

## Weebsaayitii( website) waayee fayyaa ilaalchisee Hawaasa Oromootif.

Ellen Howardtu gargaarssa Nancy Press fi Nama biraa wajjin qopheesse.

**Beeyisaa:** *Wanni kun ka qophaaye waayee fayyaa baqataa komputara gubbaatti gorsa ogeeyyii fayyaatin barreefame kennufi miti, wayee fayyaa namootaa, akkasumas dhukubni irratti yoomulatee akka galuuf qarqaara. Warri kana qoppeesine gorsa ogummaa fayyaa asirratti keennaa hinjirru.. Yoo gorsa akkasii isin barbaachise, doktoora yookin namoota ogummaa akasii qabannitti dhima bahaa.*

## Oduu fayichaa ykn fayyaa ati feetu barbaadi dhimma itti bayi.

**Tilmaama cinaa duraa: Baratoonni dhageeyti (informeeshinni) fayyaa jireenna dhuga Hawaassa Oromoo keesatti rakko katayu niargan. Akkasumas fayyaa hawaasaa wayeesuf informeeshinan nigargamu.**

Bu'ura dubbii: Fakkootin jireenna dhugaa irraa hawaasa keesatti oduun fayyaa (health information) akkamiti midhayisee garagaara. Fakkiiif(fakkeenyaaf), King County keesatti akka medikaala itti argattu. websaayitii **Northwest justice project** gubatti oduu ykn Informeeshina niargita. <http://www.nwjustice.org/docs/5905.html>

**Tilmaama lamaffaa: Baratoonni fuula (peejii) ofduratti arganirraa akkaataa itti waa barattan nihubatuu** Matootin dubbii akka kanaa gaditti kaayemetti dhufu:

Bu'ura dubbii: Akkaataa informeeshinni ykn oduunni itti gamtaayee, Sagaleedhan, mataa haasayaatin (subject), fi jecha firi qabuuni. Jecha hiikaa walfaakaataa qabuuni dhimaa bayan. Fuula oduu ati barbaaddu akkaataa daftee argatu.

Hedduuni websaayiti **A-Z** mataa oduu tarrisaa qabu, ka akka **MEDLINEPLUS**.

[http://www.nlm.nih.gov/medlineplus/all\\_healthtopics.html](http://www.nlm.nih.gov/medlineplus/all_healthtopics.html)

Nu kana sagaleewwaniin tareeffame jenne yaamna. ALCOHOLISM fi ALLERGY Walitti aanan. Garuu wanni jarri ibsan walitti hin dhiyaatani. Wanni walitti dhiyeesse jarri “a” waan jalqabaniifi. Kun sagaleewwaniin dhuma kitaabatti ka tareeffame fakaata. Jecha **DIABETES** jedhu **MEDLINEPLUS** keessa sagalee **A-Z** tiin tareeffame barbaadi.

[http://www.nlm.nih.gov/medlineplus/all\\_healthtopics.html](http://www.nlm.nih.gov/medlineplus/all_healthtopics.html)

Hedduun ykn baayeen websaayitoota mataa oduu ka qophaaye qabu. Kanaafuu mataan oduu ka walitti aanu suni oduun walitti dhiyaata. **MEDLINEPLUS** websaayiti biraa kan akkaataa kanaan qophaaye qaba .

<http://www.nlm.nih.gov/medlineplus/healthtopics.html>

**KIDNEYS** (kaloota) fi **LUNGS** (sonboota) walitti aanan. Sabaabaan jarri walitti aananiif waan cinaa nafaa ykn qaamaa tayaniifi. Kun mataa duree fuuldura kitaaba jiru fakkaata. Takka ati waliigala mataa oduu arginaani, hanututan fuute bakka barbaaddu argachuufi nidandeesa. Fuula **MEDLINEPLUS**, fuula waliigala mataa oduu hantuutan tuqi **ENDOCRINE SYSTEM** fi eegasi mataa oduu ka keessa barbaadu argadhu, fakiifi **DIABETES** (dhukkuba sukkaaraa).

