

## Dadka Naafada ah

Wax badan kaga ogow  
xogsidayaasha la xiriira:

- Biyaha Xaaladaha Gurmada
- Ku Xirnow

Macluumaad  
dheeraad ah, booqo  
[Take5toSurvive.com](http://Take5toSurvive.com)

### Khayraadka Dheeraad ah

Khayraadka Waddanka  
Dhulgariirka ee Dadka  
Naafada ah: <https://bit.ly/2GHKLYE>

Talooyinka Ammaanka  
Dhulgariirka ee  
Muhiimka ah ee Dadka  
Naafada Qaba: <https://bit.ly/2QDvtHc>

Fiidyowga Tabobarka  
Nafta Diyaarsanida  
Xaaladda Gurmada ee  
Dadka Naafada ah:  
<https://bit.ly/2LPTKv8>

Fiidyowga Tabobarka  
Nafta Diyaarsanida  
ASL ee Xaaladda  
Gurmada ee Dadka  
Naafada ah:  
<https://bit.ly/2KaMG91>

Ururka Ameerikaanka  
ee U Diyaarsanida  
Xaaladda Gurmada ee  
Dadka Aragga La':  
<https://bit.ly/2OAVvP>

### Qaar badan oo innaga mid ah waxay leeyihiin naafooyin, baahiyaha helitaanka, iyo shaqeed kuwaasi oo ka dhigi kara u diyaargarow masiibada aad ayey muhiim u sii yihiin

Xaaladaha gurmada waxay iman karaan innaga oon filayn. Samaynta qorshe kahor inta aadan u baahan waxay kaa caawin kartaa inaad badbaado waxayna yarayn walaaca muddada xaaladda gurmada ama masiibada lagu jiro. Haddii adiga ama ehelkaagu ay baahiyo gaarka ka qabaan maqalka, barashada, aragga ama jirka, waxa jira dhawr shay oo ay tahay inaad xisaabta ku darsato marka aad qorshaha iyo diyaargarowga kujirto.



### Abuur Shabakad Taageerid Shaqsi ah



Shabakadda taageerada qofka (mararka qaar loo yaqaan kooxda nafta-caawinta) waa koox dhawr qof ah kuwaasi oo kaa caawin kara isku diyaarinta masiibada. Waxay noqon karaan saaxiibo, qol-wadaag, qaraabo, saaxiibo, adeege shakhsiyeed, shaqo-wadaag, ama dariska.

#### Halkan waxa ah toddoba shay oo muhiim ah oo ay tahay inaad samaysaan shabakadda taageerada qofka si aad u hubiso inaad diyaarsan tihiin:

1. U sii samee qabanqaabo kahor xaaladda gurmada shabakadda taageerada si ay u hubiyaan xaaladda in yar kadib masiibada kuuna caawiyaan haddii loo baahdo.
2. Sii qof kasta qaar kamid furayaashaada muhiimka ah si ay kuugu soo geli karaan haddii aadan awoodin furista albaabka.

3. Tus halka ay kuu yaalaan saadkaaga ama sanduuqa xaaladda gurmada ah.
4. La wadaag nuqulada waraaqahaaga muhiimka ah ee xaaladda gurmada sida qorshaha qixista ama macluumaadka caymiska caafimaadka.
5. Ku heshiia oo dabbaqa qaabab aad iskula xiriirtaan xaaladda gurmada. Ha ku xisaabtamin adeegga taleefanka gacantu inuu shaqeyo.
6. U sheeg qof kasta oo shabakaddaada taageerada ah haddii aad ka baxayso magaalada, iyo goorta aad soo laaban doonto. Sidaas oo kale iyaguna ha sameeyaan.
7. Wax badan oo aad ku tabarruci kartaan ayaa jira! Midba kan kale baahiyihiisa wax ha ka barto iyo sida aad isku caawinaysaan xaaladda gurmada.

## Samee Qorshe Xaaladda Gurmada

Xaaladda ugu fiican ayaad kujirtaa inaad ogaato awoodahaaga kahor, inta lagu jiro, iyo kadib masiibada. Samee qorshe xaalad gurmada kaasi oo anfacaya awoodahaaga.

