



FIRST AID

GARGAARKA DEGDEGGA AH



ICRC

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Somalia Delegation

Waxaa soo saaray:
Guddiga Caalamiga ah ee
Laanqayrta Cas (ICRC) Ergada
Soomaaliya

Name: _____

Address: _____

Identity Card No.: _____

Blood type: _____

Person to be contacted

in case of accident: _____

Magac: _____

Cinwaan: _____

Nambarka warqadda aqoonsiga:

Nooca dhiigga: _____

Qofka lala xirrirayo

haddii shil dhaco: _____

First aid is only temporary help given in an emergency in order to preserve life, prevent further injury and relieve suffering until qualified medical care is available.

You save lives by acting immediately when someone:

- **stops breathing;**
- **is bleeding heavily;**
- **loses consciousness;**
- **is poisoned.**

The first-aider must be aware of their own limits and summon qualified medical assistance as quickly as possible.

Gargaarka degdegga ahi waa kaalmo gaaban oo la bixiyo markii wax lama filaan ahi dhacaan si loo badbaadiyo nolosha, loona hortago dhaawac dheeri ah, qofka dhibaataysanna looga khafiifiyo xanuunka, inta laga gaarsiinayo gargaar takhtareed oo sare.

Naf ayaad badbaadinaysaa haddaad degdeg wax uga qabatid

- **Qof neeftu ku xirantay;**
- **Qof aad u dhiig baxaya;**
- **Qof xiskii lumiye;**
- **Qof sumooday.**

Degdeg-u-gargaaruhu waa inuu garto xadkiisa shakhsi ah oo wax-qabad, uuna raadiyo wax-qabad takhtareed oo aqoon leh sida ugu dhaqsaha badan.

PROTECT THE VICTIM

1. Look around to see whether there is any further danger to the patient or to yourself.
2. If possible, leave the patient lying where he is until he has been examined. If you must move him, do so with extreme caution.
3. If the patient vomits, place him in the recovery position (on his side) to prevent him from choking.
4. If there are no signs of life (breathing, movement) check airway commence chest compressions if possible (30:2)
5. Cover the patient to keep him warm and protect him against the elements.
6. Direct pressure to stop bleeding (Protect yourself)

BADBAADI QOFKA DHIIBBAN

1. Hubi in bukaanku qabo halis kale ama aad adiguba wax noqotay.
2. Haddii ay suurowdo, u daa bukaanku meeshiisa ha yaallee, ilaa laga baarayo.
3. Haddii bukaanku mantago dhinac ujiifi si' aan neeftu ugu xirmin.
4. Haddii aan ay jirin muuqaal noolaasho (neefsasho iyo dhaqaaqa) eeg inuu hunguriga-cadka furanyahay iyo bilaabi cadaadinyada xabadka haddii suurto gal ah (30:2).
5. Bukaanka wax huwi si uu dugsi u helo, ugana badbaado dulin dibadeed.
6. Cadaadis ku dhig meesha dhaawaca ah si aad u joojiso dhiigga ka baxaya (iska ilaali).

7. Bandage and immobilize injured parts.
8. Determine the best way to transport the patient.
9. Summon qualified help as quickly as possible.

7. Duub do qabbir meelaha dhaawaca ah.
8. Go'aami habka ugu wanaagsan oo bukaanka qaadi karo.
9. U yeero taageero aqoon leh sida ugu dhaqsaha badan.

LOSS OF CONSCIOUSNESS

- Check whether the patient is conscious.
- If not, tilt his chin up and check airway is clear.
- Check whether he is breathing.
Look Listen Touch.
- If he is breathing, place him in the recovery position.



XIS LUMIN

- Hubi in bukaankuu xis qabo.
- Haddii bukaanka xis ka lumay kor u qaad garkiiska oo hubi in hungariga-cadkiisku uu furanyahay.
- Hubi inuu neefsanayo: Soo firi, dhegeyso, gacantaada isticmaal.
- Hadduu neefsanayo, dhinac aamin ah u jiifi.



- If the patient is not breathing and there are no signs of life - begin CPR if you know how to and are confident to do this. Place heel of hand in center of chest mid nipple line. Place other hand on top. Push straight down 4 – 5cm hard and fast. Do 30 compressions then breathe twice into the patient's mouth.
- Haddii buukaanku aanu neefsanayn oo aan ay jirin muuqaal noolaasho, bilaabi waxqabad loo yaqaan 'CPR' haddii aad garto oo ku kalsoontahay in aad sameysid. Ciribta gacantaada u dhig buukaanka xabadkiisa dhexdiis (meesha labada ibabtiisa dhexdood). Gacantaada kale ku dhig meesha sare. Hoos u riix 4-5cm si xog leh oo degdeg ah. Hoos u riix 30 cadaadinyo, kaddibna ku neefsi 2 neefo buukaanku afkiisa.

