

**OGAYSIIN: Isbedel ku yimid Gargaarada
WIC**



Taariikhda: _____

Gacaliye/Gacaliso _____:

_____ hada ka dib ma heli doono gargaarada WIC ka dib _____

_____. **Xubnaha kale ee ka tirsan qoyska ee ku jira WIC waxaa laga yaabaa in ay wali helaan adeegyada.**

Sobobta isbadalkani waa:

- Waxaad ilmaha naas-nuujisay ilaa hal sano – shaqo wanaagsan ayaad qabatay! Uma adeegi karno haween wax ka badan hal sano marka la dhaafo dhalmada laakiin waxaanu kugu dhiirgelineynaa in aad sii wado naas-nuujinta ilmaha ilaa iyo intaa aad rabto.
- Waxaanu hooyooyinka aan naas-nuujinaynin kaliya u adeegnaa ilaa muddo 6 bilood ah marka la dhaafo dhalmada. Waanu sii wadi doonaa in aanu ilmahaaga siino adeegyada WIC.
- Ilmahaaga ayaa ah ama noqon doono 5 sano jir.
- Qofka kor ku qoran ma uusan dhowrin ballantii(balamihii) loo qabtay. Fadlan soo wac haddii aad jeclaan lahayd in aad dib u codsato WIC.
- Dakhliga qoyskaagu wuu ka sareeyaa heerka dakhli ee loogu talagalay Oregon WIC. Adeegyadu ayaa ka joogsanaya dhammaan xubnaha ka tirsan qoyska ee ku jira WIC.
- Kuwo kale: _____

Haddii aad jeclaan lahayd in aad dib u codsato WIC, fadlan soo wac si aad ballan u samaysato. Waxaa laga yaabaa in aad u qalanto adeegyo kale oo caafimaad oo ka jira xarumaheena caafimaad. Weydii qof shaqaale ah oo ka tirsan WIC adeegyada laga yaabo in aad u qalanto. Haddii aad hayso wax su'aalo ah ama aadan ku raacsaneyn go'aankan, fadlan naga soo wac:

(WIC clinic phone number, address or message)

Waxaad xaq u leedahay in aad dacwad dhageysi caddaalad ah ku codsato muddo 60 maalmood gudahood ah haddii aad dareentid in aad buuxinayso shuruudaha looga baahan yahay WIC. Waxaad wici kartaa ama qoraal u diri kartaa Xafiiska WIC:

Oregon WIC Program
PO Box 14450
Portland, OR 97293-0450

(971) 673-0040
TTY: (503) 731-4031
FAX-KA: (971) 673-0071



Sida ku cad xeerka Federaalka ee sharciga xuquuqda dadweynaha iyo xeerarka u yaala xuquuqda dadweynaha ee Waaxda Beeraha ee Maraykanka (USDA), USDA, waaxyaheeda, xafiisyadeeda, iyo shaqaalaheeda, iyo hay'adaheeda kala duwan ee ka qayb qaadanaya ama maamulaya barnaamijyada USDA waxay ka mamnuucaysaa kala takoorida la xiriirta jinsiyada, midabka, dalka laga soo jeedo, lab ama dhidig, naafanimada, da'da ama aargoosiga, ama aargoosiga ku saabsan xiriir hore oo lala lahaa dhaqdhaqaaq u dooda xuquuqda dadweynaha oo ka tirsan barnaamij ama hawl ay samaysay ama maal-gelisay USDA. Dadka naafada ah ee u baahan noocyo kale oo isgaarsiin oo loogu tala galay macluumaadka barnaamijka (tusaale, farta dadka indhaha aan qabin wax ku akhriyaan ee Braille, farta waaweyn, cajalada la duubo, Nooca Luqadda Dadka aan wax Maqli karin ee Maraykanka, iwm.), waa in ay la xiriiraan Hay'ada

(Gobolka ama degaanka) halka ay ka dalbadeen gargaarada. Shakhsiyaadka aan dhagaha wax ka maqlin, aanan si fiican wax u maqli karin, ama dhibaato hadal qaba waxay la xiriiri karaan USDA iyagoo isticmaalaya Adeega Gudbinta ee Dawladda Dhexe 'Federal Relay Service' (800) 877-8339. Intaasi waxaa dheer, macluumaadka barnaamijka waxaa suuragal ah in ay jiraan iyagoo ku qoran luqaddo aan ka ahayn Ingiriisiga. Si aad cabasho kala takoorida ah u gudbiso, buuxi Foomka Barnaamijka Cabashada Kala takoorida ee USDA (USDA Program Discrimination Complaint Form), (AD-3027) ee laga helo bogga internet-ka:

http://www.ascr.usda.gov/complaint_filing_cust.html, ama xafiis kasta oo ay leedahay USDA, ama qor warqad lagu hagaajo USDA waxaanad warqada ku bixisaa dhammaan macluumaadka lagu codsaday foomka. Si aad u codsato foomka cabashada, wac (866) 632-9992. Foomka aad buuxisay ama warqada u gudbi USDA adigoo isticmaalaya:

(1) *Boosta*: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) *fax-ka*: (202) 690-7442; ama
(3) *email-ka*: program.intake@usda.gov

Waaxdani waa fursad shaqo bixiye loo wada siman yahay. **Haddii aad doonaysid macluumaadkan oo ku qoran farta waaweyn, ama nooc kale ah, fadlan wac 971-673-0040 ama TTY 800-735-2900.**

57-608-SM (8/2017)