

Diyaaar

Ma



TAHAY?

Hagaha xaaladda degdega ee
degmooyinka Cass iyo Clay.

oo ay suurtagelisay Wadajirka
Qorshaha Xaaladda Degdega ee
Cass Iyo Clay

Table of contents

Llaha macluumaadka	3
Warbaahinta Bulshada	4
CodeRED, Ilaalinto iyo Digniinaha iyo Birimbiga	5
Diiwaanka Baahida Gaarka	6
Qorshe Samayso	7
Build an emergency kit	8
Xawawaanka Rabbayadda ah Musiibada	9
Hoos-gelitaanka meel	10
Qaxidda iyo xarumaha bulshada	11

Types of emergencies:

Danabka iyo roobabka waaweyn	12
Dabayl xoog badan (ufo)	13
Hanfiga kulaylaha	14
Duufaanada qabowga iyo qabowga ba'an	15
Ka Badbaadidda Dadbka	16
Mugdi (kornto la'aan)	17
Xaaladda degdega ee gaasta dabiiciga ah iyo walaaca daadka	18
Xaaladda degdega ee kiimikada	19
Public health	20

Ilaha macluumaadka

Haddii aad gargaar u baahato xaalad degdega, wac 911. Ilaha hoose waxa lagu siiyey in ay kaa gargaaraan qorshayntaada

**Cass Fargo
Emergency Management:**
Cityoffargo.com/emergencies
701-476-4068

Cass County Sheriff:
Casscountynd.gov
701-241-5800

**Clay County Emergency
Management:**
Claycountymn.gov
218-299-7357

Clay County Public Health:
Claycountymn.gov
218-299-5220

Clay County Sheriff:
Claycountynd.gov
218-299-5151

Dilworth:
Dilworthcitymn.com
Dabdamiska: 218-287-2313
Booliiska: 218-287-2666

Fargo:
Cityoffargo.com
Dabdamiska: 701-241-1540
Booliiska: 701-241-1437

Fargo Cass Public Health:
Fargocasspublichealth.com
701-241-1360

Moorhead:
Cityofmoorhead.com
Dabdamiska: 218-299-5434
Booliiska: 218-299-5120

**Moorhead Emergency
Management:**
701-299-5433

West Fargo:
Westfargo.org
Dabdamiska: 701-433-5380
Booliiska: 701-433-5500

American Red Cross:
Redcross.org/local/nd
701-364-1800

**Macluumaadka Gobolka iyo
Timaamaha:** (Minnesota iyo
North Dakota): Wac 211

“Soo wac intaanad qodin”:
Minnesota iyo North Dakota:
Wac 811

Xarunta Sunta:
1-800-222-1222



Warbaahinta Bulshada



Isticmaalka warbaahinta bulshada waxay sahashay in farriimaha degdegga ah si xawli ah lagu siidaayo, lana garsiiyo dad farabadan. Musiibada marka ay dhacdo, goobaha warbaahinta bulshada magaalada hoose/degmada ayaa ah ilaha laga helayo macluumaad lagu kalsoonyahay.

Maamulka Degdegga ah ee Cass-Fargo (Cass-Fargo Emergency Management)

Facebook: Cass County Emergency Management (Maamulka Degdegga ah ee Degmada Cass)

Magaalada Dilworth (City of Dilworth)

Facebook: City of Dilworth, Minnesota

Twitter: @cityofdilworth

Magaalada Fargo (City of Fargo)

Facebook: City of Fargo

Twitter: @cityoffargo

Magaalada Moorhead (City of Moorhead)

Facebook: City of Moorhead, Minnesota-City Government Page

Twitter: @cityofmoorhead

Magaalada West Fargo (City of West Fargo)

Facebook: City of West Fargo-Government

Twitter: @CityofWestFargo

Maamulka Degdegga ah Degmada Clay (Clay County Emergency Management)

Facebook: Clay County Sheriff's Office (Degmada Clay Xafiiskeeda Nabadsugidda)

Caafimaadka Guud ee Degmada Clay (Clay County Public Health)

Facebook: Clay-Wilkin Partnership 4Health



Nidaamka digniinta CodeRED

CodeRed (QadkaCasaanka) waa nidaam si toosa u gaarsinaya degganayaasha xagga telefoonka, qoraalka, iyo iimeylkaba.

Qaylodhaanta CodeRed waxaa loogu talagalay inay ka warbixiso xaaladaha noocyada kala duwan oo ay ku jiraan ogaysiisyada musiibooyinka dabiiciga, hanjabaadyada argagixisada, gaaska fakaday, biyaha faddarobay, sunta kiimikada daatada, qaylodhaanta caruurta baadigoobka ah iyo ogaysiisyada guud ee u bulshada u socota.

