



FIRST AID

GARGAARKA DEGDEGGA AH

ICRC

IN BRIEF SI KOOBAN



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Illustrations : Adapted by Jacqueline Omutimba from
the original illustrations by Francis Macard

FIRST AID

GARGAARKA DEGDEGGA AH

This booklet contains information and guidelines for providing first aid in an emergency. It cannot cover every situation, so the guidance is of a general nature. The suggested behaviours and measures must be applied taking account of:

- local requirements;
- available resources;
- effective local practices, if any; and
- access to and the capacity of further care.

The ICRC therefore declines all responsibility in the event that the recommendations do not correspond to the best course of action in a given situation.

First aid is the first essential help given in an emergency in order to preserve life, prevent further injury or illness and relieve suffering in order to contribute to recovery. These objectives should be achieved:

Wuxuu buug-yaraahaani xambaarsan yahay warar iyo tilmaamo ku saabsan sida gargaar degdeg ah loo bixiyo xilliga xaaladaha degdegga ahi ay jiraan. Buuggu xaalad kasta ma doboli karo, sidaas daraaddeed, tilmaamaha ku jiraayi waa kuwo guud ahaaneed. Waa in siday yihiin loo fuliyo hab-dhaqannada iyo tallaabooyinka buugga lagu soo jeedinaayo; iyada oo maanka lagu hayo:

- Waxyaalaha degaanka la joogo uu u baahan yahay;
- kaabeyaasha la heli karo;
- dhaqammada wax-ku-oolka ah ee degaanka, haddii ay jiraan, iyo
- Helitaanka daryeel dheeraad ah iyo awoodda uu leeyahay.

Sidaas darteed, ICRCda masuuliyad kama saarna haddii talooyinka buugga ku xusan iyo xaalada markaas taagan ay iswaafaqi waayaan.

Gargaarka degdegga ahi waa kaalmada ugu horraysa, uguna muhimsan oo la bixiyo marka

- without harm, either physical or psychological, to yourself, to the casualty or to others; and
- within your limits, be they emotional, physical, technical or material.

Name: _____

Tel.: _____

Person to be contacted in case of emergency:

Name: _____

Tel.: _____

Your ability to manage an emergency and to care for a wounded or sick person safely and effectively (beyond just treating the injury or condition) can be enhanced by seeking the assistance of others present at the scene and by using resources available on the spot.

ay xaalad degdeg ah jirto, waxaana looga dan leeyahay si naf loo bedbaadiyo ama dhaawac hor leh iyo cudur looga hortago ama xanuun jira lagu yareeyo, si ka-soo-kabashada dhibta gacan looga geysto. Ujeeddooyinkaas waa in ay meel-maraan:

- Adiga oo naftaada aan u geysan dhib xagga oogada ah ama mid nafsadeed ah, isla markaasna aan waxyeellayn dhaawaca iyo dadka kale intaba; iyo
- Awoodda aad leedahay in aad hawsha ku qabato, awooddaasi ha ahaato mid caaddifadeed, mid oogo, mid farsamo ama mid qalab.

Magac _____

Telefoon: _____

Qofka lala xiriirayo haddii xaalad degdeg ahi ay jirto:

Magac _____

Telefoon: _____

Sometimes, further care may be required. In those cases, the casualty will need to be transported in a safe and timely manner to an appropriate care provider.

You can save lives
(or help to do so)
by acting immediately,
safely and humanely

We urge you to take a first-aid course. Contact the ICRC delegation or the National Red Cross or Red Crescent Society in Somalia to find out if they offer such courses or other support that will help boost your confidence and refresh/ enhance your skills. In this way you will be better able to act safely, humanely and effectively in an emergency.

La-tacaalidda dhaawaca iyo xaaladda markaas jirta ka sokoow, awooddaada ku saabsan xaaladda degdegga ah iyo, si nabadgelyo leh oo wax-ku-ool ah inaad u daryeesho qof dhaawacan ama jirran waxaa sii xoojin kara adiga oo kaalmada dadka goobta ku sugaran cadsada, adeegsadana kaabeyaasha halkaas laga heli karo.

Mararka qaarkood, daryeel dheeraad ah ayaa loo baahan karaa. Xaaladahaas oo kalena, dhaawacu wuxuu u baahdaa in, si nabadgelyo ah iyo waqt hore (timely) lagu gaarsiiyo meel uu daryeel habboon ka heli karo.

Waxaad bedbaadin kartaa nolol badan (ama gacan ayaad ka geysan kartaa), adiga oo isla markiiba u hawl-gelaya hab nabadgelyo oo aadminnimo ku dheehan tahay.

Waxaan kugu boorrineynaa in aad qaadato tababbar Gargaarka Degdegga ah ku saabsan. La xiriir Ergada ICRCda ama Jamciyadaha

Laanqeyrta Cas ama Bisha Cas ee dalkaaga ka dhisan, si aad u ogaato hadday bixiyaan tababbarrada caynkaas ah ama taakulo kale oo kalsoonidaada xoojin karta, xirfadahaagana dardar cusub ku biirin karta. Sidaas baad ku heli kartaa awood tii hore ka badan, kuuna suuroggelineysa inaad xaaladda degdegga ah ku furdaamiso si wax-ku-ool ah, nabadgelyo leh, aadminnimona ay ku dheehan tahay.

