



1. Diyaarinta

2. Qorshaha

3. Liiska

C-Hooyiga diyaarka ah

Raadso meel nabadgalyo leh meesha aad jooqto ama aad ku nooshahay.

Marka arrin deg-deg ah dhacdo, oo waxyeelo badan leh, hawadu waa qatar, waxaana loo cabsadaa ama loo baqaa in la qaxo. Si loo joojiyo qatarta hawada neef-qadashada waxaa muhiim ah inaad u sheegto iney raadsadan hoy nabadgalyo leh oo ku yaala gudaha meesha aad degantahay, ama aad jooqto. Taasi oo lagu magacaabo (Shelter-In-Place) “Hoy-Heegan ah.” Ama diyaar ah. Shantan talaabo ama qodob ayaad qaadeysaa (Shelter-In-Place) waxayna la mid yihiin guriga, shaqada, ama iskuulka.

1. Gal gudaha oo ku soo xaree dadka iyo xayawaanka sida ugu dhaqsaha badan.
2. Waa inaad xirtaa dhamaan daaqadaha (dariishadaha) iyo albaabada.
3. Waa inaad damisaa wixii koronta ah ee shaqeynaaya waxadna xirtaa dhamaan marwaxadaha iyo qaboojiyaha (air conditioners), musqusha, makiinada cunada lagu kariyo, marwaxadahooda iyo dab-damiska (dampers).
4. Waxaad gashaa qolka oo hoos kasoo xir. Xir meelkasta oo hawo ka soo galaysa adiga oo isticmaalaya sharooto iyo bac (plastic) ama shukumaano qoyan, hana galin gurig dhulkiisa hoose (basement) wuxuu leeyahay qiiqa gaaska ka imaanaya oo ka culus hawada.
5. Waxaad furtaa ama aad dartaa raadiyaha iyo talifishinka si aad u hesho wixii fahfaahin dheraad ah.

Caruurta: Iskuulo, badan ayaa waxay leeyihiin qorshe xaaladaha deg-deg ah. Waa inaad hubsataa in iskuulka caruurtaada dhigato ay sax yihiin taleefoonka lagala soo xiriiri karo waxaad kala hadasha waqi hore xaladaha deg-dega ahah iyo waqtiyada hore loo keeni doono guriga.

Taleefoonka: Waxaad ka fogaataa taleefoonka, si ay kuu soo wacaan dadka u qaabilsan arrimaha deg-dega ah.



Qalabka Hoyga-Diyaarsan

- ___ Raadiye (dib u buxin ama mid batari leh)
- ___ Saacad (dib u buxin ama mid batari leh)
- ___ Dhalo biyo ah
- ___ Toosh ama nal
- ___ Qalabka gargaarka degdega (suuf, sharooto, alkolo, maqas iwm)
- ___ Batari dheeraad ah
- ___ Cunto qafiifa
- ___ Bustayaal
- ___ Shukumano/Tuwal
- ___ Sharooto adag
- ___ Bacyo dahaar oo sida go'a

Daad-gureeyn ama qixid:

Ka qixida ama ka guurka meesha dhibaato deg deg ah ka dhacdo



Xaladaha deg-dega ah waxaad waydiisan kartaa booliiska (askariga), qolada dab damiska, ama dadka maamulka yaqaan ee ku nool guriga, iyo xafiiska dadka ka shaqeeya, ama meel shaqo. Haddii ay dhacdo xaaladahaas, waa inaad sameeyso:

1. Waa inaad tix-raacdo jihooyinka si deg-deg ah.
2. Hana isticmaalin taleefoon, haddii aynaan ahayn wax caawinaad daawo oo deg-deg ah.
3. Waa inaad haysato wax cadeynaya inaad adigu tahay ama sawirkaaga ku dhagan yahay, sida kan baabuurka/gawaarida, cadeynta gobolka ama warqada caymiska.
4. Waa inaad haysato dawooyinkaaga ama waxyaabaha kale ee aad u bahnaan doonto sida waxyaabaha muhiimka ah.
5. Waa inaad damisaa wax walba ee korontada ku shaqeeynayo isla markaasna xirtaa albaabka iyo dariishadaha (daaqadaha) intaadan bixin, hana iloobin furhaada.
6. Isku duwo dhar dheerad ah haddii aad haysato waqti.
7. Diyaari xayawaanka wixii loogu talagalay.



Decontamination:

(sun-meerid, ama tir-tirid)(jeermis dilid) Nadiifi wixii ay gaareen waxyeeladda sida adiga alaabta ee hareerahaaga ah.

Sun-meeridu macnaheedu waa ka dheeranshaha sheyga waxyeelada badan keena ama ka helaya jirka, dharka iyo wixii ka soo horjeeda. Waxaad weydisan kartaa, sameeyntooda, booliiska, dab damiska ama dadka u qaabilsan gar-gaarka deg-dega.

1. Iska bixi dharka iyo sheyada kale ee aad haysato, ku rid booro mar labaad waxaad ku sii guda rida boors kale (booro labaad). Wixii muhiimka ah waxaad ku ridaa booro xiran oo gooni ah sida, furaha iyo lacagta.
2. Ku qubeyso biyo diiran ilaa (3 ilaa 5 daqiiqo), isticmaal sabuun badan madaxaada iyo jirkaagaba, kadibna si wanaagsan biyo isago racsii (nadiifi).
3. Haddii aad xirato miraayada indhaha (contacts) si wanaagsan isaga maydh gacmahaga inta aadan taaban indhahaga si aad iyaga isaga saarto.
4. Haddii indhuhu ku hurayaan ama ku gubanayo ku dhaq biyo diiran ilaa 15-daqiiqo.
5. Haddii aad dareento jiro, raadso cawinaad dhaqtar.

Wixii fahfaahin dheerad ah waxaad la xiriiri karta:

www.publichealth.columbus.gov
www.franklincountyohio.gov/health
www.franklincountyohio.gov/ready
columbus.redcross.org
www.ready.gov

Columbus & Metropolitan Medical Response System
Business Hours M-F (614) 645-7089

Franklin County Office of Emergency Management and Homeland Security
Business Hours M-F (614) 794-0213

The American Red Cross of Greater Columbus
Business Hours M-F (614) 253-2740



Habka Waxqabadka Caafimaad ee Columbus iyo Hareerahaada waa iskaashi ka dhexeeya columbus iyo Kawntiga Farankliin (Franklin County): Hay'adaha sharciga, waaxyada dab demiska, wakiilka maamulka wada ee xaakadaha deg-deg ah, adeegyada caafimaad ee deg degga ah, hay'adaha wax qabashada xaaladaha deg degga ah, ururada caafimaadka dad weynaha, isbitaal-ada, iyo ka soo qeyb galayaasha kale ee bulshada.