CodeRed waxaa kale ee uu leedahay fursadda astaanta digniinta cimilada ah ee ka socotaa Adeegyada Cimilada Qaranka (National Weather Service).

Si laysugu qoro nidaama CodeRed, gal rrrd.com/codered/ ama wac 701-476-4068 ee Degmada Cass (Cass County) ama 701-299-5151 ee Degmada Clay (Clay County). Macluumaadkaaga waxaa loo isticmaali doonaa oo kaliya wixii ku taxluqa ujeeddada ogaysiiska CodeRed.

Ilaalinta iyo Digniinaha

Ilaalinta duufaanku macnaheedu waa duufaan ayaa jiidaada ka suuragal ah. Marka ilaalin la soo saaro, dhagayso raadiyaha magaalada iyo telefiskanada si aad macluumaad dheeraad ah u hesho ama booqo

weather.gov. Ka foajignow xaaladaha cimilada oo iska-ilaali socdaalka aan daruuriga ahayn.

Digniinta macnaheedu waa duufaan ayaa soo socda ama jiidaadaba ka jira. Marka digniin duufaan la soo saaro, khubarada badbaadadu waxay ku taliyaan in gudaha lagu jiro, waa meesha ugu fiican ee aad naftaada ku badbaadin karto. Ha u qaadan in aanay xaalad degdeg ahi jirin haddii uu cirku saafi noqdo.

Firimbiga

Firimbiga digniinta ee dibeddu wuxu kaaga digaa **kiimiko qubatay, cimilo ba'an iyo xaalado kale oo degdega dibedda**. Markuu firimbigu dhawaaqo, gudaha gal oo shid raadiyaha ama TV-ga ooh el waxay cabsidu tahay iyo sidaa naftaada u badbaadin lahayd.

Ha u qaadan in aanay xaalad degdeg ahi jirin haddii uu cirku saafi noqdo.

Jarribaada firimbigu waxay dhacdaa Arbacada ugu horraysa bisha 1da duhurkii Fargo, Dilworth iyo Moorhead. Magaalada West Fargo waxay jarribtaa firimbigeeda maalin kasta duhurkii.

Diiwaanka Baahida Gaarka

Degmada Cass

Waaxda Xaaladaha Degdegga ah ee North Dakota (North Dakota Department of Emergency Services), oo kaashanaysa First-Link, waxa ay haysaa diiwaanka u oggaalanaya in adeegyada gurmada ay gurmadyaasha safka hore si wanaagsan ugu adeegaan shacabka ayaga oo siinaya macluumaad ay si ku filan uga qors-haystaan iyo wax ka qabanaya musiibooyinka.

Dadka deegaanka ee naafonimada qaba, waayeelka, iyo kuwa xaaladaha ba'an ee caafimaad qaba oo marka ay xaalado caadi jiraan ah kuwo isku filan, ay dhici karto in dhibaatoadaan xilliyada musiibooyinka.

Xaaladdan adag waxa kale oo ay ku taxluqdaa dadka kale ee baahiyada gaarka ah qaba. Macluumaadka shakhsiyeed dhammaanto ee diiwaanka ku jira waa mid gebihaamba la asturayo. Wixii macluumaad dheeraad ee ku saabsan adeegaan amaba diiwaanka, wac **FirstLink at 211 ama gal nd.gov/ndsnr/**

Degmada Clay

Macluumaadka ku aruursan diiwaankaan waa mid la ilaalinayo ee waafaqsan Xeerka Dhaxalka Nacfiga Caymiska Caafimaadka iyo La Xisaabtanka (Health Insurance Portability and Accountability Act–HIPAA) iyo waaxa kaliya ee loo isticmaali doonaa inta lagu jiro xaaladda degdegga ah ee Degmada Clay iyo u gurmadyaasha hore.

Dakda nugulka ah waxaa ka mid ah balse aan ku koobnayn

- Kuwa naafonimada dabciga, maskaxda, ama jirka qaba
- Kuwa dabacsan ama waayeelka ah
- Kuwa dibjirka a
- Kuwa ku hadla af ingiriis koobaan amaba ku hadlin
- Kuwa caafimaadka dabacsan ama kiimikada ku tiirsan
- Caruurta Yaryar

Dadka qaba inaysan si fiican ama si nabadgelya leh u adeegsan iyo aan isticmaali ilaha caadiga ah ee musiibada lagu bixiyo. Si laysku diiwaangaliyo, wac Caafimaadka Guud ee Degmada Clay ee laga helo **218-299-5220**



Qorshe Samayso

By preparing for emergencies, individuals, families and businesses can minimize property loss and injury and make the recovery process easier. Read this booklet to become more familiar with some of the hazards common to Cass and Clay counties. Then, develop a personalized plan that includes:

Escape routes—Draw a floor plan of your home or business and mark two escape routes from each room.