IN ALL CASUALTY SITUATIONS

1. Think safety, Act safely.
2. Reassure – Explain – Comfort the casualty.
3. Seek help.
4. Ensure the cooperation of the casualty. Examine him/her thoroughly.
5. Monitor the casualty. Ensure he/she is comfortable and his/her dignity is respected.



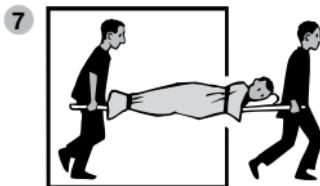
DHAMMAAN XAALADAH DHAAWACA KU SAABSAN

1. Amniga ka faker Si nabadgelyo lehna u hawl-gal.
2. Dhaawaca kalsoonida u soo celi, u sheeg siday wax u jiraan oo deji.
3. Kaalmo raadso
4. Hubi in dhaawaca wada-shaqayn laga helo. Si buuxda qofka u baar.
5. La soco xaaladda dhaawaca. Hubi inuu qofku deggan yahay iyo in sharaftiisa la maamuuusay.

IN ALL CASUALTY SITUATIONS

DHAMMAAN XAALADAH DHAAWACA KU SAABSAN

6. Offer clean liquids to drink (but only if the casualty is fully responsive).
7. Evacuate the casualty in need of further care.



6. Sii dareere nadiif ah oo uu cabbo ama ay cabto (waase haddii qofka dhaawaca ahi uu si buuxda u qaadan karo).
7. Dhaawaca daryeelka dheeraadka ah u baahan, goobta ka qaad,

THINK SAFETY, ACT SAFELY

**AMNIGA KA FAKER
SI NABADGELYO LEHNA U HAWL-GAL.**



THINK SAFETY, ACT SAFELY

1. Avoid becoming a casualty yourself (stay clear of the minefield, fire, toxic substance, etc.).
2. Avoid direct contact with body fluids (blood, saliva, vomit).
3. Remove the casualty safely and quickly from the danger zone.
4. Care for the casualty in a safe place.
5. Keep your hands clean.
6. Relax/manage your stress – Reassure your family and friends.

AMNIGA KA FAKER SI NABADGELYO LEHNA U HAWL-GAL.

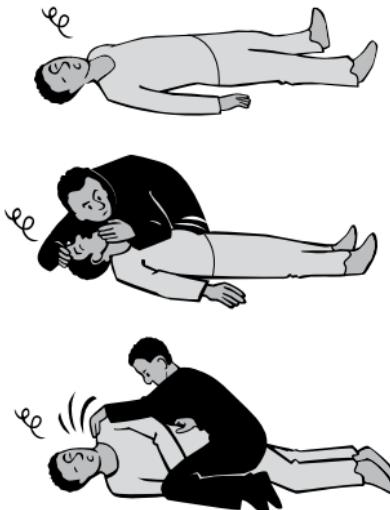
1. Iska jir in qudhaadu aad dhaawacanto (ka fogoow halkay miinadu ku aasan tahay, dabka, walxaha sunta ah, iwm).
2. Iska ilaali in si toos ah ay kuu gaaraan dheecaaanada jirka ka soo baxa sida dhiigga, candhuufta iyo matagga.
3. Dhaawaca si nabadgelyo leh oo degdeg ah uga qaad aagga halista ah.
4. Dhaawaca meel ammaan ah ku daryeel.
5. Gacmahaagu mar walba nadiif ha ahaadaan.
6. Naso/ adigu isdejii/ qoyskaaga iyo saaxibbadaana ka bi'i welwelka ay xaggaaga ka qabaan.

WHEN THE PERSON IS UNRESPONSIVE

MARKA AANU QOKA DHAAWACANI JAWAABEYN

Briefly explain to bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

Check if the casualty is breathing, by gently tilting the head backwards and looking, listening and feeling for breaths.



Dadka goobta jooga, saaxibbada iyo/ ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxay tahay iyo awoooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso haddii aad u baahato.

Hubi in qofka dhaawaca ahi uu neefsanaayo/ay neefsanayso, adigoo si tartiib ah madaxa gadaal ugu janjeerinaaya, sidoo kalena eegaaya, dhageysanaaya, inuu neefsanaayo iyo in kalena u kuur-gelaaya.

WHEN THE PERSON IS UNRESPONSIVE

MARKA AANU QOFKA DHAAWACANI JAWAABEYN

Place the casualty in a stable position on his/her side with the head tilted gently backwards to allow him/her to breathe easily and to enable fluids, such as blood, saliva or vomit, to drain out of the mouth.



Cover the casualty.

Qofka dhaawaca ah u jiifi hab uu ku nasan karo. Dhinac u seexi adiga oo si tariib ah madaxa gadaal ugu janjeerinaaya, si uu si fudud ugu neefsado, dhacaannaduna ay uga soo qulqulaan afkiisa sida dhiigga, candhuufa ama matagga.

Dabool qofka dhaawaca ah.

