



Telefoni rusangi: (919) 245-2400

[www.OrangeCountyNC.gov/Health](http://www.OrangeCountyNC.gov/Health)

### Aho Amavuriro ari

Whitted Human Services Center  
300 West Tryon Street  
Hillsborough, NC 27278

Southern Human Services Center  
2501 Homestead Road  
Chapel Hill, NC 27516

### Kwa muganga w'amenyo

Telefoni: (919) 245-2435

### Amasaha y'Akazi

Servisi ziboneka muri Hillsborough gusa

Kuwa mbere – Kuwa kane  
8:00 mu gitondo – 5:00 ni mugoroba

Kuwa gatanu  
8:00 mu gitondo – 12:00 sasita

### Servisi

- Gusuzuma no kuvura
- Radio ifotora amenyo
- Kugorora amenyo
- Koza amenyo
- Gohoma amenyo
- Gukura amenyo
- Kuvura abana indwara zo mu kanwa
- Koza amenyo abagore batwite no kubigisha

### Uburyo bishyuzwa

Kwa muganga w'amenyo bishyuzwa hakurikijwe icyo umuntu ahembwa hakoreshejwe uburyo bukurikira:

- Kashi
- Sheki
- Visa/ MasterCard
- Medicaid
- Health Choice
- Ubwishingizi bw'amenyo

### Ubuzima bujyanye n'ibidukikije

Telefoni: (919) 245-2360

### Amasaha y'akazi naho bakorera

Kuwa mbere – Kuwa gatanu  
8:00 – 5:00

131 West Margaret Lane, Suite 100  
Hillsborough, NC 27278

### Impushya z'ibikorwa n'Igenzura

- Restora
- Aho bakirira abana b'incuke
- Amashuri
- Aho abasheshakanguhe baruhukira /cg bavurirwa
- Amacumbi
- Inzu nyinshi ziri hamwe
- Abanyabugeni bakora Tattoo
- Ahaboneka ibirori byo mu muhanda n'amakamyo y'ibyokurya
- Ahabera amakambi muki
- Amabohero
- Amariba
- Ahakusanyirizwa ibivuye mu misarane
- Ahari za pisine rusange

### Servisi Zindi

- Icukumbura ku bibazo by'ubuzima rusange ryerekeye ibidukikije
- Isuzuma ry'amazi avuye mu mariba y'abikorera ku giti cyabo
- Icukumbura rijyanye n'ihumanya ryerekeye plomb
- Kwigisha uko bakora ahantu hakusanyirizwa ibivuye mu misarane
- Kwigisha ibyerekeye icyitwa Serve-Safe

## Guteza imbere ubuzima na Servisi zo Kwigisha

Guteza imbere ubuzima n'imibereho myiza hakurikijwe gahunda na programu rusange cg zireba umuntu ku giti cye zirimo izi zikurikira:

- Ubufatanye mu guteza umuryango imbere(FSA)
- Gahunda y'ubuzima n'Imihindagurike y'Igihe
- Healthy Carolinians bo muri County ya Orange
- Gahunda yo gukumira itabi no Gushishikariza kuryirinda
- Healthy Homes: Gahunda yo kurinda abana indwara y'asima no guhumanywa na plomb.

### Servisi zijyanye n'umuntu ku giti cye

Telefoni: (919) 245-2400

#### Amasaha y'Akazi muri Hillsborough

Kuwa mbere, Kuwa kane, Kuwa gatanu: 8:00-5:00  
Kuwa kabiri : 9:30-6:30  
Kuwa gatatu: 10:00-5:00

#### Amasaha y'Akazi muri Chapel Hill

Kuwa mbere, Kuwa kabiri, Kuwa gatanu: 8:00-5:00  
Kuwa gatatu: 10:00-5:00  
Kuwa kane: 9:30-6:30

