

Garashada Degdeg Caafimaad



Degdeg caafimaad waa marka dhibaato ama dhaawac uu jiro u baahan in isla markiiba wax laga qabto. Waxay taasi dhacdaa marka dhibaataada caafimaad ee qofku qabo ay keeni karto in qofku dhinto ama waayo xubin jidhka ah sida far, gacan, lug, ama qayb kale. Haddii qofku aanuu gargaar helin, waxa dhici karta in dhibaato aad u xumi ku dhacdo ama uu dhinto.

Kuwan soo socda ayaa tusaale u ah degdegga caafimaadka:

- Xanuun laabta ah ama cadaadis laabta ah oo wata dhidid iyo neefsashada oo kugu adag
- Miyir beelid, suuxid
- Neefsashada oo dhib ah
- Waxa suurogal ah in qofku cunay sun xun ama in qofku qaatay dawo badan
- Dhiig kaa socda oo aan joogsaneynin
- Dhaawac xun oo ka yimi dhicis ama shil
- Kufsasho (weerar galmo)
- Qof ku garaaca
- Marka qof isku dayo inuu is dilo, nafta iska qaado
- Gariir ama jareyn bilaabanta ama joogsan weyda
- Neef ama dhib neefsashada ah oo degdeg qofka u qabta oo joogsan waaya
- Kabuubyo degdeg ah ama adiga oo aan dhaqaajin karin (qalal) gacan, lug, hal dhinac oo jidhka ah
- Aragga oo aad weydid, adiga oo waxba arki waaya
- Madax-xanuun degdeg ah oo aad u xun, oo gaar ahaan wata xanuun qoorta ah ama isbeddel xagga garashada
- Isbeddel ku dhaca awoodda maskaxda, sida adiga oo aan garanaynin meesha aad joogtid ama kuwa ay yihiin saaxiibadaa, qoyskaaga, ama shaqaalaha kula shaqeeya

- Marka qof dumar ahi fooshu qabato iyadoo wakhtigii umusheeda wax badani ka hadhsan yihiin

Marka aad ay ku haysato mid ka mid ah xalaadahaas, waxa gargaar caafimaad lagaa siin karaa habka gargaarka caafimaadka ee degdegga ah. Inta badan meel kastoo aad joogtid waxa aad la xidhiidhi kartaa habka gargaarka caafimaadka ee degdegga ah marka aad wacdid 911 adigoo isticmaalayaa teleefon kasta. Is daji, u hadal tartiib iyo si cad, ka dibna dhibaataada ku haysa u sheeg shaqaalaha gargaarka degdegga ah ee ka jawaaba teleefonka.



Qofkaasoo la yidhaahdo shaqaalaha gurmada waxa uu kuu soo diri doonaa ambalaas, baabuurka dab-damiska, ama koox dad ah oo si gaar ah loogu tababaray gurmada. Isla marka dadka gurmada ahi yimaadaan waxay bilaabi doonaan inay caawiyaan qofka jiran ama qofka dhaawaca ah isla markaana waxay sii wadi doonaan gargaarka ay qofkaa siinayaan ilaa cisbitaalka laga gaadhayo.

Text- Adapted from the Health Guide For Refugees In Minnesota by the Minnesota Department of Health, Refugee Health Program

www.health.state.mn.us/divs/idepc/refugee

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