



Margashada

Islamarkaaba si deggan wax uga qabo

Carruurto, gaar ahaan inta u dhexeysa qiyaas ahaan hal jir iyo shan jir, shayo ayay badi afkooda geliyaan. Taasi waa wax caadi ah in ay sameeyaan marka ay dunida baarayaan. Shayada yar yar qaarkood, sida fataatiirta iyo kuusha, waxay qiyaastoodu ku habboon tahay si ay ugu joogsadaan dariiqa hawada ee ilmaha oo uu markaa ku margado. Habka ugu fiican ee taas looga ilaaliyo waxa weeyaan adigoo hubiya in ilmahaagu uusan gaari karin oo uusan soo qaadan karin shayada yar yar ee kuwaas la mid ah.

Inta ugu badan adiga, ama qof kale, ayaa arki doona marka uu ilmahaagu liqo shayga uu ku margado. Hase yeeshee, sababo kale ayaa keeni kara qufacidda. Haddii ilmahaagu uu si kadis ah qufac u bilaabo, uusan bukin uuna badi isku dayo in uu shayo yar yar afkiisa geliyo, markaa waxaa suurogal badan in uu wax ku margaday.

Haddii ilmahaagu uusan suuxin oo uu soo jeedo laakiin uusan qufacayn ama uu qufaciisu waxba tarayn, dhabarka ka garaac. Haddii garaacidida dhabarku ay margashada ka joojin weydo, oo uu ilmahaagu weli soo jeedo oo uusan suuxin, rux xabadka sabiga hal sano ka yar ama rux caloosha carruurta hal sano ka weyn. Xataa haddii uu shaygu ka soo baxo, gargaar caafimaadeed u doon.

Ilmaha suuxay ama miyir beelay ee margaday:

Haddii ilmaha margaday uu suuxay, ama suuxo, isaga saar meel adag oo isku siman.

- U yeero cid ku caawisa ama qof kale weydiiso in uu kuugu yeero. **Wac lambarka 999.**
- Waqtigaas ilmaha ha ka tagin.
- Afka ilmaha kala fur. Haddii shayga aad si cad u arkayso, oo aad si fudud u qaban karto, ka soo saar.
- U bilow dib u soo kicinta wadnaha iyo sanbabbada (cardiopulmonary resuscitation) (CPR).

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Haddii ilmahaagu uu wax ku margaday:

- Haddii aad shayga arki karto, isku day in aad ka soo saarto. Laakiin **adigoo arkayn farahaaga ha ku turturqin ama ha ku taataaban.** Waxaa laga yaabaa in aad xaaladda ka sii darto oo aad shayga ku sii riixdo.

- Haddii ilmahaagu uu si dhawaaq dheer u qufacayo, uma baahnid in aad wax samayso. Isaga ku dhiirrigeli in uu qufaca sii wado oo ha ka tagin.
- Haddii qufaca ilmahaagu uu waxba tarayn (waa mid aanan la maqlayn ama neefta si fiican uma qaadan karo), islamarkaaba u qayli qof ku caawiya oo eeg haddii uu weli soo jeedo oo uusan suuxin. **Wac lambarka 999.**
- Haddii ilmahaagu uusan suuxin oo uu soo jeedo laakiin uusan qufacayn ama uu qufaciisu waxba tarayn, dhabarka ka garaac.

Booqdaha caafimaadku (health visitor) waxuu yiri

Dhallaanka iyo socodbaradku si fudud ayay u liqi karaan, u neefsan karaan ama ugu margan karaan shayada yar yar ee sida nacnac qoriga, biibiida, looska, badhannada, bacaha xafaayadda, shayada lagu ciyaaro ee caag ah ama xarkaha.

Miyuu nabad yahay dhulka uu ilmahaagu joogo?

Ogsoonow waxa aad u baahan tahay in aad samayso marka ay xaalad degdeg ah timaaddo, is diyaari booqo www.redcrossfirstaidtraining.co.uk.