



## Waanu Kuu Tabnay – Ballanta Uurka (We Missed You – Pregnancy Appointment)

Taariikhda: \_\_\_\_\_

Mudane/Marwo: \_\_\_\_\_

### Waxaan ku waynay xilligii ballantaadii WIC.

WIC waxay rabtaa inay kaa caawiso inaad yeelato uur caafimaad leh. Fadlan ha seegin waxyaabaha aadka u wanaagsan ee WIC ay bixiso oo ay ku jiraan cuntooyinka nafaqada leh, waxbarashada, iyo taageerada ku aadan naas-nuujinta.

Muhiim ayaad inoo tahay. Fadlan noo soo wac sida ugu dhakhsaha badan ee suurtagalka ah si aad dib ugu dhigato ballantaada.

Magaca  
wakaaladda: \_\_\_\_\_

Lambarka  
taleefanka: \_\_\_\_\_

Waxaad xaq u leedahay Dhagaysi Cadaalad ah. Hadii lagaa saaro WIC oo aad u malaynayso in taasi ay tahay cadaalad daro, codso Dhagaysiga Cadaalada. Shaqaalahaaga WIC ayaa gacan kaa siin doona inaad hesho Dhagaysi Cadaalad ah ama waxaad xafiiska WIC ee gobolka ka wici kartaa 1-800-841-1410. Xilliga Dhagaysiga Cadaalada ah adiga, saxiibkaa, ama qaraabadaada ayaa sheegi kara qaybta warbixinta adiga ku khusaysa. Waa inaad ku codsata Dhagaysiga Cadaalada ah 60 maalmood gudahooda laga bilaabo maalinta warqadan.

### Washington WIC cidna ma takoorto.

Sida waafaqsan sharciga xuquuqaha madaniga ah ee federaalka iyo sharciyada iyo qaynuunada xuquuqaha madaniga ah ee Waaxda Beeraha ee Mareykanka (USDA), hay'adan waxaa ka mamnuuc ah takoorida ku salaysan isirka, midabka, asalka qaran, jinsiga, (oo ay ku jiraan, aqoonsiga jinsiga iyo nooca jinsiga), naafonimada, da'da, ama aargoosiga ama aargudashada hawlo hore oo xuquuqaha madaniga ah.

Macluumaadka barnaamijka waxaa lagu heli karaa luuqado aan ahayn Ingiriisiga. Shaqsiyaadka naafada ah ee u baahan qaab kale oo wada xidhiidh si ay u helaan macluumaadka barnaamijka (tusaale, Hab qoraaleedka camoolaha, daabicidda farta waaweyn, cajalada maqalka, Luuqadda Dhagoolka ee Maraykanka), waa inay kala xidhiidhaan Hay'adda Gobalka ama deegaanka ee mas'uulka ka ah maamulka barnaamijka ama xarunta TARGET ee USDA lambarka (202) 720-2600 (cod iyo TTY) ama waa inay la xidhiidhaan USDA iyaga oo u maraya Federal Relay Service (Adeegga Dadka Dhagaha la' ee Federaalka) ee lambarka (800) 877-8339.

Si loo gudbiyo dacwada takoorka ee barnaamijka, Dacwad-qabaha waa inuu buuxiyo Foomka AD-3027, Foomka Dacwada Takoorka Barnaamijka ee USDA kaas oo onleen ahaan looga heli karo barta: <https://www.fns.usda.gov/sites/default/files/resource-files/ad3027-somali.pdf>, xafiis kasta oo USDA ay leedahay, iyada oo la wacayo (866) 632-9992, ama la qorayo warqad ku socota USDA. Warqadda waa inay leedahay magaca, ciwaanka, lambarka taleefanka ee dacwad-qabaha, iyo sharraxaad qoraal ah oo ku saabsan falka takoorka ah ee la soo eedeeyay oo faahfaahsan si loogu wargaliyo Kaaliyaha Xoghayaha ee Xuquuqaha Madaniga (ASCR) nooca iyo taariikhda xadgudubka xuquuqda madaniga ah ee la soo eedeeyay. Foomka AD-3027 ee la buuxiyay ama warqadda waa in loogu diraa USDA;



**Waanu Kuu Tabnay – Ballanta Uurka**  
(We Missed You – Pregnancy Appointment)

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

2. **fakiska:**  
(833)256-1665 ama (202) 690-7442; ama

3. **iimaylka:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

Hay'addan waa hay'ad bixisa fursad loo wada siman yahay.  
WIC cidna ma takoorto.

Si aad u codsato dukumeentigaan oo qaab kale ah, wac 1-800-841-1410.  
Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay)  
ama iimayl udir [wic@doh.wa.gov](mailto:wic@doh.wa.gov).



DOH 962-004 November 2023 Somali

