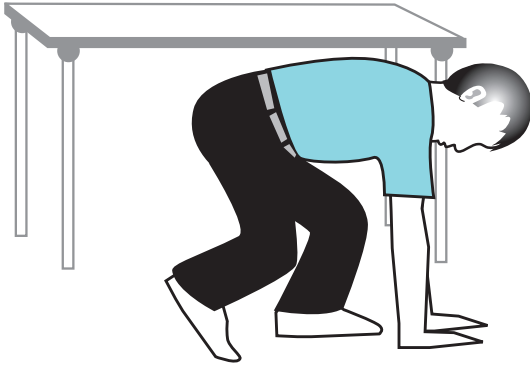


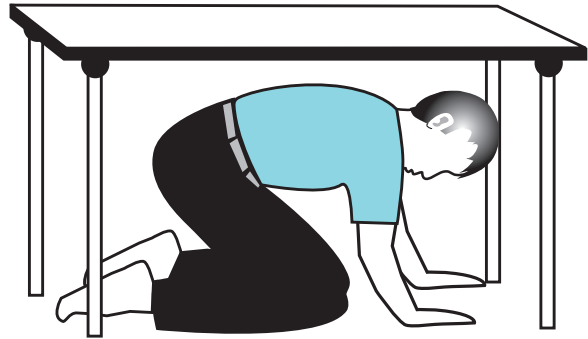
Sida Looga Badbaado Dhul-gariirka

Marka uu dhulka gariiro...

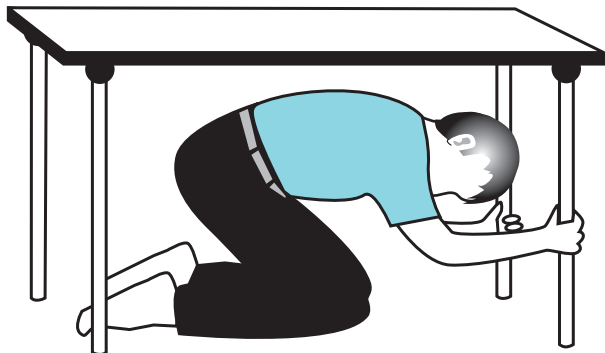
DHULKA IS-DHIG...



MEEL HOOS GAL...



MEEL QABSO...



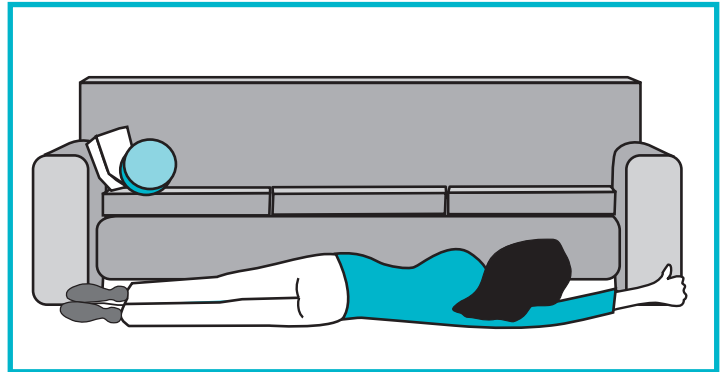
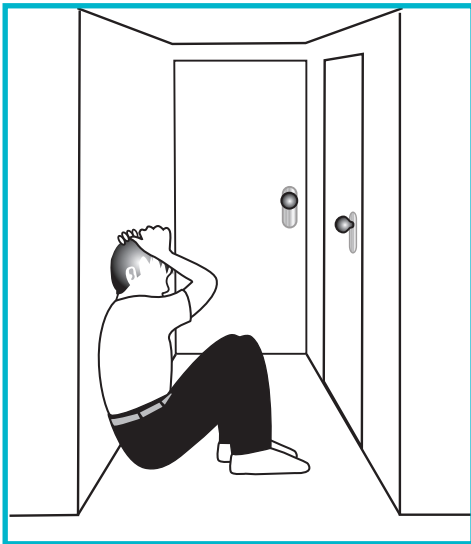
City of Seattle



Seattle Office of Emergency Management
www.seattle.gov/emergency
206-233-5076

Sida Looga Badbaado Dhul-gariirka

- ★ **Ha ordin inta uu dhulka gariirayo.**
Dhaawaca badankii wuxuu ka yimaad alaab soo dhaceysa, ee ma ay keenaan daaro dumaya.
- ★ **Dhulka is-dhig, meel hoos gal iyo qabso miis hoostiisa**
3-4 ilbiriqsi gudahood marka uu dhulka gariiro. Halkaasi joog illaa uu gariirka ka istaago.
- ★ **Haddii aad ku jirto meel aan miis lahay, meel hoose gal!**
Waxaad ku fikirtaa hoosta, dhinaca, inta u dhexeyso.
In aad miis **hoos gasho** ayaa ugu fiican. Waxaad **dhinac** fadhiisato derbi meel u dhexeeya. Waxaad **hoos gashaa** alaab culus. Waxaad **hoos gashaa** safafka kuraasta shineemada, kaniisadda ama istaadhiyumka. Waxaad **hoos gashaa** gaariga alaabta suuqa lagu rido.



- ★ **Haddii aad joogto meel bannaan...**
Fadhiiso oo waxaad gacmahaaga dul saartaa madaxa.
- ★ **Haddii aad joogto meel dibedda ah ee daar ku dhow...**
Waxaad u dhaqaaqdaa daarta xaggeeda waxaadna raadsataa meel aad ku badbaado. Dhismaha bannaankiisa kaddib waxaa loo yaqaan “meesha khatarta leh”.
- ★ **FIIRO GAAR AH: Albaabada MA AHA meel looga badbaado dhul gariirka.**
Waa ay adag tahay in albaabada la istaago inta uu gariirka socdo waxaana uu albaabka keena dhaawac maadaama uu furmaayo uuna isxiraayo inta uu gariirka socdo.