If the person has a seizure/epileptic episode

Briefly explain to bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.



Manage the scene so that neither you nor the casualty are injured during the episode.

Let the seizure run its course. If possible, use a blanket, item of clothing or soft material to protect the casualty's head from injury. Do not restrain him/her; this may cause injury to you or to the casualty.

Haddii qofka uu qallal qabo ama dhacdo qallal ahi ay horay u soo martay.

Dadka goobta jooga, saaxibbada iyo/ ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxay tahay iyo awooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso haddii aad u baahato.

Goobta si wacan u maamul, si adiga iyo qofka dhaawaca ah aan waxyeello u soo gaarin, inta dhacdada lagu gudo-jiro.

Qallalku ha iska socdo ee dhaaf. Hadday suurtagal tahay isticmaal buste, dhar kale ama wax jilicsan si madaxa qofka dhaawaca ah looga ilaaliyo waxyeello soo gaarta. Qofka ha cadadinin; taas oo adiga ama isaga waxyellayn karta.

WHEN THE PERSON IS UNRESPONSIVE

MARKA AANU DHAAWACU JAWAABEYN

Once the seizure is over, place the casualty in a stable position on his/her side with the head tilted gently backwards to allow him/her to breathe easily and to enable fluids, such as blood, saliva or vomit, to drain out of the mouth.



Cover the casualty.

Markuu qallalku ka ba'o, qofka u jiifi hab uu ku nasan karo. Dhinac u seexi adiga oo si tartiib ah madaxa gadaal ugu janjeerinaaya, si uu si fudud ugu neefsado, dheecaannadana ay uga soo qulqulaan afkiisa sida dhiigga, candhuufta ama matagga.

Dabool qofka xanuunsan.

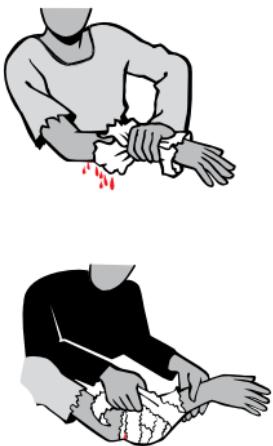
WHEN THE PERSON IS BLEEDING

MARKA UU QOKFU DHIIG-BAXAYO

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

Get the casualty to apply pressure to the wound or apply pressure yourself using a clean cloth.

Replace manual pressure with a compressive bandage (in the shape of an 8) using a clean cloth or any absorbent material.



Dadka goobta jooga, saaxibbada iyo/ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxa ay tahay iyo awooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso haddii aad u baahato.

Dul-tag qofka dhaawaca ah si aad u cadaadiso halka uu ka dhiigaayo ama qudhaadu cabburi, adiga oo adeegsanaaya maro nadiif ah.

Cadaadiska gacanta ku baddel cadaadiska faashadda wax lagu duubo (qaab u eg 8), adigoo isticmaalaya maro nadiif ah ama mid qoyaanka dhuuqda.

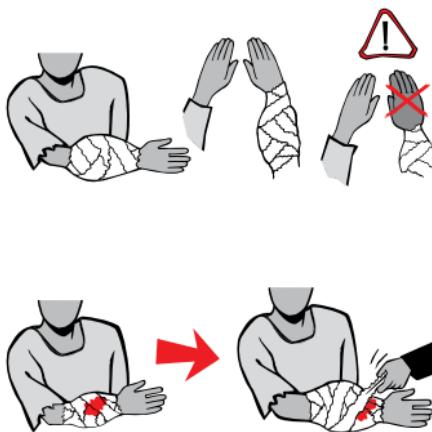
WHEN THE PERSON IS BLEEDING

MARKA UU QOKU DHIIG-BAXAYO

Check for signs of swelling or a bluish colouring of the limb (tourniquet effect) and ensure that the bandage is not causing any pain. If you spot any of these signs, loosen the bandage.

If blood soaks through the compressive bandage

Add more compressive bandage/clean material on top of the first one.



Hubi astaamo barar muujinaaya ama addinka oo midabkiisu buluug isu rogo; taas oo marada dhiigga lagu xiray ay sababtay. Hubi in faashaddu aanay xanuun ku keeneyn. Haddii aad aragto astaamahaas oo kale, debci faashadda.

Markii faashadda dhiig qooyo

Faashadda cadaadiska ku kordhi mid dheeraad ah ama maro nadiif ah faashaddiili hore dusha kaga duub.

WHEN THE PERSON IS BLEEDING

MARKA UU QOKFU DHIIG-BAXAYO

If the limb is amputated

Apply a compressive bandage.
Do not apply a tourniquet.



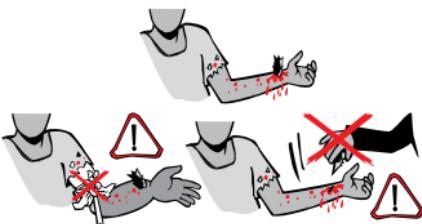
If a foreign body is embedded in the limb

Do not apply a tourniquet.

Do not remove the foreign object.

Immobilize the object (put compresses or a clean cloth around it).

Apply a compressive bandage (without removing the object).



