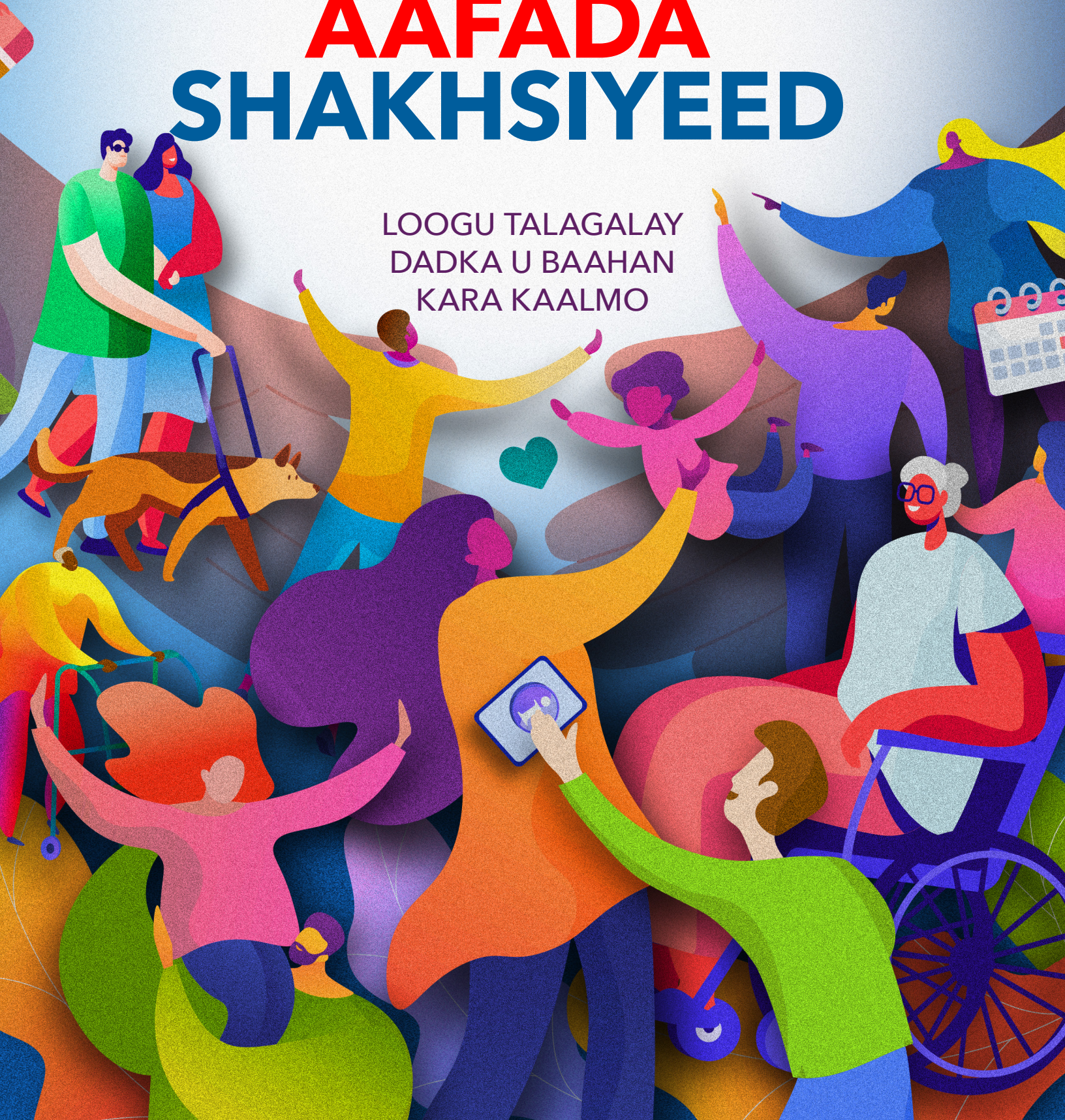


XAFIISKA ADEEGYADA DEGDEGGA AH EE
DEGMADA SAN DIEGO

QORSHAHA AAFADA SHAKHSIYEED

LOOGU TALAGALAY
DADKA U BAAHAN
KARA KAALMO



Hordhac



Hagahan wuxuu taageerayaa dadka waaweyn, dadka naafada ah, daryeelayaasha, iyo kuwa kale ee ka faa'iidi kara marka la dejinayo qorshaha afooyinka (musiibooyinka).



Xaaladaha degdegga ah waxay u dhaxeyn karaan kufid guriga dhexdiisa ah ilaa dab iyo dhul-gariir. Qof kastaba wuxuu leeyahay awoodo iyo baahiyo gaar ah inta lagu jiro xaaladda aafada, oo qof kastana wuxuu qaadi karaa tallaabooyin loogu diyaar-garoobo.



Hagahan ayaa kugu caawin doonna in aad qiimeyso baahiyadaada oo aad sameyso qorshaha xaaladda degdegga ah oo gaar ah si adiga iyo qoyskaagaba ay ugu diyaar-garoobaan si wanaagsan.



Tallaabooyin Loogu Diyaar-garoobo Xaalad kasta oo Degdeg ah

DAD KU XIRNOW

U-diyaaar-garowga oo dhan wuxuu ku saabsan yahay dad.
Dhis shabakadaada taageerada.



05

QORSHE SAMEE

Ogow meesha la aado, waxa la sameeyo,
iyo cidda ku caawin karta.
Qorshahaaga la wadaag shabakadaada taageerada.



13

SAHAY URURSO

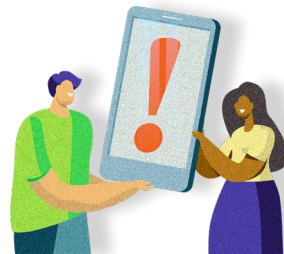
Abuur Xirmada Xaaladaha Degdegga ah (Go Kit)
oo ay ku jiraan sahay aad si fudud u sii qaadan karto.
Soo ururso Xirmada Guriga (Home Kit) oo ay ku jiraan
sahayda loogu talagalay gabbaadka.



37

XOG-OGAAL NOQO

Hel digniinno oo ogow kheyraadyada
degaankaaga ka jira.



45

Dad Ku Xirnow

Tallaabada koowaad ee u-diyaar-garowga aafada waa dhisidda shabako taageero oo ka kooban dadka ku caawin kara



U-diyaaar-garowga oo dhan wuxuu ku saabsan yahay Dad



Xiriirradeenna bulshada ayaa nagu caawiya in aan si wanaagsan wax uga qabanno caqabadaha dadka hor yaalla xilliga xaaladaha degdegga ah.

Xiriirrada bulshada ayaa sidoo kale bixiya dheefaha caafimaadka dhimirka iyo midka jir haaneed si loo sii wanaajiyo awoodda aad uga fal-celinayso afooyinka.

Ka fikir kooxaha aad horey uga tirsanayd ama aad ku biirri karto:



▶ Kooxaha iskaa-wax-u-qabso

▶ Kooxaha diinta ku dhisan

▶ Saaxiibada aad wada-shaqeysaan



▶ Kooxaha iskuulka ku dhisan

▶ Kooxaha xaafadda

▶ Kooxaha jimicsiga

▶ Kooxaha taageerada



Inta lagu guda jiro xaaladda degdegga ah ama aafada, adiga iyo xubnaha bulshadaada ayaa isu imaan kara si aad isu caawisaan.

Dhis shabakadaada Taageerada


Shabakadaada taageerada ayaa waxaa ka mid noqon kara qof kasta oo bixin kara caawimaad inta lagu guda jiro xaaladda degdegga ah.

- ▶ Kuddar ugu yaraan saddex qof oo aad ku kalsoon tahay.
- ▶ Tixgeli xubnaha qoyska, deriska, saaxiibada, saaxiibadaada shaqada, iyo dadka shakhi ahaan kuu adeegga.
- ▶ Abaabul shabakooyin loogu talagalay gurigaaga, goobtaada shaqada, goobaha iskaa-wax-u-qabsiga, iyo goob kasta oo kale ee aad ku qaadato waqti badan.
- ▶ Kuddar hal xiriir oo ku nool meel ka baxsan deggaanka.
- ▶ Xubnaha shabakada waa in ay oggaadaan awoodahaaga iyo xaddidaadaada.
- ▶ Aafooyinka waxay noqon karaan kuwo walbahaar keenna oo culeys badan leh. Kuddar dadka ku taageerada marka aad culeys ama walbahaar dareentid.





XIRIIRRADA

 Magaca/Cilaaqaadka

 Telefoonka Guriga

 Telefoonka Gacanta

 Telefoonka Kale

 Email-ka

 Magaca/Cilaaqaadka

 Telefoonka Guriga

 Telefoonka Gacanta

 Telefoonka Kale

 Email-ka

 Magaca/Cilaaqaadka

 Telefoonka Guriga

 Telefoonka Gacanta


 Telefoonka Kale

 Email-ka

XIRIIRRADA DEGAANKA KA BAXSAN

 Magaca/Cilaaqaadka

 Telefoonka Guriga

 Telefoonka Gacanta

 Telefoonka Kale

 Email-ka

 Magaca/Cilaaqaadka

 Telefoonka Guriga

 Telefoonka Gacanta

 Telefoonka Kale

 Email-ka

Qorshe la dejinta Shabakadaada Taageerada

La xiriiridda Xubnaha Shabakadaada

- ▶ Qorshahaaga aafada la wadaag shabakadaada taageerada.
- ▶ Shabakadaada weyddii in ay ku soo ogeysiyaan marka ay dhacdo xaalad degdeg ah.
- ▶ Isku waafaqa sidii aad midba midka kale ula soo xiriiri doontaan inta lagu guda jiro xaalad degdeg ah.
- ▶ Marka ay suuragal tahay, farriin qoraal ah dadka u dir intii aad waci lahayd xilliga xaaladda degdegga ah.
- ▶ Tixgeli in aad xubin aad ku kalsoon tahay oo ka tirsan shabakadaada in aad u dhiibto furayaasha gurigaaga iyo gaarigaga.
- ▶ Doorro meel xilliyada xaaladaha degdegga ah ay jiraan lagu kulmo halkaas oo aad ku midoobi kartaan.
- ▶ Tusi xubnaha shabakadaada sida loo adeegsado qalabkaaga caafimaadka iyo aalaha ku caawiya.
- ▶ Haddii aad leedahay xayawaan adeeg, hubso in uu garanayo iyo in uu aamino dadka shabakadaada ku jira.





