

# Badbaadada Karinta

Karinta waxay isku keentaa qoyska iyo asaxaabata, waxay bixisaa meel hal abuur iyo waxay noqon kartaa nasiinyo. Laakiin ma ogtahay in karinta dabka inay sababta koowaad ee keenta inuu guriga ka dhaco dab iyo dhaawacyada guriga? Raacitaanka dhowr tallooyin oo badbaado ah waxaad oga hortagi kartaa kuwaan.

## "KU KARI TAXADAR"

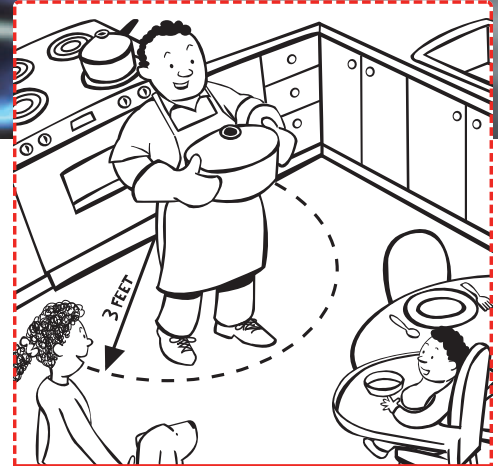
- » Feejignow! Haddii ay hurdo ku hayso ama aad qamri cabtay ha isticmaalin jikada ama fadhiga jikada.
- » Jikada jog inta aad wax ku karineysid, kudubaysid, ama cuntu karineysid. Haddii aad ka tageyso jikada xitaa muddo gaaban ah, dami jikada.
- » Haddii aad kululeyneysid, dubaysid, ama karineysid, cunto, si joogta ah u fiiri, guriga joog inta cuntada ay kareyso, iyo isticmaal saacad ku soo xasuusiso in aad wax karineysid.
- » Ka fogeey wax walba oo dabka qabsan kara — gacan gashiga, maacuunta alwaaxa, kartoomada cuntada, shumacyada ama daahyada — dusha jikadaada.

## Haddii aad leedahay karinta dabka oo yar (garaaso) iyo go'aansatid in aad la dagaalantid dabka...

- » Dusha jikada, way adkeysaa holaca iyada oo ku tuureyso daboolka dhinaca weelka iyo wareejineyso gubaha. Ku dhaaf weelka daboolnaan ilaa gabi ahaanba uu qaboobo.
- » Dabka foornada, dami kuleelka iyo albaabka xir.

## Haddii aad ka qabtid wax shaki ah ee ku saabsan la dagaalanka dabka yar...

- » Ka bax! Marka aad ka tagtid, xir albaabka kaa dambeeyo si aad ugu caawisid celinta dabka.
- » Soo wac 9-1-1 ama lambarka deegaanka ee degdega ee guriga ka baxsan.



## Karinta iyo Carruurta

Lahow "aag carruur aan laheyn" oo ugu yaraan 3 fiit ee aaga dhinaca jikada iyo meesha cuntada kulul iyo cabitaanka lagu diyaariyo ama lagu qaado.

## XAQIIQOYINKA

- ! Sababta keenta dabka jikada waa karinta aan laga taxadarin.
- ! Badanaa dabka karinta ee guriga waxaa keeno jikada.



Ishaada Warbixinta BADBAADADA

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