



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

Ciyaarta Fiidyaha ee cusub, "Play it Safe", ee ku saleysan buug hawleedka ayaa hadda ku jirta internetka 'online'! Qof kasta oo isticmaala ciyaartan wuxuu sameysan karaa jillaa (character) oo wuxuu wax ka baran karaa amaanka guriga, berkadda dabaasha, beerta dadweynaha iyo dugsiga isagoo dhex mushaaxaya imtixaanka amaanka ee ciyaarta!

Si aad macluumaad dheeraad ah uga sii oggaatid barnaamijkan, waxaad tagtaa barta www.NationwideChildrens.org/KISS, oo la xiriiir 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 ama wac lambarka (614) 722-KIDS.



Footleydaada ama kureygaaga u dir Tababarka Aasaasiga ah ee ilmo-heynta 'Basic Babysitter Training' ee lambarka 614-355-0662

• Suumanka kursiga iyo kuraasta gaarigu waxay badbaadiyaan nafaha • Wac Xarunta Sunta 1-800-222-1222 (TTY 1-866-688-0088) • Weligaa ilmahaaga keligiis ha kaga tagin biyaha hareerahooda • Dabaq kasta oo gurigaaga ah ku dhaji darenayaasha qiiga iyo dareemayaasha 'carbon monoxide'ka • Mar kasta ilmaha dhabarka u seexi • Xarkaha daaha iyo 'blinds'ka ka fogaad qadadaha casharka ku saabsan kaalmada degdega ah 'first aid' iyo kaalmada wadnaha 'CPR' si aad u oggaatid wixii aad sameyn laheyd haddii arrin degdeg ihi dhacdo 614-355-0662 •

QORAALKAN HEYSO oo MEEL KU DAJI :: Ka yimi Cibitaalka 'Nationwide Children's Hospital' iyo Dukaannada 'Kohl's' ::
Indhaha, Dheeg-baxa/Dhaawacyo yaryar, Gubashada & Gubashada Cadceedda

TALOYINKA

KA HORTAGGGA & DAAWEYNTA

DHUNKO ilmahaaga oo Illaali Amaankooda!

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

INDHAHA



Boqolkiiba sagaashan (90%) daawaca indhaha waxa lagu celin karaa taxadir iyo illaalin. Gasho muraayado waaweyn oo amaan ah marka aad ka ag dhawaaneysid walax kiimiko ah, qashinka faaradda, walxo duulaya, iwm., iyo marka aad isticmaaleysid qalabka korontada ku shaqeeya, kuwa cawska lagu gooyo 'mower', ama dab aad u kulul. **Qaraxyada Rashka (Fireworks) waxay sababaan** in ka badan 2,000 oo dhaawac indhood ah oo keena indha la'aan sannad walba.

- Qalabka 'sparklers' wuxuu ku gubtaa 1800 oo ah darajada xaraaradda dabka, taas oo ku filan inuu dahabka dhalaaliyo. Balse waxaad isticmaashaa ulaha la dhaho 'break-and-glow sticks' ama qalab ciyaareed kale oo ku nuura mugdiga.
- Waxaad tagtaa meel si xirfad leh loogu sameynayo qaraxyada rashka; sababtoo ah qaraxyada rashka ee guriga lagu sameeyo waa sharci darro oo waa khatar.

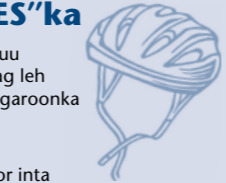
MAKIINADDA CAWSKA LAGU JARO



Weligaa ha u oggolaanin in ilmo si rakaab ahaan ah u raaco makiinada cawska lagu jaro. Mar kasta ilmaha yaryar ka fogee makiinada cawska lagu jaro. Ilmuhu waa inay ugu yaraan jiraan 12 sano si ay u wadaan makiinada cawska lagu jaro ee la riixo oo waa inay jiraan 16 sano inay kaxeeyaan 'mower'ka la raaco.

Dhammaan wixii waraaqaha amaanka iyo digniinta makiinada cawska lagu jaro ha ku xirnaadaan makiinada cawska lagu jaro. Ka celi waxyaalaha duula! Cawska ka safee wixii ah qalabka lagu ciyaaro, aalladaha shaqada, ulaha, iyo dhagxaanta. Cawska jar marka uu qalalan yahay ee iftiin jiro dibadda.

