Tigrinya Translated Health Information

Information compiled April 2018, by Heidi Sherwood, UWM Helen Bader School of Social Welfare student for the UWM Institute for Urban Health Partnerships (IUHP) Teaching Today's Students for Tomorrow’s America (TTSTA) Project.

General Health Information

Citizenship

- Citizenship Test Questions – Tigrinya/English

Diabetes

- Exercise and Diabetes – Tigrinya/English
- Sick Days and Diabetes – Tigrinya/English

ESL

- Cue Cards – Tigrinya/English

Emergencies

- Emergency Preparedness Booklet: Guide for Refugees – Tigrinya or English

Exercise

- Move An Hour Every Day – Tigrinya or English

Mental Health

- What is Mental Distress? - Tigrinya or English

Nutrition

- Feed the Family Fruits and Vegetables – Tigrinya or English
- Put Limits on Juice – Tigrinya or English
- Vitamin D Deficiency – Tigrinya or English
Parenting

- Drug Information For Parents – Tigrinya or English
- Turn Off The Screen to Develop The Brain – Tigrinya or English

Pregnancy

- Sleep at Least 9 Hours Each Night – Tigrinya or English
- Ultrasound During Pregnancy – Tigrinya or English

Tuberculosis

- Keep Taking Your TB Medicine – Tigrinya/English
- You Have TB Infection – Tigrinya/English

Vaccine and Disease Information

- DTaP - Tigrinya or English
- Hib - Tigrinya or English
- Hepatitis A - Tigrinya or English
- Hepatitis C – Tigrinya or English
- Influenza Inactivated - Tigrinya or English
- Rubella – Tigrinya or English
- Sickle Cell Disease – Tigrinya or English
- Tdap - Tigrinya or English

Violence

- No One Has the Right to Hurt You – Tigrinya or English
- Violence in the Home - Tigrinya or English

Women's Health

- Breast Self-Awareness & Exams – Tigrinya and English
- Having a Pelvic Exam and Pap Test - Tigrinya or English
- How to Prepare for a Mammogram and Pap Test - Tigrinya or English
Funding Acknowledgement

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) Nurse Education, Practice, Quality and Retention (NEPQR) Interprofessional Collaborative Practice (IPCP) and Interprofessional Education (IPE) Cooperative Agreement under grant number, UD7HP28542, for $1,337,115. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.