



# Caruurta Way Ooyaan

## IS DIYAARI

### WAA WAX CAADI AH IN LA TAAGEERO

Laba qof oo aan waco marka aan dareemayo culays ama caawimo u baahan:

\_\_\_\_\_ (        ) \_\_\_\_\_ - \_\_\_\_\_  
\_\_\_\_\_ (        ) \_\_\_\_\_ - \_\_\_\_\_

Haddii aad ka welwesan tahay oohinta ilmahaaga ama aad u malaynayso in qof waxyeeleyay ilmahaaga, wac rugtaada:

\_\_\_\_\_ (        ) \_\_\_\_\_ - \_\_\_\_\_



Wixii macluumaad dheeraad ah oo ku saabsan Guddiga Kahortagga booqo:  
[www.preventionboard.wi.gov](http://www.preventionboard.wi.gov). Buugyarahani wuxuu u adeegaa sidii foomka la-talinta waalidka ee loo baahan yahay ee hoos yimaada Wis. Stats. §253.15. Kala xidhiidh Dukumentiga libka & Qaybinta ee [www.preventionboard.wi.gov](http://www.preventionboard.wi.gov) si aad u dalbato koobyo dheeraad ah.



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## OOHINTU WAA ISKA CAADI

Dhallaanku way ooyi karaan:

- Maalin kasta ilaa 6 saacadood
- In ka badan maalin kasta ilaa 3 billood jir
- Galab iyo galabnimo badan
- Dhib malaha waxaad isku daydo

## CAAWINTA ILMHAAGA

- Eeg haddii ilmahaagu gaajaysan yahay ama uu u baahan yahay beddelka xafaayadda
- Si degan u qabo ilmahaaga
- Rux, soco, ama la hadal ilmahaaga
- Si tartiib ah u xoq caloosha ama madaxa ilmahaaga
- Dhegayso muusig, biyo socda, ama qaylo kale oo cad

## DEGNAANTA

- Waa wax iska caadi ah in la dareemo walwal, niyad jab, ama xanaaq
- Is xasuusi inaad tahay daryeеле wanaagsan
- Neef qoto dheer qaado
- Dhig ilmahaaga meel nabdoon oo ka bax dhawr daqiqo, si joogto ah u hubi ilmahaaga

Hubi in qof kasta oo daryeela ilmahaaga  
uu haysto macluumaadkan.



## GOORMA LA WALWEEYO

Wac 911 ama u tag qolka gargaarka degdega ah isla markaaba haddii ilmahaagu uu muujiyo calaamadahan mid ka mid ah:

- Neefsashada oo adkaata ama buluug isu beddela
- Gariir ama qalal
- Isbeddelka heerka wacyigelinta
- Nabar ku dhaca maqaarka ama cadaanka indhaha
- Dhiig ka soo baxa afka

Waligaa ha ruxin ilmahaaga

Waligaa gacmaha ha saarin ilmahaaga  
haddii aad xanaaqsan tahay

Nabarka dhallaanka marna caadi ma aha