STOPPING BLEEDING

Protect yourself

Direct pressure

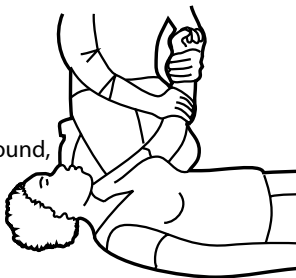
Almost any bleeding can be stopped by applying a thick pad made of the cleanest cloth available. Place the dressings on the wound and apply firm pressure.



Elevation

Position the patient so that the wound is above the level of the heart.

In the case of a head or neck wound, lift the head and shoulder. Continue direct pressure.



DHIIG JOOJIN

Iska ilaalin

Cadaadis toos ah

Dhiig-bax kasta waxaa lagu joojin karaa maro adag oo lagu xiro oo ah tan ugu nadiifsan oo markaas la heli karo. Meesha dhaawaca ah ugu dhig marada si cadaadis ah

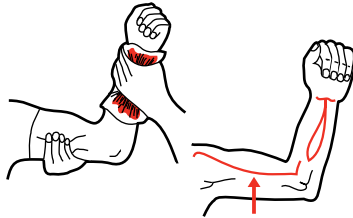
Kor-u-qaadid

Bukaanka u jiifi si meesha dhaawaca ahi ay uga sare marto wadnaha.

Haddii dhaawacu yahay mid madaxa ah ama mid qoorta ah, madaxa iyo garbaha kor u qaad. U socda cadaadis toos ah.

PRESSURE POINTS

If bleeding continues, the artery must be compressed against the bone above the wound.

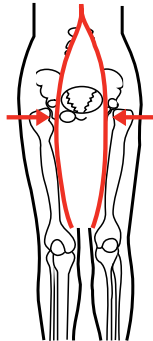


MEELAHA CADAADISKA

Haddii dhiig-baxu uu socdo, halbowlaha waa in lagu cadaadiyo lafta dhaawaca dushiisa.

On the arm:

Halfway between the armpit and the elbow.



For the leg:

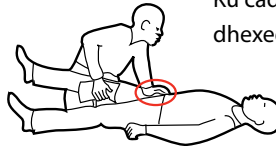
In the fold between the torso and the thigh, not on the leg itself

Gacanta

Kala barka suxulka iyo is-goyska garabka.

Lugta

Ku cadaadiyo meesha ku dhexeeya simaha iyo lugta.



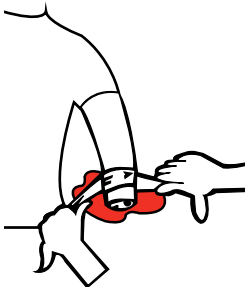
STOPPING BLEEDING

**Tourniquets are dangerous!
Use them only as a last resort.**

Make a tourniquet using a long strip of cloth at least 5cm wide (do not use rope, a nylon stocking or wire).

Place the tourniquet on an uninjured part of the limb just above the wound in such a way that it will not slide when tightened.

Wrap the strip of cloth twice around the limb and cross the two ends twisting one under the other.



JOOJINTA DHIIGGA

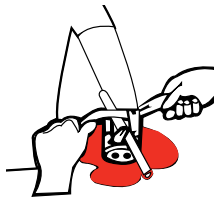
Xiriddu waa halis! Isticmaal haddaad ka badin weydo oo qur ah.

Ku xir meesha dhaawaca ah calal dheer oo ballaciisu yahay ugu yaraan 5 sentimitir (ha isticmaalin xarig, nayloon ama fiilo).

Calalka ku xir addinka meel aan dhaawac ahayn ee ka sarraysa dhaawaca si usan u soo dhicin.

Calalka labo jeer ku laab addinka, is weydaarina labadiisa af adigoo mid walba ku duubaya kan kale.

Take a short stick or similar object and lay it across the half-knot in the strip of cloth. Now tie the two ends over the stick.



Turn the stick to tighten the tourniquet. Keep turning until the bleeding stops.

