

Waano looga Hortago Sunta

Sunta Meel Amni Leh ku Xaree

- Dawooyinka iyo aaladaha guriga lagu nadiifiyo ku xaree meelo qafilan, meel aysan ubadku arki karin ama aysan gaari karin.
- Sunta ku xaree sanduuqyadii aad ku soo gaday.
- Waxaad isticmaashaa baakado aysan ilmaha furi Karin. Waxaadse xusuusataa in ilmaha aan wax walba laga ilaalin Karin!

U isticmaal sunta si taxaddir leh

- Iska aqri waxa ku qoran korkeeda. Raac macluumaadka daawooyinka iyo alaab walbaba.
- Ilmo ma joogaan guriga? Haddaad albaabaka furayso ama taleefoonka ka jayaabeyso adigoo daawooyin ama alaabo haya, u qaado horey, si aysan ilmaha u qaadan.
- Xaree alaabaha iyo daawooyinka kaddib markaad isticmaasho.
- Waxaad hayso haddii ay daawo tahay ugu yeer magaceeda si aysan ilmaha nacnac ugu maleen.
- Carruurta waxey wax ku bartaan iney wax jilaan. U qaado daawadada meel aynan carruurta kaa arki Karin.

Bar ilmaha in ay wax walba ku weydistaan marka hore

- Sunta waxey u ekaan karta raashin ama cabitaan. Bar ilmaha in ay qof weyn marka hore weydiyaan wax walba ay rabaan in ay cabaan ama cunaan.



Haddaad u maleyneyso in qof sumowbay, wac isla markiiba xaruntaada sunta —
1-800-222-1222.

Kaalmada deg-degga ee Sumoowga

Qofka sumobay ma dhacay mase neeftii baa ku xirantay?

- ▶ Wac **911**, ama numbarka howlaha ded-degga loo waco ee xaruntada.

Indhaha miyaa kaa sumowbay?

- ▶ Biyo isdaba joog ah ku dhaq markiiba illaa 15 ama 20 daqiiqo.
- ▶ Wac **1-800-222-1222.**

Jirka miyaa sun kaa gaaray?

- ▶ Markiiba iska siib dhar walba ay sunta gaartay.
- ▶ Biyo isdaba jooga iska kaga dhaq jirka illaa 15 ama 20 daqiiqadood.
- ▶ Wac **1-800-222-1222.**

Sun miyaa neefsatay?

- ▶ U bax hawada markiiba.
- ▶ Wac **1-800-222-1222.**

Ma waxaad laqday daawo qalad ah ama qaadatay daawo badan?

- ▶ Wac **1-800-222-1222.**

Ma waxaad si qalad ah u qaadatay waxyaabo aan raashin aheyn ama daawo?

- ▶ Cab xoogaa caano ah ama biyo ah.
- ▶ Wac **1-800-222-1222.**



XARUNTA DHEXE EE SUNTA

Si **DHAQSA** ah u wac Xarunta Dhexe ee Sunta si sumoowga loo daaweyo!

Marka **HORE** soo wac si looga hortago sumoowga!

POISON
HelP.
1-800-222-1222

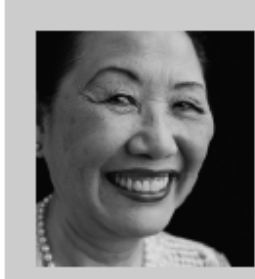
POISON
HelP.
1-800-222-1222
(Caavinaada Sunta)
Somali

Sida Ay Xaruntaada Dhexe ee Sunta Kuu Caawineyso

Mareykanka gudihiisa, xarumaha sunta waxey si deg deg ah u bixiyaan daweyn iyo talo siin ee ku taxluqa xaaladaha deg degga ah ee sumoowga. Waxey kale oo aay bixiyaan macluumaad ku saabsan sunta iyo ka hortagga sumoowga, 24 saacadood maalintii, 7 maalmood usbuucii.