Haddii addinka la gooyey

Ku duub faashadda cadaadiska.
Ha u isticmaalin marada dhiig-joojinta.

Haddii shey dibadda ugu yimidi uu addinka ku jiro

Ha u isticmaalin marada dhiig-joojinta

Ha ka saarin sheyga dibadda ugu yimid

Is-hortaag in sheygu uu halkiisa ka dhaqdhqaqaqo. Ku wareeji faashado ama maro nadif ah.

Ku duub faashadda cadaadiska (adiga oo sheyga ku jira aan ka saarayn).

WHEN THE PERSON IS BLEEDING

MARKA UU QOKU DHIIG-BAXAYO

If bleeding is from the neck

Apply a compressive bandage
(passing it under the opposite
shoulder).



Markay qoortu dhiigeyso

Ku duub faashadda cadaadiska (iyada
oo laga soo wareejinaayo garabka ku
beegan hostiisa).

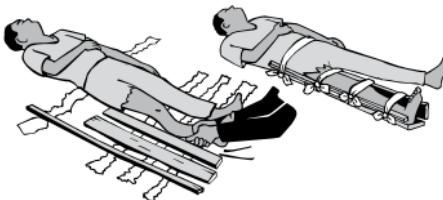
WHEN THE PERSON HAS A FRACTURE

MARKUU QOKU JAB QABO

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

For upper and lower limbs, gently position the fractured limb in a straight line enabling easy and effective immobilization.

Immobilize the limb to reduce pain and limit further adverse effects.



Dadka goobta jooga, saaxibbada iyo/ ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxa ay tahay iyo awooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso haddii aad u baahato.

Haddii ay yihiiin addimada sare iyo hoose, si toosan oo tartiib ah u dhig addinka jaban, si aanu u dhaqdhaqaqin.

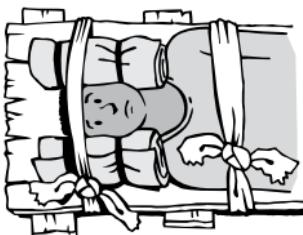
Addinka dhaqdhaqaqa u diid, si xanuunka loo yareeyo, isla markaasna loo xaddido waxyeello dheeraad ah oo xubinta soo gaadha.

WHEN THE PERSON HAS A FRACTURE

MARKUU QOKU JAB QABO

If it is a neck fracture

Gently immobilize the head and place the body in a horizontal, straight position to reduce pain and limit further adverse effects.



Markuu jabku qoorta yahay

Madaxa dhaqdhaqaqa u diid, jirkana si siman oo toosan u dhig, si xanuunka loo yareeyo, loona xaddido waxyeello dheeraad ah oo xubinta soo gaadha.

WHEN THE PERSON HAS A FRACTURE

MARKUU QOKU JAB QABO

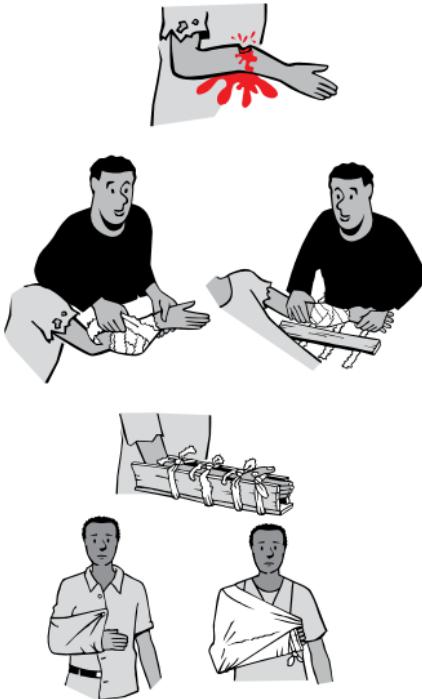
If it is an open fracture

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

Gently position the fractured limb in a straight line enabling easy and effective immobilization.

Apply a bandage to the wound.

Immobilize the limb to reduce the pain and limit further adverse effects.



Markuu jabku furan yahay

Dadka goobta jooga, saaxibbada iyo/ ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxa ay tahay iyo awooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso haddii aad u baahato.

Addinka dhaqdhaqaqa u diid, si xanunka loo yareeyo, isla markaasna loo xaddido waxyeello dheeraad ah oo xubinta soo gaadha.

Dhaawaca faashad ku duub.

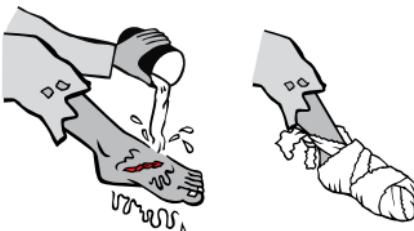
Addinka dhaqdhaqaqa u diid, si xanunka loo yareeyo, isla markaasna loo xaddido waxyeello dheeraad ah oo xubinta soo gaadha.

WHEN THE PERSON HAS A WOUND

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

Clean the wound (using clean liquids with or without soap).

Cover the wound with a clean cloth. Monitor the wound.



MARKUU QOFKU DHAAWAC QABO

Dadka goobta jooga, saaxibbada iyo/ ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxa ay tahay iyo awooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso, haddii aad u baahato.