Tie a second strip of cloth to the end of the stick and secure it around the limb stick and secure it around the limb to keep the tourniquet tightly in place.



Write the time that you tightened the tourniquet on the patient /notes so can be seen easily. Also the tourniquet **MUST BE** released before 2 hours. Write the release time also on the patient.



Qaado qori gaaban ama wax la mid ah, dhex geli labada af ee calalka. Hadda isku xir labada af, qoriga oo ku jira.

Wareeji qoriga si aad xirmadu u adkaato. Wareejinta wad ilaa dhiiggu ka joogsado.

Qoriga afkiisa ku xir calal kale, hubina inuu addinka ku wareegsan yahay si aan xirmadu u dhaqdhaqaaqin.

Waqtigii aad xirtay xirriidii ku qor buukaanka/warqad si loogu soo arki karo si fudud ah. Waxaa kale, **waa in la furo** xirriidii 2 saacadood ka hor. Waqtigii aad furtay ku qor buukaanka/warqad.

PENETRATING CHEST WOUND

If a projectile or other sharp object has penetrated the chest, a whistling sound may be heard as air is sucked into and blown out of the chest cavity. To avoid lung collapse the hole must be sealed.

You can do this immediately with your bare hand, with a plastic bag, with tape or with a thick pad of clean cloth. Tape on 3 sides only. Leave one side open for air to go out

Whether the patient is conscious or not, he must be placed with the injured side down in the recovery position.



DHAAWACA SHAFKA OO GUDAHA JIRA

Haddii gantaal ama wax kale oo kaar ah dhuubani shafka galaan neef qaada- shay iyo neef soo celinta qofka ayaa wax laga maqlayaa cod foori leh. Si looga hortago in sambabadu shaqada joojiyaan waa in daloolka la daboolo.

Isla markiiba waxaad taas ku samayn kartaa calaacashaada, gabal bac ah, maac xabag leh ama calal nadiif ah oo qanweyn leh. Ha dhigee maac xabag leh saddex dhinac oo keliya. Hal dhinac waa in la furantahay in loo fududayo hawo ka soo baxo shafku.

Bukaanku ama xis ha qabo ama yuus qabine waa in loo jiiifiyo dhinac iyadoo meesha dhaawaca ah ay hoos marinayso.

ABDOMINAL WOUNDS

Cover the wound with a clean dressing. If the intestines or other internal organs protrude, do not attempt to push them back into the abdomen.

Place the patient in the most comfortable position possible and put a folded blanket under his bent knees to reduce pressure on the abdominal wall.

Give the victim nothing to drink (even if he complains of being very thirsty). Nothing to eat and no cigarettes.



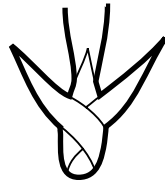
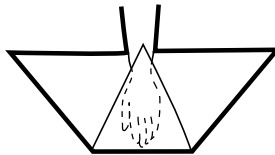
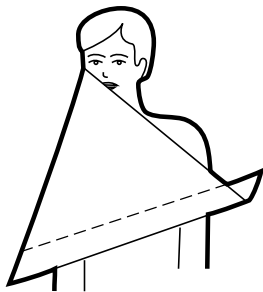
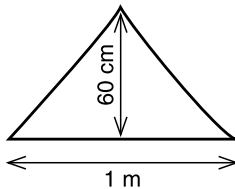
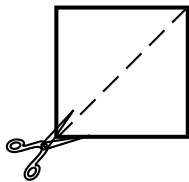
DHAAWACA CALOOSHA

Dhaawaca u huwi maro nadiif ah. Haddii xiidmaha ama xubno kale oo gudaha ay ka soo dhacaan, ha isku dayin in aad dib ugu celiso.

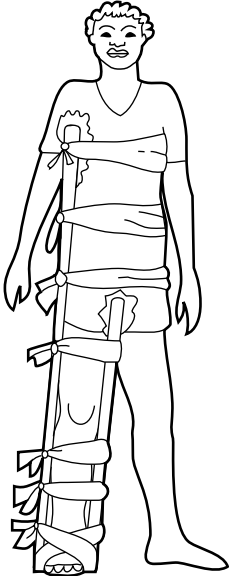
Bukaanka ujiifi sida ugu habboon oo ugu fiican, lowyaha u soo laal hoostoodana ka geli buste duuba si cadaadiska caloosha hayaa u yaraado.

Bukaanka **ha siin** wax cabbitaan ah (xataa hadduu sheeganayo haraa badan), wax cunto ah iyo sigaatoona.

