

Daryeelka degdegga ah ee Fogaan-araga ah

Waxa aad u baahan tahay inaad ogaato

Seattle Children's waxay hadda bixisaa booqashooyin muuqaal ah oo loogu talagalay cudurrada fudud iyo dhaawacyada iyada oo loo marayo Daryeelka Degdegga ah ee Fogaan-araga ah. Haddii aad xiisaynayso adeeggan, halkan waxaa ku yaal macluumaad dheeraad ah oo ku saabsan wuxuu yahay, sida loo jadwaleeyo iyo in ka badan.

Waa maxay daryeelka degdegga ah ee fogaan-araga ah?

Waa booqasho muuqaal ah oo la qorsheeyay oo kuu ogolaanaysa inaad joogto guriga ama meel kale oo ku taal gobolka Washington markaad la kulanto bixiye. Waxaad ku arki kartaa, maqli kartaa oo aad kala hadli kartaa bixiyaha adigoo isticmaalaya kombayutarkaaga, tablet-kaaga ama qalabka kale ee dhijitaalka ah.

Maxaad ku daaweysaan booqasho muuqaal ah?

Booqashada Daryeelka Degdegga ah ee Fogaan-araga ah, waxaan daweyn karnaa:

- Xasaasiyadaha
- Qaniinyada (xoolaha, dadka, cayayaanka)
- Astaamaha hargabka iyo caburka sanko
- Calool istaagida
- Qufaca
- Shubanka
- Caabuqa indhaha
- Qandho (bukaanka da'doodu tahay 2 sano iyo ka weyn)
- Dhaawaca madaxa (iyadoo miyirku uusan tagin)
- Talada dhaawaca
- Lalabbada/mataga
- Firiiric
- Cune xanuunka
- Cabashooyinka kaadi-mareenka

Fadlan ogow: Masuul sharci ah waa inuu la joogo bukaanka inta ay socoto booqashada maqal iyo muuqaalka ah. Canugaaga iyo masuulka sharciga ah waa inay joogaan gobolka Washington inta lagu guda jiro booqashada fogaan-araga ah. Haddii ilmahaagu aanu joogin gobolka Washington, fadlan booqo daryeelka degdegga ah ama xarumaha kale ee caafimaadka ee kuu dhow.

Si Aad Wax Badan u Ogaato

- Daryeelka Degdegga ah
206-987-2211
- Fadlan weydii bixiyaha daryeelka caafimaadka ilmahaaga
- seattlechildrens.org

Adeegyada Turjumaadda ee Bilaashka ah

- Marka aad joogtid isbitaalka, ka codso kalkaaliyahaaga.
- Marka aad joogto dibadda isbitaalka, soo wac Khadka Turjumaadda Qoyska ee bilaashka ah, adigoo adeegsanaya lambarka 1-866-583-1527. U sheeg turjumaanka magaca ama qaybta aad u baahan tahay.

Sideed u daweyn kartaa calaamadaha ilmahayga marka aanad shakhsi ahaan u joogin?

Waxaan dib u eegi doonaa taariikhda caafimaadka ilmahaaga, weydiin doonaa su'aalo ku saabsan calaamadaha ay hadda iyo samayn doonaa baaritaan xaddidan. Daryeelka Degdegga ah ee Virtual waxaa ka shaqeeya bixiyeyaasha la midka ah adeeggayaga shakhsi ahaaneed kuwaas oo khibrad dheer u leh ogaanshaha iyo daaweynta cudurrada iyo dhaawacyada.

Wax imtixaan ah ma u dalbi doontaa ilmahayga?

Iyadoo ku xiran calaamadaha canuggaaga, waxaa laga yaabaa inaan dalbano baaritaanno sida dhuunta ama sanko suufka si aan uga baarno waxyaabaha sida COVID-19, ifilada ama strep. Ama, waxaa laga yaabaa inaan dalbano baaritaanka kaadida si loo hubiyo caabuqa kaadi mareenka.

Haddii loo baahdo, waxaanu ku caawin doonaa diyaarinta baadhista ilmahaaga mid ka mid ah goobahayaga daryeelka degdegga ah. Mid ka mid ah xubnaha kooxda ayaa kula soo xiriiri doona natiijada.

Haddii aadan awoodin inaad booqato mid ka mid ah goobahayaga, waxa laga yaabaa inaan kugula talinno inaad ilmahaaga u kaxayso daryeel degdeg ah ama xarun kale oo caafimaad oo kuu dhow.

Ma u qori doontaa dawo ilmahayga?

Waxaa laga yaabaa inaan kuu qori karno daawo iyadoo ku saleysan qiimeyntayada calaamadaha ilmahaaga iyo natiijooyinka baaritaan kasta oo aan dalbanno. Fadlan xaqiiji inaan haysano farmashiyaha saxda ah ee faylka si aan dawo ugu dirno, haddii loo baahdo.

Caymiskaygu ma dabooli doonaa?

Waxay ku xiran tahay. La xidhiidh qorshahaaga caymiska si aad wax badan uga ogaato haddii ay daboolayaan booqashooyinka farsamada iyo kharashka, oo ay ku jiraan lacag-bixinta iyo caymisyada.

Maxaan u baahanahay si aan u isticmaalo adeega?