Si aad wax badan uga oggaato barnaamijka **NET** ama si aad ula xiriirto xubnaha **NET** ee degaankaaga.



readysd@sdcounty.ca.gov



858-565-3490



- ▶ Ku biir **Kooxda Wax-ka-qabashada Xaaladaha Degdegga ah ee Bulshada (CERT)**: ReadySanDiego.org/get_involved



Ku xirnow Kooxda Qaxinta ee Xaafadaada

Kooxda **Qaxinta ee Xaafadda (NET)** waxay ku lammaanaysaa xubnaha **Kooxda Wax-ka-qabashada Xaaladaha Degdegga ah** ee tababaran shakhsiyaadka laga yaabo in ay ku adag tahay in ay guryahooda ka baxaan xilliga xaaladaha degdegga ah.

Xubnaha Qaxinta ee Xaafadda ayaa kugu caawin kara

- ▶ Diyaarinta iyo dib-u-eegista qorshahaaga Qaxidda
- ▶ Aqoonsashada xiriirada xaaladda degdegga ah
- ▶ Iska diiwaangelinta **AlertSanDiego** si aad wax uga oggaato qalabyada kale ee war-isgaarsiinta xaaladaha degdegga ah
- ▶ In ay kugu xiriiriyaan kheyraadyo kale oo kugu caawiya in aad si wanaagsan ugu diyaar-garowdo aafuoyinka

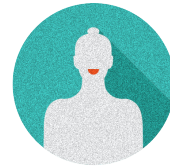


Wac 2-1-1 si laguugu xiriiriyo kheyraadyada

Adeegga telefoon sir ah, lacag la'aan ah, 24 saaca ah oo leh 200+ luuqadood iyo kayd-xogeed xog laga raadin karo oo internet-ka lagu bixiyo. Urur maxalli ah la aaminay, oo aan faa'iido u shaqeyn oo suurageliya in la helo 6000+ oo adeegyada aafada, caafimaadka, iyo bulshada ah sida:

- ▶ Gargaar Cunto
- ▶ Guryayn iyo Adeegyo
- ▶ Gargaarka iyo Ka Hortagga Aafada
- ▶ Kaalmo Sharci iyo Mid Maaliyadeed
- ▶ Gaadiidka
- ▶ Caafimaadka, Nafaqada iyo Daryeelka Aasaasiga ah
- ▶ Adeegyada Militeriga iyo Hawlgabka
- ▶ Adeegyada Isqoritaanka

Haddii uu xaddidan yahay maqalkaaga ama hadalkaaga, **Kaalayaha War-isgaarsiinta Adeegga War-baahinta ee California** oo si gaar ah ugu tababaran ayaa gudbin kara wada-sheekaysiyada telefoonka ee wacitaannadaada oo dhan. Garaac **7-1-1** ka-dibna weyddii in laguugu xiro **2-1-1** ee **(858) 300-1211**.



HADAL



TOOS U SHEEKAYSO



RAADI



ISQOR





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211sandiego



Twitter
@211sd



Instagram
211sd



Gargaar Cunto



Guryayn iyo Adeegyo



Gargaarka iyo Ka Hortagga
Aafada



Kaalmo Sharci iyo
Mid Maaliyadeed



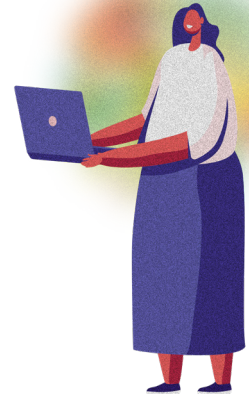
Gaadiidka



Caafimaadka, Nafaqada iyo
Daryeelka Aasaasiga ah



Adeegyada Militeriga iyo
Hawlgabka



Adeegyada Isqoritaanka

Qorshe Samee





Haddii uu gaas kuu soo uro, aad maqasho dhawaaq siislayn ah, aad ka shakido daadasho, xir qalabka laga xiro/xaddido qulqulka gaaska ugu muhiimsan, daaqadaha fur, ka-dibna goobta si degdeg ah uga bax. Ha shiddin shumac ama taraq. Keliya xir gaaska haddii aad tuhunto daadasho, sababta oo ah shirkadda gaaska oo keliya ayaa adeegga soo celin karta.

Gurigaaga

Qorshaha xaaladda degdegga ah wuxuu ka bilowdaa gurigaaga

- ▶ Ku rakid qalabka sheegga qiiqa iyo kaarboon hal ogsaydh heer kasta ee gurigaaga ah oo si joogto ahna u tijaabi. Haddii aad tahay dhegooli ama maqalka la'dahay, ku rakid hannaan leh nalal biligleeya ama gariir leh. Wac **2-1-1** haddii aad u baahan tahay caawimaadda in lagu rakibo qalabka ka diga qiiqa.
- ▶ Ogow halka ay ku yallaan qalabyada xaddida qulqulka biyaha, korontada iyo gaaska iyo sida loo jaro ama xiro xilliga ay xaalad degdeg ah jirto.

Meel ku qoro halka ay ku yaallaan adeegyada korontada, biyaha iyo gaaska

Qalabka laga xiro/xaddido qulqulka gaaska: *

Qalabka laga xiro/xaddido qulqulka biyaha:

Damiyaha ama jabiyaaha wareegga korontada:

Qalabka Koronta La'aanta Fura Albaabka Garaashka:

Caynsanaan Caymis

- ▶ La hadal shirkadaada caymiska si aad u habsato in aad leedahay caynsanaan caymis kugu filan. Caymiska kireystayaasha ama milkiilayaasha guriga ee caadiga ah waxaa laga yaabaa in uusan bixin ka caynsanaanta buuxda ee dhammaan khataraha sida daadka, dab-duur, ama dhul-gariirka.
- ▶ Diyaarso liis ay ku qoran yihiin alaabooyinkaada si aad u sheegato oo lacagahooda laguugu soo celiyo lacala haddii ay lumaan ama waxyeello ay soo gaarto.

Qorshaha Qaxidda

► **Ogow waddooyinka aad ku qaxayso ama ku baxayso.**

Ogow goobaha ay ku yaallaan dhammaan meelaha laga baxo, oo ay ku jiraan albaabyada iyo daaqadaha qol kasta.

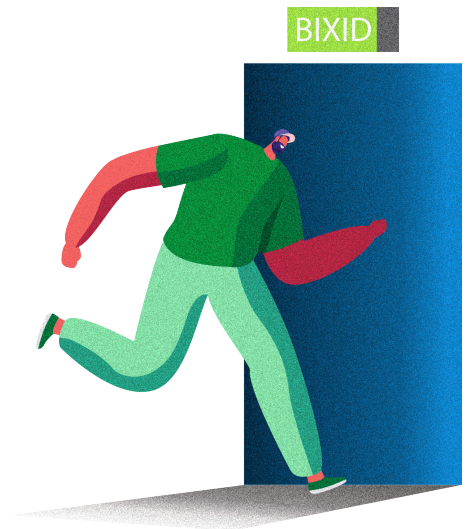
► **Waqti hore qax ama bax** Haddii aad qabto walaacyo caafimaad ama socod, ama xayawaanno rabaayad ah ama xayawaanno adeeg, diyaar u ahaw in aad baxdo marka Digniinta Qaxidda la soosaaro beddelkii aad sugi lahayd Amarka Qaxidda waajibka ah.

► **Qorshee baahiyada gaarka ah.** Tixgeli awoodda adiga iyo qoyskaaga aad u leedihiin in aad meesha ka baxdaan, adeegsataa jaran-jarooyin, iyo in aad heshaan gaadiid. Qabanqaabi caawimo aad ka helayso shabakadaada taageerada ama wac **2-1-1** si aad u hesho caawimo ka hor xaaladda degdegga ah.

► **Goobaha lagu kulmo.** Ogow halka aad kula kulmi doonto saaxiibadaada iyo qoyskaaga ka-dib xaaladda degdegga ah. Dooro laba meelood oo aad ku kulantaan, hal meel oo gurigaaga hortiisa ah iyo meel kale oo aad ku kulantaan kana baxsan xaafadaada.

Meel lagu kulmo oo guriga u dhow:

Meel lagu kulmo oo xaafadaada ka baxsan:

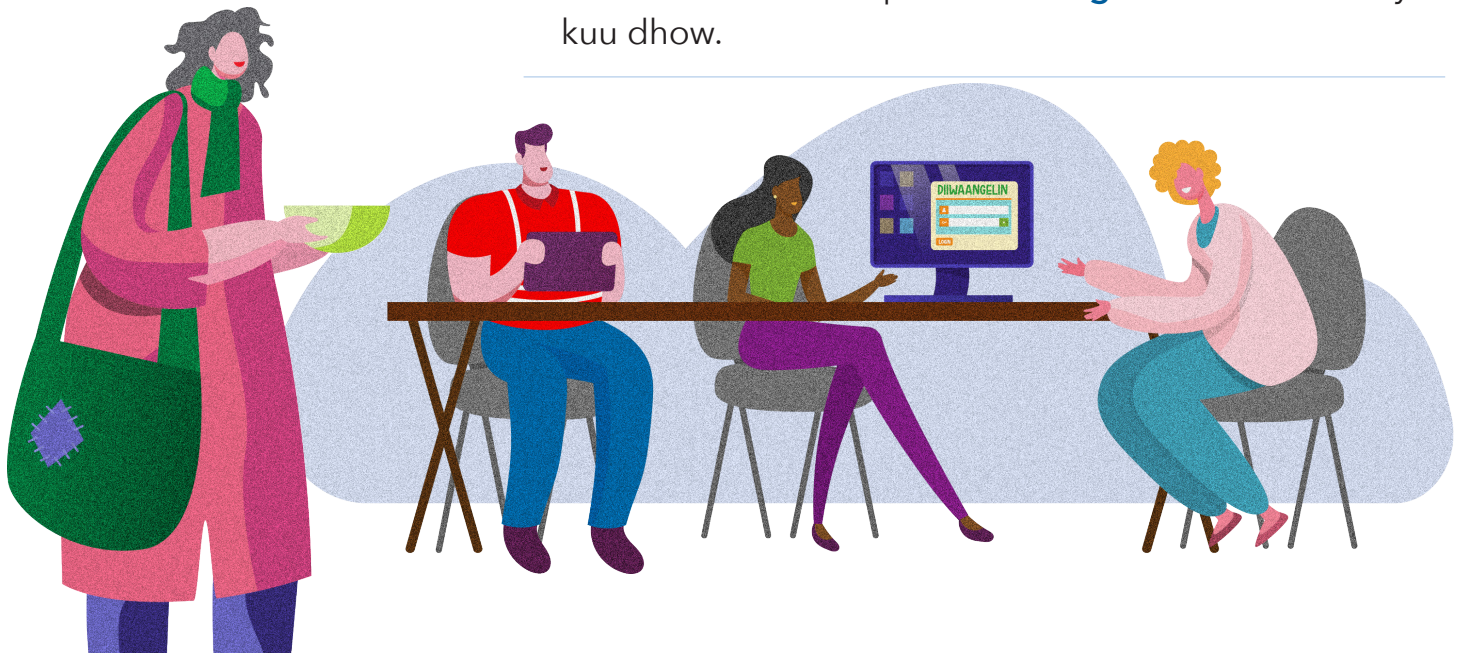


Hoyga Xaaladaha Degdegga ah



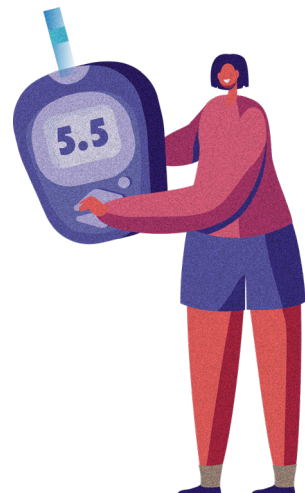
Haddii xaalad degdeg ah ay kaaga baahato in aad baxdo, tixgeli in aad hotel aaddo, guriga saaxiib ama qaraabo, ama hoy. Hoyga xaaladaha degdegga ah ayaa waxaa laga sameyn karaa iskuullada, dhismayaasha bulshada, iyo goobaha lagu cibaadaysto.

- ▶ Hoyga waxaa lagu bixiyaa cunto, biyo, iyo sahayda aasaasiga ah.
- ▶ Horey u soo qaado agabka aad u baahan yahay, oo ay ka mid yihiin qalab caafimaad.
- ▶ Hoyga wuxuu noqon doonna mid la gaari karo wuxuunna dabooli karaa baahiyada dadka awoodaha iyo kartiyada kala duwan leh. Xayawaannada adeegga ayaa la oggol yahay.
- ▶ Hoyga ayaa raaca talooyinka bedqabka ee caafimaad guud, sida kala-fogaanshaha bulshada inta uu jiro cudurka safmarka ah ee COVID-19.
- ▶ Wac **2-1-1** ama booqo **AlertSD.org** si aad u hesho hoy kuu dhow.

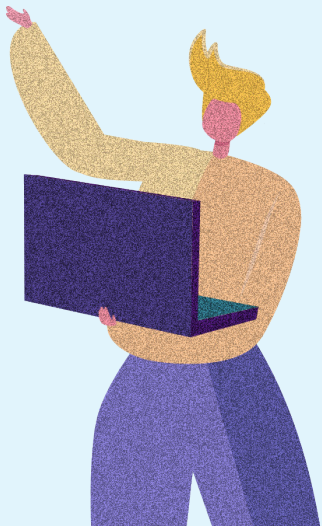


Qorsheynta qorshaha Qalabkaaga Caafimaadka

- ▶ Ku lifaaq kaararka tilmaamaha ku saabsan sida loo adeegsado iyo in sida loo qaado agab kasta lacala hadday dhacdo qaxid.
- ▶ Sheeg sahayda muhiimka ah (sida kateetarada, sahayda caloosha dooxan, iwm.) ee ay tahay in la qaado.
- ▶ Haddii aad ku tiirsan tahay qalab caafimaad oo elektaroonig ah, weyddii shirkadaada sahayda caafimaadka in la heli karo ila koronto taakulayn ah, waxaadna shirkadaada adeegga weyddiisaa barnaamijyada aad xaq u yeellan karto.
- ▶ Haddii aad ku tiirsan tahay sifeynta dhiigga ama daaweyn kale oo nolosha lagu joogteeyo, ogow halka ay ku yaallaan in ka badan hal xarun daaweyn.



- ▶ Si aad u codsato xirmada **Vial of LIFE** oo bilaash ah, fadlan wac: **1-800-339-4661**
- ▶ Buuxi foomka macluumaadka caafimaadka ee ku jira boggaga soo socda ama haddii aad rabto nuqul far waaweyn ah ama luuqado kale booqo readysandiego.org/make-a-plan/
- ▶ Nuqullo ka samee ka-dibna gasho boorsadaada jeebka ama gacanta. Nuqul la wadaag xubnaha shabakadaada taageerada.



Quraaradda Nolosha (Vial of Life)

Barnaamijka **Vial of LIFE** ayaa badbaadiyay naf aan tiro lahayn isaga oo siinaya kuwa wax ka qabta xaaladaha degdegga ah macluumaad caafimaad oo naf badbaadiya. Dhigo boqshadda barnaamijka **Vial of LIFE** qaboojiyahaaga korkiisa.

Xirmo **Vial of LIFE** ah kasta waxaa ku jira:

- ▶ **Foomka macluumaadka caafimaadka.** Ku qor xaaladahaaga caafimaad, daawooyinka, xiriirrada xaaladaha degdegga ah, caymiska, iyo cusbitaalka dookhaaga ah.
- ▶ **Boqshad bac ah oo bir-lab leh.** Ku rid foomka caafimaadka ee la buuxiyay boqshadda ka-dibna ku kaydi bannaanka qaboojiyahaaga. Kuddar nuqulkaaga awoodda qareenka ee daryeelka caafimaadka iyo dardaaranka daryeelka caafimaad.
- ▶ **Waraqaha yaryar ee Vial of LIFE.** Dhig ama ku dheji tiir-geeseedka alaabka ee albaabka afaafka hore ee gurigaaga ama daaqadda afaafka hore ku taalla. Tani waxay ku wargelinaysaa kuwa wax-ka-qabta xaaladaha degdegga ah in aad buuxisay foomka **Vial of LIFE**.

QURAAARADDA NOLOSHA (VIAL OF LIFE)



Macluumaad iyo Caawimaad

1-800-339-4661

La cusbooneysiiday

____ / ____ / ____

Magaca _____
(Name)

Indhoole
(Blind)

Dhagoole
(Deaf)

Cudurka Dhimir Beelidda ama La Xariirra Waallida
(Alzheimer's Disease or Related Dementia)

Cinwaanka _____ Magaalada _____ Sumadda Degaanka _____
(Address) (City) (Zip code)

Lambarka Telefoonka _____ Lab Dheddig Taariikhda Dhalashada _____
(Phone #) (Male) (Female) (Date of Birth)

Lambarka Dammaanada Bulshada (afarta lambar ee ugu dambeysa) _____
(Social Security Number (last four digits))

Lambarka Medicare (afarta lambar ee ugu dambeysa) _____
(Medicare Number (last four digits))

Caymis Kale _____ Lambarka Siyaasadda _____
(Other Insurance) (Policy Number)

Ma leedahay Dardaranka Horumarsan ee Daryeelka Caafimaadka? _____ Haa Maya
(Do you have an Advance Health Care Directive?) (Yes) (No)

Haddii ay haa tahay, goobta _____ Wakiilka _____ Lambarka Telefoonka _____
(If yes, location) (Agent) (Phone)

Ma leedahay "Amarka Ha I Soo-Naaxinin" _____ Haa Maya
(Do you have a "Do Not Resuscitate Order?") (Yes) (No)

Ka diiwaangashan Booliska "Guriga I Gey"? _____ Haa Maya
(Registered with Sheriff's "Take Me Home?") (Yes) (No)

Xiriirrada Xaaladda Degdegga ah (EMERGENCY CONTACTS)

Magaca _____ Cilaaqaadka _____ Lambarka Telefoonka iyo E-mail-ka _____
(Name) (Relationship) (Phone #, E-mail)

Magaca _____ Cilaaqaadka _____ Lambarka Telefoonka iyo E-mail-ka _____
(Name) (Relationship) (Phone #, E-mail)

Daryeelaha _____ Lambarka Telefoonka iyo E-mail-ka _____
(Caregiver) (Phone #)

Wadaad Diineed _____ Lambarka Telefoonka iyo E-mail-ka _____
(Clergy) (Phone #)

Macluumaadka Xayawaanka Rabbaayadda ah Magaca iyo Nooca _____
(PET'S INFORMATION) (Name & Type)

Dhakhtarka Xoolaha _____ Lambarka Telefoonka _____
(Veterinarian) (Phone #)

Macluumaad Caafimaad (MEDICAL INFORMATION)

Dhakhtarka Aasaasiga ah _____ Lambarka Telefoonka _____
(Primary Doctor) (Phone #)

Dhakhtarka Labaad _____ Lambarka Telefoonka _____
(Secondary Doctor) (Phone #)

Cusbitaalka _____ Lambarka Telefoonka _____
(Hospital) (Phone #)

Dhererka _____ Culayska _____ Lambarka Telefoonka _____
(Height) (Weight) (Blood Type)

Caddaadiska Dhiigga ee Caadiga ah _____
(Normal Blood Pressure)

Xasaasiyadaha daawooyinka ama cuntooyinka _____
(Allergies to drugs or foods)

Fadlan qor liiska xaalado caafimaad kasta ee ku habboon (tusaale ahaan: cudurrada wadnaha, sonkorowga, dhiig-kar, faaliga) _____
(Please list any medical conditions that apply, for example: cardiac, diabetes, hypertension, stroke)

Qalliinno (nooca iyo taariikhda)
(Surgeries (type and date))

Miyaad?

(Do you?)

Xirataa ilkaha la gashado? Haa Maya
(Wear dentures?) (Yes) (No)

Xirataa xuub-arageed? Haa Maya
(Wear contacts?) (Yes) (No)

Xirataa kaabayaasha maqalka? Haa Maya
(Wear hearing aids?) (Yes) (No)

Xirataa muraayado ama ookiyaalo? Haa Maya
(Wear glasses?) (Yes) (No)

Adeegsataa Oksijiin? Haa Maya
(Use Oxygen?) (Yes) (No)

Adeegsataa gaariga naafada? Haa Maya
(Wheelchair?) (Yes) (No)

Macluumaadka Kale Xaaladaha Degdega ah ee Muhiimaka ah

(Other Important Emergency Information)

Tallaalo

(Immunizations)

Halkeed dhigataa daawooyinkaaga?