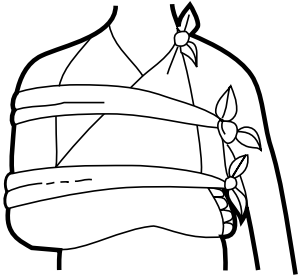
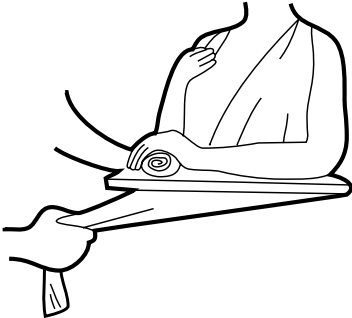
BANDAGING



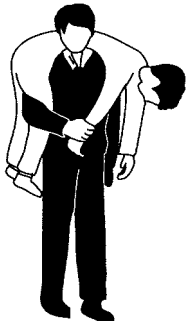
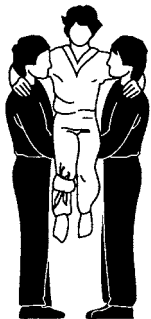
IMMOBILIZING



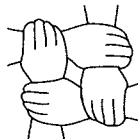
DHAQDHAQAAQ U DIIDID



TRANSPORTATION

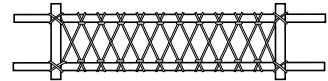
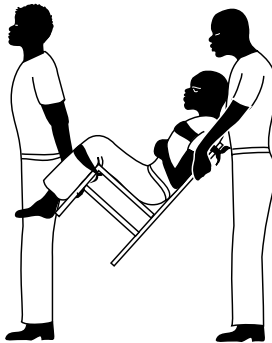
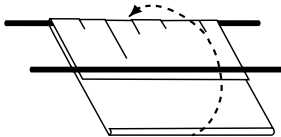


QAADID



IMPROVISED STRETCHERS

DHAAWAC-QAAD SAMAYSASHO



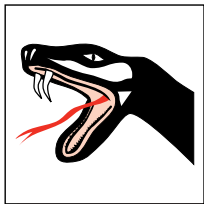
SNAKE BITES

Limit the absorption of venom.

- Lie patient down and reassure.
- Position the patient so the snakebite is below the level of the heart. Firmly apply a wide pressure bandage from bottom of the affected limb up as far as possible including the snake bite. Splint and completely immobilize the limb.
- Transport to health facility.
- If the snake has been killed, send it along for identification.

Do Not:

- try to kill the snake
- apply a tourniquet
- cut or suck venom – you could become a casualty



QANIINYO MAS

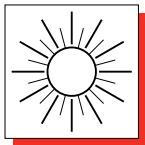
Xaddadjir nuugidda suntan.

- Bukaanka jiifi oo deji.
- Bukaanka ujiifi si meesha masku ka qaniiney ay uga hoos marto wadnaha.
- Duub faashad weyn oo cadaadis ah addinka la qaniiney oo dhan. Isticmal qori si aad u diidid dhaqdhaqaaqda addinka.
- Bukaanka waa in la qaado xarun caafimaad.
- Haddii maskii la dilay u dir xarunta si loo hubin karo noociisa.

Ha sameeynin:

- Ha isku daynin in aad disho maskii.
- Ha isticmaalin xirid
- Ha ka gooynin ama ka nuugin sunta maskii sababta oo ah in aad noqon kartaa bukaan oo kale.

SUN-STROKE AND HEAT STROKE



CADCEED-WAREEN IYO KULAYL- WAREEN

Put the casualty in the shade. Loosen or remove tight clothing if conscious. Give fluids every few minutes. Keep cool by sponging with water.

Mix a drink to replace the lost water and salt more quickly:

- 1 litre (about 5 cups) of clean water.
- 8 level teaspoons of sugar.
- 1 level teaspoons of salt.

Taste the drink. It should not be more salty than tears.

Dhibbanaha gee meel xadh ah. Debcin ama ka bixin dhar duuqsan ah haddii qof xiskiisa joogo. Cabbitaan sii dhowrkii daqiiqoba.

Qabooji adigoo biyo marinaysid.

Cabbitaan isku qasan oo beddela biyihii ka baxay iyo cusbo si degdeg ah u sii:

- 1 litir oo biyo nadiif ah (qiyaas 5 koob)
- 8 qaaddo oo sonkor ah
- 1 qaaddo oo cusbo ah

Dhedhemi cabbitaanka. Waa muusan ka dhanaanaan ilmada.

