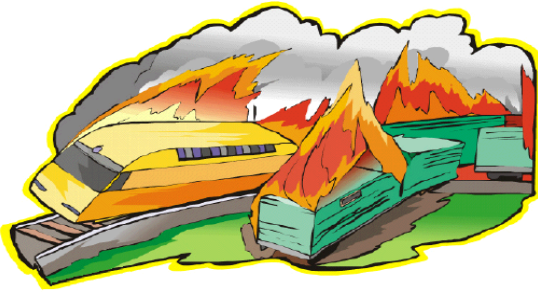


## Xaaladda degdega ee kiimikada



Xaaladaha gaara qaarkood, kiimiko iska caadi ah ayaa yeelan karta sun iyo waxyeelo caafimaad. Xaaladda degdega ah ee kiimikada ee weyn waa shil sii daaya cimilada qadar halid ah oo sun kiimiko ah. Shilal ayaa ka dhici dhulka hoostiisa, tareenada ama jidadka sare, iyo warshada wax soo saarka. Waxa laga yaaba inuu jiro dab ama qarax, ama lagaba yaabo inaad waxba arkin ama urin.



## Waxa laga yaabaa in ay kugu saamayso kiimiadu markaad



-neef ahaan u qaadato kiimiko.

-liqdo cunto, biyo ama daawo sumoobay.



-taabato kiimiko, ama kugu soo gaadho dharkaaga ama wax kale oo taabtay kiimikada.

Haddii aad dibedda joogto iyada oo qadar weyn oo wax sun leh la sii daayey, ka durug xagga dabayshu u socot oo gabood ka gal isla markiiba.



Dad badan ayaa u maleeya kiimikada keliya ee lagu isticmaalo wax soo-saarka. Laakiin kiimiko meel kasta waa taalaa – kijada, armaajada dawada, qolka dhulka hoostiisa iyo geerashka.

## Xaaladda degdega ee kiimikada ee ugu badan guryahu waa ilmo yar oo cuna daawo.



Ka ilaali dhammaan dawooyinka, alaabta qurxinta, nadiifinta iyo waxyaabaha kale ee guri oo ka dhig meel aanay ilmo gaadhin. Haddii ilmahaagu cuno ama cabo waxaan cunto ahayn, hel weelka markiiba oo u qaad xagga telefonka. Wac xarunta suntan ama 911 oo si taxadir leh u raac amarka lagu siiyo.

## Taxadirka alaabta guryaha

-Iska-jir isku dardarka kiimikada guryaha.



-Markasta akhri fariimaha kahor intaanad isticmaalin shaygaas.

-Sigaar ha cabin adiga oo faraha ku haya kiimikada guryaha.



-Nadiifi isla markiiba markay qubato kiimiko, indhaha iyo maqaarkana ka ilaasho.



-Meel quman ku tuur waxyaabaha kiimikada si aad dhawrto cimilada iyo duur ku noosha.



**Public Health**  
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