

Dhirta

Waxa caadi ah in uu ilmahu cuno dhir iyadoo inta badan aanay wax khatar ah ama khatar yar keento. Laba midho ah, nooc ay doonaanba ha ahaadeena ayaan khatar laheyn. Wax dheeraad ah oo ku sabsan dhirta ka akhri boggayaga.



Talooyinka aqoonsiga

Sawirka noocayada geedaha intooda badan ayaa laga heli karaa boggayaga www.giftinformation.se

Likaha

Likayaal badan ayaan khatar laheyn, laakiin qaar ka mid ah ahaa aad khatar u ah. Haddii aad ka shaki qabto inuu ilmahaagu cunay like sun nnoqon kara - *soo wac Xarunta Sunta*.



Hayso likaha haddii loo baadho in la ogaado noociisa. Macluumaadka ku sabsan likaha sunta oo ku qoran luqado kala duduwan ayaa lagala soo degi karaa boggayaga.

Qaniinyada maska Adder

Qaniinyada maska adder ayaa khatar noqon kara. *Markasta raadso daryeel caafimaad.*



Na soo wac haddii aad is leedahay waxa ilmahaaga soo gaadhay wax

- liqitaan
- uu ursaday
- indhaha ka gala
- jidhka ka taabtey

wax aad is leedahay waa khatar



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Illustrationer: Annie Boberg, Mars 2017.



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Somaliska

Xarunta Macluumaadka Sunta ee Iswiidhan

Waxa ay ka jawaabtaa su'aalaha qaabilsan sunta iyo kiimikada, daawooyinka, dhirta, likaha, xawayaanka sunta

Wac 112 – oo weydiiso macluumaadka sunta, habeen iyo maalinba

Wac 010-456 6700 waxyaalaha aan gargaarka degdega ah aheyn

Waxa aanu furanahay 24 saacadood maalinwalba

Wixi macluumaad dheeraad ah tag bogga
www.giftinformation.se



annie B

Daawooyinka

Shilalka ay carruurta ka soo gaadhaan daawooyinka ayaa dhici kara inkastoo talaabooyinka taxadir ah hore loogu sameeyey. Caaga daawada ayaa lagu iloobi karaa meel ay ishu qabato marka qof qoyska ka mid ah uu xanuunsanaayo. Waxa laga yaabaa inaad ilmaha si qaldan daws qalad ah ama dawo qalad ah u siiso.

Daawooyin badan ayaa khatar keeni kara xataa dawska yaryar.

Markasta wax Xarunta Sunta haddii ilmahu uu si qalad ah u liqay daawo ama la siiyey daws qalad ah.



Guriga ku haysto dhuxusha laga shaqeysiiyey

Dhuxusha waxa ay ku xidhataa maadooyin badan iyadoo ka joojisa inay jidhka galaan haddii la siiyo xili hore.

Marmarka qaar waa in aanad siinin dhuxusha, tusaale ahaan haddii ilmahu uu awood daran yahay oo uu liqay wax jidhka googooya.

Dhuxusha laga shaqeysiiyey waxa laga heli karaa farmasiiga.

Markasta la soo xidhidh Xarunta Sunta kahor inta aanad ilmaha siinin dhuxusha laga shaqeysiiyey.

Waxyaalaha kiimikada

Waxyaalaha kiimikada ee guryaha loo isticmaalo ayaa ah waxyaalaha ugu badan ee carruurta yaryar u keena shilalka. Shilalkaas intooda badan waa qaar aan dhibaato laheyn. Haddii ilmahaagu uu dhadhamiyo qadar yar oo shaambo ah ama dawada wax lagu nadiifiyo, ayay inta badan ku filan tahay in la siiyo wax uu cabo. Hase yeeshee, waxyaalaha kiimikada guryaha ayaa ah qaar khatar ah xataa qadar yar.

Waxyaalaha iyo maadooyinka khatarta

- Waxyaalaha bulaacada iyo foornada lagu nadiifiyo
- Waxyaalaha badroolka sida gaasta iyo kuwa rinjiga lagu khafiifiyo
- Baytariyada yaryar (badhanka leeg)
- Waxyaalaha barafka lagaga hortago
- Asetik aysiidha

Miyaan iska hunqaaciyaa?

Waligaa marnaba! Cadi ahaan looma baahna iyadoo marmarka qaar laaga sii dari doonta, tusaale ahaan marka wax jidhka jarjar ama uu batrool ku jira la liqo.

Marnaba ha ka matajin iyadoo aanad ka hor la xidhiidhin Xarunta Sunta!.