(Where do you keep your medications?)

Daawooyin (MEDICATIONS)

(Daawooyinka lagu qoro, Daawooyinka Farmashiyaha La Isaga Soo libsado Rijeeto La'aan, Faytamiinno, Daawooyinka Dhirta ah)

(Prescription, Over-the-counter Drugs, Vitamins, Herbal Supplements)

| Magaca (Name) | Inta Jeer ee La Qaato Qiyaasta (Dose-Freq) | Ujeeddo (Purpose) |
|------------------|---|----------------------|
| Magaca (Name) | Inta Jeer ee La Qaato Qiyaasta (Dose-Freq) | Ujeeddo (Purpose) |
| Magaca (Name) | Inta Jeer ee La Qaato Qiyaasta (Dose-Freq) | Ujeeddo (Purpose) |
| Magaca (Name) | Inta Jeer ee La Qaato Qiyaasta (Dose-Freq) | Ujeeddo (Purpose) |
| Magaca (Name) | Inta Jeer ee La Qaato Qiyaasta (Dose-Freq) | Ujeeddo (Purpose) |
| Magaca (Name) | Inta Jeer ee La Qaato Qiyaasta (Dose-Freq) | Ujeeddo (Purpose) |
| Magaca (Name) | Inta Jeer ee La Qaato Qiyaasta (Dose-Freq) | Ujeeddo (Purpose) |
| Magaca (Name) | Inta Jeer ee La Qaato Qiyaasta (Dose-Freq) | Ujeeddo (Purpose) |
| Magaca (Name) | Inta Jeer ee La Qaato Qiyaasta (Dose-Freq) | Ujeeddo (Purpose) |

Fadlan macluumaadka oo dhan u qor hab fudud oo ay akhrin karaan hawlwaadeennada caafimaadka xaaladaha degdegga ah.

(Please record all information in a manner easy to read by emergency medical personnel.)

Qorsheynta Qorshaha Duruufaha Kala Duwan

Aafooyinka waa kuwo qof walba ku adag. Waxaan ka faa'iidnaa in aan fahanno baahiyadeenna iyo baahiyada gaarka ah ee saaxiibadeenna, deriskeenna, iyo xubnaha qoyska. U-diyaar-garowga aafada waa dadaal shakhsi iyo mid bulsho. Dib-u-eeg talooyinka hoos ku xusan si ay gacan kaaga siiyaan u-diyaar-garowga duruufo kale duwan.





Dadka haysta Xayawaannada Rabbaayadda ama Kuwa Adeegga

- ▶ Xayawaankaaga rabbaayadda ah u soo samee kaar aqoonsi. Weyddiiso xalleef yar oo ay ku xardhan yihiin xog elektaroonig ah oo bilaash ah ama qiimo-dhimis leh.
- ▶ Xirxiro cunto, biyo, daawo, iyo caddeynta tallaalka.
- ▶ Garaac **2-1-1** si aad u hesho kheyraadyada degaanka ee adeegga xayawaannada.



Dadka Waaweyn

- ▶ Gurigaaga ka ilaali isku-dhexdaadsanaan si aad uga hortagto kufidda.
- ▶ Haddii aad hesho daryeelka guriga, weyddii qorshayaashooda xaaladaha degdegga ah.
- ▶ Haddii aad ku dhex nooshahay bulsho hawlgab ah, wax ka ogow qorshahooda xaaladda degdegga ah.
- ▶ Tixgeli in aad hesho habka ka diga caafimaadka si aad caawimaad ugu yeerato.



Bulshooyinka Reer-miyiga ah

- ▶ Digniinta ku wadaaga telefoonnada geedaha iyo shabakadaha raadiyaha.
- ▶ Kulan la yeello deriska si aad ugala hadasho iskaashi iyo wada-shaqeyn.
- ▶ Qorshee bar-bixinta xayawaanno fara badan.

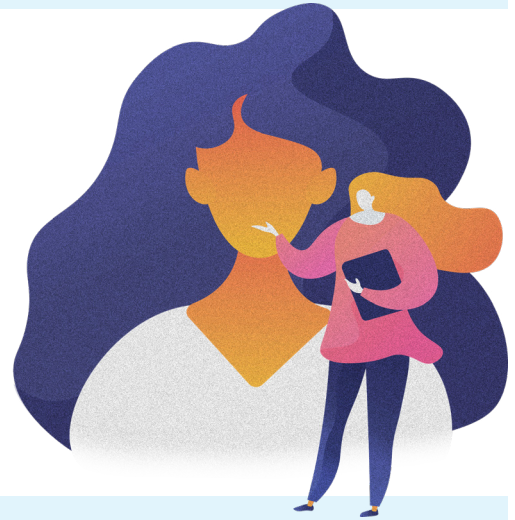
Dadka qaba Naafonimada Koriinka

- ▶ Kula tababar-qaado qorshahaaga aafada shabakadaada Taageerada si ay kaaga caawiyaan in aad amaan dareento.
- ▶ Weyddii kuwa wax-ka-qabta ama ka soo jawaaba xaaladaha degdegga ah in ay kuugu celiyaan jihooyinka haddii aadan fahmin.
- ▶ Ku tababar-qaado sida degdegga ah ee aad naafonimadaada ugu sheegi karto samatabbixiye.



Dadka qaba Naafonimada Hadalka/War-isgaarsiinta

- ▶ Wado kaarka tilmaamaya sida lagu la hadlayo.
- ▶ Wado aaladaha wada-hadalka, kaarkar ay oraahyo ku qoran yihiin, ama kaarar sawirro ah, sida kuwa ku xusan bogga 43 iyo 44.
- ▶ Ogow sida loo beddelo aaladda ku caawisa haddii ay waxyeello soo gaarto.



Dadka qaba Naafonimada Dhaqdhaqaaqa ama Naafonimo Kale oo Jirka ah

- ▶ Aqoonso gaadiidka bulshada ama ikhtiyaarada kale ee gaadiidka la heli karo.
- ▶ Qorshaha loogu talagalay kaabadka, xayn-daabka, ama wiishashka ay waxyeellada gaartey.
- ▶ Keen bateriga kursiga naafada oo dheeri ah, xirmada dayactirka taayarka, iyo barkinta kursiga.

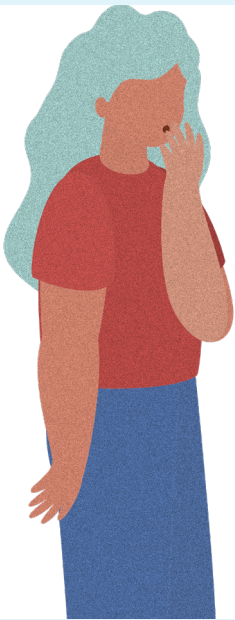


Dadka indhoolaha ah ama kuwa Araggoodu uu Hooseeya



- ▶ Ku calaamadee sahayda xaaladaha degdegga ah farta indhoolayaasha ee Braille ama far waaweyn.
- ▶ Ka mid dhig farta Braille ama aaladda wada-hadalka indhoolaha-dhagoolka xirmadaada sahayda xaaladda degdegga ah.
- ▶ Hayso kaararka Braille/wada-hadalka qoraalka ah ee loogu talagalay xiriirka labada dhinac.

Dadka xannuunka Dhimirka (Dementia) qaba



- ▶ Gu guur meel deggan si aad uga fogaato waxyaabaha kugu kiciya xannuunka. Xaddid waxyaabaha kici dareenkaaga.
- ▶ Dib-u-jihee dareenka qofka haddii isaga ama iyada ay xanaaqaan.
- ▶ Raadi habab kale sida in socod la aado ama ku mashquuliida hawlo fudud.
- ▶ Iska ilaali sharaxaadaha faahfaahsan. Isticmaal ereyo la taaban karo.

Haweenka uurka leh iyo qoysaska ilmaha yaryar haysta



- ▶ Ogow halka laga heli baaritaannada dhalmada ka hor ama dhallaanka haddii xafiiska dakhtarkaagu uu xiran yahay.
- ▶ Kuddar sahayda daryeelka carruurta xirmadaada **Go Kit**.
- ▶ Hawlwadeennada hoyga u sheeg haddii aad cunug haysato ama leedhaay arrimo ku saabsan uurkaaga.

Caqabadaha Gaadiidka

- ▶ Qabanqaabi gaadiid aad deriska wada raacdaan haddii ay tahay in la idin daad-gureeyo.
- ▶ Wac **2-1-1** si aad u oggaato bixiyayaasha adeegga gaadiidka ee degaankaaga.
- ▶ Weyddii haddii gaadiidka dadweynaha ama adeegyada gaadiid-raaca la wadaago in ay lacag la'aan yihiin aafada ka-dib.



Dadka ku hadla Af Ingiriiska Aan Badnayn

- ▶ Raadi ilo bulshada ah oo lagu kalsoonaan karo si aad ugala hadasho ikhtiyaarada bedqabka.
- ▶ Wac **2-1-1** si aad macluumaad ugu hesho in ka badan 200 oo luuqadood.
- ▶ Weyddii qof laba luuqadood ku hadla in uu kala wadaago tallaabooyinka bedqabka.
- ▶ Ogow ilahaaga warbaahinta kuwa bixiya digniinaha xaaladaha degdegga ah.



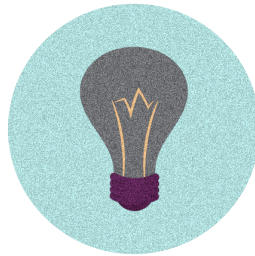
Dadka California ku cusub

- ▶ Baro waxyaabaha aasaasiga ah ee nidaamka xaaladda degdegga ah, sida garaacidda **2-1-1** oo loogu talagalay xaaladaha aan degdegga ahayn iyo **9-1-1** oo loogu talagalay xaaladaha degdegga ah.
- ▶ Bulshadaada weyddii sida u kala duwan yihiin afooyinka halkan ka jira.
- ▶ Hel ilo xaaladaha degdegga ah oo lagu kalsoonaan karo kana baxsan dowladda.