<http://www.nlm.nih.gov/medlineplus/healthtopics.html>

Namoonni hedduun websaayiti **KEYWORDS** dhimma itti bahuu jaalatu. Sabani kanaa, jecha barbaaaddu (yaaddu) barreesitee, websayiti jecha ykn mataa oduu ati barbaadu qabu argattaa jechuudha. **Alltheweb fakkeenya tokko** (<http://www.alltheweb.com/>) Websaayitiin marru fakki. Websaayitiin akkana yoo jechi lama ka hiikka tokko qabu jiraate rakkinna siti fida. Yoo namni tokko jecha **AIDS** jedhu bareesse, kumputarri Haagassi mara qaruutee taye informeeshina **ACQUIRED IMMUNODEFICIENCY SYNDROME** kan jedhu hin argatu. Rakkoon bira wabpeejin (webpage) biraa waan ati barbaadu xiqqaa qaba. Mee jecha **INSULIN** jedhu bareessi websaayiti argachuu dandeetu mara ykn hunda laali. **Alltheweb** <http://www.alltheweb.com/>

Websaayitin gariin, jecha furtuu taye saaxinii (sanduqa) waan dhugumaan barbaadu itti bareesitu qaba. Jecha **INSULIN** jedhu saaxinii keesatti bareessi , bakki itti bareesitu gubbaa **MEDLINEPLUS PAGE** jedhumutti achii booda

GO ka jedhu laalii hantuutan tuqii. <http://www.nlm.nih.gov/medlineplus/healthtopics.html>

Yoo webpeejii barbaaddu irraa jecha feetu hin argatin maal goota?

- Yoo webpeejii taye jecha itti aanu kanaan dhima bayi FIND ON THIS PAGE ykn FIND IN PAGE bakki argattu EDIT MENU keessa.
- Yoo printed page ykn PDF taye yaadi jecha barbaaddu feetu fi mataa kee keesatti jechi barbaaddu maal akka fakkaatu beeku qabda. Eegasi fuula hunda dubbisuurra, daddafii jecha barbaadu mil'adhu.

**Tilmaama cinaa sadaffaa: Barattooni yoo inofmeeshina ykn oduu bareessan haajaa isaanitin yoo walitti gale ykn quunname deebisa qajeelaa gaaffii isaanitif argatu.**

Mata duree: informeeshina ykn oduun fayyaa waan akkami? Maxansoonni (publications) waan akkami?

Oduun qormaata (research) fayyaa doktoroota fi narsooni akka dubisaniif doktoroota fi narsootan barreeffama .

Jechoota barbaachisaa taye yoo mana barmoota narsii fi doktoraa kessatti hin barin, yeroo garii isaan wanni jedhan namaa hin galu.. Fakkiiifi: Maanguddootti dhukkuba kaansaraa qabda jedhamee itti himamuu dandayamaa? Questionnaire survey of older people, by A Ajaj, specialist registrar, MP Singh, senior house officer, and AJJ Abdulla, consultant physician.

<http://www.pubmedcentral.nih.gov/articlerender.fcgi?tool=pubmed&pubmedid=11711408>

Informeeshinni ykn oduun barreeffamma qormaata irraa barreeffame yeroo heddu barsiistota fayaaatiin barreeffaman. Isaanis akka nu dubifnuuf barreeffaman. Fakkiiifi: Finding a Balance, by Mayo Clinic health educators. <http://www.mayoclinic.com/invoke.cfm?id=MC00014>. Oduun hedduun ati **MEDLINEPLUS** <http://www.medlineplus.gov/> ykn **Healthfinder** <http://www.healthfinder.gov/> keesatti argattu odduu akkasiiti.

Qoratoonni heduu fi bakkabu'ootin mootummaa oduu walitti qabaniif chaartii tolchaan. Chaartin oduu ykn informeeshina nama kuma hedduu qaba ykn kenna, garuu inomeeshina fayyaa mataa keeti qofaatti kan taye hin qabu. Fakki kanaa, A Profile of Older Americans gubbaa laali <http://www.aoa.dhhs.gov/aoa/stats/profile/2001/12.html>

Yeroo garii beektonni (ogeeyin) walgayanii qormaanni isaanii nama hedduufi hiikaa maal akka qabu murtiirra dhufu. Fakkiiifi: ANTHRAX BIOLOGICAL WEAPON <http://jama.ama-assn.org/issues/v281n18/ffull/jst80027.html>

Yeroo huduu beektonni murtii san fudhatanii inomeeshina san akka nuu laafuttii bareesan. Fakki asirratti laali: (Frequently Asked Questions About Anthrax) [http://www.cdc.gov/ncidod/dbmd/diseaseinfo/anthrax\\_g.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/anthrax_g.htm)

Oduun ykn inomeeshinni beeytota fayyaatin barreeffame nu warra fudhatuu gaaridha. Gaazexoota, telefisoona fi raadiyooni waan kana waa xiquma nuu himaan. Yeroo garii telefisoona irraitti wayta argitu homa xiqqo argita. Fakkiiifi laali gara: CNN.com Health <http://www.cnn.com/HEALTH/>

**Tilamaama cinaa araffaa: Barattooni infromeeshina isaan barbaadan eennu walitti qabee akka maxaanssu mala dhayuu nidandayaan**

Weebpeejonni asii gaditti barreeffaman kun (mootummaa, uniiwersiitii, naggaadotaafi kan biroos) odeeffannoo fayyaa qabu