- **Xidhiiska intarneetka.**
- **Aalad dhijitaal ah.** Kumbuyuutarrada Desktop-ka, Laptop-yada, Tablet-yada ama taleefannada casriga ah dhammaantood way shaqeeyaan. Qalabku waa inuu lahaadaa kamarad shabakadeed, cod-bixiyeyaal iyo makarafoon.
- **Software.** Haddii aad isticmaalayso casriga ama tablet-ka, waxa laga yaabaa inaad u baahato inaad ku rakibto codsi qalabkaaga. Markaad gujiso xiriirka booqashada fiidyowga, qalabkaagu wuxuu ku ogeysiin doonaa haddii aad u baahan tahay inaad rakibto codsiga.
- **Goob gaar ah** oo aan bukaanka iyo xubnaha qoyska aan la carqaladayn karin. Gurigaaga inta badan si fiican ayuu u shaqeeyaa. Haddii dad kale ag joogaan, hubi inaad xidhi karto albaab.

Sideen u ballansadaa booqasho muuqaal ah?

Booqo seattlechildrens.org/clinics/urgent-care-clinic (Ingiriisi) si aad u ballansato booqashadaada daryeelka degdegga ah ee dhabta ah. Ama wac 206-987-2211. Haddii aad u baahan tahay turjumaan, wac 1-866-583-1527 oo weydii "Jadwalka daryeelka degdegga ah."

Sideen uga qayb qaataa booqasho muuqaal ah?

Waxaad gali doontaa MyChart (haddii aad akoon leedahay) ama guji xidhiidhka lagugu siiyay iimaylka xaqiijinta booqashada 15 daqiiqo ka hor wakhtiga ballantaada. Haddii aad u baahan tahay turjumaan, wac 866-583-1527, door luqaddaada oo raac tilmaamaha.

Booqo seattlechildrens.org/patients-families/online-services (Ingiriisi) si aad u barato sida loo bilaabo akoon MyChart. Sidoo kale waxaa lagu heli karaa Isbaanish.

Maxay tahay sababta ilmahaygu u joogo gobolka Washington booqasho muuqaal ah?

Shuruudaha shatiga awgeed, waxaan kaliya ku arki karnaa bukaanka booqasho muuqaal ah oo ku sugan gobolka Washington.

Virtual Urgent Care

What you need to know

Seattle Children's now offers video visits for minor illnesses and injuries through Virtual Urgent Care. If you are interested in this service, here is more information about what it is, how to schedule and more.

What is Virtual Urgent Care?

It is a scheduled video visit allowing you to stay at home or another location in Washington state while you see a provider. You can see, hear and talk with a provider through your computer, tablet or other digital device.

What do you treat through a video visit?

Through a Virtual Urgent Care visit, we can treat:

- Allergies
- Bite (animal, human, insect)
- Cold symptoms, congestion
- Constipation
- Cough
- Diarrhea
- Eye infection
- Fever (patients ages 2 years old and older)
- Head injury (no loss of consciousness)
- Injury advice
- Nausea/vomiting
- Rash
- Sore throat
- Urinary complaints

Please note: A legal guardian must be present with the patient during the video visit. Your child and legal guardian must also be in the state of Washington during the virtual visit. If your child is not in Washington state, please visit an urgent care or other medical facility near you.

How are you able to treat my child's symptoms when you are not in person?

We will review your child's medical history, ask questions about their current symptoms and do a limited exam. Virtual Urgent Care is staffed by the same providers as our in-person service who have extensive experience diagnosing and treating illnesses and injuries.

To Learn More

- Urgent Care
206-987-2211
- 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.

Virtual Urgent Care – What You Need to Know

Will you order any tests for my child?

Depending on your child’s symptoms, we may order tests like a throat or nose swab to test for things like COVID-19, flu or strep. Or, we may order a urine test to check for a urinary tract infection.

If needed, we will help arrange testing for your child at one of our urgent care locations. One of our team members will contact you with the results.

If you are unable to visit one of our locations, we may recommend you take your child to an urgent care or other medical facility near you.

Will you prescribe medicine for my child?

We may prescribe medicine based on our assessment of your child’s symptoms and the results of any tests we order. Please make sure we have the correct pharmacy on file to send medicine to, if needed.

Will my insurance cover it?

It depends. Contact your insurance plan to learn more about whether they cover virtual visits and the cost, including copays and coinsurance.

What do I need to use the service?

- **An internet connection.**
- **A digital device.** Desktop computers, laptops, tablets or a smartphone all work. The device must have a webcam, speakers and microphone.
- **Software.** If you’re using a smartphone or tablet, you may need to install an application on your device. When you click the video visit link, your device will let you know if you need to install the application.
- **A private location** where the patient and family member cannot be disturbed. Your home usually works best. If other people are around, make sure you can close a door.

How do I schedule a video visit?

Visit seattlechildrens.org/clinics/urgent-care-clinic to schedule your virtual urgent care visit. Or, call 206-987-2211. If you need an interpreter, call 1-866-583-1527 and ask for “Urgent Care scheduling.”

How do I participate in a video visit?

You will log into MyChart (if you have an account) or click on the link provided in your visit confirmation email 15 minutes before your appointment time. If you need an interpreter, call 866-583-1527, choose your language and follow the instructions.

Visit seattlechildrens.org/patients-families/online-services to learn how to start a MyChart account. Also available in Spanish.

Why does my child have to be in Washington state for a video visit?

Due to licensing requirements, we can only see patients through a video visit who are in the state of Washington.

Seattle Children’s offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children’s will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children’s. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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