Sunta way ku waxyeelen kartaa — ama way ku dili karta — haddii aad cunto, neefsato, ama ay indhaha kaa gasho, ama jirtkana kaa taabato. Xarunta sunta waxey kaa caawini kartaa haddii aad su'aalo ka qabto arrimahan:

- waxyaabaha guryaha lagu nadiifiyo
- kemikada deegaanka taala ama goobaha shaqada
- daawada (tan takhtarka qoray, midda sida caadi ah looga gato farmashiga, daawadhaqameedka, midda sharci darrada lagu gato, ama daawada xoolaha)
- qaniinyada maska, qaniinyada caaramadowda, qaniinyada daba-qallooca.



HADDII AY UBADKU FARAHA LA GALAAN ALAABTA GURIGA LAGU NADIIFIYO, TELEFOON U DIR XARUNTA SUNTA.

XARUUMAHA SUNTA WAXEY CAAWIYAAN WAAYEELKA IYO DADKA DA' KASTA AH MARKA AY SI XAD-DHAAF AH AMA SI KHALAD AH DAAWADA U ISTICMAALAA.

Si aad u hesho daaweyn badbaadiso naftaada, waxaad wacdaa, telefoonka numbarkiisu yahay **1-800-222-1222**. Waxaa ku caawin doona, famasiiste, takhtar ama kalkaaliye caafimaad oo si qaas ah u tababaran, oo aad ka heleysid xarunta. Adeegyada lagu qabtay oo dhan waa lacag la'aan, isla markaasna waa arrin u qaas ah keligaa.

Adeegyada Xarumaha Sunta waxey u furin yihiin dadka dhagaha culus iyo dadka aan luuqada ingiriiska ku hadlin.

Markey bixiyaasha daryeelka caafimaadka u baahan yihiin macluumaad ku saabsan sida loo daweyno sumoowga, waxey wacaaan xarunta sunta ee xaafadooda.

1-800-222-1222

Waxaan Caawinnaa Dhamaan Da'Walba — oo ay xaalado kala duwan la soo gudboonaadeen



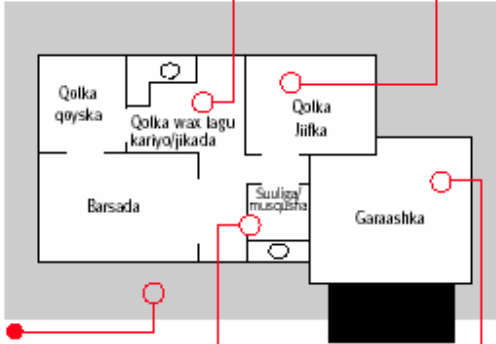
XARUMARAHA SUNTA WAXEY WAANO KU SAABASAN KA HORTEGIDDA IYO DAWEYNTA SUNTA KIIMIKADA KA BIXIYAAN GOOBTA SHAQADA.

1-800-222-1222

Waad Ka Hortagi Kartaa Sumoowga Ka Dhaca Guriga

Aladaha iyo dawooyinka dhibaata ka imaan karta marka si qaldan loo isticmaalo, tirada qaldan la isticmaalo, amaba qofaan ku habboneyn uu isticmaalo.

- Nadiifiyaha ofenka
- Daawada lagu furo tuubooyinka markey xirmaan
- Cabiitanka qamriga
- Dawada lagu dhalaaliyo alaabta guryaha
- Dawooyinka



- Geedo Jinni/baara-bujis
- Nadiifiyaha saxanka fadhiga
- Tima jilciso
- Kimikada Daawada Timaha
- Daawada Ciddiyaha
- Daawada alka lagu dhaqo
- Sunta xasharaadka
- Saliida rujnada baabi'isa
- Shidaalka
- Gaaska feynuusta
- Biyaha Rinjiga Qafiifiya
- Naaftada Liifadda
- Saliida Faynuusta
- Kiimikada dhaqaajisa barafka/qabowga
- Biyaha muraayadda hore ee Gaariga Nadiifiya

Wax su'aal ah ma qabtaa? Su'aalaha oo ku saabsan sumoowga oo dhan waa sax. Si sumoowga looga hortato marka HORE dadka wax weydii!

1-800-222-1222