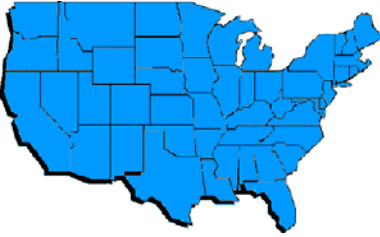


Xaaladda degdega ee gaasta dabiiciga ah



Waxaad ka gargaari kartaa kahortagga xaaladda degdega ee gaasta dabiiciga ah markaad wacdo adeega goobta kahor intaanad qodin hantidaada.



Haddii aad dibedda gaas ka uriso, ka durug jiidaas ilaa inta urtu gaastu baaba'ayso oo wac 911.

Ha ku soo noqon jiidda ilaa xukuumaddu kuu sheegto inay badbaado qabto ku soo noqodkeedu.



Haddii aad gudaha gaas ka uriso, isla markiiba dibedda u bax, albaabada fur si hawo u soo gasho sarta.

Ha adeegsan meelaha nalka laga daaro, qalbka korontada ama telefoonada (gacan iyo guriba) intaad joogto sarta wax ka jiraan.

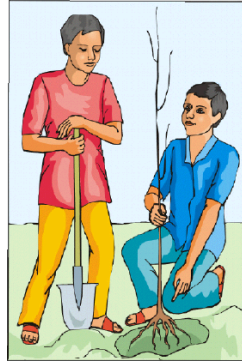


Dammi sigaarka oo ha shidin taraq



Ka durug in badaabdsan guriga oo wac 911.

Ha ku soo noqon jiidda ilaa hay'adii habboonayd ay kuu sheegayso inay nabad tahay soo noqodku.



Hubi inaad wacdo adeega goobta kahor intaanad abqaalin dhirta, dayka samaysan, ama aand wax ka qaban ama qodin daarada. Taasi waxay ka hortagi kartaa xaalad degdega ah oo guriga ka dhacda.

Text adapted from "Are You Prepared?" by the Cass (ND) and Clay (MN) Emergency Planning Partnerships. Adapted with funding provided by Fargo Cass Public Health through the Cities Readiness Initiative (CRI) and Specialized Information Services Division of the National Library of Medicine