



GAR GAARKA DEG DEGGA AH
OO KOOBAN





Ururka Bisha Cas (SRCS)
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URURKA BISHA CAS (SRCS)

Ururka Bisha Cas (SRCS) waa urur bani'aadamnimo oo madaxbannaan oo siyaasad aan shaqo ku laheyn. Waxaa la aasaasay bishii Abriil 1963-dii waxana uu noqotay hay'ad sharci ah oo ku dhisan Xeer Madaxweyne tirsigiisu yahay 187 ee sannadkii 1965tii. Waxa aqoonsaday Guddiga Caalamiga ee Laanqayrta Cas (ICRC) sannadka markuu ahaa 1969kii isla sannadkaasi waxay noqotay xubin ka mid ah Xiriirka Caalamiga ee Laanqayrta Cas iyo Bisha Cas.

Wuxu ka hawlgalaa shabakad ka kooban 19 laamood oo hawshoodu gaarsiisan tahay guud ahaan dalka. Waqtigan la joogo, ururku wuxuu leeyahay in ka badan 4,600 mutadawiciin firfircoon iyo tiro mutadawiciin bulsho oo la howlgelin karo xilliyada xaaladaha deg degga ah.

Qof kasta way u furan tahay inuu xubin ka noqdo Ururka Bisha Cas (SRCS) iyada oo aan loo eegin diinta, da'da, jinsiga, qowmiyadda ama ra'yi siyaasadeed - waxaa shardi ah in shakhsiyaadka ay yihiin dad daacad ah oo bulshada dhexdeedana ku leeyihiin muuqaal wanaagsan.

Aragtida dheer

Bulshooyin xooggan oo awood loo siiyey in ay wax ka qabtaan waxyaalaha sababa dhibaatooyinka iyo kana jawaabceliya baahiyaha dadka nugul.

Waajibaad shaqo

In laga hortago lana yareeyo dhibaatooyinka aadanaha iyadoo lala shaqeynaayo bulshooyinka, maamulada maxaliga iyo bahwadaagta kale si ay ugu fidiyaan adeeg aasaasi ah oo tayo leh dadka nugul oo ay saameeyeen masiibooyinka, cudurada, iska horimaadyada hubaysan iyo bulshooyinka kale ee saboolka ah si waafaqsan mabaadi'da asaasiga ee Dhaqdhaqaaqa Laanqayrta Cas iyo Bisha Cas.

Qiyamka asaasiga ah

- Daacadnimo
- Ballanqaad
- Daahfurnaan
- Islaxisaabtan
- Qiimeyn loo hayo dadka
- Wadashaqeyn

Barnaamijyada iyo Hawlaha Muhiimka ah ee Ururka Bisha Cas (SRCS)

Barnaamijyada iyo hawlaha Ururka waxay waafaqsanyihiin afarta hadaf ee istiraatijiga ah oo ay tahay in la hormariyo, kor loo qaado lana xoojiyo barnaamijyada caafimaadka ee bulshada ku saleysan iyo barnaamijyada daryeelka oo diirada saaraya ka hortag, kor u qaadid iyo adeegyada daryeelka caafimaadka ee daaweynta ah; in la kordhiyo awoodaha Ururka iyo bulshada maxaliga ah si loo yareeyo u nuglaanta, halisaha masiibooyinka, lagana hortago/la yareeyo saameynta khataraha; in la xaqiijiyo awooda hay'adeed ee Ururka si ay u bixiyaan adeegyo wax ku ool ah; iyo in kor loo qaado fahamka Xeerka Caalamiga ah ee Adminimada, Mabaad'ida Laanqayrta Cas Bisha Cas iyo hawlaha Ururka.

GARGAARKA DEG DEGGA AH

Buuggani wuxuu xambaarsanyahay macluumaad iyo tilmaamo bixinaya gargaarka deg degga ee Xaaladaha deg degga ah. Buuggu ma doobooli karo xaalad kasta, sidaa darteed tilmaamuhu qaab ahaan waa mid guud. Hab-dhaqanada iyo tallaabooyinka la soo jeediyey waa in la isticmaalaa iyadoo maanka lagu haynayo:

- Baahida deegaanka;
- Kheyraadka la heli karo;
- Dhaqamada deegaanka ee wax tarka leh, haddii ay jiraan; iyo
- Awooda loo leeyahay in adeega gargaarka deg degga ah la gaadhsiin karo ciddii u baahan

Sidaas darteed Ururka Bisha Cas (UBC) wuxuu ka gaabsanayaa dhammaan mas'uuliyadda haddii ay dhacdo in talooyinka aan waafaqsaneyn hanaanka ugu fiican ee waxqabad ee xaalada la xariirta.

