

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](#)

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