



KNOW YOUR LANGUAGE ACCESS RIGHTS

YOU HAVE A RIGHT TO HEALTH SERVICES IN YOUR LANGUAGE!

- Yes!
- When you have trouble talking to a doctor, nurse, social worker or other health worker in English, you can ask for a qualified interpreter.
- Some groups, such as **hospitals, clinics, nursing homes and health departments** are required to provide language interpretation services at no costs to you.

WHAT DOES THIS MEAN TO YOU?

- You can ask for **FREE** interpretation services.
- You should not need to bring a family member, friend or young child to interpret.
- A qualified interpreter will be able to help you understand medical words.
- Certain written information may be given to you in your language.

WHICH ORGANIZATIONS CAN YOU ASK FOR HELP?

Organization Name	Health Services	Interpretation / Translation	Complaints	Referral /Education
Arizona Alliance for Community Health Center 1-602-288-7569				x
Asian Pacific Community in Action 1-602-265-4598		x	x	x
Maricopa Integrated Health System 1-602-344-5011	x	x		
Mountain Park Health Center 1-602-323-3242	x			x
Arizona Department of Health Services, Arizona Health Disparities Center 1-602-542-1219			x	x
U.S. Department of Health and Human Services (DHHS), Office for Civil Rights 1-800-368-1019			x	
U.S. Department of Justice 1-202-514-2000			x	
DHHS, Region IX Office for Civil Rights 1-415-437-8310			x	

Content is adopted from Asian Pacific Community in Action's "Know Your Rights" program. This is a project of the Arizona Health Alliance for Language Access Rights (AHALAR), a group of professionals devoted to creating and sustaining a welcoming environment that embraces Language Access Services (LAS) in Arizona.





သွပ်ညှိနတ်မၤန့ၢ်ကျိၣ်အတၢ်ခွဲးတၢ်ယၢ်တဖၣ်

နအိၣ်ဒီးတၢ်ခွဲးတၢ်ယၢ် လၢနကန့ၢ်ဘၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချူတၢ်မၤတဖၣ်လၢနကျိၣ်ဒၣ်နဲအတၢ်န့ၢ်လီၤ.

- မ့ၢ်လီၤ.
- တၢ်ကတိၤအဲကလံးကျိၣ်ဒီးကသံၣ်သဂ့ၣ်, ပုၤကွၢ်ပုၤဆါ, ပုၤဂ့ၢ်ဝီအပုၤမၤတၢ်ဖိ, မ့တမ့ၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချူ ပုၤမၤတၢ်ဖိအဂၤတဂၤ မ့ၢ်တၢ်ကတိၤခဲလၢနဂီၢ်န့ၢ် နယုတၢ်လၢပုၤတဲကျိၣ်ထံတၢ်တဂၤကသုအတၢ်န့ၢ်လီၤ.
- တၢ်ကရၢကရိတနီၤနီၤ ဒ်သိးတၢ်ဆါတံၣ်, တၢ်ဟ့ၣ်ကသံၣ်ဒီး, တၢ်ကွၢ်ထွဲပုၤသးပုၤတံၣ်, ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချူ ဝဲၤကျိၣ်တဖၣ်န့ၢ် ဘၣ်တၢ်လိၣ်ဝဲသ့ၣ်လၢက ဟ့ၣ်နီၤလီၤတၢ်ကတိၤကျိၣ်ထံတၢ်မၤစၢၤလၢတၢ်ပုၤတအိၣ် လၢနဂီၢ်န့ၢ်လီၤ.

တၢ်အံၤလၢနဂီၢ်န့ၢ် အိၣ်ပညိၣ်ဒ်လဲၣ်.

- နယုတၢ်လၢ တၢ်ကတိၤကျိၣ်ထံတၢ်မၤစၢၤ လၢတၢ်ပုၤတအိၣ် ကသုအတၢ်န့ၢ်လီၤ.
- နဟံၣ်ဖိယိဖိမ့ၢ်ဂ့ၢ်, တံၤသကိးမ့ၢ်ဂ့ၢ်, မ့တမ့ၢ်ဖိသၣ်စၢ်တဂၤမ့ၢ်ဂ့ၢ် တကြားဟံစိၣ်ယုၣ်ဒီးန့ၢ် ဒ်သိးက ကတိၤကျိၣ်ထံတၢ်အတၢ်န့ၢ်.
- ပုၤတဲကျိၣ်ထံတၢ်လၢပုၤဒီးအကံၢ်အစိတဂၤ မၤစၢၤန့ၢ်လၢ နကန့ၢ်ပၢၢ်ကသံၣ်ကသိတၢ်ကတိၤကသုအတၢ်န့ၢ်လီၤ.
- တၢ်ကစိၣ်လၢတၢ်ကွဲးနီၤအီၤလၢနကျိၣ်ဒၣ်နဲတမံၤမံၤန့ၢ် ဘၣ်တၢ်ဟ့ၣ်လီၤန့ၢ်ဘၣ်သ့ၣ်သ့ၣ်လီၤ.

နယုတၢ်မၤစၢၤကသုအတၢ် လၢတၢ်ကရၢကရိမန့ၢ်တဖၣ်လဲၣ်.

တၢ်ကရၢကရိအမံၤ	တၢ်အိၣ်ဆူၣ်အိၣ်ချူ အတၢ်ဖဲးတၢ်မၤ	တၢ်ကတိၤကျိၣ်ထံတၢ်/ တၢ်ကွဲးကျိၣ်ထံတၢ်	တၢ်ဆိုးထီၣ်တၢ်	တၢ်ဆုၤပုၤဆူတၢ်လီၤ/ တၢ်သိၣ်လိန့ၢ်လိတၢ်
• Arizona Alliance for Community Health Center 1-602-288-7569				✓
• Asian Pacific Community in Action 1-602-265-4598		✓	✓	✓
• Maricopa Integrated Health System 1-602-344-5011	✓	✓		
• Mountain Park Health Center 1-602-323-3242	✓			✓
• Arizona Department of Health Services, Arizona Health Disparities Center 1-602-542-1219			✓	✓
• U.S. Department of Health and Human Services (DHHS), Office for Civil Rights 1-800-368-1019			✓	
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