BAASKIILADHAHA/"SKATES"ka



QOF KASTAABA wuxuu u baahan yahay inuu koofiyad adag xirto marka uu wax shaaggag leh saran yahay! Koofiyadaha adag ha la gelin garoonka ciyaarta. Raac dhammaan xeerarka taraafikada. Joogso, oo wax fiiri oo wax dhageyso ka hor inta aadan ka gudbin waddada.

Waxaad xirataa walaxda nuurta si adiga lagu arki karo xilliyada waaberiga, fiidkii iyo marka ay modowga tahay. Wey adag tahay inaad guuxa baabuurta maqashid haddii aad xiran tahay qalabka dhagaha la gashado ee wax lagu dhageysto. Haddii aad waddada saran tahay, xir muyuusigga!

DABKA



In dareemayaalka qiiqa iyo kuwa 'carbon monoxide'ka aad gelisid dabaq KASTA oo gurigaaga ah ayaa ah sida ugu fiican ee aad qoyskaaga ku amaan gelin kartid. Sannadkii laba jeer beddel baatariyada dareemayaasha. Tobankii 10 sanaba hal mar keenso dareemayaal cusub. Sameyso qorshe ka baxsi dab ah: maab, goob aad ku kulantaan, oo bishii hal mar leyli ku sameeya fulinta qorshaha. Kabriidka iyo dab shidayaasha 'lighters' ka fogee meel ay ilmuhu gaarayaan. Meel ku xir batroolka iyo wixii kale ee gubta.

Ilmaha bar in "dabku yahay aalad la isticmaalo, ee aanu ahayn qalab lagu ciyaaro." Illaali ilmaha markay ay ag joogaan godka dabka. Waxaad hubisaa inaan wax lagu kufaa u ag dhaweyn godka dabka. Weligaa baatrootol ha u isticmaalin inaad dab ku shiddid ama aad dab ku sii weyneysid.

GUBASHOYINKA



Marka aad wax karineysid, waxaad isticmaashaa shooladaha xagga dembe ku yaalla; oo gacmaha dhariyada ama daawayaasha u jeedi xagga dembe ee shooladda.

Si taxadir leh u qub biyaha ama dareeraha kale ee wax lagu karshay. Waxa laga yaabaa inay weli sii kulul yihiin oo ay wax gubaan.

Dareeraha kulul, xitaa kafeega iyo shaaha, aad uga fogee meel ay ilmuhu gaari karaan. Taxadir marka aad cunto ka saareysid 'microwave'ka. Wey ka kululaan karaan sida aad moodeysid. Biyo kuleyliyaahaaga gee darajada kulka ee 120 ama ka yar.

CADCEEDDA



Waxaad isticmaashaa kiriimka qorraxda. Ku celi dhawrkii saacadoodba mar IYO markaad dhiddido ama aad qoydo. Cadceedda ha hoos tagin inta u dhaxeysa 10 SUBAXNIMO illaa 2 GALABNIMO. Haddii aad kululaato, is-qabooji. Inta aadan haraad dareemin, waxaad cabtaa biyo badan iyo sharaabka isboortiga.

DHAAWACA INDHAHA

- Dhamaan dhaawacyada indhaha waxaad isla markiiba tagtaa qolka daawadada degdega ah ee kuugu dhow ama dhakhtarka indhaha!
- Haddii wax kaaga dhacaan indhaha sidan samee:
 - HA XOQIN INDHAHA!
 - Wac xarunta kantaroolka sunta ee 1-800-222-1222.
 - Biyo ku shub indhaha muddo dhan 15 daqiiqo.
 - Weelkii ay ku jireen wixii kugu duulay u qaado qolka daawada degdega ah ama dhakhtarka indhaha.



- Haddii indhaha wax lagaaga dhufto:
 - Xirmo baraf ah si tartiib ah u dul saar isha.
- Haddii wax kaaga dhacaan insha
 - Koob waraaq ah ku dabool, balse HA saarin baraf ama WAX cadaadis ku ah isha.
 - Walax dibadda ka soo gashay HA KA SAARIN isha.

