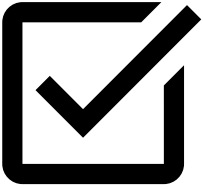


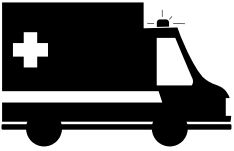
Ilaali badqabkaaga inta lagu jiro cimilada kulul.

Diyaar garoow



- Kulaylka xad dhaafka ah waa khatar waana lagu dhiman karaa.
- Waqtiga ugu kulul maalinta badanaa 2 pm ilaa 8 pm.
- Sii wad inaad qaado tallaabooyin si aad u hesho qaboow habaynkii oo dhan.
- Ha uga tagin dadka ama xayawaannada rabaayada ah gaari baakiman maalin aad u kulul.

Codso caawimaad



- Wac 9-1-1 haddii qof ku jiro khatar, waxyeelo gaartay, ama uusan hadlayn. Waxaad codsan kartaa gaariga gurmada degdega ah oo u sheeg inaan booliis loo baahnayn haddii xaaladu saas tahay.
- Inta lagu jiro mawjada kulaylaha, United Way 2-1-1 ayaa kaa caawin karta helitaanka goob amaan ah ood kulaylka uga gabato.
- Haddii aad aragto xayawaan ku jira gaari kulul, fadlan wac adeegyada xaaladaha degdega ah.



Xanuunka laga qaado kulaylka

- Some health conditions make it more difficult for your body to cool down.
- Dadka la ildaran xanuunka kulaylka ayaa aad u dawikhi kara ama ugu wareeri kara inay fahmaan xiliga ay khatarta ku jiraan.
- Istarooga kulayluhu waa xaalad caafimaad oo degdeg ah.



Ku joog qaboow/Isqabooji

- Saar shukumaan qaboow, oo qoyan ama kiishad baraf ku jiro qoortaada.
- Cab biyo ka badan intii caadiga ahayd. Xaqiiji in carruurta iyo xayawaannada rabaayada ah ay cabaan biyo ku filan.
- Ku jir hooy ama gudaha dhisme qaboow.
- Xir daaqadahaaga si aad iftiinka qoraxda uga ilaaliso gudaha.



Caawi dadka kale

- Inaad keligaa joogto meel xilliga kulaylka daran jiro waa khatar wayn.
- Waydii dariska, saaxiibada iyo ehelka qorshehooda helitaanka qaboow.
- Caawi dadka banaanka jooga inta lagu jiro mawjada kulaylaha. Deriskeena aan haysan guryaha ayaa khatar wayn ku jira inta mawjada kulaylku socoto.