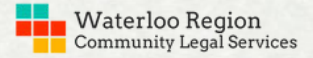


Mai juna biyu sannan kuma daliba daga kasashen waje?

An wallafat a watan
Fabrairu/Maris 2024



ABINDA AKE BUKATA KI SANI!

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

Insurar Kula da kiwon lafiya ta Kwalejinku ba zaidadaw dawaiyar 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 kwalejinku

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

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

BAYANAN FADAKARWA/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 tuntubarsu da wuri tun kafin lalura saboda aiki yana musu yawa



Cibiyoyin kiwon lafiya 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 waƙanada basu da inshora: Waƙannan suna dana kula ga waƙanda 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**

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



Settlement.Org



Abubuwan da za a bukata yayin tafiya haihuwa a asibiti

- Ba lallai sai kin nuna shaidair (ID) kafin a karbe ki a asibiti ba. Suna, jinsi, da kuma shekarar da aka haife ki ko shekarunki kawai ake so.
- Kudin 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 karbar kudin su bari ki biya akan farashin OHIP kuma su shirya hanyar biyan kudi.
- A yanayin gaggawa, baza a hana ba ki kulawa a asibiti ba, ko da ba kida katin asibiti.

Kungiyoyi masu bada tallafi zuwa ga daliban kasashen waje

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