Meeting place—Select a predetermined meeting place away from your home or business; include pets in these plans.

Emergency communication—Your family or employees may not be together when disaster strikes, so plan how you will contact one another. Choose someone out-of-town who can relay information. Make sure every person has all contact names, numbers and email addresses.

Insurance and vital records—Obtain or update property, health and life insurance. Review existing policies to be sure you have sufficient coverage to meet your needs.

Xaaladaha baahiyada qaaska ah – haddii aad adiga ama qof sokeeye ku ah uu qabo naafomimada ama baahi qaas ah, dhiso shabakad deriska ah, qaraabada, saaxiibbada iyo dadka aad wada shaqaysaan ee ku soo gargaari marka ay xaalada degdegga ah jirto, kuna diiwaangalisid diiwaanka baahiyada qaaska ah (eeg bogga 6) .

Check and update annually—Perform needed maintenance on your furnace, water heater, sump pump and air conditioning system each year. Review your emergency plan to make sure your contact list and escape routes are up-to-date. Check your emergency preparedness kit to make sure items are still in good shape



Saadka Degdegga ah

Disasters can occur quickly and without warning. Assemble a kit designed to help you cope with a variety of emergencies.

Items for your kit:

- First aid kit, essential medications and a backup power source for any required medical equipment such as an oxygen tank
- Battery-powered radio, flashlight, extra batteries
- Canned food, manual can opener
- Bottled water (1 gallon of water per person per day for 3 days)
- Extra warm clothing including boots, mittens and a hat
- Red or brightly-colored cloth
- NOAA weather radio



Raadiyaha cimilada ee NOAA waxa uu dadwaynaha uga digaya cimilada ba'an ee ee dabiciiga iyo ku soo fool leh iyo kuwa baniadamka sababay ee sida fatahaadyad illaa dababka kaynta illaa kiimikada qubata. Raadiyaha cimilada ee NOAA waxaa laga soo iibsanaa karaa dukamada qalabka, dukaamaha waaweyn ee sahayda beeraha, iyo sidoo kale internetka.

Consider preparing a kit for your car, boat and RV or camper. In addition to the items listed above, **a vehicle kit should include:**

- fire extinguisher.
- booster cables and tow rope.
- compass and road maps.
- shovel.
- tire repair kit and pump.
- extra clothing to keep dry.
- road flare.
- small tool kit.
- kitty litter or sand for tire traction.
- nuts, granola bars
- toilet paper
- cell phone charger

For more information on building emergency kits, contact the American Red Cross at 701-364-1800 or go to ready.gov.

Xawawaanka Rabbayadda ah Musiibada

If you evacuate, the best way to protect your pets is to evacuate them, too. Leaving pets behind, even if you try to create a safe place for them, is likely to result in them being injured, lost or worse.



Have a safe place to take your pets

Hoyga xayaanka waxaa ayaa la diyaarin inta ay musoobooyinka socdaa. Macluumaadka goobta waxaa la qaybin doonaa ayada oo la adeegsanayo warbaahinta caadiga ah iyo kuwa maxalliga. Xayawaanka u tababaran inay caawiyaan dadka naafonimada qaba ayaa nqonaya xayawaanka kaliya ee loo ogoolaanayo hoyga Laanqayrta Cas (Red Cross).

Keep a list of “pet friendly” places, including phone numbers. Ask if “no pet” policies could be waived in an emergency at hotels, motels or a friend’s apartment.

- Ask relatives, friends or others outside the affected area if they could shelter your animals in their homes.
- Bring all pets into the house when an emergency begins so that you won’t have to search for them if you have to leave in a hurry.
- Make sure all dogs and cats are wearing collars and securely fastened, up-to-date identification.

Shimbiraha iyo mulucyada guriga waa in lagu qaado qalabka safarka ee ammaan ah. Waa in la siiyo jeexa miraha iyo qudradda oo biyo badan leh

Snakes can be transported in a pillowcase but they must be transferred to more secure housing when they reach the evacuation site. Take a water bowl large enough for soaking as well as a heating pad.

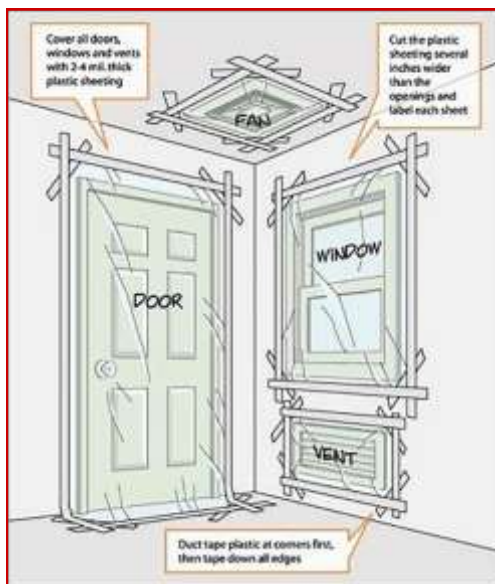
Small mammals (hamsters, gerbils, etc.) should be transported in secure carriers. Take bedding materials, food bowls and water bottles.