DHIIG-BAX/DHAAWACYO YARYAR



- Dhaawadyada yaryar (ee korka ah ama yar):
 - Dhaawacyada ku meyr biyo saabuun leh oo ku xir baandheej 'bandage'.
- Dhaawacyada xoogga leh (ee hoos u dheer, weyn, kala furan ama dhiigga joojin waaya) inta aad caawimada daawada ah sugeysid samee sidan:
 - Dhaawaca ku radi biyo oo oo cadaadis saar dhaawaca adigoo isticmaalaya maro aan jeermis laheyn 'sterile' ama maro nadiif ah.
 - Haddii dhiig ka soo daato baandheejka, mid kale korka ka saar oo ku sii wad cadaadiskii aad saareysay goobta dhaawaca.
 - Qeybta jirka ee dhaawacanta ka sarreysii wadnaha si aad dhiigbaxa u yareyso.
 - Haddii meesha wax ka soo jeedaan, HA ka saarin!
 - HA gashanin wax lagu xiro jirka (wax kasta oo lagu xiro qeybta jirka ee dhaawaca ah).



- Tag QOLKA DAAWADA DEGDEGA AH:
 - Haddii dhaawacu yahay mid aad hoos ugu dheer ama dhinacyada dhaawacu kala fog yihiin.
 - Haddii dhaawacu ku yaallo dibinta AMA qeyb wajiga ka mid ah.
 - Haddii dhaawacu sii dhiigbaxo ka dib marka cadaadis la saaray.
 - Haddii dhaawacu yahay qaniinyo qof ama xayawaan.
- Isla Markiiba WAC 911:
 - Haddii qeybta jirku go'day: qeybta jirka ee go'day waxaad gelisaa baag ama koley balaastik ah oo xiran, oo isla markiiba baagaas geli biyo baraf ah.
 - Haddii dhiig ka soo burqanaayo dhaawaca oo uu istaagi waayo.
 - Haddii dhiig badani ka soo baxayo dhaawaca oo baandheejku dhiigga ku qoyo.

GUBASHOYINKA/GUBASHOYINKA CADCEEDDA

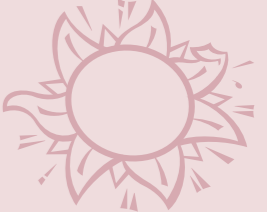
- Dhammaan gubashooyinka:
 - Dharka ka saar meesha gubatay marka laga reebo dharka ku dhagan maqaarka.
 - Biyo qabow (OO AAN AAD U QABOBEEN) ku dul shub meesha gubatay muddo 20 daqiiqo ah.
 - Weligaa meesha gubatay ha saarin kiriimo, subdad (subag) ama waxyaalo kale oo la isku daaweeyo oo guriga lagu sameeyo.



- Waxaad tagtaa QOLKA DAAWADA DEGDEGA ah:
 - Haddii meesha jirka gubatay ay weyn tahay ama gubashadu tahay mid aad u xun.
 - Haddii dab, koronto, ama kiimiko keentay gubashada.
 - Haddii gubashadu tahay wejiga, dhagaha, gacmaha, cagaha, laabatooyinka, ama cawrada 'genitals'.
 - Haddii meesha gubatay aad ku aragtid barar, malax, casaanimo ama leyman casaan ah (oo ah calaamadaha caabuqa 'infection').

- WAC 911 haddii meesha gubatay ay caddahay ama maariin tahay, oo aanu qof wax ka dareemi kareynin.

- Haddii INDHUHU GUBTAAN:
 - Isla markiib tag qolka daawada degdega ah!
 - Isha HA XOQIN.
 - Isha biyo HA KU MEYRIN. Daawo HA KU SHUBIN.



- Gubashada Cadceedda:
 - Ka kac qorraxda.
 - Biyo dheeraad ah cab.
 - Biyo diiran ku meyro.
- Raado in lagu daaweeyo haddii:
 - Ay jiraan buqbuq ama finan biyo leh ama xannuun aad u badan.
 - Qeyb weyn oo jirka ihi gubatay.
 - Wejigu ku bararo.
 - Xumad, qarqaryo, madax xannuun, jaah-wareer ama suuxitaan jiraan.
 - Haddii ay jiraan dibno, af ama indho aad u qalalan, ilmo ama dhidid la'aan (oo ah calaamadaha fuuq-baxa).



Talafoon Lambar

Dhakhtarka Ilmaha: (_____) _____
 Dhakhtar Qoyska: (_____) _____
 Dhakhtarka Qoyska: (_____) _____
 Xiriirka Degdega ah ee Saxiibka/Qaraabada:
 Magac: _____
 Talafoon # (_____) _____