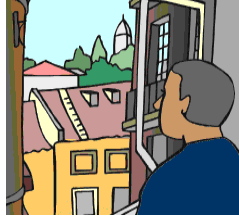
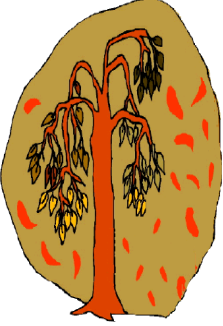


Sida Loo Aqoonsado Haddii La Isticmaalay Hubka Kiimikada ah



• Bannaanada



- Dhir/geedo dhintay
- Kiimikada qaarkeeda si dhaqso badan ayeey dhirta u dishaa, sidaa awadeed haddii aad aragtid caws badan ama ubax dhintay ka fogow meeshaasi. Waxaa suuragal ah in hubka kiimikada la isticmaalay.

• Cayayaan dhintay/cayayaan la'aan

- Waxaa suuragal ah in hubka kiimikada ay disho ama fogeysa cayayaanka. Waxaa suuragal ah in aad dhulka ku aragtid tiro badan oo cayayaan dhintay, ka fogow meeshaasi. Waxaa suuragal ah in hubka kiimikada la isticmaalay.



- Xayawaan dhintay ama dhimanaya
- Kiimikada xayawaaanka ayeey waxyeello gaarsiisaa.

Haddii koox xayawaan ah ay u eg yihiin in ay wada bukaan ama dhimanayaan isku mar, ka fogow meeshaasi. Waxaa suuragal ah in hubka kiimikada la isticmaalay.

Dhaawaca iyo Dhimashada

- Kiimikada waxaa loo adeegsan karaa dhismooyinka gudahooda iyo bannaanada. Dad badan ayaa ku wada xanuunsada ama dhinta.
- Haddii aad aragtid dad badan oo wada xanuunsan ama dhintay, ka fogow meeshaasi. Waxaa suuragal ah in hubka kiimikada la isticmaalay.



Wax Kale



Haddii uusan roob da'in oo ay halkaasi ku taal balli qoyaan leh oo ka ag dhow dad xanuunsan, dhir/geedo ama xayawaan - ka fogow

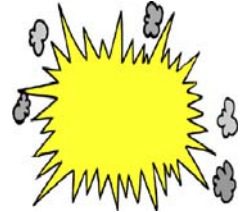
meeshaasi. Waxaa suuragal ah in hubka kiimikada la isticmaalay.

Haddii ay halkaasi jirto boor ama budo ka ag dhow dad xanuunsan, dhir/geedo ama xayawaan - ka fogow meeshaasi. Waxaa suuragal ah in hubka kiimikada la isticmaalay.



Haddii aad aragtid shaqaale buufinaaya meelo qaldan ama halkaasi uga tagayaan qalabka ay ku shaqeeyaan – ka fogow meeshaasi. Waxaa suuragal ah in hubka kiimikada la isticmaalay.

Haddii aad maqashid qarax dhawaaq badan ama shanqarta qaraxa ama aad aragtid qumbulado qarxaaya kaddibna aad aragtid balli qoyaan leh ama daruuro – ka fogow meeshaasi. Waxaa suuragal ah in hubka kiimikada la isticmaalay.



Xusuusnow: Mararka qaarkood in ay dhici karaan dhowr qumbuladood. Qumbuladaha kale waqti dambe ayeey qarxi karaan.

Si aad u heshid macluumaad dheraad ah, waxaad wacdaa qaybta caafimaadka deegaanka ama gobolka.



Text by the North Dakota Department of Health. Adapted by Healthy Roads Media (www.healthyroadsmedia.org) with funding provided by Fargo Cass Public Health through the Cities Readiness Initiative (CRI).