

Aqoonsiga Digniinta Caafimaadeed

Macluumaadka muhiimka ah ee loogu talagalay jawaab celiyayaasha koowaad ee ku yaalla dahabka, telefoonada caaqilka ah, iyo meelo kale.

Maxuu u ahmiyad badan yahay aqoonsiga digniinta caafimaadeed (medical alert ID)?

Jirkaaga ama telefoonkaaga caaqilka ah oo aad ku sidato macluumaadka aqoonsiga digniinta caafimaadeed (aqoonsiga) waxay muhiim u tahay qof kaste, xataa dhallaanka, ee qaba xaalad caafimaad oo u baahan karta waxqabad ama gargaar dhakhso ah.

Jawaab celiyayaasha koowaad waxay aqoonsiga caafimaadeed ka raadin doonaan dahabka, telefoonka caaqilka ah, iyo meelaha kale sida kaar la geliyo boorsada jeebka, buushyada suunka gaariga ama waraaqaha yar yar ee lagu dhejiyo daaqadda gaariga.

Haddii ilmahaagu uu qabo xasaasiyado ama uu leeyahay waxyaabo uu jirkiisu diido, cudurka macaanka ama sonkorowga, cudurka kelyaha, sarcada ama qallalka jirka, cudurka dhiigista, luminta maqalka oo uusan wax maqlin ama uu qabo xaalad caafimaad oo adag, waxaa lagu talinayaa in uu sito hal ama in ka badan oo ah noocyada aqoonsiga digniinta caafimaadeed.

Dahabka

Jawaab celiyayaashu waxay marka hore jirka ka raadiyaan jijimo, silsiladda qoorta, ama silsilado kale. Waxaa fikrad fiican ah in ilmahaagu uu xirnaado dahab nooc ah, maxaa yeelay kaasi uma baahna baatari sida telefoonka caaqilka ah.

Halkee ayaan ka soo iibsanaa dahabka?



Waa kuwan xoogaa magacaada shirkadaha kaas ku iibiya internetka:

American Medical ID	IdentifyYourself.com
Fifty50 Medical (cudurka macaanka ama sonkorowga)	FIFTY50.com
Lauren's Hope	LaurensHope.com
MedicAlert Foundation	medicalert.org
Sticky Jewelry	stickyj.com
Walgreens	walgreens.com/store

Raadi ururrada bilaash ku bixiya calaamadaha Aqoonsiga Caafimaadeed.

Si aad War dheeraad ah u Hesho

- Wac 206-987-2000 si aad ula xiriirto kiliniigga ilmahaaga.
- Weydii bixiyaha daryeelka caafimaadka ilmahaaga
- seattlechildrens.org

Adeegyo Afceliye Bilaash ah

- Isbitaalka gudihiisa, weydii kalkaaliyahaaga.
- Isbitaalka dibaddiisa, soo wac Khadka Afcelinta Qoyska (Family Interpreting Line) ee bilaashka ah, 1-866-583-1527. Afceliyaha u sheeg magaca ama khadka gaarka ah ee aad u baahan tahay.

Aqoonsiga Digniinta Caafimaadeed

Waa maxay macluumaadka habboon in lagu daro dahabka?

- Magaca ilmaha
- Xaaladaha caafimaadka ama cudurrada
- Xasaasiyadaha
- Daawooyinka waqtiga xaadirka ah
- Magaca iyo lambarka telefoonka 1 ama 2 qof oo si degdeg ah loola xiriiri
- Halka macluumaad dheeraad ah laga helayo haddii aad meelo kala duwan ku haysato (tusaale ahaan: Istimaal ereyada “see medical ID app” (eeg abb-ka aqoonsiga caafimaadeed) oo ku qoran jijinkaaga)

Abb-yada ama barnaamijyada telefoonka gacanta ee aqoonsiga caafimaadeed ee degdegga ah oo ku jira telefoon caaqil ah

Inkastoo ay daruuri tahay in aad jirkaaga ku xirnaato Aqoonsiga Caafimaadeed, haddana waxaa fursad kale kuu ah in uu kuugu jiro telefoonkaaga caaqilka ah.

