



American Red Cross

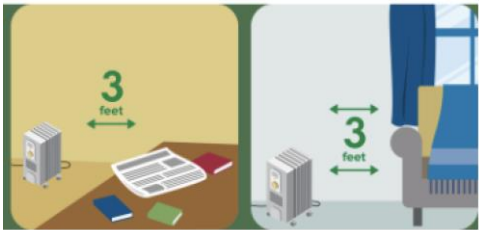


Qalabka digniinta qiiqa ayaa la xaqiijiyay inay kala bar yareeyaan khatarta dhimashada ee ka dhalata dabka guryaha. **Laanqeyrta Cas ee Mareykanka** mutadawiciinta ayaa gurigaaga imaan doona si ay u baaraan oo u rakibaan digniinaha qiiqa **si bilaash ah!** Iskaan garee amasawir koodhka ama wac 518-694-5121 si aad ballan booqasho u qabsato.

Talooyinka Badbaadada Guriga

Gargaarka Degdegga ah ee Gubashada	• Ku qabooji gubashada biyo qabow oo socda • Ha isticmaalin baraf, subag, saliid, malab, ama daawada cadayga • Qabooji ugu yaraan 5 daqiiqo • Ku dabool faashad nadiif ah ama maro nadiif ah • Wac 911 ama u hel daryeel caafimaad gubashada daran	
Ku sii jir jikada markaad karinayso	• Dab-ka wax lagu kariyo ayaa bilaaban kara marka aan cidina daawanayn. • Haddii aad ka baxdo jikada sabab kasta ha ahaatee, dami foornada • Ha karin haddii aad daalan tahay ama aad lulmoonayso.	

Badbaadada Biyaha Kulul	• Heerka kuleyliyaaga biyaha yuu ka sarreeynin 120°F (48°C) — ama haka hooseyo heerka dhexdhexaadka ah. • Samee "aag carruur gelin" ee gudaha jikada agagaarka shooladaha, foornooyinka, iyo alaabta kulul. • Cabitaannada kulul ka fogee miiska iyo geesaska miiska. • Waligaa haku dhaafin ilmo aan lala joogin barkadda qubeyska xitaa in muddo yar ah. Haddii ay tahay inaad banaanka u baxdo, qaado ilmaha. • Ha u oggolaan carruurta yaryar inay wax ka beddelaan heerkulka biyaha ama fadhiistaan meel u dhow afka tuubada. • Iska ilaali inaad wax kulul saarto miisaska ama dusha miisaska fidsan halkaas oo carruurtu ay soo ridi karaan.	
Ka fogee dharka iyo walxaha guban kara kuleylka	• Dharka gacmo-dheeraha si adag u duub. • Xir dharka dabacsan. • Ka fogee garbasaarada, madaxa daboolaha, iyo dharka dabacsan shooladda. • Tawaallada, warqadaha, bacaha cuntada, iyo balaastikada ka fogee shooladda.	
Ilaali badqabka carruurta	• Carruurta ka fogee shooladda illaa 3 tallaabo/1 mitir. • Isticmaal dab-shidayaasha dambe markaad awooddo. • Gacan-qabsiga dheriga u jeedi xagga dambe. • Cuntada kulul iyo cabitaannada ka fogee geesaha miiska. • Ha qaban ilmaha inta aad wax karinayso. • Fiilooyinka ku duuban qalabka ka fogee geesaha miiska	

Saliid mise dabka garaasiyada? HA ISTICMAALIN BIYO!	• Dami shooladda haddii ay badqab tahay. • Dabool dul mari digsig. • HA dhaqaajin digsig inta uu kulul yahay. • Daboolka ha saarnaado ilaa digsigu qaboobo. • Bax oo wac 911 haddii dabku aad u weyn yahay.	
Kuleyliyaha Aagga	• Dhulka dhig Kuleyliyaha • Ka fogee kuleyliyaha 3 tallaabo/1 mitir sariiraha, daahyada, dharka, iyo alaabta guriga. • Ku dheji kuleyliyaha derbiga. • Ha isticmaalin qaybisada ama xarig koronto. • Daar ka hor intaadan bixin ama seexan.	
Haddii aad sigaar cabto - sigaarka ku cab BANAANKA	• Isticmaal dambas qoto dheer oo xooggan. • Sigaarka gebi ahaanba dibadda u saar. • Ha ku cabin sigaarka sariirta. • Ha cabin sigaarka haddii aad hurdo dareemayso. • Ha ku cabin sigaarka meel u dhow oksijiinta caafimaadka.	
Qalabka dabka ku xir meel xiran.	• Kabriidka iyo jan-sigaarta ka fogee carruurta. • Sigaarka, qiiqa, iyo waxyaabaha sigaarka lagu cabo ka fogee carruurta. • Alaabtan dhig meel sare ama geli armaajo xiran.	
JOOGSO DHULKA IS-DHIG OO ISGEDGEDI	• Dhar miyaa gubanaya? JOOGSO. DHULKA IS-DHIG. DABOOL WAJIGAAGA. ISGEDGEDI • Is-gedgedi oo is-gedgedi ama hor iyo gadaal isu-gedgedi illaa dabku damo. • Wac 9-1-1	