#### Servisi z'Abakuze

- Kuvura abantu barwaye
- Gusuzuma no gukurikira abarwayi bafite indwara ziramba (chronique)
- Gukingira indwara
- Kohereza abarwayi ku baganga b'inzobere
- Isuzuma rya kanseri y'ibere n'iyi nkondo y'umura

#### Servisi zireba imbenezamirire

- Gutanga inama mu byerekeye imirire hifashishijwe umukozi w'inzobere mu byerekeye imirire mu gufasha gukingira no kuvura indwara nyinshi zitandukanye
- Kwigisha abarwayi bafite diyabete mu kumenya kuyivura ubwabo

#### Servisi zireba indwara zandukira

- Gutanga inama no gusuzuma indwara zandukira mu mibonano mpuza bitsina
- Gusuzuma no kuvura igituntu
- Kuvumbura indwara z'ibyorezo no kuvura
- Kuvumbura no guhashya indwara zandukira zigomba gukurikiranwa

#### Servisi zireba ubuzima bw'impunzi

- Kuzaza urupapuro rwitwa I-693
- Gusuzuma indwara zandukira ku mpunzi nshya
- Gukingira indwara
- Gutanga servisi z'abasemura

#### Servisi zo kuboneza urubyaro

- Kwigisha
- Servisi za laboratwori
- Gusuzuma indwara z'umubiri
- Kuringaniza urubyaro
- Gupima ko ukuntu yasamyeye
- Gutanga uburyo byo guhagarika urubyaro burundu ku bagabo no ku bagore

#### Ubuzima bw'ababyeyi na gahunda zo kubasura imuhira

- Gukurikirana ababyeyi bafite inda
- Kuvura ababyeyi bibungenze bafite ibibazo
- Gusuzuma imuhira umubyeyi wibarutse/cg uruhinja
- Gukurikirana ubuzima bw'abana
- Gufasha mu byerekeye konsa
- WIC (yo kuri West Tryon Street gusa)
- Gufasha mu byerekeye ubuzima n'imyitwarire ifasha kugira ubuzima bwiza
- Programu ifasha mu kurera abana neza (Triple P)

### Servisi z'ubuzima bw'abana n'abangavu

- Gusuzuma abana batarwaye
- Kuvura abarwaye
- Isuzuma ry'imikurire y'abana
- Gukingira indwara
- Gukurikirana ivurwa ry'abana bafite ibibazo by'ubuzima byihariye
- Gusuzuma abana ku byerekeye plomb
- Siporo/ cg gimnastiki mu ma kambi
- Gimnastiki ku bana b'incuke cg ku bana bataraba incuke
- WIC ( yo kuri West Tryon Street gusa)

**Servisi z' ubuzima bujyanye nuko abantu babayeho** zitangwa n'umukozi w'umusosiyari wabizobereyemo zigisha abantu uko bakwiga kwitwara neza bakagira ubuzima bwiza, uko umuntu yakwirinda nuko yakwivura stress no gutanga inama zitandukanye nk'izerekeranye no kumva umuntu yihebye (depression), kwigisha uko umuntu yarera abana neza, uko umuntu yakwifata mu gihe cy'amage atandukanye n'ibyerekeranye n'ibiyobya bwenge.

*Servisi nyinshi zifite ibyo zisaba mbere yo kuzihabwa. Hamagara umenye ko ushobora kuzibona.*

## Uburyo bwo Kwishyura

Kwishyura biratandukanye kandi bishobora kuba gutya:

- Kwishyura hakurikijwe icyo umuryango winjiza buri kwezi nuko umuryango ungana
- Kwishyura amafranga make
- Ku buntu

Twemera Medicaid, Medicare, Health Choice, amafranga, sheki, Visa/MasterCard, n'ubwishingizi bwite

Uribuka kubaza uko uzishyura igihe usaba apuwentimenti.

**Ubufasha mu gutanga servisi: Ubusemuzi cg ibikoresho byo kumva bitangwa ku buntu cg ubisabye. Hamagara 919-245-2387 cg 919-245-2400.**