Qorsheynta loogu talagalay Xaaladaha Degdegga ah ee Kala Duwan

Qaybtan waxaad ka heli doontaa talooyin ku saabsan waxa laga yeelayo xaaladaha aafada/musiibada ee kala duwan.



Quwadda Korontada oo Tagta



Dabka



Duufaanta Tsunamis



Daadka



Mawjadaha Kuleylka



Dhul-gariir

Dabka



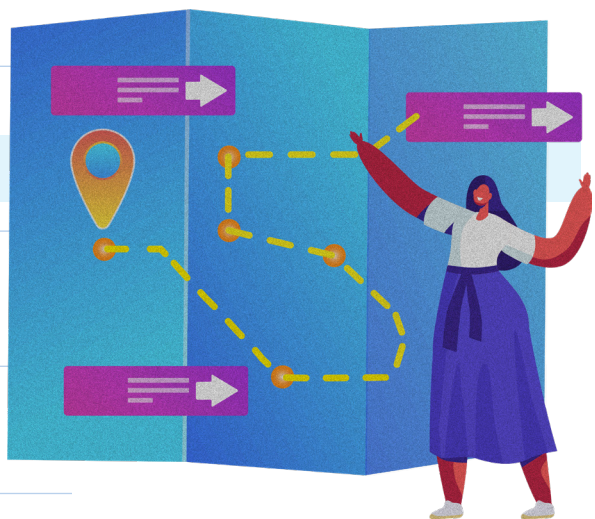
Ka hor:

- ▶ Digniinta qaxidda waxaa loola jeedaa u-diyaaar-garow in aad baxdo HADDA.
- ▶ Qorsheyso koronto la'aan. Ha adeegsan shumac.
- ▶ Soo qaado fasaleeti ama af xir aad ku ilaaliso sambabadaada.
- ▶ Qorshee meelaha looga baxsanayo qol kasta.
- ▶ Nadiifi majaroorka. Guriga agtiisa ka qaad buraashyada. Wac **2-1-1** si aad u aragto haddii Golayaasha Bedqabka Dabka ee degaanka ay ku caawin karaan.



Inta lagu guda jiro:

- ▶ Amarka qaxidda ama meel ka tegidda waxaa loola jeedaa in aad baxdo HADDA.
- ▶ Ha "sugin in aad aragto." Si degdeg ah u bax marka lagugu amro in aad qaxdo.
- ▶ Marka alaab uu kululaado, uusan furmayn.
- ▶ Haddii aad guriga ku xayiranto, albaabada iyo daaqadaha xir si uusan qiiq kuugu soo gelin.
- ▶ Haddii dharkaagu uu dab qabso, Istaag, Dhulka Isku-tuur oo Galaangalo.
- ▶ Si degdeg ah uga bax meelaha qiiqaya. Dhulka isku-dheji inta qiiqa uu cirka isku shareerayo.



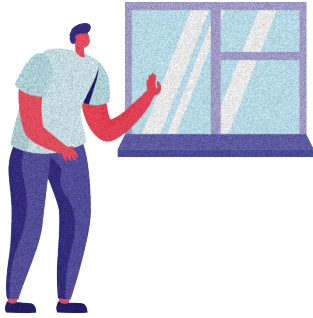


Dhul-gariir



Ka hor:

- ▶ Alaabooyinka guriga derbiga ku qabo.
- ▶ Aqoonso baraha amaanka ah ee qol kasta, sida miisaska xooggan.
- ▶ Aqoonso baraha khatarta ah ee u dhow daaqadaha, muraayadaha, iyo walxaha soo laalaada.
- ▶ Baro sida loo joojiyo gaaska, biyaha, iyo korontada.



Inta lagu guda jiro:



Rid!

Dabool!

Qabo!



- ▶ Ha ku degdegin banaanka. Miis hoostiisa gal.
- ▶ Haddii aad bannaanka joogto, ka fogaaw dhismayaasha, geedaha, nalalka jidadka, ama baalayaasha korontada.
- ▶ Haddii aad gaari wado, gaariga jooji adiga oo istaagaya meel ka fog dhismayaasha iyo geedaha.
- ▶ Haddii aad adeegsanayso kursiga naafada: Waxaad tagtaa meesha albaabka laga soo galo, lugaha gaariga xir, madaxa iyo qoorta daboolo.
- ▶ U-diyaar-garow gilgilaadda dambe.
- ▶ U fiirso duufaanta tsunamis ee xeebaha.



Daadka



Ka hor:

- ▶ Banee oo nadiifi tuubbooyinka iyo bulaacadaha duufaanta.
- ▶ Waxyaabaha qiimaha leh u daad-guree dabaqyada sare.
- ▶ La-soco telefishanka iyo raadiyaha si aad ugala socoto daadka iyo digniinta.
- ▶ Baro meelaha lagu baxsan karo oo lagu tagi karo dhulka kor u qaatan.
- ▶ Adeegso jawaano ciid si aad biyaha u leexiso.

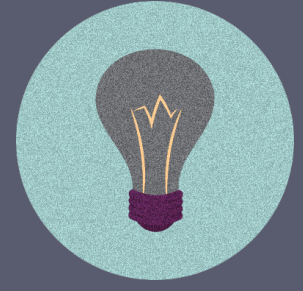


Inta lagu guda jiro:

- ▶ Ha "sugin in aad aragto." Si degdeg ah u bax marka lagugu amro in aad qaxdo.
- ▶ Marnaba ha ku soconin, dabaalanin, ama gaari haku dhex wadin biyo socda. Xusuusnow, Dib-u-Noqo, Biyaha ha qarqin.
- ▶ Ka-taxaddar dhoobada ka soo qardunta buur dhinaceeda.
- ▶ Iska ilaali baalayaasha korontada ee soo dhacay.
- ▶ Haddii lagu faro, biyaha xir oo korontada demi kana bixi korontada qalabka.



Quwadda Korontada oo Tagta



Ka hor:

- ▶ Diyaarso tooshash – shumac lama rabo.
- ▶ Hayso wax lagu danabeeyo telefoonka oo taakule ah looguna talagalay xaaladaha degdegga ah.
- ▶ Soo iibso cunto aan xumaan oo aan u baahnayn in la kariyo.
- ▶ Haanta shidaalka ee gaariga ugu yaraan kala barkeeda buuxi.



Inta lagu guda jiro:

- ▶ Korontada ka saar qalabka/alaabooyinka elektarooniga ah si aad uga hor tagto in ay waxyeello soo gaarto.
- ▶ Hal nal ha ku xirnaado.
- ▶ Ha xirnaado albaabka qaboojiyaha ama firintijeerka.
- ▶ Ha u adeegsan makiinadda gaaska ku shaqeysa ee wax lagu karsado wax kululayn.
- ▶ Isticmaal matooro, makiinadaha wax lagu karsado ee lagu adeegsado xerooyinka, iyo kuwa wax lagu dubo ee bannaanka.



U diyaar-garow korontada oo loo damiya bedqabka dadweynaha

San Diego Gas & Electric® (SDG&E®) ayaa mararka qaarkood damisa korontada meelaha dabka u nugul inta lagu guda jiro xaaladaha cimilada xun iyada oo laga taxaddarayo bedqabka dadka. Tani waxaa loo yaqaannaa **Korontada oo Loo Damiya Bedqabka Dadweynaha (PSPS)**. In kasta oo dhacdooyinkan ay aad u badan tahay in ay ka dhacaan meelaha halista ugu jira in uu dab ka kaco, dhammaan dadka deggan San Diego ayay xaaladdu taaban doontaa oo waa in loo diyaar-garoobo. **SDG&E** ayaa hiigsaneysa in ay waqti hore dirto ogeysiisyo dadka loo marsiinaya wacitaannada telefoonka, digniinno qoraal ah, iimaylo iyo habab kale ka hor inta aysan quwadda korontada damin.

Xog-ogaal noqo inta lagu guda jiro xaaladda PSPS

Cusboonaysii Macluumaadkaaga Xiriirka iyo/ama Rukummo Ogeysiisyada Xilliga Quwadda Korontada Tagto

Booqo sdge.com/notifications ama wac **1-800-411-7343** si aad u cusboonaysiiso macluumaadkaaga xiriirka iyo/ama u rukumato in aad hesho ogeysiisyo cod, qoraal iyo/ama iimayl ah, xitaa haddii aadan haysan akoonka **SDG&E**.

Xarumaha Kheyraadka Bulshada

SDG&E waxaa laga yaabaa in ay ka furto **Xarumaha Kheyraadka Bulshada** meel u dhow bulshooyinka ay taabatey ama saameysay xaaladda inta lagu guda jiro dhacdada PSPS.



Kala-soco **SDG&E** baraha bulshada iyo Xarunta Wararka (NewsCenter) si aad u hesho wixii warar ah ee soo kordha inta lagu guda jiro PSPS



Facebook: facebook.com/SanDiegoGasandElectric



Twitter: twitter.com/SDGE



Instagram: instagram.com/sdge



Nextdoor: [San Diego Gas & Electric](https://www.nextdoor.com/San-Diego-Gas-&-Electric)

NewsCenter: sdgenews.com



Dadka soo booqda ayaa heli kara agabka diyaar-garowga, baraf, biyo, cunto fudud, danabeynta aaladaha la qaadan karo, beteriyo yaryar oo cadceedda lagu danabeeyo, raadiyeyaal, iyo macluumaadka ugu dameeyay ee ku saabsna dhacada daminta korontada. Waxaa sidoo kale jiri kara borotokoollada caafimaadka dadweynaha oo ay ku jiraan tallaabooyinka kala-fogaanshaha bulshada, nadaafad joogto ah iyo adeeg la bixiyo iyada oo aan gaariga laga degin. Wax badan ka ogow sdge.com/resource-centers.