- Isticmaal qorshe tusaale ah si aad u abuurto qorshahaaga xaaladda gurmada.
- La kulan shabakaddaada taageerada qofka si aad u wadaagaan ugana hadashaan qorshahaaga xaaladda gurmada.

- La dabbaq qorshahaaga laba jeer sanadkii shabakadda taageerada qofka. Wax ka baddal qorshahaaga haddii wax isbaddalaan.
- Xisaabta ku darso wixii cunto gaar ah ee aad u baahan tahay, oo hubi inaad ku kaydsato cuntada daruuriga ah saadkaaga xaaladda gurmada.

## Waa maxay baahiyahaaga gaarka ah?



Ka feker su'aalaha soo socda oo la wadaag jawaabahaaga shabakaddaada taageerada qofka. Sharrax awoodahaaga wakhtigan la joogo iyo caawimada aad u baahan karto kahor, inta lagu jiro iyo kadib xaaladda gurmada ama masiibada. Samee qorshahaaga adigoo kusalaynaya nooca caawimada aad u baahan tahay maalmahaaga ugu xun.

### Nolol Maalmeedka

- **Daryeelka Shakhsi Ahaaneed:** Ma u baahan tahay caawimo daryeelka shakhsi ahaaneed, sida maydhashada iyo isqurxinta? Ma isticmaashaa qalab la qabsi si uu kaaga caawiyo inaad labbisato?
- **Adeegga Biyaha:** Maxaad samayn doontaa haddii biyuhu maqnaadaan dhawr maalmood iyo haddii aadan haysan qaab aad biyaha u kululayso?
- **Qalabka Daryeelka Shakhsi Ahaaneed:** Ma isticmaashaa kursiga qubayska, kursiga saxanka qubayska ama qalab kale?
- **Aaladaha Quudinta ee la Qabsi:** Ma isticmaashaa weel gaar ah oo kaa caawiya diyaarinta cuntada ama inaan cuntada cidi ku siisiin?

- **Qalabka ku Shaqeyaya Korontada:** Sidee ayaad u sii wadi doontaa inaad isticmaasho qalabka ku shaqeyaya korontada, sida kalyo-sifeeyaha ama wiishashka korontada ku shaqeyaya. Ma haysataa dab-kaydiye ammaan ah?
- **Daawada:** Ma haysataa daawo laba toddobaad kugu filan? Ma leedahay qorshe aad ku ilaaliso daawada tallaagadda u baahan qabow? Ma haysataa nuqul waraaqda daawada ah iyo lambarka taleefanka farmasi magaalada ka durugsan haddii ay dhacdo farmasigaaga caadiga inuu xiran yahay?

### Xayawaanka la Dirto iyo Xayawaanka la Rabbaysto

Ma awoodi doontaa inaad daryeesho xayawaanka aad dirato inta lagu jiro iyo kadib masiibada? Ku dar xayawaanka aad rabbaysatay qorshayaashaada shabakadda taageerada qofka.

### Barnaamijyada Kaalmada

La shaqee shabakaddaada taageerada si aad wax uga ogaato barnaamijyada kaalmada masiibada ee ay heli karaan dadka leh baahiyaha gaarka ah. Haddii aad iska diiwaangalisay inuun, la wadaag warka shabakaddaada.

## Khayraadka Macluumaadka U Diyaarsanida Xaaladda Gurmada

- **Take 5 to Survive**  
[Take5toSurvive.com](http://Take5toSurvive.com)
- **Hadda Diyaargarow! Qalabka U Diyaarsanida Xaaladda Gurmada ee Dadka Naafada ah**  
[www.ohsu.edu/xd/outreach/occyshn/upload/ReadyNowToolkit.pdf](http://www.ohsu.edu/xd/outreach/occyshn/upload/ReadyNowToolkit.pdf)
- **Samee Qorshe/Dadka Naafada ah (FEMA)**  
[www.ready.gov/individuals-access-functional-needs](http://www.ready.gov/individuals-access-functional-needs)
- **3 Tallaabo Qorshe ku Samee (Laanqayrta Cas)**  
[www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html)
- **Tusaalaha Qorshaha: Xarunta Carruurta Baahiyaha Gaarka Qaba**  
[www.cshcn.org/pdf/in-case-of-emergency-english.pdf](http://www.cshcn.org/pdf/in-case-of-emergency-english.pdf)