Hoos-gelitaanka meel

Fariimaha lagu siinayo waxa ka mid noqon karta marka wax halis lagu sii daayo hawada ‘hoos-gelida meel’.

Taxadirkan waxa looga jeedaa in lagugu badbaadiyo inaad gudaha ku jirto. (Tani lama mid aha marka la tagayo xarun dadweyne sida dugsi ama meel kale.)

Hoos-gelida meeshu waxay tahay doorashada qol guda yar oo aan lahayn ama ay ku yar tahay dariiashaduhu selecting a small interior room with no or few windows and taking refuge there. It does not mean sealing off your entire home or office building.



Waxa laga yaabaa inaad u baahato hoos-gelid meel haddii sun kiimiko, noole ama shucaaca raadiyaha lagu sii daayo cimilada. Haddii ay taasi dhacdo, dawladaha hoose ayaa ka iclaamin doona TV-yada iyo idaacadaha si ay kaaga gargaaraan inaad badbaadiso naftaada iyo qoyskaaga. Ku hayso raadiyo ama TV shaqada iyo guriga si aad si degdeg ah ula socoto digniinaha xaaladaha halista ah.

Garo sidaad u hoos-geli karto meel

- ✓ Xidh oo quful dhammaan dariiashadaha iyo albaabada dibedda.
- ✓ Haddii lagu sheegay inay jirto halis qarax, fardadaha u xidh dariiashadaha, daahyada iyo hadoodilada.
- ✓ Dammi dhammaan marawaxadaha, iyo weliba nidaamyada qaboojinta iyo kulaylinta hawada.
- ✓ Xidh marinka qiiqa meesha dabka laga kulaalo.
- ✓ Diyaarso xirmada isu-diyaarinta xaaladda degdega iyo raadiyo.
- ✓ Tag qol gudaha ah oo aan lahayn dariiashado dhulka ka sareeya. Carbiskaaga gudaha soo geli.
- ✓ Adeegso waraaqda koolada iyo xaashida blastiga 9ka culus kuwa cunada lagu duubo) si aad u dahaadho meelaha dilaacyada hareeraha albaabka iyo marinada hawada ee qolka.

Qaxidda iyo xarumaha bulshada

Saraakiisha Dawladda Hoose ayaa bixiya amarka qaxitaanka marka aafadu dhacdo. Dhagayso idaacadaha gudaha iyo warbixinada TVga marka ay xaalad degdeg ahi timaado. Haddii ay saraakiisha dawladda hoose kaa codsadaan inaad baxdo, sidaas yeel isla markiiba!

Haddii wakhti u hesho qaxitaanka, waxyaabaha soo socda sii qaado:

- Alaabta caafimaadka- dawooyinka takhtarku qoray, qalabka sonkorowga lagu fiiriyo, iwm.
- Ogiyaalaha (xoqadda) iyo ‘contact lenses’ iyo biyaha qooshka ah ee lagu sifeeyo
- Xirmada isu-diyaarinta xaaladda degdega
- Dhar iyo gogol
- Furayaasha baabuurka

Haddii aanay saraakiisha guduhu kugula talin qaxitaanka isla markiiba ah, qaad tallaabooyinkan si aad u badbaadiso gurigaaga intaanad ka tegin kahor:

- Ka dammi korontada fiyuuska weyn ama jabiyaha oo xidh dhuunta weyn ee biyaha.
- Gaasta dabiiciga ah iska dhaaf iyada oo saraakiisha guduhu kugula tyaliyaan mooyaane.
- Haddii dabayl xoog leh la filayo, dhammaan dariishada ka dabool xagga dibedda.
- Haddii biyo soo rogmada (daad) la filayo, waxaad fiirisaa adeegsiga kiishash ciid ah oo biyaha qabta.
- Qaado waraaqaha muhiimka ah –ruqasadda baabuur wadidda, karaka soosh-iyal sekeyuuritiga, caymisyada, shahadadaha dhalashada iyo gurka, saamiyada, waraaqaha dhaxalka, iwm

Xarumaha bulshada waxa laga yaabaa in la furo xaaladaha degdega qaarkood ama aafuoyinka. Warbaahinta ayaa iclaamin doonta goobahaas. Inta badan xarumuhu waxay bixiyaan keliya alaabta xaaladda degdega sida cunto, sariiro iyo bustayaal. La soco inaan carbiska (aan ahayn xayawaanka adeega) badiyaa loo ogolayn xarumaha bulshada sabab saxo awgeed.



