Ammaanka Hurdada Cunugaada

Keli
Waxaad qolka la qeybsataa cunugaada, maya sariirta.

Gadaal
Mar kasta waxaad cunugaada u seexisaa dhabarka.

Sariirta Cunugga
Waxaad cunugaada ku meeleysaa sariir la soo ogolaaday ammaankeeda.

Marka aad seexineysid cunugaada...

Maya kobeertada ama barkimanka

Maya xoolaha boombolada

Maya bambiirada ku wareegsan sariirta cunugga

Cunugga ha ku badanin labbiska
Isticmaal waxyaabaha ku habboon hurdada, iyo ha ogolaanin in cunugga aad u kululaado

- Keli
- Gadaal
- Sariirta Cunugga

Si aad in badan uga baratid ammanka hurdada cunugaada, booqo www.safesleep.ohio.gov.

Su'aalaha, wac Nikki Jenkins, telefoonka 614-645-1762.

Waxaa maal geliyay Central Benefits Health Care Foundation.

Ohio Department of Health

THE CITY OF COLUMBUS
MICHAEL B. COLEMAN, MAYOR
COLUMBUS PUBLIC HEALTH