First Flight Health Centers™

FIRST FLIGHT HEALTH CENTERS
Inyandiko ku Makuru y'Ibanga

IYI NYANDIKO IRASOBANURA UKO AMAKURU Y'UBUVUZI KURI WOWE ASHOBORA GUKOREHSWA NO GUTANGAZWA N'UBURYO WOWE USHOBORA KUBONA AYA MAKURU. YISOME WITONZE.

First Flight Health Centers (FFHC) bizagukorera inyandiko y'ubuvuzi. Inyandiko y'ubuvuzi ifite amakuru ajyanye n'uko wagiye wivuza, ibizamini wakorewe, ubuvuzi wahawe n'uburyo wasubije. Dufite kandi inyandiko zo kwishyuriraho. Dusabwa n'amategeko kumenya niba amakuru yawe y'ubuvuzi abitswe mu ibanga. Turasabwa kandi kuguha iyi Nyandiko. Dusabwa kandi kukubwira uko dukoresha no gusangiza aya amakuru y'ubuvuzi; mu magambo, mu nyandiko cyangwa kuri kuri murandasi ndetse tukanakubwira uburenganzira bwawe ubwo ari bwo. Tuzagusaba gushyiraho umukono kugira ngo tuzemeze ko wakiriye kopi y'iyi nyandiko.

1. Gukoresha no Gutangaza Amakuru ajyanye n'Ubuzima Bwawe

A. Amakuru asanzwe ashobora gusangizwa hatabayeho amasezerano yanditse. Uruhushya rwawe rutwemerera kukuvura. Rutwemerera kandigusangiza amakuru yawe yihariye bitewe n'uko umerewe. Uru ni urutonde rw'uburyo dushobora gusangiza amakuru yawe.

Impamvu z'ubuvuzi

- Abandi bakeneye kumenya ibibazo by'ubuzima bwawe kugira ngo barebe ko uhabwa ubuvuzi bwuzuye kandi butekanye.Aha hashobora kubamo abandi baganga, abaforomo, abanyeshuri biga iby'ubuzima/abaturage/ibitaro, abatanga ibikoresho, n'abandi.
  - Urugero, niba winjiye mu bitaro dushobora gusangira nabo amakuru yawe kugira ngo dufatanye kukwitaho.
  - Niba woherejwe ku nzobere dushobora gusangira igice cy'amakuru yawe kugira ngo tugufashe kubona ubuvuzi bwuzuye.
- Mu gihe ubyemeye, amakuru amwe n'amwe yasangizwa inshuti zawe magara cyangwa umuryango ugufasha ukakwitaho. Niba utabyemeye, tuzakora ibyo twizera ko ari byiza kuri wowe.

Kwishyura ubuvuzi

- Kutwemerera kwakira ubwishyu ku buvuzi wahawe.
  - Urugero, amakuru ashobora gusangizwa na sosiyete yawe y'ubwishingizi. Ibi bishobora kubaho bitewe yo guhabwa serivisi. Bishobora kubaho mbere y'uko uhabwa serivisi niba sosiyete yawe y'ubwishingizi isaba kubanza kubyemeza.
- Amakuru ashobora gutangazwa no ku muntu ugufasha kwishyura ubuvuzi wahawe.

Inshingano z'abatanga serivisi z'ubuvuzi

- Kongera ubuvuzi buhabwa abarwayi. Urugero:
  - Gusuzuma ubuvuzi wahawe n'uburyo wabwakiriye.
  - Gufasha mu kwigisha muganga cyangwa abandi bakora mu by'ubuvuzi.
  - Gusubiramo no kunoza ubuvuzi dutanga
- Kureka ibigo bishinzwe ubuzima bikareba neza ko dukurikiza amategeko ya gahunda z'ubuvuzi nka Medicare na Medicaid.
- Guhamagara cyangwa kohereza ubutumwa bukwibutsa gahunda dufitanye.
- Kukumenyesha ubundi buvuzi na serivisi ushobora kubona.
- Kuguha ibikoresho byo kwamamaza mu gihe waje ku kigo nderabuzima cyangwa mu gihe twakubwiye ibijyanye n'ibicuruzwa na serivisi zacu.
  - ushobora guhitamo kutakira ibicuruzwa cyangwa kutajya muri gahunda zo gukusanya inkunga.
  - Ugomba kuduha uruhushya rwanditse rwo gutanga amakuru yo kwamamaza ku bandi bantu/sosiyete.