Danabka iyo roobabka waaweyn

Haddii aad onkod maqasho, waxaad ku dhawdahay roob duuf leh oo kugu dhici karo danab (biriq). Tag gabood badbaadsan isla markiiba, oo ka dhagayso raadiyaha iyo TV-ga macluumaad iyo awaamiir. Hubi inuu shidan yahay raadiyaha cimilada ee NOAA

Markuu roobka duufaanku soo dhawaado, ka saar qalabka korontada oo dammi qa-boojiyaha (AC). Iskajir adeegsiga telefonka ama wixii koronto ku shaqeyya, qubays iyo biyo midna ha isku furin.

Haddii aad duurka joogto, gabood ku hoos gel geed gaaban. Haddii aad doo **saran tahay ama dabaalanayso,** n dhulka isla markiiba tag oo hel meel gabood ah!

Haddii aanad heli Karin meel aad ku gabato, tag dhul hooseeya, meel banana oo ka fog geedaha, biraha dhaadheer iyo wixii bir ah. Kadaloobso, oo gacmaha saar jilbaha madaxana dhex geli. Ha dul jiisan dhulka! Markuu roobka duufaanka ahi dhaafo, ka fogow meelaha uu waxyeelleyey. **Ka dhagayso raadiyaha ama TV-ga wixii macluumaad iyo awaamiir ah.**

Haddii uu qof ku dhaco danab, qofkaasi koronto ku qabasanaysa ma laha oo waa la maarayn karaa si loo badbaadiyo. Wac 911 oo sii gargaar degdega.

Xirfadaha gargaarka koobaad ee degdegga ah waxa ay noqon karaan kuwo qiimo leh, marka hadda baro. Fasallada gargaarka koobaad waxaa laga baraa:

- [Redcross.org/local/nd](https://www.redcross.org/local/nd) ama wac 800-252-6746
- [Fmambulance.com/cpr](https://www.fmambulance.com/cpr) ama wac 701-364-1750



Xusuuso: Haddii aad onkod maqasho, waxaad ku dhawdahay roob duuf leh oo kugu dhici karo danab (biriq). Raadso meel gabood ah isla markiiba

Dabayl xoog badan (ufo)

Meel tilmaanso ay xubnaha qoysku isugu yimaadaan haddii ufadu xaggiina u soo socoto. Qolalka dhulka hoostiisa ayaa fiican, haddii aanad lahayn, dooro meelaha la maro guriga dhexdiisa, musqul ama armaajo dabaqa hoose ah

Haddii aad dibedda joogto ku soo carar qolka hoose ama dhismo adag ama jiifso meel godan ama dhul hooseya.

Haddi aad baabuur ku jirto ama guryaha guura ka bax isla markiiba oo raadso meel aad ku badbaado.

Ufada kadib, iska ilaali xadhkaha dabka soo go'a'y oo ka fogow meelaha waxtyeeloobay. Ka dhagayso raadiyaha ama TV-ga wixii macluumaad iyo awaamiir ah



Xusuuso: Haddii aanad lahayn qol dhulka hoostiisa ah, musqusha dabaqa hoose ayaa ugu fiican meel laga galo ufada. Hubi inaad u sii qaadato raadiyaha cimilada meesha aad kuu gabboodka ah

Downed power lines

If you come across a downed power line, leave the area immediately and seek help by calling 911.

If you are in a vehicle when a power line falls onto it, wait inside the vehicle until help arrives. If you must leave the vehicle because of fire or life-threatening injury:

- ✓ Leap from the vehicle, landing on both feet.
- ✓ Do not hold onto the door while leaping.
- ✓ Once on the ground, hop away—do not run.



Hanfiga kulaylaha

Halista inagu wajahan wakhtiyada heer-kulku sarreeyo waxa ka mida:

Qabqabashada kulaylaha: Waxa jira muruq xanuun iyo majiir ka yimaadda cadaadiska culus. Waxa jira calaamada hore oo lagu garto inuu jidhku dhibsanayo kulaylka.

Daalka kulaylka: Tani waxay dhacdaa marka dadku ku jimicsadaan ama shaqeeyaan meel kulul oo fuuqa jidhku ku baxo dhidid badan. Dhiiga taga maqaarka ayaa kordha, oo keena inuu dhiigu ka yaraado meelaha halbwalayaasha. Taas ayaa keenta dawakhaad. Haddii aan la awayn, dhibanuhu waxa ku dhici kara jug kulaylku keeno

Daalka kulaylku wuxu keeni karaa dawakhaad keenta jug kulayl, oo xaalad nafta halis gelin karta.