Gargaarka deg degga ah waa kaalmada ama caawimaada koowaad ee la bixiyo xiliga xaalada deg degga ah ay jirto, si loo badbaadiyo nafta loogana hortago dhaawac hor leh oo yimaada, ama xanuun, lana yareeyo dhibaataada si gacan looga geysto dhibanayaasha dhaqso u soo bogsashadooda. Ujeedooyinkan waa in la gaaraa:

- in aan wax yeelo gaarin, naftaada, nafta qofka dhaawaca ah iyo kuwa kaleba jir ahaan iyo maskax ahaan;
- Intii awoodaada ah hadii ay ahaan laheyd, mid dareen, mid jireed, mid farsamo ama mid qalabeedba.

Magaca: _____ Telefoonka: _____

Qofka lala xiriirayo haddii ay jirto xaalad ded deg ah:

_____ Telefoonka: _____

GARGAARKA DEG DEGGA AH

Awoodaada maareynta ama xanaaneynta ee xiliga xaaladaha deg degga ah oo aad si nabadgelyo oo wax ku ool ah wax ugu qabatid Qofka dhaawaca ah ama xanuunsan (aan aheyn oo kaliya daaweynta dhaawaca ama xaalada) ayaa kor loogu qaadi karaa iyadoo kaalmo la weydiisanayo dadka kale ee goobta jooga iyo iyadoo la adeegsanayo waxa goobta laga heli karo.

Mararka qaarkood, daryeel dheeraad ah ayaa loo baahan karaa. Xaaladahaas oo kale, qofka dhaawaca ah wuxuu u baahan doonaa in si nabadgelyo ah iyo hab ku habboon lagu gaarsiiyo halka uu ka heli karo daryeel ku haboon.

**Waad badbaadin kartaa naf
(ama gacan baad ka geysan kartaa)
iyadoo wax loo qabanayo si deg deg ah,
nabadgalyo leh oo ay bani'aadannimo ku jirto**

Waxaan idinku boorineynaa in aad qaadataan tababarka Gargaarka deg degga ah. La xiriiira Xafiiska Bisha Cas ee dalkaaga si aad u ogaataan inay bixinayaan tababar noocan oo kale ah, ama taageero kale oo gacan idinka siineysa in aad kobcisaan kalsoonidiina oo aad kor u qaadaan xirfaddahiina. Sidaas ayaad awood ugu heli kartaan in aad wax u qabataan si amaan ah, bani'adaminimo ku jirto oo wax ku ool ah xiliga xaaladaha deg degga ahi ay jiraan.

DHAMMAAN XAALADAHA DHAAWACYADA



Ka fikir ammaanka, Una hawlgal si nabadgelyo leh.



Dhiiri geli – Una Sharax oo deji dhibanaha ama qofka dhaawaca ah.



Kaalmo ama caawimo weydiiso



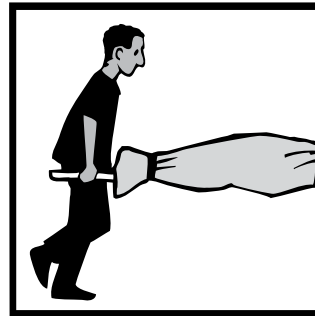
Xaqiiji wadashaqeynta qofka dhaawaca ah. Si fican u baar qofka.



La socio xaaladda dhaawaca. Hubi in dhaawaca sharaftiisa la dhowrayo oo uu dhibaato qabin.



Sii biyo nadiif ah ama cabitaan haddii dhibanuhu uu miyir qabo.



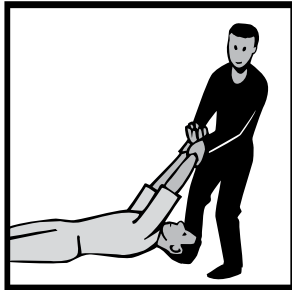
U qaad qofka dhaawaca ah goob caafimaad haddii uu u baahanyahay daryeel dheeraad ah.