Ubuzima bw'Abantu

- Gufasha gukumira cyangwa gukurikirana indwara, ibikomere cyangwa ubumuga. Ibi harimo no kukumenyesha niba waranduye indwara.Tunakumenyesha niba ushobora kuba ufite ibyago byo kwandura cyangwa gukwirakwiza indwara cyangwa uko wakwitwara.
- Cyane cyane amakuru, amakuru arebana no kwipimisha cyangwa kuvura virusi ya HIP cyangwa SIDA ntazashyirwa ahagaragara utabitangiye uruhushya.
- Kugaragaza imihindagurikire y'umubiri (nka aleriji/allergie) ku miti cyangwa ibibazo byaturutse ku miti. Kwibutswa kugarura imiti wasanze ifite ibibazo by'ubuziranenge.
- Kugaragaza abavutse, abapfuye, abana bahohotewe, cyangwa abakorewe ihohoterwa ryo mu ngo n'abafata abana nabi.

Impamvu zemewe n'amategeko

- Iyo dusabwe n'amategeko kubwira abapolisi, abandi bashinzwe kubahiriza amategeko cyangwa guhamagaza umuntu kwitaba urukiko cyangwa rwa cyangwa inteko isuzuma ikirego.
  - Hazafatwa ingamba zo kukumenyesha ihamagarwa mu rukiko mu gihe utabisabye.
- Mu gihe hari ibyo tugomba gusobanura imbere y'amategeko cyangwa twahamagajwe n'ubutabera.
- Menyesha ibikomere bimwe na bimwe, nk'ibikomere by'amasasu, ubushye cyangwa gukomeretswa n'abakoze ibyaha.
- Garagaza raporo y'urupfu twizera ko rushobora kuba rwaraturutse ku myitwarire y'icyaha.
- Kugaragaza inzirakarengane y'icyaha niba, mu gihe runaka bitewe n'ibyabaye, tudashoboye kubona umuntu ubyemera.

- Kugaragaza ibikorwa bitubahirije amategeko aho dukorera ndetse mu buryo bwihutirwa kugaragaza icyaha.
- Fasha mu kumenya cyangwa kwerekana aho ucyekwa aherereye, uwatorotse, umutangabuhamya ufite ibimenyetso bihagije cyangwa umuntu wabuze.

Ubushakashatsi

- Gukora ubushakashatsi – gufasha gushakisha abarwayi bafite ibibazo by'ubuzima bwihariye.
- Gusuzuma ubushobozi bw'imivurire cyangwa imiti.
- Imishinga yose igomba kunyura mu nzira zihariye zidashyira ku karubanda amakuru y'ubuzima bwawe.
  - Imishinga yose igomba kwemezwa n'Inama y'Ubuyobozi ya FFHC.

Amakuru ashobora gutangazwa muri bumwe muri ubu buryo bukurikira:

- Gahunda z'abaterankunga, niba utanga cyangwa ukeneye urugingo, amaso cyangwa utunyangingo.
- Abasuzuma iby'ubuvuzi cyangwa abaganga basuzuma imirambo bazagufasha kugaragaza umubiri cyangwa kureba icyateye urupfu.
- Abategura ibyo gushyingura bazabafasha kurangiza inshingano zabo.
- Kurinda cyangwa kugabanya ibyagutera ubwoba bikomeye kuri wowe cyangwa ku bandi.
- Niba uri mu gisirikare - nk'uko bisabwa n'amategeko ya gisirikare.
- Niba uri imfungwa:
  - Ku kigo cy'abagororwa cyangwa abashinzwe kubahiriza amategeko baguha ubuvuzi.
  - Kurinda ubuzima bwawe n'umutekano.
  - Kurinda ubuzima n'umutekano by'abandi harimo n'ikigo cy'abagororwa.
- Gutanga raporo y'ibyavuye mu kizamini cyategetswe n'urukiko cyangwa gukurikiza amategeko kubera impamvu z'umutekano w'igihugu.
- Dukoresha kandi dusangiza amakuru, nk'uko bisabwa n'amategeko yinyongera atavuzwe haruguru.