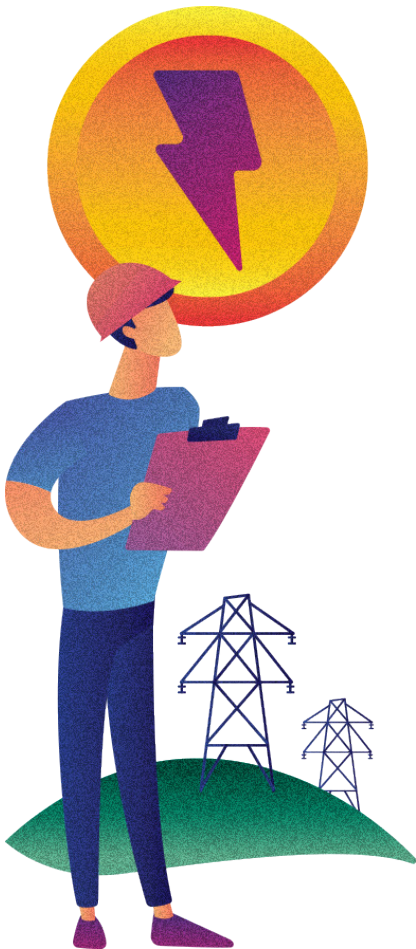
Muddada Dhacdada/Soosaarid Beddel ah

Dhacdada PSPS ayaa u baahan doonta quwadda korontada in ay maqnaato inta ay sii jirto halista ay wajahayaan bedqabka dadweynaha iyo nidaamka korontada. Ka hor inta quwadda korontada dib loo soo celin, shaqaalaha waa in ay baaraan fiilooyinka korontada iyo qalabka oo ayna sameeyaan wixii dayactir ah ee loo baahan yahay.

Waxaa lagugu dhiirrigelinayaa in aad raadiso ilo koronto kale, oo amaan ah si aad u shaqeysiiso qalabkaaga muhiimka ah inta lagu guda jiro dhacdooyinka PSPS. Si aad u hesho macluumaad kale oo ku saabsan doorashada matoor ama nidaam kale oo beddel ah, fadlan kala tasho koronto-yaqaan shati-haysta iyo **SDG&E**. Wax badan ka ogow sdge.com/generator.

Barnaamijka Gunnada Aasaasiga ah ee Caafimaadka

Haddii adiga ama qof qoyskaaga ka tirsan uu qabo xaalad caafimaad oo u qalanta ama uu u baahan yahay qaar ka mid ah qalabka caafimaad ee guriga lagu adeegsado, waxaad xaq u yeellan karaa koronto ama gaaska dabiiciga ah oo dheeraad ah oo qiimahoodu hooseeya. Qofka qaba xaaladda caafimaad ee u qalanta waa in uu ku nool yahay cinwaanka ku qoran codsiga, qalabka caafimaadkana waa in keliya loogu talagalay in guriga lagu adeegsado. Barnaamijka ayaa sidoo kale dadka gacan siin kara isaga oo bixinaya ogeysiisyo dheeri ah ka hor dhacdada PSPS. Wax badan ka ogow sdge.com/medicalbaseline.



Barnaamijyada CARE iyo FERA

CARE iyo **FERA** waa laba barnaamij oo hoos yimaada **SDG&E** kuwaas oo qaansheegaaga kaaga sameyn kara qiimo dhimis bille ah.

- ▶ **Qiimayaasha Tamarta Beddelka ah ee California (CARE)** 30% ama in ka badan oo ah qiimo-dhimis bille ah.
- ▶ **Qiimaha Caawimaadda Korontada Qoyska (FERA)** 18% qiimo-dhimis bille ah. **FERA** ayaa keliya u furan qoysaska ka kooban saddex qof ama in ka badan.

Wax badan ka oggow u-qalmidda, tilmaamaha dakhliga, oo barnaamijyadan ka codso sdge.com/CARE.

Barnaamijka Caawimaadka Dhaqaaleynta Tamarta

Sii wanaajinta guriga ee tamarta dhaqaaleysa ayaa ka dhigi karta gurigaaga mid raaxo badan leh, lacagtaada kaydo hadda, iyo sannadaha soo socda. Waxaa laga yaabaa in aad xaq u yeelato in aad hesho badeecooyin iyo rakibaadooda oo lacag la'aan ah ama qiimahoodu yar yaahy. Wax badan ka ogow kana codso sdge.com/ESA.

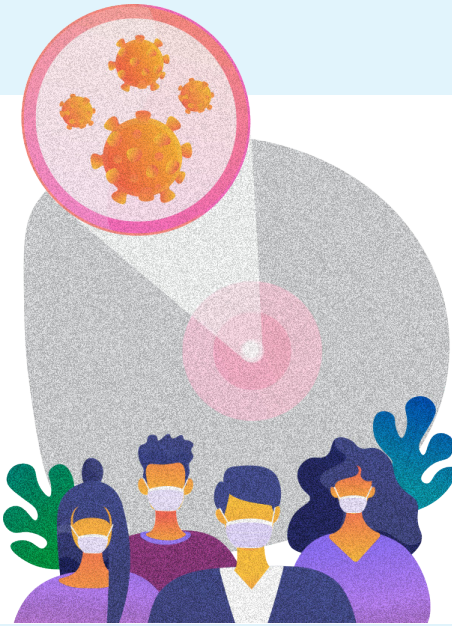
Kheyrada Helitaanka iyo Baahiyada Shaqeynta (AFN)

SDG&E iyo **2-1-1** San Diego ayaa ka wada-shaqeeya in ay shakhsiyaadka ka taageeraan Helitaanka iyo Baahiyada Shaqeynta. Macluumaad iyo adeegyo ayaa la bixiyaa si loo kordhiyo u-diyaar-garowga iyo adkeysiga inta lagu guda jiro dhacdooyinka PSPS iyo xaaladaha degdegga ah. Adeegyada waxaa ka mid noqon kara gaadiid la caawiyay, quwad koronto beddel ah, agabka diyaar-garowga, sugnaanta cuntada, hoy ku-meel-gaar ah iyo baaritaannada ladnaanta. Wax badan ka oggow 211SanDiego.org ama garaac **2-1-1**.



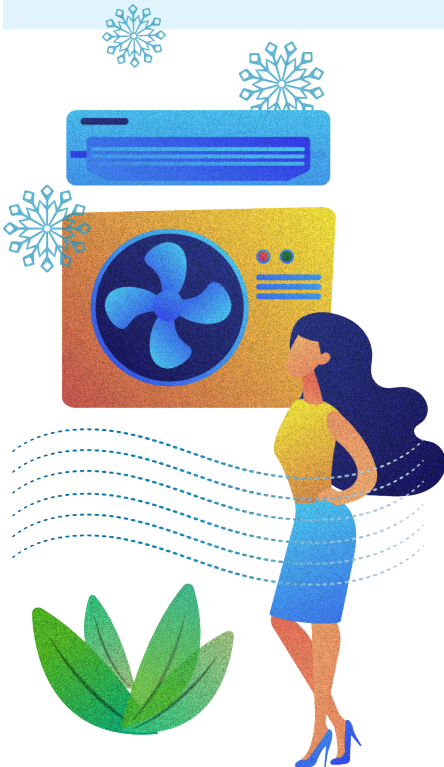
Talooyin loogu talagalay Xaaladaha kale ee degdegga ah

Cudurrada Safmarka ah iyo Xaaladaha Degdegga ah ee Caafimaadka Dadweynaha



- ▶ Kaydso sahay cunto iyo biyo ah oo laba toddobaad la adeegsan karo.
- ▶ Daawooyinka laguu qoray gacanta ku sido.
- ▶ Gacmahaaga si joogto ah u dhaq.
- ▶ Dabool qufacaaga iyo hindhisadaada.
- ▶ Guriga joog haddii aad xannuusan tahay.

Kulaylka Xad-dhaafka ah



- ▶ Raado marwaaxad ama hawo qaboojiye.
- ▶ Aad maktabadaha, suuqyada waaweyn ee laga soo adeegto, ama wac **2-1-1** si aad u hesho goob cayiman oo qabooban ama booqo coolzones.org.
- ▶ Biyo qabow ku qubeyso.
- ▶ Cab cabbitaanno qabow oo aan ahayn khamri, kuwa cafiinta ku badan.
- ▶ Haddii aad dareento in aad xasuusan tahay, si degdega ah u wac takhtar ama **9-1-1**.

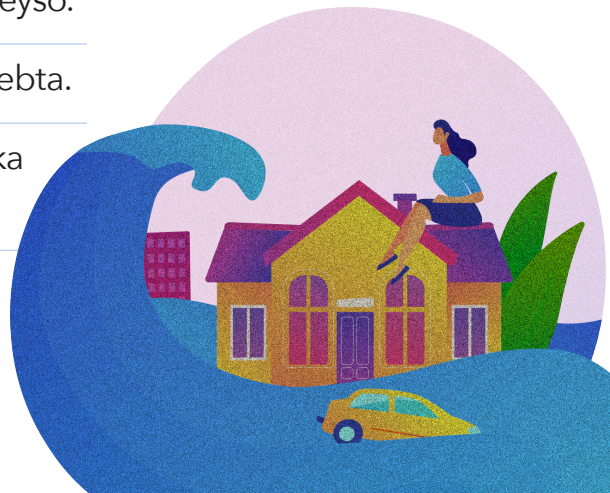
Qabow Daran

- ▶ Guriga gudahiisa joog.
- ▶ Xiro dhar qalalan, diirran oo raaxo leh.
- ▶ Ka taxaddar dhaawaca soo gaara jirka marka la faydo, kuleylka jirka oo aad u sarreeya, ama adeegsiga xoogga xad-dhafka ah.
- ▶ Ha u adeegsan birta hilibka lagu solo ee ku shaqeeya gaaska ama dhuxusha in aad ku kululeyso gurigaaga gudahiisa.



Duufaanta Tsunamis

- ▶ Waxaa aadaa dhul sare ama dalcad ah, gudaha berriga iyo/ama dabaq sarreeya.
- ▶ Ka dhageyso telefishankaaga ama raadiyaha tilmaamaha xaaladda degdegga ah.
- ▶ Si degdeg ah u bax haddii lagu amro in aad sidaa sameyso.
- ▶ Ha aadin si aad ugu daawasho tagto - ka dheeraw xeebta.
- ▶ Ha ku noqon soonaha khatarta ilaa saraakiisha amaanka ee degaanka ay ka sheegaan "in aysan khatar jirin."





Argagaxiso

- ▶ Waxqabadyada aad ka shakido ama tuhun kaa galo maamullada u soo sheeg.
- ▶ Ha aqbalin xirmooyin ay kaaga yimaadaan dad aadan garaneyn.
- ▶ Raac tilmaamaha ka socda saraakiisha xaaladda degdegga ah.
- ▶ Diyaar u noqo tilmaamaha gabbaad gelidda ama qaxidda iyo bixidda.
- ▶ Is-deji, dulqaad lahaw, oo la xiriir qofka tirsan shabakadaada taageerada.

