

Waxgarashaba Degaanka ka Carruta

Stay On Top Of It

Talooyin ku saabsan ammaanka biyaha ee qaysaska

Mar-welba ha-socdo kormeerka ay dadka waaweyn samaynaayan

- Markasta oo ay suur- tagel tahay meey ay qalabka badbaadinta naftu ay yaallaan keliya.
- Si joogto ah isha ugu hayaan marka ay carruurtoodu biyo ku dhex jiraan ama ay joogaan meel biyo u-dhow. Mar-welbana joog meel ay gacantaadu carruurta ka gaadhi karto.
- Marka ay xaflado bulsheed jiraan dadka waa- weyni kaltan ha u galaan ilaalinta carruurta. Marka aad hawlo biyo iyo daadihin dooni ama aad isha ku haysid carruur joogta meel biyo u dhow, abid ha isticmaalin khamri ama daroogooyin kale.



Gasho Jaakeetka badbaadinta nafta

Xataa haddii adiga ama ilamahaagu aad dabbaasha taqaanaan, waa in carruurta dhallinta ah iyo dadka waaweynba ay mar-welba gashadaan jaakeetka badbaadinta nafta:

- Marka aad dooni huuri ah ama tuubada shaagga aad isticmaalaysid
- Marka aad ku-dhex dabbaalanaysid biyaha furan ee sida haraha, wabiyada ama bad-weynta
- Marka ay carruurta yar yar ku ciyaarayaan biyo dhexdood ama agtood iyo meesha ay maraakiibtu ku xidhato, waxaad hubisa in jaakeetkaaga badbaadada naftu uu yahay mid ay ansixisay ilaalada xeebta eeMaraykanka

Baro Dabaasha

- Haddii aanad si-wanaagsan u dabbaalan karayn, raadso qof dabbaasha ku-bara. Baro sidii biyaha u-dul-sabayn lahayd ugu-yaraan muddo toban daqiiqo ah.
- Waxaad hubisaa in ay carruurtaadu dabbaasha baranayaan.Sanad-welba kor-u-qaad aqoontooda dabbaasha.
- Hubi casharada laga-bixiyo harta dabbaasha ama xeebta ilaalinta nafta dagaankaaga laga-bixiyo.

Garo Biyaha

- Iska-hubi in ay biyuhu ku-soo boodidda ay a ammaan u yihiin. Haddii aad shaki qabtid, ha-ku-soo boodin.
- Waxaad iska-hubisaa in ay jiraan waxyaalo ku-dhex qarsoon, mawjado iyo dhirta biyaha dhexdiisa.
- Iska-jir biyaha qabow. Biyaha qabow way ku-dili karaan xataa maalamaha xagaaga ee kulul. Haddii aad daashid meelaha biyaha qarkood ah u-soo-bax oo naso.

Baro waxaad Qaban Lahayd Xilliga Gurmada

- Baro CPR ee dadka waaweyn iyo carruurta.
- Waxaad la-timaaddaa taleefonka gacanta ame garo taleefonka kuugu-dhow.
- Wac taleefonka gurmada ee 911.

Si aad aqoon dheeraad ah ugu-yeelatid

- Xogta Ka-hortagga HalistaBbiyaha ee Children's www.seattlechildrens.org/dp/
- Khadka Xogta ee Children's (206) 987-2500 ama (866) 987-2500 lacag la'aan Washington, Alaska, Montana, Idaho
- Xannaaneeyaha Caafimaadka ee Ilmahaaga

Children's haddii lalga-dalbado waxay xogtan ku-bixinn doontaa naqshado kale. Fadlan la-soo-xidhiidh qaybta sayladaynta, taleefonka (206) 987-5205.

Waxaa qormadeen naqtiin ku-sameeyay shaqaale ka-tirsan Cusbitaalka Children's. Hase-yeeshe,baahida ilmahaagu waa gaar. Ka-hor intaanad ficil u-gudbin, fadlan la-hadal xannaaneeyaha caafimaadka ee ilmahaaga.