KA FIKIR AMMAANKA, UNA HAWLGAL SI NABADGELYO LEH

Iska ilaali in adiga naftaadu aad noqotid dhaawac (ka joog goobaha miinaysan, dabka, walaxda sunta leh, iwm).

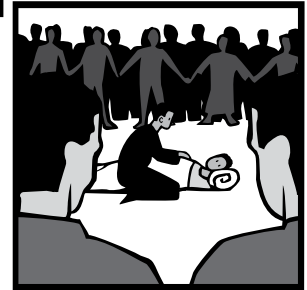


Iska ilaali inay ku soo garaan ama ay ku taabtaan dheecaannada jirka ka soo baxa sida (dhiigga, candhuufta, ama matagga).



Qofka dhaawaca ah si nabadgelyo leh oo deg deg ah uga qaad aaga khatarta ah.

Ku daryeel dhaawaca meel ama goob ammaan ah.



Ka fikir ammaanka, Una hawlgal si nabadgelyo leh

Gacmaahaaga nadiifi.



Is deji oo maaree qulubka maskaxdaada, shakiga ka saar qoyskaaga iyo saaxibadaada

MARKA AANU QOFKU JAWAAB CELIN KARIN AMA UU MIYIR LA'YAHAY

HADDII QOFKA DHAAWACA AH UU NEEFSANAYO

Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. weydiiso kaalmada aad u baahan tahay.



Hubi in qofka dhaawaca ah uu neefsanaayo adigoo madaxa si tartiib ah gadaal ugu celinaya isla markaana fiiri oo dhegeyso iskuna dey inaad dareento in qofka uu neefsanayo.

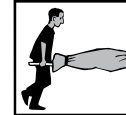
U jifi qofka dhaawaca ah habka jifinta haboon una fur marinka hawada adigoo madaxa si tartiib ah gadaal ugu celinaya si uu si fudud ugu neefsado oo ay dheecaanada sida dhiigga, candhuufta ama mataggu uga soo baxaan afka.



Ded qofka dhaawaca ah.



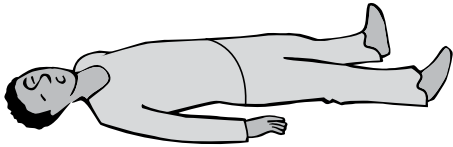
Ka fikir ammaanka, Una hawlgal si nabadgelyo leh



MARKA AANU QOFKU JAWAAB CELIN KARIN AMA UU MIYIR LA'YAHAY

HADDII QOFKA DHAAWACA AH AANU NEEFSANEYN

Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. weydiiso kaalmada aad u baahan tahay.



Hubi in qofka dhaawaca ah uu neefsanaayo adigoo madaxa si tartiib ah gadaal ugu celinaya isla markaana fiiri oo dhegeyso iskuna dey inaad dareento in qofka uu neefsanayo.

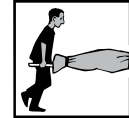
Raadso cid ku caawiso si dhibbanaha loo saaro meel siman oo adag, ku bilow habka cadaadinta ee jawaab soo celinta deg degga ah ee shaqada wadnaha iyo sanbabada (CPR), hadii intaas wax looga garanwaayo, U qaad dhibanaha goobta caafimaad ee kuugu dhow.

Sheeg in ay jirto fursad aad u yar oo badbaado ah si looga fogaado rajo been ah. Ku bilow habka cadaadinta ee xabadka, adiga oo si sax ah uga cadaadinayo markiiba 100 jeer halkii daqiiqaba. Haddii loo baahdo dadka weydiiso in ay kaa badalaan cadaadinta/riixida xabadka si aad u nasato.

Ded qofka dhaawaca ah



Ka fikir ammaanka, Una hawlgal si nabadgelyo leh



MARKA AANU QOFKU JAWAAB CELIN KARIN AMA UU MIYIR LA'YAHAY

HADDII QOFKU UU QABO QALLAL/SUUXDIN

Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. weydiiso kaalmada aad u baahan tahay.

Hagaaji ammaanka goobta si adiga iyo dhibanaha aanay waxyeelo idiin soo gaarin inta lagu guda jiro xaaladda.