- ▶ Haddii aad rabto macluumaad dheeraad ah oo ku saabsan wax-ka-qabashada xaalado degdeg ah oo gaar ah, booqo mareegtada diyaar-garowga ee degmada: ReadySanDiego.org

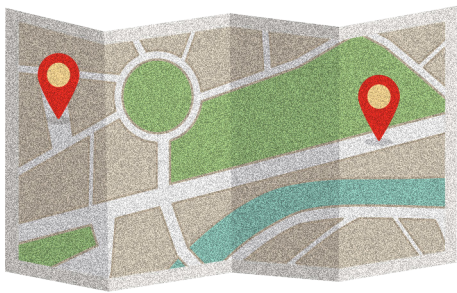
QAXI



Digniinta Qaxidda: Digniinta dadka ku dhaqan goob ay dhibaato taabatey looga digo halis suuragal ah oo ku soo wajahan naf iyo hanti. Digniinta Qaxidda ayaa tixgelinaysa suuragalnimada in degaan mustaqbalka dhow la saameyn doonno waxayna dadka u diyaarinaysaa Amarka Qaxidda suuragalka ah. Dadka nugul sida dadka naafada ah, ee leh baahiyo shaqeyn ama gaarid, iyo/ama xayawaannada waaweyn waa in ay hadda baxaan.

Amarka Qaxidda: Wuxuu u baahan yahay in isla-markaasi laga tago degaanka ay dhibaataadu saameysay iyada oo sabab u ah halis dhow oo ku soo wajahan naf.

Gabbaad gal: Gudaha gal. Xir albaabada iyo daaqadaha. U-diyaar-garow in aad isku filnaato ilaa iyo inta laga bixinayo ogeysiis dheeraad ah iyo/ama ay kaala soo xiriirayaan saraakiisha xaaladda degdegga ah.

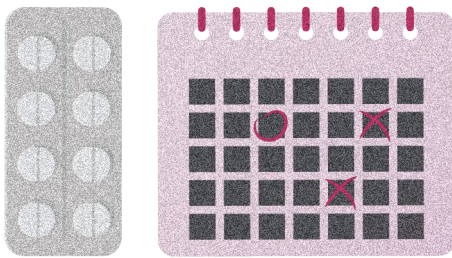
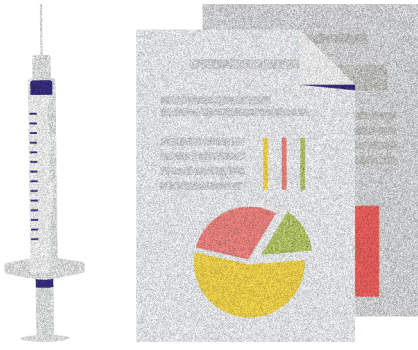


Xirmada Go Kit

Aafooyinka intooda badan waa la filayaa haddana si dhaqso leh ayay u dhacaan. Waxaa laga yaabaa in aad helin waqti aad soo adeegato ama xirxirato. Xirxiro xirmada "Go Kit" oo loogu talagalay marka ay dhacdo in aad si degdeg ah guriga uga baxdid.

Eeg agabka aad haysato kuna dar kuwa aad u baahan doonto:

- Biyaha caagagga ku jira iyo cunto aan qurmin, sida buskutka granola
- Nuqullada iyo/ama aaladda USB flash drive oo ku kaydsan dokumentiyadaada muhiimka ah kuwaas oo ay ku jiraan weel aysan biyuhu galin (aqoonsiga, caymiska, sawirrada qoyska iyo xayawaannada rabbaayadda ah oo loogu talagalay aqoonsi)
- Liiska daawooyinka aad qaadato, sababta aad u qaadato, iyo qiyaasahooda
- Haddii ay jiraan daawooyin u baahan in la qaboojiyo, guntin baraf ah oo dheeraad ah gasho qaboojiyaha
- Macluumaadka xiriirka qoyskaaga iyo xubnaha shabakadaada taageerada
- Toosh, raadiye AM/FM oo bateri ku shaqeeya ama gacanta lagu wareejiyo, iyo bateriyo dheeraad ah
- Kaash, qadaadiic ama sarif ah
- Buug iyo qalin
- Tirtirayaasha lidka bakteeriyada iyo gacmo nadiifiye



Xirmada Guriga

Xaaladaha degdegga ah qaarkood, waxaad ku bedqabi kartaa in aad guriga joogto. Waxaa laga yaabaa in aadan heli biyo aad cabto ama in aadan awoodin in aad biyo raaciso musqusha. Waxaa laga yaabaa in aadan helin koronto aad cuntada ku qaboojisato, nalka ku shidato, ama ku danabeyso telefoonkaaga. Diyaarso "Xirmada Guriga/Home Kit" si aad ugu noolaato ugu yaraan saddex maalmood biyo ama koronto la'aan.

Eeg agabka aad haysato kuna dar kuwa aad u baahan doonto:

- Hal gaalaan oo biyo la cabbi ah, qofkiiba, maalintii
- Cunto aan xumaan, sida cuntooyinka qasacaysan ee diyaarka u ah in la cunno, iyo qasac furaha gacanta lagu furo
- Xirmada gargaarka degdegga ah
- Daawooyin, oo ay ku jiraan daawooyinka aad qaadato, sababta aad u qaadato, iyo qiyaasahooda
- Toosh ama faynuus bateri ku shaqeyso, raadiyaha AM/FM oo bateri ku shaqeyya, iyo bateriyo dheeraad ah, ama raadiyaha leh gacanta la wareejiyo ee aan bateriyada u baahnayn
- Firimbi ama qambaleel
- Qalab caafimaad dheeraad ah, haddii ay suuragal tahay (t.a., ogsijiin, daawo, bateriga mootada, kaabayaasha maqalka, kaabayaasha dhaqdhaqaaqa, weji xir, gacmo-gashiyo)
- Qaabka iyo lambarrada taxanaha ah ee aaladaha caafimaadka (sida garaaciye/pacemakers) iyo tilmaamaha adeegsiga

**Turjumaan ayaan
u baahanahay**

Necesito un traductor

**Tôi cần một người
phiên dịch**

عمچرت لى لى اءءءءء انا

**Kailangan ko
ng tagasalin**

我需要翻

Qalabka War- isgaarsiinta

Inta lagu guda jiro xaaladda degdegga ah, habkaaga caadiga ah ee wada-hadalka ayaa laga yaabaa in ay saameyn ku yeeshaan isbeddellada ku yimid deegaanka, qaylo, carqaladeynta adeegga, ama jahwareerka.

Haddii aad indho la'dahay ama araggaagu yar yahay, ku tababarro in aad dadka kale u sharaxdo sida laguu hago.

Haddii aad dhego la'dahay ama maqalka uu kugu adag yahay, raadi habab kale oo aad ku sheegato baahiyadaada, sida iyada oo la adeegsanaya baaq ama tilmaamo, kaararka qoraalka, ama farriimo qoraal ah. Kaararka wada-hadalka ha kuugu jiraan xirmooyinkaaga sahayda xaaladda degdegga ah.

A B C D E F G H I J

K L M N Ñ O P Q R S

T U Ü V W X Y Z

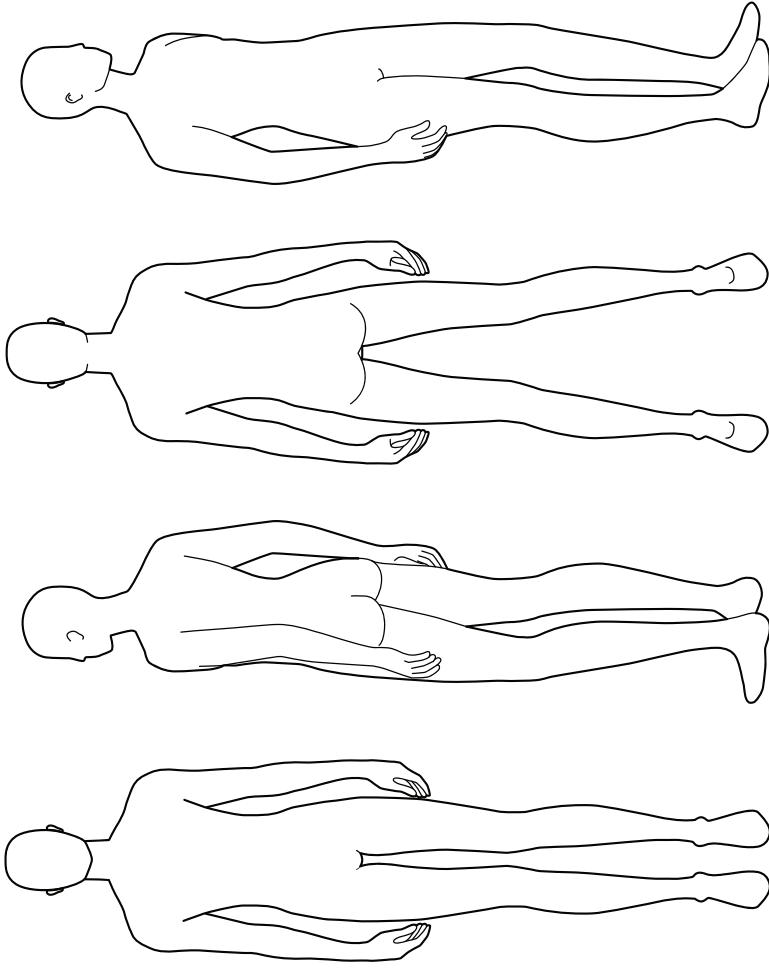
1 2 3 4 5 6 7 8 9 0

. ' , ? ! + - **BOOS**



SHAXDA XANNUUNKA | HEERKA XANNUUNKA

(PAIN CHART | LEVEL OF PAIN)



Waxaan doonayaa daawada xannuunka
(I want pain medicine)

- Xannuun aan mudo ahayn (Dull)
- Xannuun mudo ah (Sharp)
- Shucaacid (Radiating)
- Waxaan doonayaa daawada xannuunka (I want pain medicine)
- Irbad (Shot)
- Hal kiniini (One pill)
- Labo kiniini (Two pills)

