



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.





Ogsoonow Xuquuqda Kaaga Taalla Isticmaalka Luqaddaada

WAXAAD XAQ U LEEDAHAY IN AAD ADEEGYADA CAAFIMAADKA KU HESHO LUQADDAADA!

- Haa!
- Marka ay kugu adag tahay in aad af Ingiriisi kula hadasho takhtar, kalkaaliye caafimaad, hawlwadeen bulsheed ama shaqaale kaloo caafimaadeed, waxaad codsan kartaa turjumaan aqoonsan.
- Xarumaha qaarkood, sida **isbitaallada, kiliniigyada, guryaha xannaanaynta** iyo **waaxyaha caafimaadka** waxaa laga sugayaa in ay kharash la'aan adiga kugu siiyaan adeegyada turjumaadda luqadda.

MAXAY TAASI ADIGA KAAGA DHIGAN TAHAY?

- Waxaad codsan kartaa adeegyo turjumaan oo **BILAASH** ah.
- Waa in aadan u baahanin in aad soo kekeysato xubin ka mid ah qoyskaaga, qof aad saaxiibbo tihiin ama ilmo yar si uu wax kuugu turjumo.
- Turjumaanka aqoonsan waxuu kaa caawin karaa in aad fahanto ereyada caafimaadeed.
- Warbixin qoran oo gaar ah ayaa adiga lagugu siin karaa luqaddaada.

WAA KUWEE URURRADA AAD GARGAAR WEYDIISAN KARTO?

Magaca Ururka	Adeegyada Caafimaad	Turjumaan / Turjumaad	Cabasho	Gudbin /Tacliin
<ul style="list-style-type: none"> • Arizona Alliance for Community Health Center 1-602-288-7569 				√
<ul style="list-style-type: none"> • Asian Pacific Community in Action 1-602-265-4598 		√	√	√
<ul style="list-style-type: none"> • Maricopa Integrated Health System 1-602-344-5011 	√	√		
<ul style="list-style-type: none"> • Mountain Park Health Center 1-602-323-3242 	√			√
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