Ha taaban dhibanaha inta uu gariirayo ama u qallalku hayo, hadday suurtagal tahay buste isticmaal, dhar ama wax jilicsan si qofka dhibanaha ah madaxiisa looga ilaaliyo in dhaawac soo gaaro. Ha celinin qofka taasi waxaa laga yaabaa in uu dhaawac idiinka soo gaaro adiga iyo dhibanaha.



Mar hadii qallalka ama suuxdintu dhammaato, dhibanaha u jiifi habka jiifinta haboon una fur marinka hawada adigoo madaxa si tartiib ah gadaal u celinaya si uu si fudud ugu neefsado oo ay dheecaanada sida dhiigga, candhuufta ama mataggu uga soo baxaan afka.

Ded qofka dhaawaca ah.



Ka fikir ammaanka, Una



MARGASHO

Haddii qofka dhaawaca ah uu margado ama awoodi kari waayo in uu neefsado:

Hore u soo janjeeri,

Si adag dhabarka ugu dhufo gacantaada, inta u dhaxeysa labada garab,

Haddii sidan aad wax uga qaban weyso, dhibanaha gadaashiisa/gadaasheeda istaag, gacmahaagana ka soo gali hareeraha calooshiisa/calosheeda, iskuna qabo gacmahaaga una soo riix xaga gudaha iyo dhanka sare.



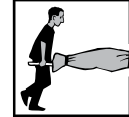
Haddii uu yahay canug yar:

Wajiga hoos ugu haay isagoo ku dherersan gacantaada

Si adag ugu dhufo gacantaada inta u dhaxeysa garbahooda, si meesha looga saaro shayga.

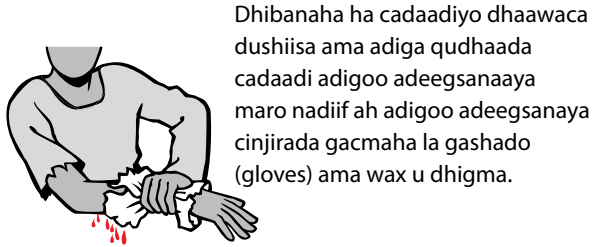


Ka fikir ammaanka, Una hawlgal si nabadgelyo leh

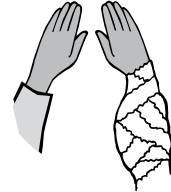
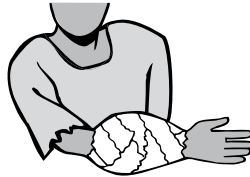


MARKA QOFKU UU DHIIG BAXAYO

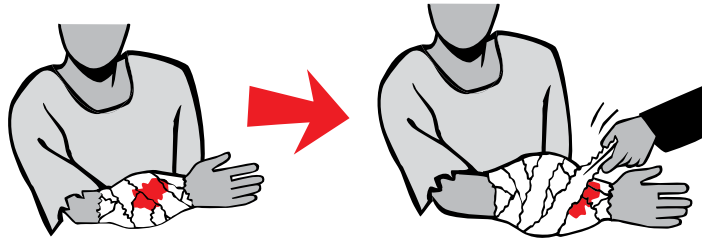
Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. weydiiso kaalmada aad u baahan tahay.



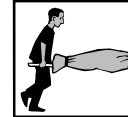
Ka eeg calaamooyinka bararka ama inay xubintii yeelatay midab buluug xigeen ah (Saameynta marada dhiig- xirka), xaqiiji in faashadu aanay wax xanuun ah keeneyn. Haddii aad aragto wax ka mid calaamadahan, dabci faashada (bandage).



HADDII DHIIG KA SOO DUL BAXO (MAAXO) MARADA AMA FAASHADA



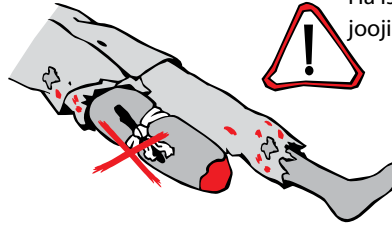
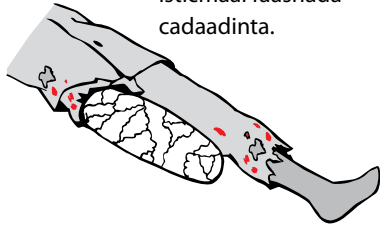
Dul saar maro ama faashad kale oo nadiif ah faashaddii hore.