Meesha dhaawacan ku dabool maro nadiif ah.

Indhaha ku hay xaaladda dhaawaca.

WHEN THE PERSON HAS A WOUND

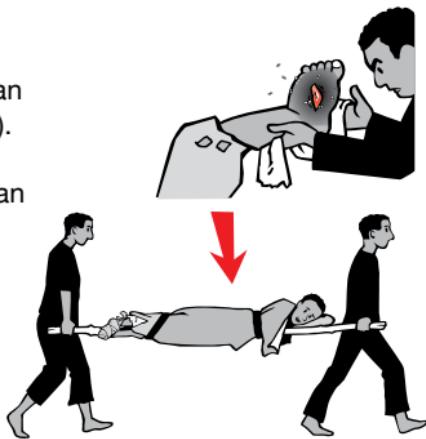
MARKUU QOKU DHAAWAC QABO

If the wound is large, dirty and infected

Clean the wound (using clean liquids with or without soap).

Cover the wound with a clean cloth.

Evacuate the casualty.



Markuu nabarku weyn yahay, wasakheysan yahay oo caabuq galo.

Nadiifi dhaawaca (adigoo isticmaalaaya saabuun ama, baddalkeeda, dareere nadiif ah).

Dhaawaca ku dabool maro nadiif ah.

Qofka dhaawaca ah meesha ka qaad.

If it is an abdominal wound

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

Cover the wound with a clean, wet cloth.

Do not push the organs back inside the abdomen.

Help the casualty to lie in a comfortable position (e.g. legs bent).

Evacuate the casualty.



Marka dhaawacu uu caloosha yahay

Dadka goobta jooga, saaxibbada iyo/ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxay tahay iyo awooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso, haddii aad u baahato.

Dhaawaca ku dabool maro nadiif ah oo qoyan,

Gudaha caloosha dib ha ugu riixin xubnaha bannaanka u soo baxay.

Qofka dhaawaca ah ku kaalmee inuu u jiifsado hab uu raaxaysan yahay (sida xaglaha oo loo soo laabo).

Qofka dhaawaca ah meesha ka qaad.

If it is a sucking chest wound

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

Cover the wound with a piece of plastic (or any equivalent material) and attach it to the body along three sides only, to avoid completely sealing the dressing (otherwise leave the wound exposed).



Hadduu yahay dhaawac aad ah oo xabadka ah

Dadka goobta jooga, saaxibbada iyo/ ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxay tahay iyo awooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso, haddii aad u baahato.

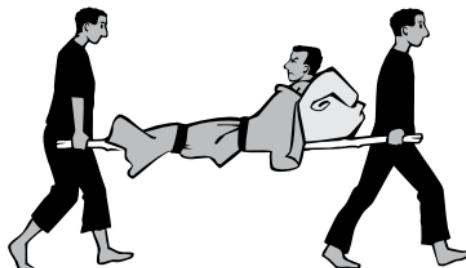
Meesha dhaawacan ku dabool cad balaastiik ah (ama shey u dhigma) saddex dhinac keliya si dherer ah jirka ugu dheji, si looga baaqsado in gebi ahaan meesha la dhayey ay wada xiranto (haddi kale dhaawacu ha iska furnaaddee faraha ka qaad).

WHEN THE PERSON HAS A WOUND

MARKUU QOKU DHAAWAC QABO

Help the casualty to lie in a comfortable position (e.g. half-seated).

Evacuate the casualty.



Ka kaalmee qofka dhaawacan in uu u jiifsado si istareex leh (tusaale sidii wax-fadhiya).

Qofka dhaawacan meesha ka qaad.

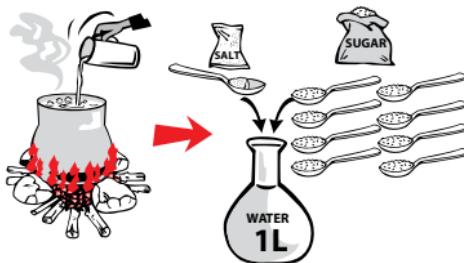
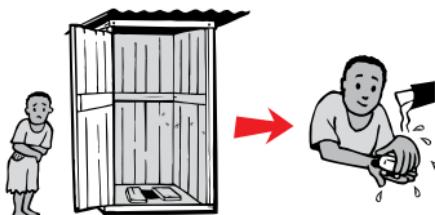
WHEN THE PERSON IS SUFFERING FROM DIARRHOEA

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

Wash your hands.

Filter and boil water (to make it drinkable).

When the water has cooled, mix it with sugar and salt, or use sachets of oral rehydration salts (ORS) if available.



MARKUU QOKU SHUBMAAYO

Dadka goobta jooga, saaxibbada iyo/ ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxay tahay iyo awooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso, haddii aad u baahato.

Dhaq gacmahaaga

Biyaha miir, hadana karkari (si ay u noqdaan kuwo la cabbi karo).

Markay biyuhu qaboobaan, ku qas sokor iyo cusbo ama isticmaal baakadaha Shifo (ORS), haddii la heli karo.

