



do **1** thing

Himilada Do 1 Thing waa inay ku dhaqaajiso ashkhaasta, qoysaska, ganacsiyada iyo bulshadu inay u diyaargarobaan halisaha oo dhan ooy noqdaan qaar masiibada u adkaaysta.

YOOLKA: U diyaargaraw in aad bixiso gargaar degdeg ah inta la sugayo ambalaaska.

Gargaarka Degdega ah

Xaaladda gurmada ahi way dhici kartaa wakhti kasta iyo meel kasta. Meelo badan oo dadwaynuhu dago waxa ay leeyihiin qalabka gargaarka degdega ah, ogsajiin, ama automated external defibrillator (AED) si dadka loogu daweyo. Madaarada, meelaha shaqada, macbadyada, dhismayaasha tukaanada waxa la dhigayaa alaabtan sidaa darteed degdeg galaan gal ugu yeelashu waxay samayn karaan faraqa u dhexeeya shil halaag ah iyo hakin ku meel gaadh ah. Alaabtani kaliya waxa ay badbaadin kartaa nafa haddii uu qofi garanaayo sida loo isticmaalo. Tallaabooyinka aad qaado daqiiqadaha hore ee ka dib dhaawaca ama shilalka kale ee caafimaad waxay badbaadin kartaa nafta qofka.

Dooro mid kamida waxyaalahan soo socda si aad u samayso bishan si aad si fiican ugu diyaargarawdo:



Baro waxa la qabto inta la sugayo imaanshaha amalaaska.

Wac 911 halkii aad ka qaadi lahayd adigu qofka dhaawacan ama xanuusan. Waxay u muuqataa sugidda ambalaasku in ay raajin doonto caawinta, laakiin shaqaalaha ambalaasku waxay bilaabi karaan bixinta daryeel isla marka ay yimaadaan goobta, oo si dhakhso ahna bukaanka waxay u gayn dhakhtar, si sharci ah, oo amaana.

1. Dul joog laynka 911 oo raac tilmaamaha xaaladda gurmada ah.
2. Isdaji oo isku day in aad dajiso bukaanka.
3. Ha dhaqaajin bukaan kaasoo ku dhaawacmay shil gaadhi ama dhicid, ama la helay isaga oo bilaa miyir ah.
4. Haddii uu bukaanku qabaw yahay buste ku dabool.
5. Ha siin qofka dhaawacan shay kasta oo uu cuno ama cabo (ilamaa ay tilmaamto diraha 911).
6. Yeelo qof raadiya ambalaaska iyo ka jawaabe haga bukaanka (gaar ahaan guri ama dhisme xafiis, ama haddii ay adag tahay in ciwaankaaga laga arko wadada).

Samayso ama iibso qalabka gargaarka degdega ah gurigaaga iyo gaadhigaaga.

Alaab samaysan oo gargaarka degdega ah ayaa laga helaa inta badan tukaanada ama qaybta deegaanka Laanqayrta Cas ee Maraykanka. Alaabtani waxay ku timaadaa xajmiyo iyo qiimayaal kala duwan. Sidoo kale waxaad ka samaysan kartaa alaab aad iska leedahay shayada aad horeba guriga ugu haysatay.

Shayada qaar ay tahay in ay ku jiraan alaabta aasaasiga ah ee gargaarka degdega ahi waa:



- | | |
|-------------------------------|---|
| • Dhajis | • Goos (kala xajmi ah) |
| • Jeermis ka reebid dhiiqo ah | • Gacmo Nadiifiye (dareere ama katire ah) |
| • Lingax (kala xajmi ah) | • Baagag Baco ah |
| • Buste | • Maqasyo iyo Qabatooyin |
| • Cad Baraf ah | • Toosh Yar iyo Beetariyo Dheeraad ah |
| • Gacan Gashiyo la Tuuri karo | • Baandheeyj Afargees ah |

Qaado tabobar gargaarka degdega ah, CPR, AED, ama dabjoogta gargaarka degdega ah.

Caawinta kuwa kale ee xaaladda gurmada ee caafimaad uma adka in la barto sida aad u malaynaso. Garashda sida loo isticmaalo baandhayjka, loo aqoonsado calaamadaha shoqa, loo sameeyo CPR ama loo isticmaalo automatic external defibrillator (AED) nafbay badbaadin kartaa.

Jawaabayaasha ugu horreeyaa ma joogi karaan goobta shan daqiiqo ama kabadan. Waxay dusha ka saran tahay shakhsiyaadka adiga oo kale ah in ay u diyaar garoobaan caawinta qof dhaawacmay. Qofka aad naftiisa badbaadiso waxa laga yaabaa in uu yahay qof aad jeceshay.

Qaybo badan Laanqayrta Cas ee Maraykanka ah ayaa imika bixisa tabobaro gargaarka degdega ah ee dabjoogta . Tabobarka waxa sidoo kale laga heli karaa bulshadaada bini aadamtinimada, kooxda kennel, ama tukaanka dabjoogta. Ka hubi dhakhtarkaaga xoolaha in uu arko qalabka gaarka ah ee aad ku darayso qalabka gargaarka degdega ah ee dabjoogtaada, ama haddii ay adeegayaan ama ugaadhasanayaan xayawaan, waxa laga yaabaa in aad u baahato in aad samayso qalab gargaarka degdega ah oo xajmi socdaal leh ee rabbaynta sida caadiga ah.

La xidhiidh waaxda damdamiska iyo qaybta Laanqayrta Cas ee Maraynkanka si ay kuu baraan xiisadaha gargaarka degdega ah ee laga helayo meeshaada. Waydii loo-shaqeeyahaaga haddii uu kafaalo qaadayo xiisad goobtaada shaqada, ama aad la qaadato xiisad qoyskaaga ama kaligaaba aad qaadato. Xiisado badan ayaa bilaa lacag ah. Koorasyo ayaa laga yaabaa in loogu deeqo meelaha aad wax ku caabudo, dugsiyada, ama ururada bulshada. Tabobarka Kooxda Jawaabta Xaaladda Gurmada ah ee Bulshada (CERT) sidoo kale waxa uu ka mid yahay tabobarka gargaarka degdega ah.

Diyaargarawgu ma aha inuu noqdo mid adag ama qaali ah. Qabashada shay hal bil, waxaad hubin kartaa in adiga iyo dadka kugu tiirsani ay noqonyaan qaar si fiican u diyaargarooma wax kastoo dhaca.