MARKA QOFKU UU DHIIG BAXAYO

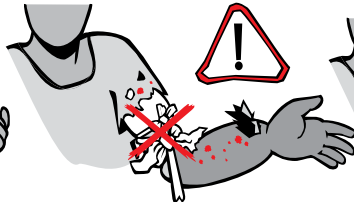
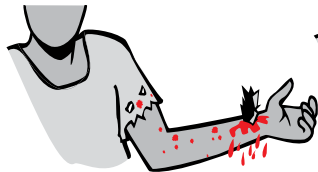
HADDII XUBIN LA GOOYO

Isticmaal faashada cadaadinta.



Ha isticmaalin xadhiga dhiig joojinta (tourniquet)

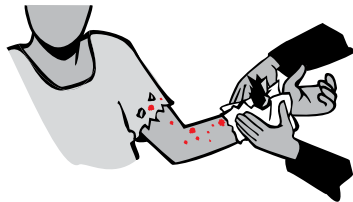
HADDII XUBINTA UU KU JIRO WAX DIBADDA UGA YIMID



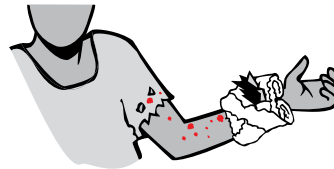
Ha isticmaalin xariga-dhiig joojinta.



Ha ka saarin walaxda dibadda uga timid (foreign object)



Hadhaqdhaajin walaxda. Saar, kuna duub maro nadiif ah ama faashada cadaadinta (ku duub faashada cadaadinta ama maro nadiif ah).



Ku duub faashad kuna cadaadi adiga oon meesha ka saareynin sheyga ku jira).



Ka fikir ammaanka, Una hawigal si nabadgelyo leh



MARKA QOFKU UU DHIIG BAXAYO

HADDII DHIIGGU KA IMAANAYO LUQUNTA/QOORTA

Ku duub faashad ama maro nadiif ah kuna cadaadi (iyadoo faashadda hoosta laga hoos gudbinayo/ marinayo garabka ku aadan).

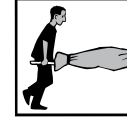


DHIIG BAXA SANKA

Qofka dhaawaca ah hore u soo janjeeri Si tartiib ah qofka dhaawaca ah u weydii in uu qabto sanko qeybta jilicsan 10- 20 daqiiqadood Ku dhiirigeli qofka dhaawaca ah in uu ka neefsado afka Dhiigbaxa haddii uu joogsan waayo, qofka u qaad isbitaalka



Ka fikir ammaanka, Una hawlgal si nabadgeyo leh



MARKA QOFKU UU KU JIRO ARGAGAX (SHOCK), WAREER AMA AAN RAAXO QABIN

Weydii qofka dhaawaca ah in uu jiifsado

Lugaha kor u qaad

Ka dabci wixii dhar ah oo ku dhagan sida qoorta iyo sanbabada

Ded qofka dhaawaca ah

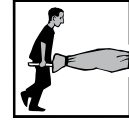
U qaad isbital haddii loo baahdo



Xusuus: U daa sida dhibanaha uu jecel yahay in uu u jiifsado, hadana si wanaagsan u maaree waxa sababay shooga ka hor inta aadan qaadin, tusaale dhiig baxa, jabka, gubashada, iwm.

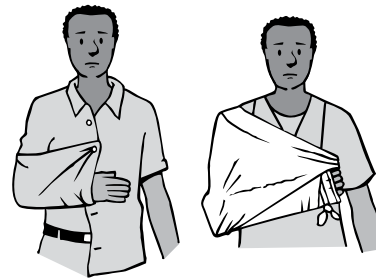
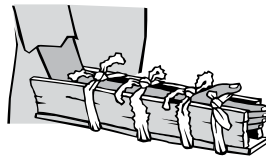


Ka fikir ammaanka, Una hawlgal si nabadgelyo leh



MARKA QOFKU JABO

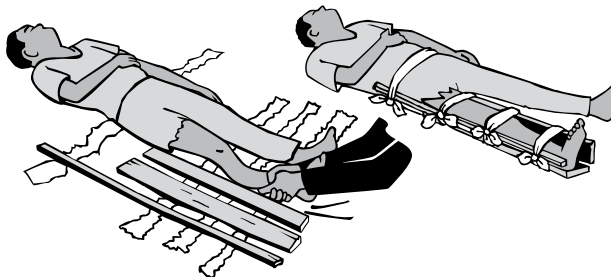
Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. weydiiso kaalmada aad u baahan tahay.