Jugta kulaylka (milicda): Jugta kulaylku waa u halis nafta. Dhibanaha nidamka xakamaynta heer-kulkiisa, oo keenta dhididka si uu jidhka u qaboojiyo, ayaa joojisa shaqada. Markaas heer- kulka jidhka ayaa kor u kaca oo dhimasho keena haddii aan jidhka isla markiiba la qaaboojin.

Haddii hanfi la saadaaliyo ama dhaco...

- ✓ **Is-deji.** Iska-ilaali waxqabadka culus.
- ✓ **Gudaha ku jir** inta ugu badan ee suur agala.
- ✓ **Xidho** dhar khafiifa oo midab khafiifa leh.
- ✓ **Cab** biyo badan si joogto ah markasta.
- ✓ **Cun** cunto yar marar badan.
- ✓ **Iska-ilaali** qaadashada kiniinka milixda laeh haddii aanu takhtar kugu amrin.

Haddii aadan haysan qaboojiyaha hawada, u tag saaxibbada ama qaraabada, ama waxa aad aadda xaruumaha jaalliyadaha, masaajidyada, ama suuqyada laga dukaamaysto

Digniin! Marka uu jiro kulayl xad-dhaaf ah xayawaanka rabbayadda ah ha uga tagin dibadda ayagoon haysan meel ay harsadaan iyo biyo.

Duufaanaada qabowga iyo qabowga ba'an

Intaanu duufaanku iman, gacanta ku hayso bustayaal bada oo hubi in xubin kasta gurigiinu haysto jaakeet diiran, gacan-gelis, koofiyad diiran , iyo kabo biyaha celin kara.

Muddada duufaanka, dibedda iska ilaali. Haddii karto, xidho dhawr dhar oo khafiifa - kaas ayaa ka dugsoon jaakeetka geliya ee culus. Dabool afkaaga si aad sanbabka ugu dhawrto hawada qabow iyo wasakhda.

Iska ilaali ku socdaalka baabuur duufaanka dhexdiisa, laakiin **haddii ay dhacdo:**

- Waa inaad ku qaadato baabuurkaaga xidhmada isu-diyaarinta xaalada degdega.
- Bansiinta baabuurku ha kuu buuxdo.
- U sheeg qof meeshaad tagayso, marayso iyo wakhtiga aad ku began tahay.

Haddii aad ku go'doonto baabuur dhexdii...

- Baabuurka ag joog. Ha isku dayin inaad lugayso si aad u badbaado.
- Ku xidh anteenaha mar mid leh oo dhalaalaysa (gaar ahaan guduud) si badbaadiyayaashu kuu arkaan.
- Kici baabuurka oo shid kulaylisada 10 daqiiqa saacad kasta.
- Dariishad inyar fur (ka fog dabaysha) si hawada u soo gasho.
- Shid nalka kore markuu baabuurka shidan yahay si lagu arki karo.
- Inta aad fadhido, dhaqdhaqaaqi gacmaha iyo lugaha si dhiig u furfurmo oo u wareego oo aad u diirtid.

Haddii aad barafka gurayso duufaanka kadib, taxadir oo ha is-daalin. Hawsha culusi wakhtiga qaboobaha wadnaha ayey daalisaa.



Ka Badbaadidda Dadbka

Wildfires often begin unnoticed and spread quickly, igniting brush, trees and homes. Reduce the risk of a wildfire occurring in your area by:

- adhering to any burning bans that are in effect.
- calling 911 to report grass fires or other types of outdoor burning.
- teaching children about fire safety and keeping matches and lighters out of their reach.

Design and landscape your home with wildfire safety in mind. Select materials and plants that can help contain fire rather than fuel it. Use fire resistant or noncombustible materials on the roof and exterior structure of the building.

Plant fire resistant shrubs or trees. Create a 30 to 50-foot safety area around your home by raking up leaves and twigs. Clear all flammable vegetation. Remove branches that extend over the roof. Ask the power company to clear branches from powerlines.

Clear a 10-foot area around propane tanks and grills. Stack firewood at least 100 feet away and uphill from your home or business. Maintain an adequate outside water source. Have a garden hose long enough to reach any area on your property. Install exterior water outlets on at least two sides of the home.

Badbaadada dabka ee guriga: Ku rakib **alaarmiga qiiqa** dibedda meel kasta oo la seexo iyo dabaq kasta gurigaaga. Haddii dadka gurigaaga seexdaa ay qolka hoosta ka xidhaan, ku rakib alaarmiga qiiqa gudaha meesha la seexo.

Jarrib alaarmiga qiiqa bishii mar oo beddel dhammaan baatariyada sannadkii mar. Alaarmigana **beddel** 10 sanno mar

Gurigaaga ku hayso hal ama ka badan ee bakhtiyeyaasha dabka.

Wixii talo ah kala xariir waaxda dabdamiska maxalliga si aad uga qabaar hesho nooca ugu fiican. Bogga 3 waxa aad ka eegtaa waaxda dabdamiska lambarka telefoonkeeda.