Mootummaa

- **Dhugaa waayee abbaa sangaa CDC irraa (facts about anthrax from CDC)**

<http://www.bt.cdc.gov/DocumentsApp/factsAbout/FactsAbout.asp>

## Univarsitii fi mana bormootaa

- Arizona sagantaa gargaarsa nama tamboo aarsu (xuuxuu) (Smokers' Help Program )

<http://www.ashline.org/>

- Mountan States Regional Genetic Services Network (naannoo jirtuu barbaadadhu. Fakkifi Washington keessa waan jirtuufi ka biyyanaa barbaadi)

<http://www.ahsc.arizona.edu/~msrgsn/msrgsnhp.htm>

## Informeeshina dhaabota bu'aafi hin dhaabatin

- Native Seeds

<http://www.nativeseeds.org/>

## Informeeshina daldalaa fi dhaadhessaa

- Eli Lilly Women's Health – Diabetes Check List

<http://www.lillywomenshealth.com/diabetis/warningsigns.html#m>

- Karaa uumamaa (nature's way)

<http://www.naturesway.ie/index.html>

Labors of love

- Marty Howard's HIV/AIDS Page

<http://www.marty-howard.com>

## Yaada abbaa fedhee (any person's opinions)

- *Mariwaana* fi karaamaa (Marijuana and Spirituality)

[http://www.marijuana-uses.com/examples/m\\_and\\_spirituality.htm](http://www.marijuana-uses.com/examples/m_and_spirituality.htm)

**Tilmaama cinaa shanaffaa: Baratoonni informeeshina irra gaarii fedhii isaani guutu filachuuf ogummaa argatu**

Mata duree: Karaa garaa garaa dhama informeeshina fayyaa cuunfanii xiinxaluu.

Informeeshina akkamitti beeytee amanta? Daandin waan sii caalu akka amanttu ka sigargaaru kunoo:

Informeeshiniin kun sii gaaridha? <http://nmlm.gov/pnr/hip/criteria.html>

Ati murteesaa dha! Informeeshinni itti irkachuu dandeettu ka “Washintigtoon State Library” madaali

[http://www.librarysmart.com/working/LSPublic/01\\_evaluate.asp](http://www.librarysmart.com/working/LSPublic/01_evaluate.asp)

Hawaasa keetif karaan gaarin informeeshina gaari akka dhugoomu godhu:

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**Tilmaama cinaa jahaffaa: Baratoonni gaafii isaanii akkataa deebisani barbaadame argamutti dhiheesu dandahu.**

Mata dureewwan: Gaafilee gurmeessuu, gaafii addaan babaasuu , humna walfakkaatatti dhimma bayuu fi filmaata biraa yaadu.

Gaafilee namoonni heddu hawaasa kee keesatti qaban yaadi:

Gaaffi irra cinaan tokko jecha hawaassa kee ibssu tayuun hin mala. Jechaa biraa ka dhimma itti bayamau yaadi: Fakkifi: dhubartti , beera, ijoollee, dargagoo

Gaafi irra cinaan biraa jecha rakkoo fayyaa ibsu tayuun ni mala: Jechaa biraa ka dhimma itti bayan yaadi:

Fakkifi: gabbataa, furdaa.

Amma jechoota san damee dameen ykn taraa taraan saaxinii “search” **MEDLINEPLUS** keesatti bareessi.  
<http://www.medlineplus.gov/>

**Tilmaama cinaa torbaffaa: Baratoonni weebayiti fayya garii garii ykn sayti hawaasa isaanni itti fayyadaman niargatu**

**Informeeshina ykn oduu fayyaa :**

**Medlineplus:** Jalqaba gaari warra gaafii fayyaa qabaniif  
<http://www.medlineplus.gov/>

**Health Finder:** informeeshini fayya mootummaa federaalatirraa fi burqaa biraa irra argaman hedduun isaani dubbisuf laafaa dha. <http://www.healthfinder.gov/>

**DIRLINE:** <http://www.dirline.nlm.nih.gov/>

**CDC:** waltajii dhukkuba ittitoowatan  
<http://www.cdc.gov>

**Intelihealth:** Harvard medical school’s commercial collaboration:  
<http://www.intelihealth.com/>

**King County Library System:** Find it on the Web-Health and Medicine  
<http://www.kcls.org/findit/medref.cfm>

**Healthlinks(U Washington): Patient Education Page**  
<http://healthlinks.washington.edu/toolkits/patient.html>

**Odeeffanno wayee hawaasa Oromoo**

**Ethnomed from Harborview Medical Center** <http://ethnomed.org/ethnomed/cultures/oromo/oromo.html>

**Refugee Health~ Immigrant Health by Charles Kemp at Baylor University**  
[http://www3.baylor.edu/~Charles\\_Kemp/ethiopian\\_refugees.htm](http://www3.baylor.edu/~Charles_Kemp/ethiopian_refugees.htm)