Abb-yada aqoonsiga caafimaadeed waxay macluumaadka xiriirka degdegga ah ka muujin karaan shaashadda qufulka telefoonkaaga caaqilka ah. Jawaab celiyeyaasha koowaad ayaa sifooyinkan garanaya waxayna macluumaadka heli karaan iyagoo aanan u baahnayn ereygaaga isgaradka. Taxaddar muuji oo halkaas geli oo keliya macluumaadkaaga caafimaadeed ee ugu baahi badan. Qof kastoo gacanta ku dhiga telefoonkaaga ayaa macluumaadka heli kara isagoo aanan qufulka ka furin.

Telefoonnada iPhone

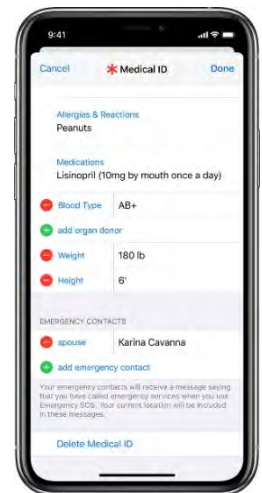


abb-ka caafimaadka iPhone

Sifada aqoonsiga caafimaadeed ee telefoonka iPhone ayaa hore ugu jirta barnaamijka uu hadda ku shaqeeyo telefoonka iPhone. Uma baahnid in aad ka soo dejisato dukaanka abb-yada. Waxaad ku habaysan kartaa adigoo isticmaalaya abb-ka Caafimaadka (Health).

Si aad u bilowdo, fur abb-ka caafimaadka (ku sawiran dhanka bidix) oo taabo sifada aqoonsiga caafimaadeed (medical ID). Boggaaga ama akownkaaga ku buuxi inta macluumaad ee aad rabto.

Marka telefoonkaaga iPhone uu qufulan yahay, ee aanan qufulka lagaga furi karin aqoonsiga wajiga ama ereyga isgaradka, taabo Emergency (Xaalad degdeg ah) ee dhanka hoose ee bidix kaga taalla shaashadda qufulka. Ka dib taabo Medical ID (Aqoonsiga Caafimaadeed) si aad u furto shaashadda muujinaysa macluumaadka aad gelisay.



Macluumaadka aqoonsiga caafimaadeed ee degdegga ah ee telefoonka iPhone

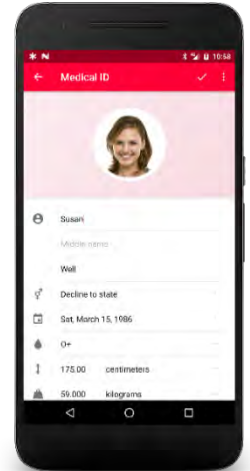
Android (Samsung, HTC iyo kuwa kale)



Abb-ka aqoonsiga caafimaadeed ee Android

Telefoonada ku shaqeya barnaamijka Android ma leh abb caafimaad oo iyaga hore ugu jira. Taas halkeeda waa in aad ka raadiso dukaanka abb-yada ee Google Play. Waxaa jira abb-yo ama barnaamijyo telefoon oo farabadan oo si waxtar leh loogu isticmaali karo aqoonsiga caafimaadeed. Midka ugu caansan dukaanka abb-yadu waa bilaash waxaana lagu magacaabaa “Medical ID (free).”

Waxaad soo dejisan kartaa abb-kaas, waad furi kartaa waxaanad ku buuxin macluumaadka boggaaga ama akownkaaga inta macluumaad ee aad rabto. Qof kastoo gacanta ku dhiga telefoonkaaga ayaa macluumaadka ka arki kara shaashaddaada qufulka. Badhanka xaaladda degdegga ah ee shaashaddaada qufulka ayaa ama dhanka sare ama dhanka hoose kaga yaalla shaashadda.



