

## Tilmaamaha Buuxinta Cabashada Takoorka

Washington State Department of Health  
Civil Rights & ADA Program  
P.O. Box 47890  
Olympia, WA 98504-7890  
Taleefanka: (833) 428-3703  
limeylka: [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov)

### **Kor u qaadista helitaanka iyo sinaanta ka qaybgalka adeegyada DOH**

Washington State Department of Health (DOH, Waaxda Caafimaadka Gobalka Washington) waxay ku dhaqantaa dhammaan sharciyada quseeya ee federaalka iyo gobalka, xeerarka iyo qawaaniinta, kama reebo dadka ama ulama dhaqanto si gaar ah sabab la xiriirta isirkooda, jinsigooda, midabkooda, wadanka ay kasoo jeedaan, diintooda, da'dooda, naafadooda, aqoonsigooda jinsiga, dookhooda galmada, xaaladaada hawlgabka ciidanka ama kamid ahaanshaha milatariga, ama sifooyin kale oo sharcigu difaacaayo.

DOH waxay siisaa adeegyada helitaanka luuqada iyo kaalmada naafada – oo lacag la'aan ah – dhammaan macaamiisha helaaya adeegyada ama la shaqeeya DOH, ayna ku jiraan laakiin kuma koobna:

- Adeegyada turjumaanka oo uu bixinaayo turjumaan shahaado haysta (si toos ah ama khadka taleefanka)
- Turjumaanada luuqada dhagoolka oo xirfad leh
- Turjumaada dukumiintiyada DOH oo lagu turjumaayo luuqadaada hooyo
- Kaalmooyin iyo caawimaado macquul ah

### **Waxaad soo gudbin kartaa cabashada takoorka haddii aad aaminsan tahay in DOH:**

- Kuu takoortay sabab la xiriirta da'daada, jinsigaaga, isirka, midabka, wadanka aad kasoo jeedo, luuqada, diinta, naafada, aqoonsiga jinsiga, dookha galmada, xaalada hawlgabka ciidanka ama kamid ahaanshaha milatariga, ama sifo kale oo sharcigu difaacaayo
- Ay ku fashilantay inay ku siiso adeegyada fududeynta luuqada (turjumaada, fasiraada, iwm.)
- Ay ku fashilantay inay ku siiso caawimaado macquul ah oo ku aadan naafadaada

### **Waxaa jira saddex qaab oo aad ugu gudbin karto cabasho barnaamijkeena Civil Rights Program:**

1. limeyl ugu dir Foomka Cabashada Takoorka ee aad buuxisay [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).
2. Daabac kadibna boostada ugu dir Foomka Cabashada Takoorka ee aad buuxisay ciwaanka:

Washington State Department of Health  
Civil Rights & ADA Program  
P.O. Box 47890  
Olympia, WA 98504-7890

3. Wac (833) 428-3703 si aad cabasho ugu gudbiso taleefanka kooxdeena.

### **Waxaad sidoo kale cabasho u gudbin kartaa maamullada soo socda:**

- Waaxda Cadaalada Mareykanka: 800-514-0301 ([www.justice.gov](http://www.justice.gov))
- Waaxda Caafimaadka iyo Adeegyada Dadwaynaha, Xuquuqda Madaniga ah: 877-696-6775 ([www.hhs.gov](http://www.hhs.gov))
- Xafiiska Garyaqaanka Guud ee Gobalka Washington: 800-551-4636 ([www.atg.wa.gov](http://www.atg.wa.gov))
- Gudiga Xuquuqda Aadanaha ee Gobalka Washington: 800-233-3247 ([www.hum.wa.gov](http://www.hum.wa.gov))

# Foomka Cabashada Takoorka

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SOO BILOOW FOOMKA

## Xogtaada

Dookha luuqada (midkood tig saar)			
Ingiriis	Español/Isbaanish	ភ្នំ/Cambodian	
简体中文/Jayniiska Fudud	繁體中文/Jayniiska Dhaqameedka	한국어/Kuuriyaan	
Русский/Af-Ruush	Af-Soomaali/Somali	Tiếng Việt /Fiitnaamiis	
Luuqad kale – fadlan sheeg:			
Caawimaadaha Naafada (qasab maaha)			
Magaca koobaad		Magaca sadexaad	
Ciwaanka:			
Magaallada	Gobalka	Koodhka ZIP-ka	Wadanka
Ciwaank limeylka		Lambarka Taleefanka	
Magaca Wakiilka/Qareenka (qasab maaha)		Xogta Xiriirka Wakiilka/Qareenka	

*Haddii ciwaankaaga ama lambarka taleefankaagu isbadello kadib marka aad cabashada soo gudbis, fadlan noosoo sheeg isla markaba.*

# Foomka Cabashada Takoorka

## Faahfaahinta Cabashada

Nooca cabashada (tigsaar dhammaan meelaha quseeya)			Goorma ayay tani dhacday? (bisha/maalinta/sanadka)
Helitaanka Luuqada	Takoorka	Caawimaad la'aan	
Aargoosiga	Dhibaataynta	Dhibaataynta Galmada	
Sabab noocee ayay kula tahay in takoorku ku saleysnaa?			
Isirka ama qoomiyada	Midabka Maqaarka	Wadanka aad kasoo Jeedo	Da'da
Luuqada	Diinta	Dookha Galmada	Naafonimada
Aqoonsiga Jinsiga	Jinsiga	Hawlgabka/Xaalada Milatariga	
Sabab kale – fadlan sheeg:			
Sharax waxa dhacay. Soo raaci bogag dheeri ah haddii loo baahdo. Fadlan ku qor magacaaga warqad kasta oo aad soo raaciso.			
Miyaad gudbisay cabasho arintaan la xiriirta hadda kahor?		Hadday tahay "haa", yaad u gudbisay iyo goorma? (bisha/maalinta/sanadka)	
Haa	Maya		

**Ogeysiiska Sirta:** Xogta lagu soo uruurshay foomkaan ayaa loo arkaa xog dadwayne waxayna la siin karaa si ay u eegaan nuqulna ugala baxaan xubnaha dadwaynuhu haddii ay codsadaan. Haddii codsi dadwayne la helo, foomkaan ayaa la baahin doonaa sida uu amraayo Public Records Act (Sharciga Diiwaannada Dadwaynaha) (RCW 42.56). Xogtaada gaarka ah – oo uu ku jiro magacaaga, ciwaankaaga, iimeylka, lambarka taleefanka, iyo diiwaanno kasta oo caafimaad oo la baxshay – ayaa meesha laga saari doonaa kahor inta aan wax diiwaanno ah la faafin. Faahfaahinta cabashada qudheeda ayaa la baahin doonaa.

# Foomka Cabashada Takoorka

## Yay cabashadu qusaysaa (haddii la yaqaano)?

Soo raaci bogag dheeri ah, haddii loo baahdo. Fadlan ku qor magacaaga warqad kasta oo aad soo raaciso.

Magaca qofka aad aaminsan tahay inuu ku takooray	Darajada	Lambarka Taleefanka
Magaca qofka aad aaminsan tahay inuu ku takooray	Darajada	Lambarka Taleefanka
Magaca qofka aad aaminsan tahay inuu ku takooray	Darajada	Lambarka Taleefanka
Magaca marqaatiga dhacdada		Lambarka taleefanka
Magaca marqaatiga dhacdada		Lambarka taleefanka

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**Saxiixa**

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**Taariikhda**

Si aad u hesho xog dheeri ah: Wac (833) 428-3703 ama iimeyl noogu soo dir ciwaanka [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).



## DOH 750-202 September 2024 Somali

Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).