

# Biological Emergencies

A biological emergency occurs when germs are released during an accident or attack. Germs can be sprayed into the air or released in food or drinking water. These germs must be inhaled, absorbed through the skin or eaten to make people sick. Some germs can also be spread from person to person.

A biological emergency may not be noticed until health care workers find a pattern of illness. If so, local or state officials will let you know what signs to look for in reports on the television, radio and Internet.

During this type of emergency, you may not know if you were exposed to these germs, but it is important to stay calm and watch for signs. Signs depend on the type of germ but may include trouble breathing and signs of the flu. Do not assume that any illness is the result of the accident or attack. If you feel sick, call your doctor right away or go to the hospital.

## **During a Biological Emergency**

**Listen for reports on the television, radio or Internet.**

- Local or state officials will tell you what signs to look for.
- Officials will tell you whether to stay inside or leave your home and if so, where to go.

# Kedisyada Biyooloojiga

Kedis biyoolooji waxa uu dhacaa marka jeermi la sii daayo ka dib shil ama weerar. Jeermiga waxa lagu buufin karaa hawada ama lagu sii dayn karaa cuntada ama biyaha cabitaanka. Si dadku ugu jiradaan, waa in jeermigu la neefsado, uu ka gudbo maqaarka ama la cuno.

Waxa laga yaabaa kedis biyoolooji in aan la ogaan ilaa ay shaqaalaha caafimaadku ka arkaan saansaan cudur. Haddii taasi dhacdo, saraakiisha degmada ama gobolka ayaa telefshanka, raadyowga iyo internetka ka sii daynaya warbixinno lagugu ogeysiinayo calaamadaha la rabo in aad la socotid.

Inta lagu jiro kediska noocan ah, waxa laga yaabaa in aanad ogaan in ay ku soo gaadheen jeermisku, laakiin waxa muhiim ah in aad is dejisid oo aad la socotid calaamadaha. Calaamadu waxay ku xidhan yihiin nooca jeermiga laakiin waxa ka mid noqon karaa neefsashada oo dhib ah iyo calaamadaha ifilada ama fuluuga. Haw filin in xanuun kasta uu ka yimi shilka ama weerarka. Haddii aad dareentid jiro, isla markiiba wac dhakhtarkaaga ama tag cisbitaalka.

## **Inta Lagu Jiro Kedis Biyoolooji**

### **Dhageyso warbixinnada laga soo daayo telefshanka, raadyowga ama internetka.**

- Saraakiisha degmada ama gobolka ayaa kuu sheegi doona calaamadaha la rabo inaad la socotid.
- Saraakiisha ayaa kuu sheegi doona in aad gudaha joogtid ama ka tagtid gurigaaga haddii ay sidaa tahayna meesha aad tagi lahayd.

**If you see or suspect a release of an unknown substance:**

1. Leave the area right away.
2. Cover your mouth and nose with fabric to filter the air but still allow breathing.
3. Take off your clothes and put them in a plastic bag. Seal the bag tightly.
4. Take a shower or wash your skin and hair well with soap and water.
5. Put on clean clothes.
6. Seek medical care.
7. Call the police if they are not aware of the biological emergency. They will take steps to help people avoid getting sick.

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**Haddii aad aragtid ama aad tuhuntid sii-daynta walax aan la garanaynin:**

1. Isla markiiba ka tag aagga.
2. Afkaaga iyo sanku ku dabool maro si ay hawada u safeeyso ayna suurogal u noqoto in aad neefsatid.
3. Iska saar dharka oo ku rid bac ama boorso balaastig ah. Bacda ama boorsada si adag u xidh.
4. Maydho ama qubeyso ama maqaarkaaga iyo timahaaga si fiican ugu maydh biyo iyo saabuun.
5. Gasho dhar nadiif ah.
6. Raadso daryeel caafimaad.
7. Wac boliiska haddii aanay ka warqabin kediska biyoolooji. Waxay qaadi doonaan talaabooyin gargaar si dadku aanay u jiran.

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Biological Emergencies. Somali.