

Koobiyo dheeraad ah ka soo dejiso  
(download) ama ka daabaco oo soo booqo  
bartayada Internetka  
[www.NationwideChildrens.org/KISS](http://www.NationwideChildrens.org/KISS)



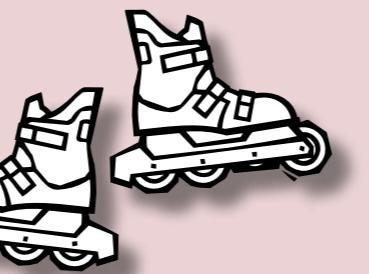
## TALOOYINKA

### AMAANKA GAARIGA

- Konton (50) ilma ah ayaa baabuuri dib ugu baxdaa oo waxyeeleysaa wiig kasta dalkan Mareykanka; inta badan waxa ilmaha jiira qof ka tirsan qoyska. Ku soo wareeg baabuurkaaga inta aadan dhex galin, oo mar kasta eeg dhan kasta marka aad gaariga soo gelineysid ama aad ka saareysid baarkinka. Ilmuu wey gaagaaban yihiin oo muraayadda xagga dembe laga fiiryo lagama arki karo. Qof kale ha kaa hago baabuurka dibaddiisa.
- Ilmaha bar in aanay weligood ku ciyaarin baabuurta dhexdooda ama hareerahooda. Waa la jiiri karaa.

### QALABKA CIYAARTA

- Weligaa xarko ha ku xirin qalabka ciyarta sababtoo ah ilmuu wey ku dabmi karaan xarkahaas.
- Waxaad xirataa koofiyadda adag mar kasta oo Aad fuusho wax shaagag leh. Waxaad xirataa kushinada 'pads' (suxulka, laabatada gacanta 'wrist' iyo lowga) marka aad fuushid 'skates' iyo 'skateboards'. Iska saar koofiyadda adag ka hor inta aadan ku ciyaarin garoonka ciyarta!
- Waxaad hubisaa in oogo jilcsan ku hareereysan tahay garoonka ciyarta ugu yaraan 6 fuudh dhinac kasta hareeraha leexada iyo qalabka garoonka ciyarta.
- Hubi in ilmuu ku ciyaraan qalabka garoonka ciyarta ee loogu talagalay kuwa da'dooda ama facooda ah.
- Jeeggaree in dhammaan qalabku uu si amaan ah ugu qotomo dhulka oo xaaladdisu fiican tahay: cidhifyo siman, walax aan lagu kufin, walax aan maqneyn, iyo biro dhinacyada kaga yaalla dhammaan goobaha ciyarta iyo meelaha laga fuulo 'ramps'. Qabatooyinka "S"da ah ee leexooyinku waa inay xiran yihiin.
- Wixii su'aalo ah ee ku saabsan amaanka garoonka ciyarta, waxaad la xiriirtaa milkiilaha ama Waaxda Caafimaadka ee Ohio Department of Health ee barta Internetka <http://www.odh.ohio.gov>

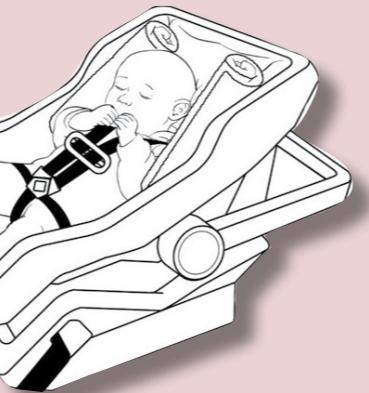


### Ilmuu si fudud ayey uga DHICI karaan DARIISHADHAHAMA DAAQADAHAA!

Xir dariishadha kor ku yaalla: Haddii la furayo, waxaad ka furtu xagga sare, ee xagga hoose ha ka furin.	Shabagu wuxuu celi karaan cayaaya oo qura, ee ilmaha kuma heyn karo gudaha.
Wixii ilmuu kori karaan, ka fogee dariishadha! Waxaad furtaa on OURA dariishadhaa an ilmo GAARI KARIN.	Samee oo fuli amaro ilmaha ku qasbaya inay ku ciyaaran meel ka fog albaabada 'patio' ah iyo dariishadhaa.

### Ka hortag Dhicitaannada: Haddii ay kor u sarreysyo, wey khatar badan tahay!

- Kuraasta leysku luxo, leexooyinka la-qadi karo ama wixii ah kursiga ilmaha ama kan ilmaha lagu qaado ha yaallaan dhulka, oo HA saarin miiska ama qasaaladda jyo qallajiyaha korkooda.
- Ilmaha hal gacan ku hey marka ay saran yihiin miiska dhar lagu bedelo, ama sariirta ama kursiga fadhiga.
- Mar kasta ilmaha yaryar ku xir suun marka ay ku jiraan kursiga lagu qaado ilmaha yaryar.
- Ha isticmaalin waxyaalaha lagu socodsiyo ilmaha yaryar.
- Ilmaha ka illaali inay jaranjarta ka dhacaan: Albaabo amaan ah ku xir xagga sare iyo xagga hoose ee jaranjarta.