WHEN THE PERSON IS SUFFERING FROM DIARRHOEA

MARKUU QOKU SHUBMAAYO

Make the casualty drink
the mixture.

Evacuate the casualty if
in need of further care.



Isku-qaskaas qofka
dhaawaca ah cabsii.

Qofka dhaawaca ah meesha
ka qaad hadduu u baahan
yahay daryeel dheeraad ah.

WHEN THE PERSON HAS SUFFERED A BURN

MARKA UU QOFKU GUBTO

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

Cool the burn (e.g. under clean running water) for as long as possible. Stop when the casualty is no longer in pain or he/she starts to feel cold.

Cover the burn with a clean, loose material such as cling film (plastic wrap) or a plastic bag.



Dadka goobta jooga, saaxibbada iyo/ ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxay tahay iyo awooddadaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso, haddii aad u baahato.

Qaybta guban ee jirka qabooji, adiga oo, tusaale ahaan, ku furaya biyo nadiif ah oo socda, ilaa inta ay suurtagal kuu tahay.

Ka jooji biyaha marka qofka dhaawaca ah uu xanuunku ka ba'o amaba uu dareemo inuu qaboobey.

Meesha gubatey ku dabool shey nadiif ah oo jilicsan sida bac khafiif ah ama duubashi balaastig ah.

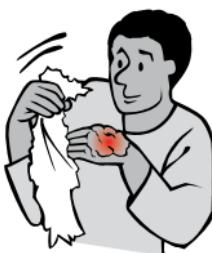
WHEN THE PERSON HAS SUFFERED A BURN

MARKA UU QOFKU GUBTO

Advise the casualty to monitor how well the burn is healing and if the pain persists or infection develops to seek further care.

If the burn is bigger than the palm of the casualty's hand or affects a particular area of the body (e.g. face, genitals, joints), seek further care.

If the casualty is a child, always seek further care.



Si uu daryeel dheeraad ah u helo, qofka dhaawaca ah kula tali inuu isha ku hayo sida meelihii gubtay ay u soo bogsanayaan, haddii weli xanuun jiro ama uu caabuq ku soo kordhay.

Raadi daryeel dheeraad ah haddii meesha gubatey ay ka weyn tahay gacanta qofka dhaawacan calaacasheeda ama gubniinku uu ku fido xubno gaar ah oo jirka ka mid ah sida wejiga, saxaaxa iyo kala-goysyada.

Weligaa daryeel dheeraad ah raadso haddii qofka dhaawaca ahi uu carruur yahay.

WHEN THE PERSON HAS SUNSTROKE

MARKA QOFKA UU QABO QORRAX-WAREEN

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

Move the casualty to a shaded place.

Help cool the casualty down (e.g. by fanning him/her and/or applying a cold, wet cloth on the face, around the neck, under the armpits and on the inner thighs).



Dadka goobta jooga, saaxibbada iyo/ ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxay tahay iyo awooddadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso, haddii aad u baahato.

Gee qofka ay qorraxdu wareentay meel har leh.

Qofka ku caawi siduu ku qaboobi lahaa (tusaale ahaan inaad babbiso ama maro qoyan oo qaboow aad ka saarto wejiga, wareegga qoorta,kilkilaha iyo dhinaca hoose ee bowdyaha.

WHEN THE PERSON HAS SUNSTROKE

MARKA QOKKA UU QABO QORRAX-WAREEN

Get the casualty to drink clean liquids.

Evacuate the casualty if he/she needs further care.



Qofka qorrax-wareenku ku dhacay cabsii dareere nadiif ah.

Hadduu qofku daryeel dheeraad ah u baahan yahay, meesha ka qaad.

WHEN THE PERSON IS VERY COLD OR HAS A FEVER

If the person is suffering from extreme cold

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

Help the casualty to warm up by covering and protecting him/her from the elements.



MARKA, SI AAN CAADI AHEYN, UU QOKFU U QABOOBO AMABA AY QANDHO HAYSO.

Marka, si aan caadi aheyn, uu qofku u qabooobo amaba ay qandho hayso.

Dadka goobta jooga, saaxibbada iyo/ ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxay tahay iyo awooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso, haddii aad u baahato.

Qofka xanuunsan ku caawi siduu ku kululaan lahaa; adiga oo wax huwinaaya, kana ilaalinaaya hawada iyo waxyaalahaa kale ee qabowga sababay.

WHEN THE PERSON IS VERY COLD OR HAS A FEVER

Offer clean, warm liquids.
Do not warm the casualty by rubbing his/her body.

Monitor the casualty.

Evacuate the casualty if in need of further care.



MARKA, SI AAN CAADI AHEYN, UU QOFKU U QABOOBO AMABA AY QANDHO HAYSO.

Sii dareere nadiif ah oo diirran.
Ha duugin qofka xanuunsan;
adiga oo diirrimaad u doonaaya.

Indhaha ku hay qofka xanuunsan.

Meesha ka qaad qofka xanuunsan,hadduu u baahan yahay daryeel dheeraad ah.

WHEN THE PERSON IS VERY COLD OR HAS A FEVER

MARKA, SI AAN CAADI AHEYN, UU QOFKU U QABOOBO AMABA AY QANDHO HAYSO.

