An wallafat a watan
Fabrairu/Maris 2024

LEAF FAEJ

Settlement.Org Welcome to Ontario

Waterloo Region Community Legal Services

Mai juna biyu sannan kuma daliba daga kasashen waje?

ABINDA AKE BUƘATA KI SANI!

Domin ƙarin bayani ko amfani da wasu yarukan a shiga nan: bit.ly/pregnancyfactsheet

Insurar Kula da kiwon lafiya ta Kwalejinku ba zaidaɗau dawainiyar kulɗ da ciki ko haihuwa ba idan:

- Kin samu juna biyu kafin ki fara karatun ki
- Kin samu juna biyu a lokacin dababu insurar kula da kiwon lafiya kwalejinki

Ki duba bayanan insuran kiwon lafiya ko kuma kk yi magana da masu aikin insura su baki bayanai akan abubuwa da suka shafi mai juna biyu

Ina da juna biyu kuma ba nida insurar lafiya. Yaya zan yi in samu kula daga masu kiwon lafiya?

Settlement.Org

Idan kuma inshorar kiwon lafiyar kwalejinku ta ƙi ɗaukar nauyin juna biyun- da wasu rashin lafiya daban, to ga abubuwa da zasu iya taimakawa:

BAYANAN FAƊAKARWA/SHAWARWARI GAMEDA JUNA BIYU

In bb ki da tabbacin abinda zaki yi bayan kin samu juna biyu, ko kuma kina so ki yi magana da wani ko wakili game da juna biyun to ga yadda zaki yi:

- Action Canada pour la santé et les droits sexuels: **1-888-642-2725**
- SHORE Centre: **shore.inputhealth.com/ebooking**
- Planning familial de Toronto: **416-961-0113**
- Zabi Cibiyar Kiwon Lafiya: **647-370-3203**

KAYAYYAKIN KIWON LAFIYA

Ungozoma: Aikin bada kulawa na ungozoma kyauta ne a Ontario, ba tare da la'akari da yanayinzamananki ba. Zaki iya samukiungozoma a **ontariomidwives.ca/find-midwife**. Zaki iya tuntuɓarsu da wuri tun kafin lalura saboda aiki yana musu yawa

Cibiyoyin kiwon lafiyda na al'umma: Mutanen nan suna kula da kiwon lafiyar mutanen basu da inshorar lafiya a Ontario: **allianceon.org/find-a-centre**

Kafafen bada tallafin kiwon lafiya ga waɗanada basu da inshora: Waɗannan suna dana kula ga waɗanda basu da inshorar kiwon lafiya: **uninsurednetwork@gmail.com**

HEALTH CONNECT ONTARIO: Kira zuwa ga masu bada shawarwarin lafiya da kuma bayanai daga ma'aikatan jinya sanannu: **811**

Abubuwan da za a buƙata yayiin tafiya haihuwa a asibiti

- Ba lallai sai kin nuna shaidair (ID) kafin a karɓe ki a asibiti ba. Suna, jinsi, da kuma shekarar da aka haife ki ko shekarunki kawai ake so.
- Kuɗin da zaki biya kuma ya banbanta daga asibiti zuwa asibiti.
- Wasu asibitocin zasu iya cewa ki biya kafin a kula ku ke, wasu kuwa sai sun tabbatar kin samu kula kafin su ce ki biya. Saboda haka in zaki iya ke yi magana da wakilan asibitin masu karɓar kuɗin su bari ki biya akan farashin OHIP kuma su shirya hanyar biyan kuɗi.
- A yanayin gaggawa, baza a hana ba ki kulawa a asibiti ba, ko da ba kida katin asibiti.

Kungiyoyi masu bada tallafi zuwa ga ɗaliban ƙasashen waje

- Haɗakar Dalibai Baki (kira ko saƙo): **647-858-2854**
- One Voice Canada: **help@onevoicecanada.org**