B. Amakuru ashobora gusangizwa GUSA igihe watanze uruhushya rwanditse. Ikintu cyose kitavuzwe haruguru bizasaba uruhushya rwawe. Ugomba gusinya ifishi yo gukoresha cyangwa gutangaza amakuru yose y'ubuzima bwawe, Amakuru amwe afatwa nk'ibanga rikomeye kandi bizasaba ifishi iriho umukono wawe kenshi. Amakuru y'ibanga rikomeye cyane harimo inyandiko z'ubuzima bwo mu mutwe, gupima cyangwa kuvurwa virusi ya HIV/SIDA n'izindi ndwara zandura. Ugomba kuduha uruhushya rwanditse rwo gusohora amakuru yawe ku bikorwa byo kwamamaza.

C. Aho amakuru akwerekeyeho ADASHOBORA gutangazwa. Igihe ibisubizo by'ikizamini cy'uturemangingo hagamijwe gushaka ubwishingizi ntabwo bizatangazwa. Ntabwo tuzagurisha amakuru y'ubuzima bwawe kubw'impamvu iyo ari yo yose.

2. Uburenganzira Bwawe ku byerekeye Amakuru y'Ubuzima

A. Wakira cyangwa ureba amakuru yawe y'ubuvuzi. Ushobora guhabwa kopi cyangwa gusuzuma amakuru yawe y'ubuvuzi. Ugomba gusaba randevu yo kujya kureba inyandiko yawe ku buntu. Niba ukeneye kopi, ugomba gusinya ifishi y'ubusabe. Kopi ziraboneka mu ishami ry'inyandiko z'ubuvuzi cyangwa ku biro aho bakirira abantu. Ushobora kwakira kopi yawe hakoreshejwe uburyo bwa murandasi cyangwa kopi y'impapuro bitewe n'ibyo ukunda.
Amafaranga ashobora gusabwa hagendewe kuri ibi. Iyo bigenze gutya, tuzakubwira impamvu ndetse tunasobanure uburenganzira bwawe ufite bwo kutabyemera.

B. Gusaba guhindura inyandiko yawe. Niba usanze inyandiko zawe z'ubuvuzi zirimo amakosa cyangwa zituzuye ushobora gusaba gukora impinduka cyangwa ubugororangingo. Ugomba gushyira ubusabe bwawe mu nyandiko hanyuma ugatanga impamvu ushaka ko impinduka zikorwa. Tuzakora impinduka keretse dusanze amakuru ushaka ko ahinduka yuzuye kandi ari ukuri. Niba atari twe twakoze aya makuru, ntidushobora kuyahindura.

C. Urutonde rw'amakuru yasangijwe abandi. Ufite uburenganzira bwo gusaba urutonde rw'amakuru rw'ibyo twatangaje birebana n'amakuru y'ubuvuzi. Aha ntiharimo amakuru ku kuvurwa, kwishyura cyangwa aho ibikorwa by'ubuvuzi byabereye. Ntabwo kandi harimo ayo wowe ubwawe watangiye uburenganzira. Ubu busabe bugomba kuba buri mu nyandiko. Ubusabe bugomba kuba bufite igihe kizwi kigera ku myaka itandatu. Tuzaguha urutonde 1 rw'ibaruramari ku buntu kuri buri mwaka.

D. Kugabanyiriza sosiyete y'ubwishingizi kubona inyandiko. Ufite uburenganzira bwo kugabanya amakuru amwe n'amwe yoherezwa kuri sosiyete yawe y'ubwishingizi. Ushobora gutuma nta wubigeraho, nta bizamini, nta bihakorerwa, n'ibindi niba ari wowe ubyiyishyurira ku giti cyawe. Igihe icyo ari cyo cyose tutasabwe n'amategeko gutangaza amakuru, ntabwo azatangazwa.

