

## Is-dilka



Is-dilka waa nooca kow iyo tobanaad ee geerida sababa dalka Mareykanka.

Dadka ayaa suuragal ah in ay tixgeliyaan in ay is-dilaan marka ay rajo beelaan oo aysan arag wax xal u ah dhibaatooyinkooda.

Caadi ahaan waxay ku lug leedahay niyad-jabka daran, ku xadgudubka khamriga iyo mukhaadaraadka, ama marxalad weyn oo kadeed keenta.



Dadka khatarta badan u leh is-dilka waxaa ka mid ah ragga caddaanka ah, inkastoo dumarka iyo gabdhaha qaangaarka ah la soo sheego isku dayaan in ay is-dilaan.

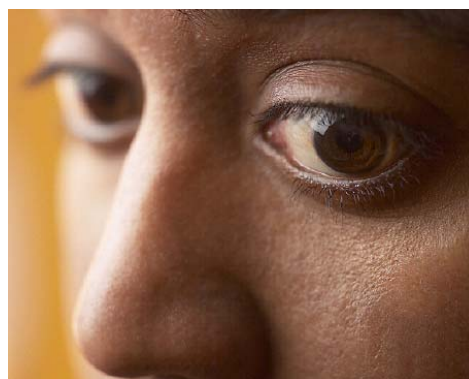
Haddii uu qof ka hadlo is-dilid, waa in aad arrintaasi mid khatar ah u qaadataa.

Waxaad ku adkeysaa in aad dhakhtarkooda caawimaad ka heshid

ama gargaarka degdegga, ama wacdaa 911.

Habka daaweynta iyo daawooyinka ayaa caawini kara dadka badankiisa ee qaba fikradaha is-dilka.

Daaweynta xanuunada maskaxda iyo ku xadgudubka mukhaadaraadka waxay hoos u dhigi karaan khatarta is-dilka.



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