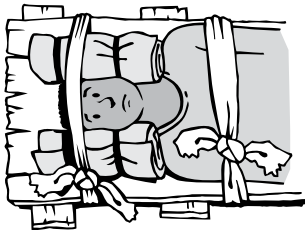
Haddii ay yihiin addimada sare iyo kuwa hoose, si toosan oo tartiib ah u dhig addinka jaban si aysan u dhaqdhaaqqin.

Faashad ku duub nabarka.

Ha dhaqdhaqaaqin xubinta si uu u yaraado xanuunka loona xaddido waxyeelo hor leh.



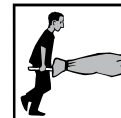
HADDII UU YAHAY JAB QOORTA AH



Si tartiib ah dhaqdhaqaaqa uga ilaali madaxa, jirkana u dhig si toosan oo dadab ah, si xanuunka uu u yaraado, loona xaddido waxyeelo hor leh in ay ku timaado dhibanaha.



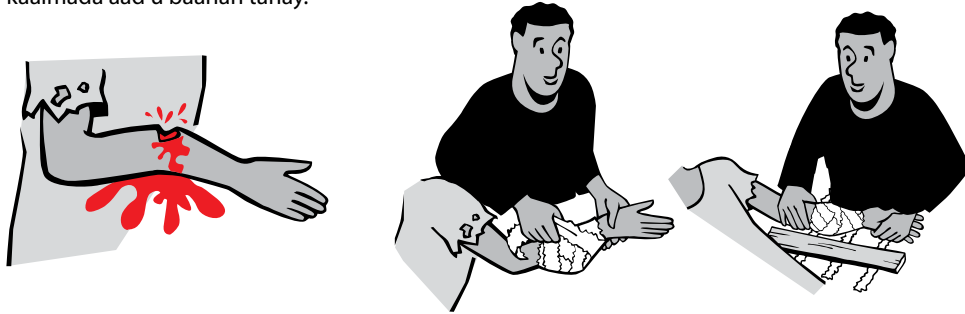
Ka fikir ammaanka, Una hawigal si nabadgeylo leh



MARKA QOFKU JABO

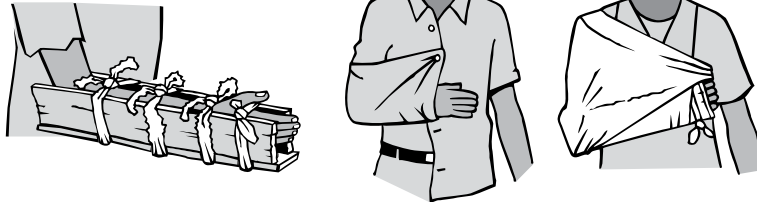
HADDII UU YAHAY JAB FURAN

Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. weydiiso kaalmada aad u baahan tahay.

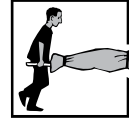


si toosan oo tartiib ah u dhig addinka jaban si aysan u dhaqdhaaquin.

Faashad ku duub nabarka.



Ha dhaqdhaqaajin xubinta si loo yareeyo xanuunka, loona xadido waxyeelo hor leh.



MARKA QOFKA UU LEEYAHAY NABAR

Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. Weydiiso kaalmada aad u baahan tahay.



Ku nadiifi nabarka (adigoo isticmaalaya biyo nadiif ah iyo saabuun).



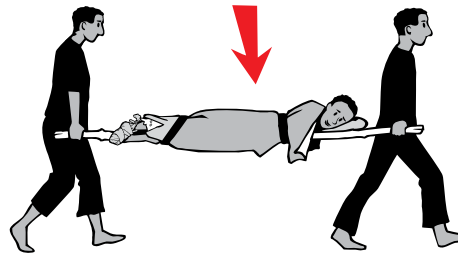
ku dabool Nabarka maro nadiif ah. La soco xaaladda nabarka.