**Center for New Crops and Plant Products from Purdue University**  
<http://www.hort.purdue.edu/newcrop/>

## INFORMEESHINA AADATTI RARA'U

- **Information Please** which includes Columbia Encyclopedia  
<http://www.infoplease.com/>
- **Library of Congress Country Studies**  
<http://lcweb2.loc.gov/frd/cs/cshome.html>
- **National Museum of Africa Arts**  
<http://www.nmfa.si.edu/>
- **Oddaoromo.com** Information about Oromo events. Sports, guy/girl issues for youth.  
<http://www.oddaoromo.com/index.html>
- **OromoNet.com**-mailing list to connect Oromos from around the world  
<http://www.oromonet.com/>
- **Oromia Online** news and cultural information  
<http://www.oromiaonline.com/>
- **Minneapolis Oromia Youth Association**- education, news, services  
<http://www.romiayouth.com/>
- **University of Pennsylvania African Studies Center** –Oromo Fact Sheet  
[http://www.sas.upenn.edu/African\\_Studies/Articles\\_Gen/Oromo.html](http://www.sas.upenn.edu/African_Studies/Articles_Gen/Oromo.html)
- **Drug information for Parents** (Australian)  
<http://www.health.nsw.gov.au/health-public-affairs/mhcs/publications/Oromo.html>
- **Voices of the Oromo Community**- from the Cross Cultural Health Care Program (CCHCP) at Pacific Medical Center in Seattle  
<http://www.xculture.org/resource/library/download/oromo.pdf>
- **University of Georgia**- Nutritional Materials in Oromiffaa.  
<http://monarch.gsu.edu/nutrition/Oroma.htm>

### **Tilmaama cinaa saddeettaffa: Baratoonni garii informeeshina waayee fayyaa gubbaatti. niargu**

Mataa oduu: actual search strategy.

Mataa oduu (Toopikii) umanni hawaasa keetii dubbisuuf fedhii heduu qabu maali?

Weebpejii obboleesa fi obboleetin kee hin dubisan jettee yaaddu barbaadufi yaalii godhi. Kunis ka fayyaa obboleetti fi obboleessa keetii tiyssu jechuu dha..

### **Tilmaama cinaa saglaaffaa: Baratoonni informeeshina fayyaa ka argan qajeelan dhimma itti bayan.**

Mataa oduu: Informeeshina fayyaa cicittu gara garaa akkamitti walitti suphittee fedhii kee akka qunammu godhuufi. Informeeshina fayyaa murtiirra gayuuf akkamitti dhimma itti baata.

Weebaayitii gara garaa meeqa argitte?

Yaada gara garaa argitte? Ykn nami bareessu marttuu ykn hundinuu waliigalee?

Yaada garagaraa yoo argitte murtti isa amanttu irra gayuufi heera cinaa shanaffa itti dhimma bayi

Informeeshina ati argite itti dhimma bayuun obboleesa fi obboleetin kee murtii akamiirra gayan? Yoo haga ammaatti murtii hin godhin, informeeshina barbaaduu itti fufi.

**Tilmaama cinaa kurnaffaa: Baratoonni informeeshina ciccittu walitti hidhuuf dandeetti qabu.**

1. waayee fayyaa keetii yaadi.
2. waayee mataa keetii akka itti ibsиту yaadi.
3. jechaa gara garaa ka rakkoo mataa keeti ibsuu dandayu hunda yaadi
4. eenyutu yaaddoo kee haa gargaaruu feeta? yoo murnni sun websaayitti qabaatan laali.
5. informeeshina yaada fayya keeti Medlineplus if Healthfinder irra yoo ka argitu taate Laali. Waan gaari yoo argatte isa michuu (favorite) godhadhu.
6. waan argitte bira dabarte hunda kan michuu (favorite) godhatee sana keessa laali weebaytoon hajaa tokkorratti walii galaniiru taanan gaari. Yoo walii galu dhaban garuu ati kan amanuu barbaadu filadhu.
7. Murtii akkam goote waayee fayya keeti? Murtiin kee murtii gara garaa ta'uu danda'a. fakeenyaf: Ani fayyaan qaba, ykn Clinika deemutuu nara jira kan jedhu ta'uu danda'a. Yoo murtiirra gahu dadhabde, ammas informeeshina biraa yaalu dandeetta.
8. Informeeshina feetu yoo hin argatin yeeroon doktora ykn narsii gaafattu amma. ykn hospital yaami.