Mugdi (kornto la'aan)

Kahor mugdiga...

- Haddii aad leedahay albaab geerash oo ku furma koronto, hel buugiisa oo baro sida gacanta loogu furi karo.
- Baabuurka haantiisa bansiinka ugu yarn us ku daa; saldhigyada bansiinka waxay ku shaayaan tamarta korontada.
- U hayso baateri dheeraad ah baabuurta laxaad la'aanta ee baatariga ku socda.

Muddada mugdigu jiro...

✓ Keliya adeegso toosh iftiinka xaaladda degdega—marnaba ha adeegsan shamac waayo waxay kordhiyaan halista dabka guryaha.

✓ Badi telefoonada bilaa xadhiga ahi ma shaqeeyaan haddii korontodu go'do, markaa hubi inaad haysato telefon caadi ah gurigaa-ga. Telefoonada gacantu waxa laga yaaba in aanay shaqyn muddada mugdiga waayo nidaamyadooda isku-xidhka ayaa tamar la'aan ku dhacaysaa laliyaha wicitaanada.

✓ Dammi qalabka korontada aad isticmaalaysay markay korontadu dantay. Hal nal shid si aad u ogaato markay korontadu soo noqoto.

✓ Ka dhawr talaajada iyo qboojiyaha inaad furto. Dawooyinka u baahan talaajadu waxy ku jiri karaan talaajada xidhan dhawr saacadood.

✓ Guriga gudhiisa ama geerashka ha ku shidin mashiinka dabka dhaliya ama ha ku xidhin nidaamka korontada guriga. Haddii aad isticmaalayso mashiinka korontada, ku xidh qalabka toos meelaha laga geliyo mashiinka.

✓ Ka dhagayso raadiyaha wararka ugu danbeeyey. Listen to a radio for the latest information.



Aad haysato raadiyo battari ku shqeeya si aad ula socotid ogaysiisyada cimilada iyo marka qadka isgaarsiinta uu hawada ka baxo.

Xaaladda degdega ee gaasta dabiiciga ah

Waxaad ka gargaari kartaa kahortagga xaaladda degdega ee gaasta dabiiciga ah markaad wacdo adeega goobta (811 North Dakota iyo Minnesota) kahor intaanad qodin hantidaada. Taasi waxay gargaari doontaa si aan loo jarin dhuumaha gaasta.

Haddii aad dibedda gaas ka uriso, ka durug jiidaas ilaa inta urtu gaastu baaba'ayso oo wac 911. Ha ku soo noqon jiidda ilaa xukuumaddu kuu sheegto inay badbaado qabto ku soo noqodkeedu.

Haddii aad gudaha gaas ka uriso, isla markiiba dibedda u bax, albaabada fur si hawo u soo gasho sarta. Ha ku soo noqon jiidda ilaa hay'adii habboonayd ay kuu sheegayso inay nabad tahay soo noqodku. Ha adeegsan meelaha nalka laga daaro, qalbka korontada ama telefoonada (gacan iyo guriba) intaad jooqto sarta wax ka jiraan. Dammi sigaarka oo ha shidin taraq Ka durug in badaabdsan guriga oo wac 911.

Hubi inaad wacdo adeega goobta kahor intaanad abqaalin dhirta, dayka samaysan, ama aand wax ka qaban ama qodin daarada. Taasi waxay ka hortagi kartaa xaalad degdega ah oo guriga ka dhacda.

Daadka iyo walaaca daadka

Hadda weeyaan qeexidda halista daadka ee jiidaadu. Haddii aanad hubin inaad ku nooshahay meel daad ka soo rogmado, la xidhiidh dawladda hoose oo soo ogow. Haddii aad taalo meel daad maro, tixgeli inaad iibsato caymiska daadka.

Marka la bixiyo **fiirinta daadka**, u rar qalbka guriga iyo wixii qiimo leh meel sare. Isu-diyaari qaxitaan suuragala.

Marka la bixiyo **digniinta daadka**, ka dhagayso raadiyaha ama TV-ga wixii macluumaad iyo awaamiir ah.

Marka la bixiyo **digniinta walaaca daadka**, u guur dhul ka sareeya webiyada, dooxyada, biyaha qul-qulaya ee rogmanay

Baabuur ha ku marin meelaha la xidhay.

Haddii baabuurku kaaga caddilmo meel biyo sare socdaan, ka tag oo feel dhul sare.



