

Qolka Degdegta

Qolka degdegta (“ER”) waa mid aad qaali u ah oo waxa uu qaata waqti fara badan.

Kaliya aad ER-ka xaaladaha qatarta ah, sida: *

- Lafa jabka
- Qufaca ama mataga dhiiga leh
- Kabaabyo wajiga, lugta ama gacanta, ama aad dhibaato ku qabto inaad hadasho
- Gubashada qatarta ah
- Dhaawac madaxa ka soo gaaray ama dareenka oo kaa dhumay
- Qandho fara badan
- Dhaawaca dhalaanka



Qolka Degdegta

- Qolka degdegta ah waxaa loogu tallo galay oo kaliya xaaladaha qatarta iyo degdegta ah ee dhibaatooyinka caafimaadka
- Haddii aad isticmaasho qolka degdegta ah adigoon qabin xaalad qatar ah ama dhibaato caafimaad oo degdega ah, waxaa laga yaaba in lagugu soo dalaco biil caafimaad oo aad qaali u ah

Sababaha loo tago qolka degdegta ah

- **Laffa oo ku jabta**
- **Qufaca ama mataga dhiiga leh**
- **Kabaabyo wajiga, lugaha ama gacmaha**
- **Gubashada qatarta ah**
- **Dhaawac madaxa ka soo gaaray ama dareenka oo kaa dhumay**
- **Ma haysataa ilmo dhaawaca**

Xasuusnow...

Haddii ay ku hayso xaalad degdeg ah, tag qolka degdegta ama **wac 911**. *

Haddii aanay ku hayn xaalad degdeg ah, waca **qadka kalkaalisada ee 24-ka saacood** ee la shaqeeya qorshahaada ceymiska. Waxay kaa caawin karaa inaad gaarto go'aan wanaagsan oo caafimaadkaada ku saabsan.