If the person has a fever

Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.



Place the casualty in a ventilated place. Help cool the casualty down (e.g. by fanning him/her or by wiping the face with a wet cloth).

Monitor the casualty. Get the casualty to drink clean liquids.

Evacuate the casualty if in need of further care.



Hadduu qofku qandhan yahay.

Dadka goobta jooga, saaxibbada iyo/ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxay tahay iyo awooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso, haddii aad u baahato.

Qofka qandhan jiifi meel hawo leh. Qofka qandhan ku caawi siduu ku qaboobi lahaa; adiga oo,tusaale ahaan, babbinaaya ama maro qoyan wejiga ka marmarinaaya.

Indhaha ku hay qofka ay qandhadu hayso. Qofka qandhani ha cabbo dareere nadiif ah.

Qofka meesha ka qaad, hadduu u baahan yahay dareel dheeraad ah.

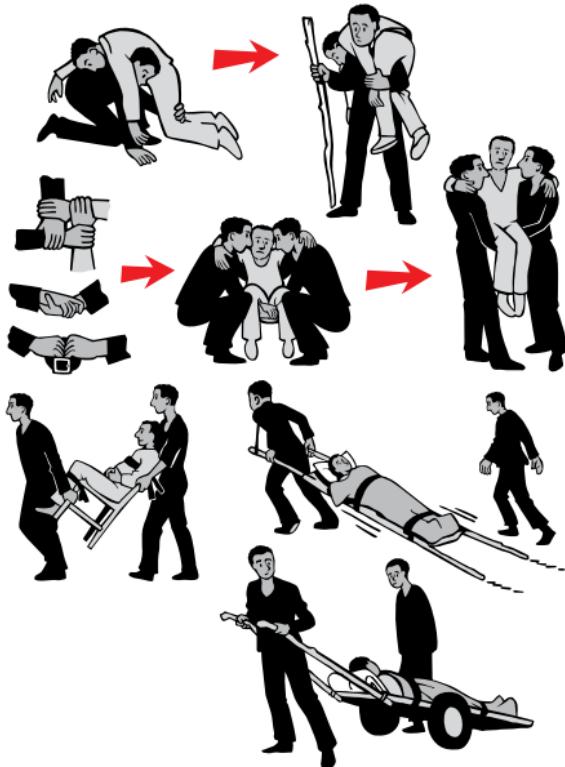
WHEN THE PERSON NEEDS TO BE EVACUATED

Protect your back
when lifting: bend
your knees and keep
your back straight.

Make sure the
casualty is reassured
and monitored during
transport.

Hand the casualty
over to the further
care provider.

MARKUU QOKFU U BAAHAN YAHAY IN LAGA QAADO HALKA UU YAAL.



Markaad qofka
qaadayso, adigu
ilaali dhabarkaaga:
jilbahaaga lab,
dhabarkaaguna ha
toosnaado.

Hubi in qofku uu
qaadista ku qanacsan
yahay, inta la wadana
indhaha lagu hayo.

Qofka xanuunsan ku
wareeji cidda siinaysa
daryeelka dheeraadka
ah.

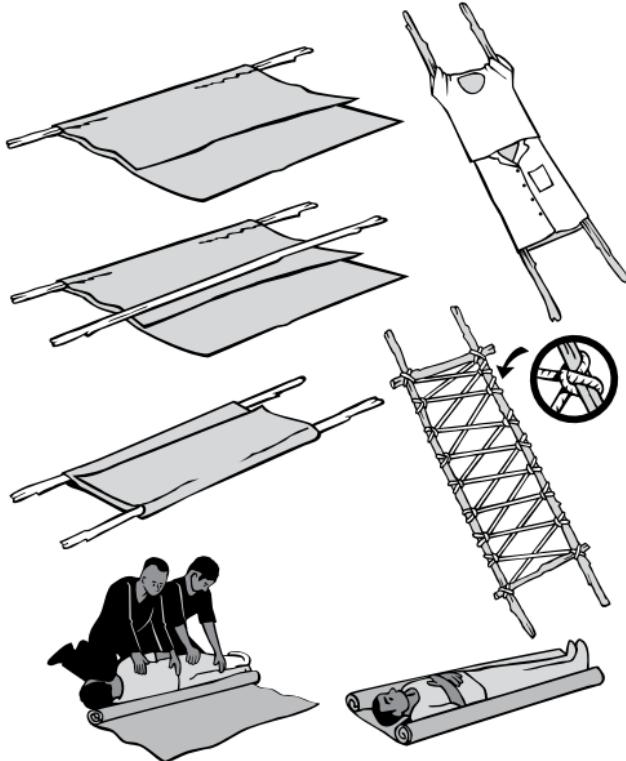
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MARKUU QOKFU U BAAHAN YAHAY IN LAGA QAADO HALKA UU YAAL.



Markaad qofka
qaadayo, adigu
ilaali dhabarkaaga:
jilbahaaga lab,
dhabarkaaguna ha
toosnaado.

Hubi in qofku uu
qaadista ku qanacsan
yahay, inta la wadana
indhaha lagu hayo.