**QORAALKAN HEYSO oo MEEL KU DAJI** :: Ka yimi Cibitaalka 'Nationwide Children's Hospital' iyo Dukaannada 'Kohl's' ::  
Lafaha Jaban iyo Dhaawacyada Madaxa, Luqanta, iyo Ilkaha

## DHUNKO Ilmahaagga oo Illaali Amaankooda!

# KA HORTAGGA & DAAWEYNTA

### DHAAWACYADA ILKAHA

Illeg joogta ah oo kaa dhacaa waa degdeg caafimaad ilkaha ah.

- Haddii illeg joogta ah lagaa tuuro:

- Hel illiggii oo isku dey inaad isla markiiba ku celisid halkii illiga laga tuuray. Qofk illiga meeshiisa ha ku hayo.
- Illigg ka qabo xagga sare ee taajka ah 'crown' (waa qeybta dhalaleysa ee isku siman), oo HA qabanin xagga hoose (qeybta ku jirta cirrikda). Haddii uu illigg wasakh leeyahay, si tarbiit ah biyo ugu meyr inta aadan meeshiisa ku celin.
- ISLA MARKIIBA u tag dhakhtarka ilkaha ama qolka daawada degdega ah!

- Wixii kale ee dhaawac ah ee ilkaha ku yimaadda, waxaad isla markiiba u tagtaa dhakhtarka ilkaha ama qolka daawda degdega ah.



### DHAAWACYADA MADAXA IYO LUQUNTA

#### WAC 911 HADDII QOKA DHAAWACMAY LEEYAHAY AMA UU QABO MID KA MID AH KUWAN:

- Miyir la'aan
- Suuxdin
- Aan awoodin inuu dhaqaajiyoo qeyb jirka ka mid ah
- Dhagaha ama sankaa oo ay ka soo baxayaan dhiig ama dareere biyo biyo ah
- Madax xannuun ama qoor kakan
- Hunqaaco, ama dareen hunqaaco
- Xanaaq, walaac, walwal, ama cabasho badan
- Aanuu sidiisi ahayn
- Socodku dhib ku yahay
- Aragtdu humaag ku tahay ama laba wallood arkaya
- Aad u hurda-doon ah ama si adag loo kicinayo



- QOKA HA QAADIN HADDII AANUU KHATAR KU JIRIN.

- Haddii aad u baahato inaad qofka qaaddo oo aanay socon kareynin, isku toosi ama hal leyn ku aaddi madaxa iyo luqunta iyo dhabarka.

### LAFABA JABAN

#### DHAMMAAN LAFABA JABANI WAXAY U BAAHAN YIHIIN DAAWEYN DHAKHTAREED!

- Dhammaan lafa jaba jaban sidan samee:

- Meesha jaban baraf maro ugu xir.
- Qeybta dhaawaca ah ku hey ISLA HALKII AY TAAGNEYD AMA AAD KU ARAGTAY.
- Ha dhaqdhaqajin qeybta dhaawaca ah. Waxaad isticmaashaa taageerada kabidda 'splint' haddii aad heysato; gobol kartoon adag ihina wuu kuu shaqeeyn karaa isna.
- Waxaad fiirisaa daawacyo kale.
- Ha istaaqin, ama soconin ama isticmaalin qeybta daawaca ah illaa aad dhakhtar ka arkeysid.



#### WAC 911 OO QOKA JIIF KU HEY:

- Haddii aad u maleyneyso in qofku ka dhaawacmay madaxa, luqunta ama dhabarka.
- Midabka qeybta jirka ee dhaawacantay uu yahay buluu ama midabku khafif noqdo.
- Haddii ay laf jabtay ka soo baxdo maqaarka, LAFTA JABAN DIB HA UGU RIIXIN JIRKA AMA HA MEYRIN QEYBTA JIRKA EE WAX NOQOTAY.

**DHUNKO Ilmahaaga** (Kohl's Is Sold on Safety) waa barnaamij xilliyeed barashada amaanka oo ka kooban tartanno midabeyn ah iyo buuggaag hawleed bilaash ah. Cibitaalka 'Nationwide Children's Hospital' wuxuu karaa inuu bixijo adeegan isagoo kaalmo deeq ah ka helaya dukaannada 'Kohl's Department Stores' ee Bartamaha Ohio.

Ciyaarta Fiidaha ee cusub, "Play it Safe", ee ku saleysan buug hawleedka aaya hadda ku jirta internetaa 'online'! Qof kasta oo isticmaala ciyartaan wuxuu wax ka baran karaa amaanka guriga, berkadda dabaasha, beerta dadweynaha iyo dugsiga isagoo dhex mushaaxaya imtixaanka amaanka ee ciyarta!

Si aad macluumaa dheeraad ah uga sii oggaatid barnaamijkan, waxaad tagtaa barta [www.NationwideChildrens.org/KISS](http://www.NationwideChildrens.org/KISS), oo la xiriir KISS@NationwideChildrens.org ama wac lambarka (614) 355-0679. Dhammaan bogagga midabeynta iyo buug hawleedyada waxa si bilaash ah looga soo dejinsan karaa Internetka (download) oo la daabacan karaa.

Si aad u heshid dhakhtar ama adeeg caafimaad, waxaad booqataa barta [www.NationwideChildrens.org](http://www.NationwideChildrens.org) ama wac lambarka (614) 722-KIDS.

**KOHL'S Cares**  
Committed to Kids' Health and Education

**NATIONWIDE CHILDREN'S**  
When your child needs a hospital, everything matters.