HADDII NABARKU UU YAHAY MID BALAARAN, WASAKHEYSAN AMA CAABUQEY

Ku nadiifi nabarka (adigoo isticmaalaya biyo nadiif ah iyo saabuun).
ku dabool Nabarka maro nadiif ah.



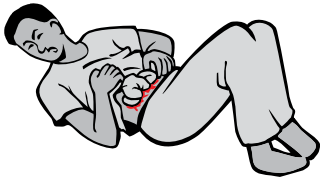
Qaad qofka dhaawaca ah.



MARKA QOFKA UU LEEYAHAY NABAR

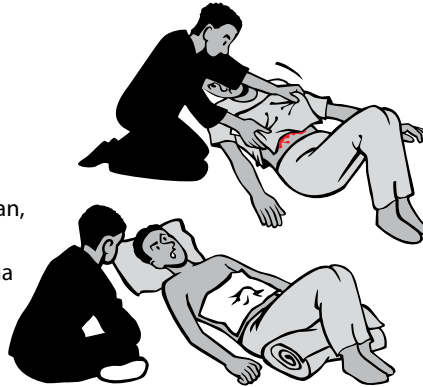
HADDII NABARKA UU KU YAALO CALOOSHA

Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. Weydiiso kaalmada aad u baahan tahay.

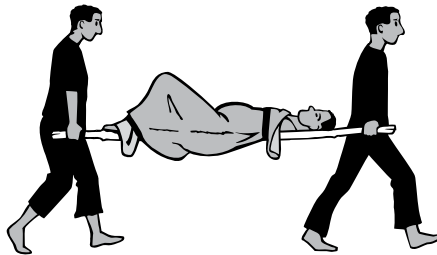


Ku dabool Nabarka maro nadiif ah oo qoyan,

Xubnaha dib ha ugu riixin gudaha caloosha



Ku caawi qofka dhaawaca ah in uu u jiiifsado sida uu jecel yahay (tusaale lugaha ayaa u laaban).



Qaad qofka dhaawaca ah.



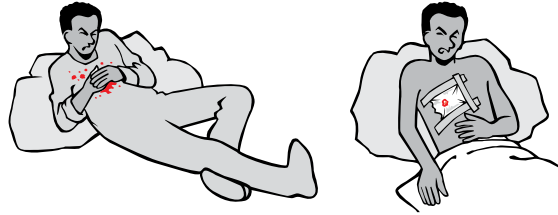
Ka fikir ammaanka, Una hawlgal si nabadgelyo leh



MARKA QOFKA UU LEEYAHAY NABAR

HADDII UU NABAR HALIS AH KU YAALO XABADKA

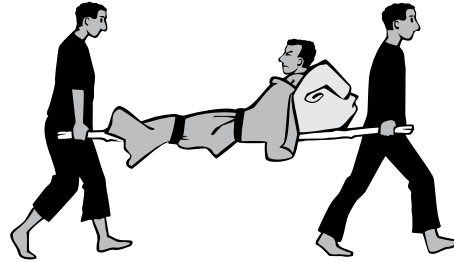
Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. Weydiiso kaalmada aad u baahan tahay.



Nabarka ku dabool bac (ama shay u dhigma) saddex dhinac oo keliya si dherer ahna jirka ugu dheji, si looga hortago in gebi ahaanba xiranto faashada (haddii kale daa nabarka isaga oo furan).

U jifi qofka dhaawaca ah sida uu jecel yahay (tusaale fadhiiyara jiif ah).

Qaad qofka dhaawaca ah.



NABARKA ISHA

Isha waxa dibadda uga yimid
Ku nadiifi biyo socda, Dabool,
Ka dibna Qaad



QANIINYADA

Nadiifi
Dabool haddii loo baahdo
Qaad



Ka fikir ammaanka, Una hawlgal si nabadgelyo leh

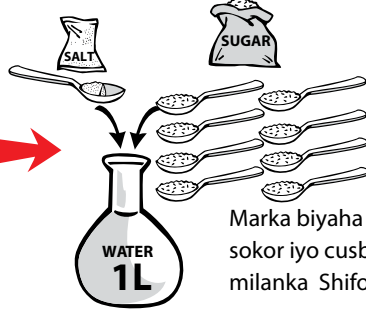


DIYAARINTA MILANKA SHIFO (ORS)

Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. weydiiso kaalmada aad u baahan tahay.