- Cuncun (Itches)
- Qaniinjo (Stings)
- Xannuun (Hurts/aches)
- Gubasho (Burns)
- Ma dhaqaaji kari/kabuubyo (Can't move/numb)

| | | | | |
|--------------------------------|---------------------------|--|--------------------------------------|---|
| Sideen ahay? (How am I doing?) | Toos xididka u gasha (IV) | Xayiraadda ka qaad (Remove restraints) | Maalintee/waqtigee? (What day/time?) | Goormee tuubadan la iga bixinayaa? (When is tube coming out?) |
| I-dhaaf (leave me alone) | Jimicsi (Exercise) | Jir-duugis (Massage) | Hadhow soo noqo (Come back later) | Maxaa dhacaya? (What is happening?) |
| Musqul (Bathroom) | Ha bixin (Don't leave) | Salaad (Prayer) | Barkin/buste (Pillow/blanket) | Muraayado/Sharaabaad (Glasses/Socks) |
| Wejiga iska dhaq (Wash face) | Dhar qabow (Cool cloth) | Shaambo/Qubeys (Shampoo/Bath) | Shanlo/Buraash (Comb/Brush) | Ilkaha la cadeeyay (Teeth brushed) |

ANIGA (I AM)



Neefsashada oo dhib kugu ah (Short of breath)



Xannuun i haya (In pain)



Ku saxasho (Choking)



Xannuunsasho (Feeling sick)



Baahan/Ooman (Hungry/Thirsty)



Qabow/Kulayl (Cold/Hot)



Daalan (Tired)



Dawakhaad (Dizzy)



Xanaaq (Angry)



Cabsi (Afraid)



Niyad-jabsan (Frustrated)



Murugo (Sad)

WAXAAN DOONAYAA IN AAN ARKO (I WANT TO SEE)



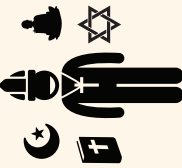
Dakhtar (Doctor)



Kalkaaliye Caafimaad (Nurse)

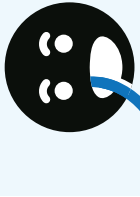


Qoys (Family)



Wadaad diimeed (Chaplain)

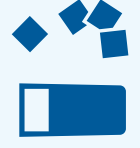
WAXAAN DOONAYAA (I WANT)



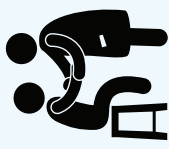
Waa in la nuugo (To be suctioned)



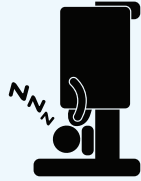
Faruurta la qooyaa (Lip moistened)



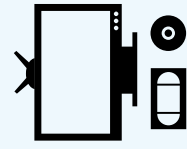
Biyo/Baraf (Water/Ice)



Waa in la dajiyaa (To be comforted)



In la seexdo (To sleep)



Telefishan/Fidiyow/DVD (TV/Video/DVD)



Hagaha/nalka wacitaanka (Call light/Remote)



Nalaika Dansan/Shidan (Lights Off/On)



In guriga la aado (To go home)



In la fadhiisto (To sit up)



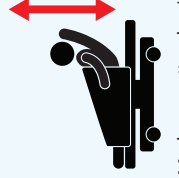
In la seexdo (To lie down)



In dhanka bidix loo leexdo (To turn left)



In dhanka midig loo leexdo (To turn right)



Madaxa sariirta kor/hoos aaddan (Head of bed up/down)



Ka soo kac sariirta (Get out of bed)



Haa (Yes)



Maya (No)



JOOJI



Qalin/Warqad (Pen/Paper)

Mahadsanid (Thank you)

Waan ku jecelahay (I Love you)

Ujeedooyinka xakameynta caabuqa awgood, fadlan dib ha u adeegsan boodhkan inta u dhaxeysa bukaannada. (For infection control purposes, please do not reuse this board between patients.)



ReadySanDiego

Plan, Prepare



Emergency

Disaster Info, Maps, Shelters



Recovery

Resources, Assistance

Disaster Info | Refreshed:
PT

Excessive Heat Warning Issued Today,
8/14/20, 12:00 p.m. through

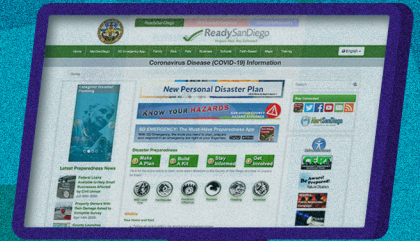
Fri Aug 14, 2020 12:00 PM

Excessive Heat Warning Issued Today,
7/30/20, 11:00 a.m. through 8/02/20, 9:00 p.m.

Thu Jul 30, 2020 11:00 AM PDT ASL/Audio

Excessive Heat Warning Issued Today,
7/11/20, 11:00 a.m. through 7/13/20, 8 p.m.

Xog-ogaal Noqo



Xog-ogaal Noqo



DiyaarSanDiego.org
Diyaari. Qorshee. Xog-ogaal Noqo.

- ▶ Mareegtada diyaar-garowga ee degmada: **ReadySanDiego.org**



- ▶ Ku diiwaangeli lambarka telefoonkaaga, lambarka telefoonka **VoIP** iyo iimaylka **ReadySanDiego.org/AlertSanDiego**. Kani waa hannaanka ogeysiiska dadka badan la gaarsiyo ee xaaladaha degdegga ah ee Degmada oo ay adeegsadaan kuwa ugu horreeya ee ka jawaabaya si ay dadka ugu diraan tilmaamaha qaxidda iyo macluumaadka kale ee aafada iyada oo loo marsiinayo wacitaanno, farriimo qoraal ah, iyo iimayl.



- ▶ Soo-degso barnaamijka **App-ka SD xaaladda degdegga ah** ee bilaashka ah, oo la heli karo isaga oo Af Isbaanish iyo Af Ingiriis ah lagu adeegsan karo telefoonnada gacanta ee ku shaqeeya barnaamijyada iOS iyo Android. Booqo **ReadySanDiego.org/SDEmergencyApp**.



- ▶ Inta lagu guda jiro xaaladda degdegga ah, booqo **AlertSD.org** ama the **App-ka SD xaaladda degdegga ah** si aad uga hesho wararkii ugu dambeeyay ee shilka, goobaha hoyga, degaamada qaxidda, baaxadda khatarta, baraha warbaahinta bulshada, iyo in kale oo dheeraad ah.



Twitter.com/ReadySanDiego

- ▶ Idaacadaha **Hanaanka Digniinta Xaaladaha Degdegga ah** ee ugu weyn Degmada San Diego waa **KOGO AM 600** iyo **KLSD AM 1360**.



Facebook.com/ReadySanDiego

- ▶ Si aad u hesho macluumaadka soo-helidda, booqo **RecoverSD.org**.

- ▶ Haddii aad rabto in lagaaga jawaabo su'aalo aan degdeg ahayn iyo macluumaadka aafada oo kii ugu dambeeyay, wac **2-1-1**.

- ▶ Haddii aad wajahayso xaalad degdeg ah oo nafta halis-gelisa, wac **9-1-1**.

Taageero Helid

Aafooyinka waxay noqon karaan kuwo walbahaar keenna oo culeys badan leh. Waxaad dareemi kartaa caro, murugo, ama xanaaq. Waxaad dareemi kartaa madax-xannuun ama hurdo la'aan.

Qof kala hadal dareenkaaga, in kasta oo ay adkaan karto.

Eeg shabakadaada daryeelka ama caawimo ka raadso qof xirfadle ah.

Khadka Dhibaataada iyo Gaarista ee San Diego

Haddii aad taageero u baahan tahay, la-taliyeyaal waayo-arag ah ayaa la heli karaa 7 maalmood toddobaadkii/24 saac maalintii si ay kuu siiyaan gudbin si loo daboolo baahiyadaada oo lagaaga caawiyo ka-salgaaridda xaq-u-yeelashadaada adeegyada caafimaadka dhimirka ama isticmaalka maandooriye.

- ▶ Wac **(888) 724-7240** ama booqo mareegtadeenna: www.sandiegocounty.gov/hhsa/programs/bhs

Isbahaysiga Qaranka ee Caafimaadka Dhimirka (NAMI) San Diego

Waxaad la xiriiri kartaa la-taliyaha dhibaataada ama shiddada oo tababaran si aad u hesho taageero dhibaat bilaash ah 24 saac maalintii.

- ▶ Farriinta qoraalka **NAMI** ku dir **741-741** ama wac **(888) 523-5933**

Nidaamka Ka Hortagga Isdilidda iyo Khadka Dhibaataada Ciidanka Hawlgabka ah ee Qaranka

Waxaan dhammaan gacan ka geysan karnaa ka hortagga is-dilidda. Nidaamka ayaa bixiyataageero sirah, bilaash ah 24/7 oo loogu talagalay dadka kurbaysan, ka hortagga iyo kheyraadka dhibaataada oo loogu talagalay adiga iyo qoyskaaga, iyo hab-dhaqannada ugu wanaagsan ee xirfadlayaasha.

- ▶ Wac **(800) 273-8255** ama wac **9-8-8**



Degmada San Diego
www.sandiegocounty.gov
(800) 694-3900



**Xafiiska Adeegyada
Xaaladda Degdegga ah**
www.sandiegocounty.gov/oes
(858) 565-3490



Listos California
www.listoscalifornia.org
(916) 845-8510

Waxaa mahad iska leh Gaboobidda iyo Madax-bannaanida, **Hay'adda Adeegyada Aadanaha iyo Caafimaadka ee Degmada San Diego**, oo wax ku biirriyay hagahan. Haddii aad rabto kheyraadka gaboobidda, booqo www.aging.sandiegocounty.gov

Dokumentigan ayaa lagu diyaariyay deeq ka timid Listos California, oo ah barnaamij ku xiran Adeegyada Xaaladda Degdegga ah ee Xafiiska Guddoomiyaha Gobolka. Aragtida iyo ra'yiga dokumentigan lagu muujiyay waa kuwo ay iska leeyihiin qorayaasha oo ma aha kuwo metalaya booska rasmiga ah ama siyaasadaha Listos California ama Adeegyada Xaaladda Degdegga ah ee Xafiiska Guddoomiyaha Gobolka.