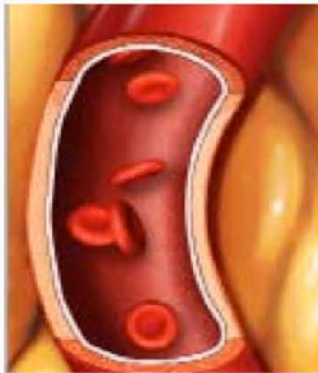
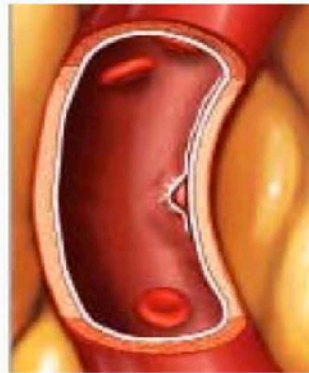


Cudurka wadnaha iyo xididada dhiiga qaada

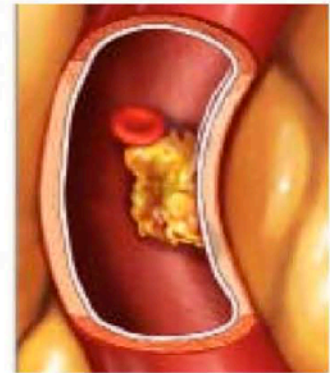
Mudo ka dib, kaadi macaanku wuxuu sare u qaadaa khatarta uu wadnaha iyo xididada dhiiga qaada uu ku keeno xanuun. Sadexdii qofba laba ka mid ah dadka kaadi macaanka leh ayaa u dhinta faalig (qalal) ama wadna xanuun. Baro calaamadaha digniinta.



Halbowlaha fiican: dhiigu Wuxuu umaraa si sahlan oo Dhib yar halbowlayaasha.



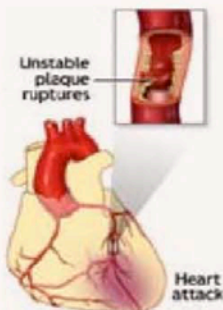
Halbowlaha jiran: macaanka sonkorta dhiiga waxay Dhaawacdaa halbowlaha.



Halbowlaha qatarta ku jira: lakabya ayaa ku abuurma halbowlaha Dhaawacan dhiiguna wuu is xidhaa

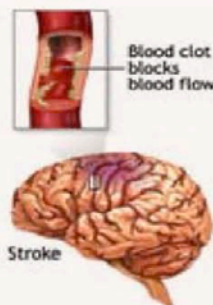
Calaamada digniinta ee wadna istaaga

- Xabad xanuun iyo jiro
- Xanuun aad ka dareerto gacmaha, dhabarka, daanka iyo caloosha
- Neefta oo kugu yaraata
- Dhidid
- Madax wareer
- Calool fuur iyo lalalabo
- Daal
- Tabar dari



Calaamada digniinta ee qalalka

- Tamar darri iyo kabuubyo aad dhinac jidhkaaga ka mid ah ka dareento
- Inaad durba wareerto ama aad wax fahmi waydo
- Hadalka oo kugu ekaada
- Wareer, dheeliyid ama socodka oo ku dhiba
- Inaay ku dhibto inaad hal il ama labadaba wax ku arki waydo
- In wixii hal ah ay laba kuula muuqdaan
- Madax xanuun daran



Hadaad isku aragto calaamadaha wadna istaaga ama qalalka, wac 911.