

Badbaadada dabka ee guriga



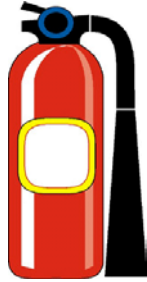
Ku rakib **alaarmiga qiiqa** dibedda meel kasta oo la seexdo iyo dabaq kasta



gurigaaga. Haddii dadka gurigaaga seexdaa ay qolka hoosta ka xidhaan, ku rakib alaarmiga qiiqa gudaha meesha la

seexdo. **Jarrib** alaarmiga qiiqa bishii mar oo **beddel** dhammaan baatariyada sannadkii mar. Alaarmigana beddel 10 sanno mar.

Guriga ku **hayso** hal dab-damis ama ka badan. Talo kala xidhiidh waaxda dab-damiska nooca si fiican u shaqeeya.



Qorshee marinka lagu baxsanayo



-Qeex ugu yaraan laba siyaalood oo aad qol kasta uga baxsan karto gurigaaga.

-Tixgeli sallaan ama jaranjaro looga soo dhaadhaco dabaqa labaad ama saddexaad ee gurigaaga.

-Xulo meel qof walba ku kulmo kadib qaxitaanka.



-Ku tababaro qorshaha baxsiga ugu yaraan laba jeer sannadkii adiga iyo xubnaha gurigaagu.

Ku baxso si badbaado leh



Haddii aad ku aragto qiiq ama dab marinka baxsiga hore, isticmaal jidka labaad. Haddii aad qiiq dhexmarayso, ka hoos dus qiiqa ilaa albaabka.



Haddii aad ka baxayso albaab xidhan, hubi albaabka kahor intaanad furin. Haddii uu kulul yahay, ka bax meesha kale.

Haddii qiiq, kulayl iyo holac xidho meeshaad ka baxayso oo aanad ka bixi karin dariishad, ku jir qolka albaabkana xidho.

Seenyaal ka bixi dariishadda oo adeegso dhar midab dhalaalaya leh. Haddii uu qolka yaal telefon, wac 911 oo u sheeg meesha aad joogto.



Markaad dibedda u baxdo, dibedda jog. Ka wac 911 guriga jiiraanka.

Xusuuso: Jarrib alaarmiga qiiqa bishii mar oo beddel baatariga ugu yaraan sannadkii mar.



Public Health
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