Macluumaadka aqoonsiga caafimaadeed ee degdegga ah ee Android

Isbitaalka Seattle Children's waxuu adeegyo afceliye oo bilaash ah ugu deeqaa bukaanada Dhego la', dhego culus ama aanan af Ingiriisi ku hadlin, xubnaha qoyska iyo wakiillada sharciyeed. Isbitaalka Seattle Children's waxuu macluumaadkan ku soo diyaarin doonaa qaabab kale marka la codsado. Xarunta Khayraadka Qoyska (Family Resource Center) ka soo wac lambarka 206-987-2201. Waxaa buugyarahan dib u eegay shaqaalaha bukaanka ee isbitaalka Seattle Children's. Hase yeeshee, baahiyaha ilmahaaga ayaa gooni u ah. Ka hor inta aadan macluumaadkan tallaabo ku qaadin ama isku hallaynin, fadlan la hadal bixiyaha daryeelka caafimaadka ilmahaaga.

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Waxbarashada Bukaanka iyo Qoyska | Hormoonada

Medical Alert Identification

Medical information for first responders on jewelry, smart phones, and other places.

Why is medical alert ID so important?

Having medical alert ID (identification) information on your body or smartphone is important for anyone, even babies, who have a medical condition that may require quick action or assistance.

First responders will look for medical ID on jewelry, a smartphone, and other places such as a wallet card, seatbelt pads or car window stickers.

If your child has allergies, diabetes, kidney disease, epilepsy, bleeding disorder, hearing loss or any complex medical condition, it is recommended for them to have one or more types of medical alert ID on them.

Jewelry

First responders look for bracelets, necklace, or chains on the body first. It is a good idea for your child to wear some piece of jewelry, as it does not rely on a battery like a smartphone does.

Where can I purchase a jewelry?



Here are a few names of companies who sell them online:

American Medical ID	IdentifyYourself.com
Fifty50 Medical (diabetes)	FIFTY50.com
Lauren's Hope	LaurensHope.com
MedicAlert Foundation	medicalert.org
Sticky Jewelry	stickyj.com
Walgreens	walgreens.com/store

Search for organizations that provide a Medical ID tags for free.

What information should be included on jewelry?

- Child's name
- Medical conditions
- Allergies
- Current medications
- Name and phone number for 1 or 2 emergency contacts
- Where to find more information if you have it in multiple places (for example: Use the words "see medical ID app" on your bracelet)

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To Learn More

- Call 206-987-2000 to contact your child's clinic.
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Emergency medical ID apps on a smart phone

Though it is essential to wear Medical ID on your body, another option is having it on your smartphone.

Medical ID apps can show emergency contact information from the lock screen on your smart phone. First responders know about these features and can access the information without your password. Be careful to only put your most necessary medical information. Anyone who has access to your phone can get the information without unlocking it.

iPhones

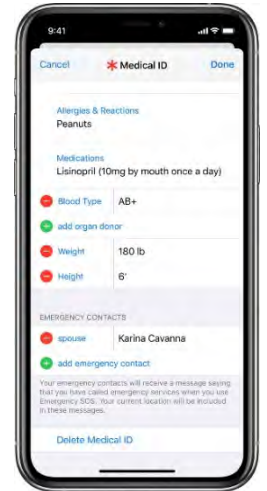


iPhone health app

The iPhone medical ID feature comes already on the current system for iPhone. You do not have to download it from the app store. You can set it up using the Health app.

To get started, open the health app (pictured on left) and tap the medical ID feature. Fill out the profile with as much information as you want.

When your iPhone is locked, and cannot be unlocked by face ID or password, tap Emergency on the bottom left of the lock screen. Then tap Medical ID to bring up the screen showing the information you entered.



Emergency medical ID information on iPhone

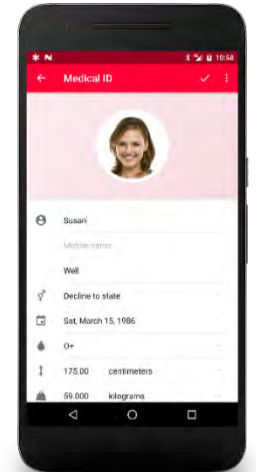
Android (Samsung, HTC and others)



Android medical ID app

Android phones do not have a health app that comes already on them. Instead you have to search in the Google Play app store. There will be many apps that are useful as a medical ID . The most popular in the app store is “Medical ID (free).”

You can download that app, open it and fill out the profile information with as much information as you want. Anyone with physical access to your phone can access the information from your lock screen. The emergency button on your lock screen will either be on the top or bottom of the screen.



Emergency medical ID information on Android