

## Tooshkaagu waxaa uu kaa saacidayaa in ka badan helitaanka waxyaabaha aad doonaysid.

Your flashlight will help with more than just finding your way.

- Waxaad isticmaashaa calaamadaha soo socda si aad dad ula xiriirtid : 1 mar shid adigoo ula jeeda “Haa”, 2 mar shid adigoo ula jeeda “Maya”, 3 mar shid adigoo ula jeeda “Gargaar!”
- Tooshashka waxaa ay aad u anfacayaan in qof lagu soo jeediyo, ama in gawaarida lagu kala hago.
- Waxaad tooshashka u adeegsataa in aad wax ku aragtid IYO IN LAGUUGU ARKO.

## Foorida iyo tooshka waa nidaam shakhsiga siinaya feejignaan & digniin.

### U isticmaal tooshka:

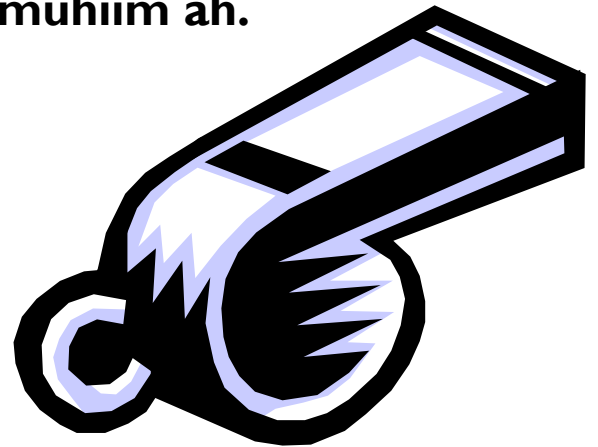
- In lagu arko/ in aad qof ku soo jeedisid
- In aad mugdiga wax ku aragtid
- Qalab aad dad kula xiriirtid
- Qalab hagitaan

### Waxaad foorida u isticmaashaa :

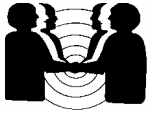
- In aad gargaar ugu wacatid
- In aad digniin ku bixisid
- In aad dad kula xiriirtid
- Qalab wax lagu tilmaamo

## Fooridu waa shey lagu xiriiro oo muhiim ah.

- Isla furaha ayaa loo adeegsan karaa foorida : 1 mar foori adigoo ula jeeda “Haa”, 2 mar foori adigoo ula jeeda “Maya”, 3 mar foori adigoo ula jeeda “Gargaar!”
- Dhawaaqa foorida ayaa ka fog halka uu codkaagu gaarayo, islamarkaana muddo dheer soconaya
- Waxaad foorida u adeegsataa calaamad digniin ah.



CARD (Collaborating Agencies Responding to Disasters)  
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CARD waa 501(c)3 hay'ad aan dawli/faa'ido doon ahayn.  
Si aad deeq u bixisid, waxaad wacdaa (510) 451-3140



# QALABKA GARGAARKA DEGDEGGA AH: XIRMOOYINKA GO-KITS

EMERGENCY SUPPLIES: GO-KITS

Xirmooyinka Go-Kits waa xirmooyinka gargaarka degdegga ah ee aad hore u diyaarsanaysid haddii ay xaalad degdeg ahi kugu timaado, hore ayaad u qaadanaysaa kaddibna waad SOCONAYSAA. **Kuwani ayaa ah waxyaabo ah in aad ku sidatid Xirmada Go-Kit...**

- Biyo (waxaad haysataa dhowr xirmooyin yar-yar intii aad qaadan lahayd dhalo weyn)
- Cunto (waxaad qaadataa waxyaabaha aad ka heshid iyo waxyaabaha aan u baahnayn in la kariyo)
- Xirmooyinka yar ee gargaarka degdegga ah/dawooyinka muhiimka ah/muraayadaha indhaha/qalabka wax lagu maqlo
- Raadiyaha AM/FM (oo sita batariyaal dheeraad ah)
- Bustooyinka Mylar (banaanka bustaha)
- Tooshka/karbuunada (oo sita batariyaal dheeraad ah)
- Qoryaha iftiima
- Foori (aad u dhawaaq badan)
- Kabaha dabacsan/xooggan
- Dharka (xirmooyin yar ayaa ka fiican xirmooyinka waaweyn)
- Bacda qashinka/Bacooyinka
- Sharootada galoolan ee alaabta la iskula xiro
- Xaashiyaha safaleetiga ah/xaashiyaha musqusha
- Turub, buug ama waxyaabaha waqtiga la isku dhaafiyo
- Waxyaabaha wajiga lagu xirto/waxyaaba boorka laga gashto/Bandana ama marada wajiga lagu daboolo
- Mindida jeebka lagu xidho/Mindida Swiss Army (Ciidanka Swiss-ka)/maqas
- Koobiyada dukumeentiga muhiimka ah (ID, kaararka amaahda, heshiiska caymiska, iwm.)
- Lacag caddaan ah iyo sarif qadaadiic ah
- Qalin iyo xaashi
- Loogu Talagalay Dadka Ay Ku Yar Tahay Aqoonta Luqadda Ingiriiska (LEP):* qaamuuska labada luqadood, macluumaadka xiriirka ee asaxaabta luqadaha kala duwan ku kala hadla, liiska hay'adaha dadka ka taageera luqadda hooyo, iyo macluumaadka gargaarka degdegga ah ee lala qaybsado shaqaalaha gargaarka.

## **XUSUUS :**

**Ha illaabin in aad sameysatid xirmooyinka "Go-Kits" iyo qorshooyinka lagu badbaadinayo xayawaankaaga! Waxaad hubisaa in aad gaarigaaga, boorsadaada ku sidatid xirmo yar oo Go-Kits ah.**

**CARD – Collaborating Agencies Responding to Disasters**

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