E. Kugabanya gukoresha cyangwa gutangaza inyandiko z'ubuzima bwawe. Ufite uburenganzira bwo gusaba FFHC kudakoresha cyangwa gutanga amakuru yawe y'ubuvuzi, kwishyura cyangwa imirimo y'ubuvuzi. Ntabwo dusabwa kubahiriza iki cyifuzo. Ariko tuzakora ibishoboka turinde amakuru y'ubuzima bwawe. Niba twemeranyijwe ku busabe bwawe, bizakurikizwa keretse niba hari impamvu yihutirwa yatuma dukenera gusangiza amakuru yawe.

F. Kukoherereza amakuru kuri aderesi itandukanye cyangwa kuguhamagara mu buryo bunyuranye. Ushobora gusaba ko twohereza amakuru kuri aderesi zitandukanye kuruta ko aderesi dufata nk'iyo mu rugo iwawe. Si ngombwa ko uduha impamvu kuri ubu busabe. Si ngombwa ko twita ku busabe bwawe igihe dusanze nta shingiro bufite.

G. Guhagarika uruhushya ruriho umukono. Ufite uburenganzira bwo guhagarika uruhushya urwo ari rwo rwose wasinye kugira ngo hakoreshwe cyangwa hatangazwe amakuru yawe y'ubuvuzi. Ubu busabe bukorwa mu nyandiko. Tuzubahiriza itariki ubu busabe bwasabiweho. wandikwa.tuzubahiriza kuva kumunsi wasabwe kugeza kuyindi tariki. Ntabwo tuzabazwa amakuru yatanzwe mbere y'uko uhagarika uru ruhushya.

H. Guhabwa kopi y'urupapuro rw'iyi Nyandiko. Ushobora gusaba guhabwa kopi y'urupapuro rw'iyi nyandiko ku kigo nderabuzima cyawe. Niba wifuza kureba iyi nyandiko kuri mudasobwa, inyandiko igaragara ku rubuga rwacu rwa interineti www.communityhealthdayton.org.

I. Gutanga ikirego. Ufite uburenganzira bwo gutanga ikirego niba hari impamvu iyo ari yo yose yagaragaza ko uburyo bwo kurinda amabanga yawe butubahirijwe. Ushobora gutanga ikirego ucyohereza mu nyandiko usobanura birambuye uburyo ubuzima bwawe bwite bwavogerewe. Ikirego gishobora guhabwa umukozi ushinzwe ibirego kuri FFHC. Ushobora kandi guha ikirego Umunyamabanga w'Ishami ry'Ubuzima n'izindi Serivisi ku kurubuga rwabo. Gutanga ikirego ntabwo bizahindura uko usanzwe wakirwa ku kigo nderabuzima.

J. Kumenyesha amakuru yibwe. Ufite uburenganzira bwo kumenyeshwa ikintu icyo ari cyo cyose giteye impungenge kigaragaza ko hari amakuru yibwe.

3. Ibisabwa, Impinduka kuri iyi Nyandiko, Uko twaguhamagara, n'Itariki

Iyi nyandiko irareba amakuru yawe yose y'ubuvuzi abitswe na FFHC, yaba amakuru twegeranyije cyangwa ayo twakuye ahandi. Dufite uburenganzira bwo guhindura ingingo z'iyi Nyandiko. Uburenganzira ku kugirirwa ibanga bushobora guhinduka igihe itegeko ryahindutse. Iyo bigenze gutyo, duhita duhindura inyandiko kandi tukayishyira aho mushobora kuyisoma. Inyandiko nshya izakoreshwa ku makuru yose dufite akwerekeye. Tugomba gukurikiza ingingo z''Inyandiko iri gukoreshwa icyo gihe. Niba wifuza kubona kopi y'Inyandiko iri gukoreshwa ushobora kuyisaba ikigo nderabuzima cyawe cyangwa ukayibona kuri murandasi ku rubuga rwacu rwa interineti. Iyi Nyandiko ku Makuru y'Ubuzima ikoreshwa uhereye tariki ya 23 Nzeri 2013. Niba ufite ikibazo kijyanye n'iyi Nyandiko, hamagara umukozi ya sosiyete ushinzwe iyubahirizwa ry'amasezerano kuri (937) 586-9733 kwagura 1037.