

## Tabaruc loo baahan yahay

Waxa jira siyaabo badan oo aad bulshadaada wax ugu qaban karto, o okay mid tahay inaad gargaarto marka xaalad degdega hi jirto.



gargaarka degdega iyo casharada CPR, gudbinaya fariimaha xubnaha ciidamada, oo habaynaya barnaamijyada dadka waaweyn iyo dhalinta.

## CERT:



Barnaamijka 'Community Emergency Response Team (CERT)' wuxu baraa dadka halista saamayn karta jiidaada oo uu u tababaraa xirfadaha aasaasiga ah ee aafada, sida badbaadada dabka, doondoona fudud iyo badbaadinta, habaynta koox, iyo hawlaha caafimaadka ee aafada. Ka hubi dawladaada hoose haddii ay bulshadiinu ka qaybqaadato barnaamijka Community Emergency Response Team (CERT) program.

## Shaqaalaha Heeganka caafimaadka:



Waaxda caafimaadka dadweynaha ee magaalada iyo isbitaalku waxa laga yaabaa inay ka

qaybqaataan barnaamijka tabaruca ee "Medical Reserve Corps (MRC)". MRC waxay ka shaqaysaa hagaajinta caafimaadka iyo badbaadada bulshooyinka dactalada dalka oo ay habeeyaan caafimaad dadweynaha, tabaruc kale iyo caafimaad. Tabaruca MRC waxa ka mid ah xirfadyahano caafimaad iyo caafimaad dadweyne sida takhaatiir, kalkaaliyaaal, farmashiistayaal, takhaatiirta ilkaha, xoolaha iyo maqaarka.

## American Red Cross:



## American Red Cross

Tabaruca Red Cross waxay ka adeegaan baahiyaha bulshada guidaha iyaga oo ka gargaaraya dadka xaaladda degdega, bixinya badh dhiiga dalka, baraya

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