

WAXYEELLADA BAY' ADDA & SAAMEYNTA CAAFIMAADKA

Ku sumoobidda Kaarboonka Hal Ogsijiinlaha (Carbon Monoxide Poisoning)

TUSMOOYINKA KA HORTAGIDDA

Waad ka hortagi kartaa la Kulanka Kaarboonka Hal Ogsijiinlaha (Carbon Monoxide)

- Farsamo yaqaan aqoon u leh ha kaaga **shaqeeyo** habka kulsiinta guriga, biyo kululayliyaha iyo qalabka kale ee gaaska, saliidda, ama dhuxusha guba sanad kasta.
- Guriga **ku rakibo** dareemaha CO ee batariga ku shaqeeya ka dibna hubi ama batariga ka beddel marka aad waqtiga ka beddeleysid saacaddaada gu' iyo dayr kastaba. Haddii uu dareemuhu dhawaaqo guriga si degdeg ah uga bax oo 911 wac.
- **Raadso** waxqabad caafimaad oo degdeg ah haddii aad ka shakiso ku sumoobidda CO aadna dareemeysid wareer, dawaqsanaan, ama lalabbo.
- Gurigaaga gudhiisa, dabaqa dhulka hoostiisa, ama garaashka, ama meel dariishada u dhow **ha ku isticmaalin** koronto dhaliye, makiinadda hilibka lagu dubo ee dhuxusha ku shaqaysa, shooladda miyiga loo qaato, ama qalab kale oo baatool ku shaqeeya ama dhuxusha guba.
- Baabuur ama taraag **ha ku kicin** garaashka gurigaaga ku dheggan gudhiisa, xitaa haddii uu albaabku kuu furan yahay.
- Wax aan meel hawo uga soo gasho lahayn **ha ku shidin** shooladda ama goobta dabka.
- Gurigaaga **ha ku kululeynin** shooladda neef ku shaqeysa.