maxkamadeed go'aanka Xoghayaha. Go'aanka qoraalka ah ee Xoghayaha waxaa ku jiri doona tilmaamo ku saabsan sida loo codsado dib u eegis maxkamadeed.

Wac rugta caafimaadka WIC ee degaankaaga ama xafiiska WIC ee gobolka haddii aad wax su'aalo ah ka qabto dhageysiyada cadaaladda ah. Lambarka bilaashka ah ee xafiiska gobolka waa 1-800-841-1410.

Habraacyada dhageysiga cadaalada ah waxay ku saleysan yihiin Qeybta 7CFR 246.9 ee Xeerarka Barnaamijka WIC ee Dowlada dhexe (Federal WIC Program Regulations) iyo Xeerka Maamulka Washington (Washington Administrative Code) 246-10 iyo 246-08-520.



**Qeybta Ka Hortagga iyo Caafimaadka Bulshada
Xafiiska Adeegyada Nafaqeynta
Barnaamijka Washington WIC**

Washington WIC cidna ma midabtakoorto.

Si waafaqsan sharciga xaquuqda madaniga ah ee heer Federaal iyo shuruucda iyo xaquuqaha madaniga ah ee Wasaaradda Beeraha ee Maraykanka (U.S. Department of Agriculture, USDA), waaxda USDA, wakaaladaheeda, xafiisyadeeda, iyo shaqaalahaheeda, iyo hay'adaha qaybta ka ah ama fulinaaya barnaamijyada USDA waxaa xaaraan ka ah inay dadka utakooraan sababo laxariira isir, midab, asalka uu kasoo jeedo qofku, jinsiga, naafada, da'da, ama cad goosi ama aargoosi sabab laxariirta xaquuqda madaniga ah oo qofku karaadsado wax kamid ah barnaamijka ah oo ay fulinayso USDA.

Dadka naafada ah oo ubaahan hab isgaarsiineed kale ee macluumaadka barnaamijka (tusaale, farta indhoolka, khad waawayn, cod duuban, Luuqada Dhagoolayasha Maraykanka iyo wixii lamid ah.) waa inay la xariiraan wakaalada (heer Gobal ama tan maxaliga ah) oo ay kacodsadeen gunooyinka. Shaqsiyaadka dhagaha la'a maqalka culus oo uu hadalku dhibaayo waa inay laxariiraan USDA ayagoo adeegsanaaya Federal Relay Service (Laynka Adeegyada Dhagoolayaasha) ee USDA oo lambarkoodu yahay (800) 877-8339. Waxaa intaas siidheer, macluumaadka barnaamijka waxaad kuheli kartaa luuqado kabaxsan af Ingiriisiga.

Si aad u gudbisoo cabashada takoorka oo ka dhan ah barnaamijka, buuxi [Foomka Cabashada Takoorka ee Barnaamijka USDA](#) (Ingiriis oo kaliya), (AD-3027) oo oonleen ahaan looga heli karo barta: [Sida Loo Xareysto Cabasho](#) (Ingiriis oo kaliya), aadna sidoo kale kahelayso xafiis kasta oo ay USDA leedahay, ama waraaq qoran udir taasoo ay kuqoran yihiin dhamaan macluumaadka foomka ku yaalay. Si aad ucodsato koobiga foomka cabashada, wac (866) 632-9992. Ugudbi USDA foomkaaga ama warqaddaada aad buuxisay adoo:

Boosto ugu diraaya: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

Iimaylka: program.intake@usda.gov

Fakis: (202) 690-7442

Hay'addaan waa adeeg bixiye ku shaqeeya fursad loo wada siman yahay.
Washington WIC cidna ma takoorto.

Si aad dukumiintigaan oo qaab kale ah u codsato, wac 1-800-841-1410. Macaamiisha dhagoolka ah ama maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimeel udir WIC@doh.wa.gov.



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HEALTHIER WASHINGTON