This drink will also be very useful in case of diarrhoea (when oral rehydration salts are not available).

If unconscious – keep in shade, put in recovery position, place cold cloth around neck, under arms, groin. Fan to circulate some air.

Cabbitaankaas waxaa looga faa'ideysan karaa oo kale shubanka (markii aan la haysan cusbada biyo soo celinta).

Haddii bukaanka xisku ka maqanyahay meel xadh ah u gee oo dhinaciisa u jiifi. Calal qabow ku dhig qoorkiisa, kilkihiisa hoostooda iyo gumaarkiisa oo babbbin hawo qabow.

BURNS



Cool

Put only cold, clean water on burns. Pour continuously or submerge burn in water for 10 minutes or more until the pain is reduced. Cover with clean cloth, gauze.

DO NOT --break a burn or blister.

DO NOT pull off clothing stuck to a burn.

If a burn has a blistered area larger than the palm of the hand, send the casualty to a health centre.

GUBASHO

Qabooji

Meesha gubatey ku shub biyo qabow oo nadiif ah oo qur ah. Si joogto ah u soco taas ama biyo qabow ku quusi muddo 10 mirir ah ama ka badan ilaa xanuunku ka dhimmo. Dabool meesha gubatey, isticmaal calal nadiif ah ama shaash.

Weligaa ha dillaacin gubashadu iyo nabar biyo galaan.

Weligaa ka soo riixin dharku ku xogay meesha gubatey.

Haddii meesha gubatey ay galaan biyo ka ballaaran calaacal u dir dhibbanaha rug caafimaad.

Give plenty to drink - tea with sugar, fruit juice, water with 2 teaspoons of salt per litre.

DO NOT give an unconscious person anything to drink.

Sii dhibbanaha cabbitaan badan: shaah sonkor leh, casiir, biyo litirkiiba lagu daray 2 qaaddo oo cusbo ah.

Weligaa qof xiskiisu ka maqan yahay cabbitaan ha siinin.

DANGER! MINES!

Don't touch mines, grenades or any other explosives. They destroy and kill!

If you discover a mine or other explosives, do the following

1. Mark the place with stones or wood sticks.
2. Tell people around not to come to this place.
3. Inform competent army personnel.

HALIS! MINO!

HA TAABAN miinooyinka qarxayaasha ama rasaas kasta oo kale. Wax bay burburshaan oo dilaan!

Haddaad heshid miino ama rasaas kale tallaabooyinka soo socda qaad:

1. Meesha ku wareeji dhagxaan ama qoryo.
2. Uga dig dadka ka ag dhow in aanay marin halkaas.
3. Ogeysii ciidaanka aqoon- ta u leh.

ELECTRIC SHOCK

- Turn off the power. If this is not possible, remove the electrical contact from the casualty with a safe object.
- This must be made of some material which will not allow the electric current to pass to you.
- Sticks, folded newspaper, rubber-soled shoes, sneakers and sticks, folded clothing are all suitable if they are dry.
- Never touch the casualty until you have removed or turned off the electrical power.
- Check for breathing.
If the casualty is unconscious and breathing put him in the recovery position.

KORONTO QABASHO

- Korontada dami. Haddii aanay suuroobin, dhibbanaha uga qaad xiriirka korontada shey aan waxyeello lahayn.
- Waa shey aan adiga kuu soo gudbinayn korontada. Qoryo, xaashiyo isku laaban, kabo hoos cinjir ka ah, kabo isboorti ah iyo dhar intaba waa la isticmaali karaa haddii ay qallalan yihiin. Weligaa ha taaban dhibbanaha haddii aanad ka leexin korontadii ama aanad demin.
- Hubi neefsashada.
- Haddii dhibbanuhu xiska lumiyo uuna neefsanayo ujiifi dhinac aamin ah.

PREVENTION

Have dry hands when working with electricity. Never use electric appliances where there's a wet surface.

KA-HOR-TAG

Markaad koronto ka shaqaynaysid weligaa gacmahaagu ha qallallaadeen. Qalabka korontada ha ku isticmaalin dhulka qoyan ah.

Good health needs clean water!
Before you use water: Boil it!

Caafimaad ficani wuxuu u baahan yahay
biyo nadiif ah.
Biyaha inta aanad cabbin karkari.

NOTES/ XUSUUS