Qofka xanuunsan ku
wareeji cidda siinaysa
daryeelka dheeraadka
ah.

RESPECT FOR WOUNDED AND SICK AND HEALTH CARE

MAAMUUSIDDA KUWA DHAAWACAN, KUWA BUKA IYO SHAQAALAH DARYEELKA CAAFIMAADKA

It is important to:

- respect and protect the wounded and sick, and actively support and facilitate their access to health care;
- respect and protect health-care personnel, facilities and medical transports, whether civilian or military, regardless of which side they belong to;
- respect the humanitarian and impartial character of health care;
- ensure that health-care personnel, facilities and medical transports remain exclusively engaged in medical tasks;
- refrain from denying or disrupting health care as a military tactic;

Waxaa muhiim ah in:

- la xushmeeyo kuwa dhaawacan iyo kuwa buka iyo in, si wanaagsan, loogu fududeeyo si ay daryeel caafimaad ku helaan;
- la xushmeeyo, lana ilaaliyo shaqaalaha caafimaadka, rugaha ay ku shaqeeyaan iyo gaadiidka caafimaadka, ha ahaadeen kuwo rayid ah ama kuwo ciidan; iyada oo cidda iska leh aan loo eegeyn;
- la xushmeeyo Aadminnimada iyo dhedhexaadnimada qolyaha daryeelka caafimaadka;
- la hubiyo shaqaalaha daryeelka caafimaadka, rugaha shaqadooda iyo gaadiidkooduba ay hawlahaa caafimaadka iyagu si gaar ah u qabtaan, uguna ekaadaan;
- laga fogaado hawlahaa caafimaadka in la horjoogsado amaba la hakiyo; iyada oo xeelaad ciidan darteed marmarsiinyo laga dhiganaayo;

RESPECT FOR WOUNDED AND SICK AND HEALTH CARE

MAAMUUSIDDA KUWA DHAAWACAN, KUWA BUKA IYO SHAQAALAH DARYEELKA CAAFIMAADKA

- respect the distinctive emblems of the red cross, red crescent and red crystal, and refrain from using them improperly.
- Ia xushmeeyo astaamaha gaarka ah ee Laanqayrta Cas, Bisha Cas iyo Muraayadda Cas; isla markaasna laga fogaado in si qaldan loo isticmaalo.

RESPECT FOR THE RED CROSS AND RED CRESCENT

During both peacetime and emergencies, National Red Cross and Red Crescent Societies and the ICRC offer first-aid training and, where needed, provide first aid directly, making no discrimination as to nationality, race, religious beliefs, class or political opinions.

Red Cross and Red Crescent first-aiders endeavour to save lives and relieve the suffering of individuals, being guided solely by their needs and giving priority to the most urgent cases of distress. First-aiders do not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature. They provide first aid or training on a voluntary basis, in no way motivated by a desire for gain.

XUSHMEE LAANQAYRTA CAS IYO BISHA CAS

Xilliga nabadda iyo xaaladaha degdeggaa ahba, Jamciyadaha Laanqayrta Cas iyo Bisha Cas ee heer Qaran iyo Guddiga Caalamiga ah ee Laanqayrta Cas (ICRC) waxay bixiyaan tababbarka gargaarka degdeggaa ah, meeshii looga baahdana iyaga ayaa si toos ah gargaarka degdeggaa ah u bixiya, iyaga oo aan u kala soocayn dhalashada, isirka, diinta uu qofku aamminsan yahay, dabaqadda ama fikradaha siyaasadeed ee la kala qabo.

Bixiyeyaasha gargaarka hore ee Laanqayrta Cas iyo Bisha Cas waxay ku dedaalaan in ay nolosha dadka bedbaadiyaan, dhibaatadana ay uga miciinaan; iyaga oo indhaha ku haya oo keliya baahiyooda iyo xaaladahooda degdeggaa ah ee murugada leh kuwa ugu degdegsan. Bixiyeyaasha gargaarka ugu horreeyaa colaadaha dhinac lama saftaan, weligoodna kama qayb- qaataan murunnada ay dabeecaddoodu ku salaysan

RESPECT FOR THE RED CROSS AND RED CRESCENT

Red Cross and Red Crescent first-aiders wear a distinctive emblem for their identification and protection. They must be respected and supported in their humanitarian activities, be it in peacetime or emergencies.

XUSHMEE LAANQAYRTA CAS IYO BISHA CAS

tahay siyaasadda, isirka, diinta amaba cuskan idoloojiyad gaar ah. Waxay hab mutadawacnimo ah u bixiyaan gargaarka degdeffa ah amaba tababar, iyaga oo hawshooda aan wax faa'iido ah ka rabin.

Bixiyeyaasha gargaarka hore ee Laanqayrta Cas iyo Bisha Cas waxay xirtaan astaan u gaar ah oo loogu talo-galay aqoonsigooda iyo dhawrista ammaankooda. Waa in shaqaalahaas astaantooda lagu xushmeeyaa, laguna garabgalaa hawlahooda aadaminnimmo, hadday tahay xilliga nabadda ama ay tahay mararka xaaladaha degdeffa ah lagu sugaran yahay.