Marka ay jirti digniinta walaaca daadku baabuur ha ku marin meelaha la xidhay, ama ha isku dayin inaad maro dariiqyada biyuhu qariyeen. Yaraysiga gunta biyuhu waxay noqon kartaa qalad ba'an

Xaaladda degdega ee liimikada

Xaaladaha gaara qaarkood, kiimiko iska caadi ah ayaa yeelan karta sun iyo waxyeelo caafimaad. Xaaldda degdega ah ee kimikada ee weyn waa shil sii daaya cimilada qadar halid ah oo sun kiimiko ah. Shilal ayaa ka dhici dhulka hoostiisa, tareenada ama jidadka sare, iyo warshada wax soo saarka. Waxa laga yaaba inuu jiro dab ama qarax, ama lagaba yaabo inaad waxba arkin ama urin.



Waxa laga yaabaa in ay kugu saamayso kiimiadu markaad

- neef ahaan u qaadato kiimiko.
- liqdo cunto, biyo ama daawo sumoobay.
- taabato kiimiko, ama kugu soo gaadho dharkaaga ama wax kale oo taabtay kiimikada.

Haddii aad dibedda joogto iyada oo qadar weyn oo wax sun leh la sii daayey, ka durug xagga dabayshu u socot oo gabbood ka gal isla markiiba.

Dad badan ayaa u maleeya kiimikada keliya ee lagu isticmaalo wax soo- saarka. Laakiin kiimiko meel kasta waa taalaa – kijada, armaajada dawada, qolka dhulka hoostiisa iyo geerashka. **Xaaladda degdega ee kiimikada ee ugu badan guryuhu waaa ilmo yar oo cuna daawo.** Ka ilaali dhammaan dawooyinka, alaabta qurxinta, nadiifinta iyo waxyaabaha kale ee guri oo ka dhig meel aanay ilmo gaadhHaddii ilmahaagu cuno ama cabo waxaan cunto ahayn, hel weelka markiiba oo u qaad xagga telefonka. Wac xarunta suntan ama 911 oo si taxadir leh u raac amarka lagu siiyo.in.

Taxadirka alaabta guryaha

- Iska-jir isku dardarka kiimikada guryaha.
- Markasta akhri fariimaha kahor intaanad isticmaalin shaygaas.
- Sigaar ha cabin adiga oo faraha ku haya kiimikada guryaha.
- Nadiifi isla markiiba markay qubato kiimiko, indhaha iyo maqaarkana ka ilaasho.
- Meel quman ku tuur waxyaabaha kiimikada si aad dhawrto cimilada iyo duur ku noosha.



Public health emergencies

Public Health
Prevent. Promote. Protect.

Xaaladda degdega ee caafimaadka dadweynaha waxa ka mid xanuunada dilaaca, xaaladaha degdega ah ee nolloaha iyo kiimikada, ama aafada dabiiciga ah. Xarumaha xakamaynta xanuunada iyo Kahortagga waxay kugu dhiirigelinayaan inaad diyaarsato xidhmo xaalad degdeg si aad u isticmaasho marka aafu dhacdo.

Weerar aragagixiso maadad noole adeegsada waa sii dayn fayrus ula kaca, bakteeriya ama jeermis kale (loo yaqaan ‘akiilo’) oo loo adeegsado si ay u dhaliyaan jirro ama dhimasho dad, xoolo iyo dhir. Wakiilada noolaha waxa lagu fidin karaa hawada, biyaha ama cuntada. Argagixisadu waxay isticmaali karaan wakiilada noolaha waayo aad ayey u adag tahay sida lagu garto oo waxa laga yaaba in aanay xanuun keenin dhawr saacdood ama dhawr maalmood. Wakiilda noolaha qaarkood, sida fayruska furuqa, wuxu ku fidi kara min qof ilaa qof kale, qaarna sida ‘anthrax’, ma aha.

Fargo Cass Public Health and Clay County Public Health waxay leeyihiin qorshe ayuu ku fidiyaan dawooyin iyo tallaalo dadweynaha marka ay jiraan xaalad degdega oo caafimaad dadweyne. Meelo lagu qaybiyo ayaa la iclaamin si furan marka ay jirto xaalad degdeg ahi.



Xaaladda degdega ee caafimaadka dadweynaha, kiliniigyadu waxa laga yaa-baa inay siiyaan dadweynaha tallaalo iyo daawooyin

Qorshaynta safmarka

Jaalliyadda Iskaashiga Caafimaadka ee Degmada Clay waxa ay dhistay qorshooyin gurmada ka hortaga cudurka faafa sida safmarka hargabka ama Ebola. Kooxda waxa ay ka koobantahay wakiillo ka kala socda degmooyinka Cass iyo Clay, waxaana ka mid ah hayadaha caafimaadka guud, rugaha ballaaran ee daryeelka iyo bukaaneegtooyinka. Marka ay jiraan xaaladaha degdegga ah ee caafimaadka guud, waxaa laga in ay bukaaneegtooyinka laga dhigaa meeloo dadwaynaha lagu siiyo tallaallada iyo daawooyinka.