Dhaq gacmahaaga



Marka biyaha ay qaboobaan, ku qas sokor iyo cusbo ama isticmaal baakada milanka Shifo (ORS) haddii la heli karo

Biyaha miir hadana karkari (Si ay u noqdaan biyo lacabi karo).



Cabsii qofka dhaawaca ah milanka shifo ee aad diyaarisey

Qaad qofka dhaawaca ah haddii uu u baahanyahay daryeel dheeraad ah



Ka fikir ammaanka, Una hawlgal si nabadgelyo leh



MARKA QOFKA UU GUBTO:

Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. Weydiiso kaalmada aad u baahan tahay.

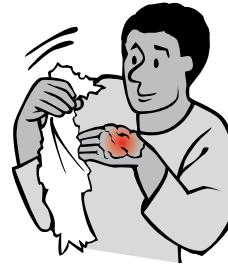


Qabooji meesha gubatay (tusaale, ku shub biyo nadiif ah oo socdo) ilaa iyo intii suurtagal ah. Ka Jooji biyaha marka qofka dhibanaha ah ka joogsado xanuunka ama uu bilaabo in uu dareemo qabow.

Kula tali qofka dhaawaca ah in uu la socdo sida fiican oo uu nabarka gubashada u bogsanayo. Haddii xanuunku uu sii socdo ama caabuq yimaado qofka ha raadsado daryeel dheeraad ah.

Haddii meesha gubatay ay ka weyntahay calaacasha qofka dhaawaca ah gacantiisa ama ay saameyso meel gaar ah oo jirka ka mid ah (tusaale, wejiga,xubnaha taranka, kalagoosyada) raadi daryeel dheeraad ah.

Haddii qofka dhaawaca ah uu yahay ilmo, had iyo jeer raadi daryeel dheeraad ah.



Ka fikir ammaanka, Una hawlgal si nabadgelyo leh



MARKA QOFKA UU QABO CADCEED WAREEN:

Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. Weydiiso kaalmada aad u baahan tahay.



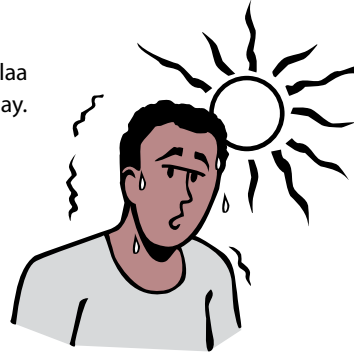
Gee ama u qaad qofka dhaawaca ah meel hadh leh.

Ku caawi qofka dhibanaha ah in aad qaboojiso (tusaale, babin , qofka oo laga saaro maro qabow oo qoyan, wejiga, luqunta, kilkilaha iyo dhinaca hoose ee bowdiyaha)



Qofka dhibanaha ah, sii biyo nadiif ah.

Qaad qofka dhaawaca ah haddii uu u baahanyahay daryeel dheeraad ah.



Ka fikir ammaanka, Una hawlgal si nabadgelyo leh



HADDII QOFKA AY XUMAD HAYSO:

Si kooban ugu sharax dadka goobta jooga, saaxibada, iyo/ ama qaraabada waxa aad doonaysid in aad sameysid iyo sababta iyo ilaa xadka aad wax qabaneyso. Weydiiso kaalmada aad u baahan tahay.



Geey ama u qaad qofka dhaawaca ah meel hawo leh.
Qabooji dhibanaha (tusaale, adiga oo babinayo ama ka marinayo wejiga maro qoyan)
La soco xaaladda dhibanaha.
Sii dhibanaha cabitaan ama biyo nadiif ah hadii uu miyir qabo.

dhibanaha u qaad goob caafimaad hadii dareel dheeraad ah loo baahdo.



Ka fikir ammaanka, Una hawlgal si nabadgelyo leh



HADII QOFKA UU CUNAY AMA UU CABEY WAX DHIBAATO U KEENI KARA JIRKIISA (POISON)

Aqoonso sheyga ama walaxda uu cunay ama uu cabay qofka

Goorta iyo haddiga uu ka cunay ama uu ka cabey

Sii qofka biyo nadiif ah ama caano, si ay uga yaraato waxyeelada walaxda uu cuney ama uu cabey

U qaad dhibanaha isbitaalka kuugu dhow

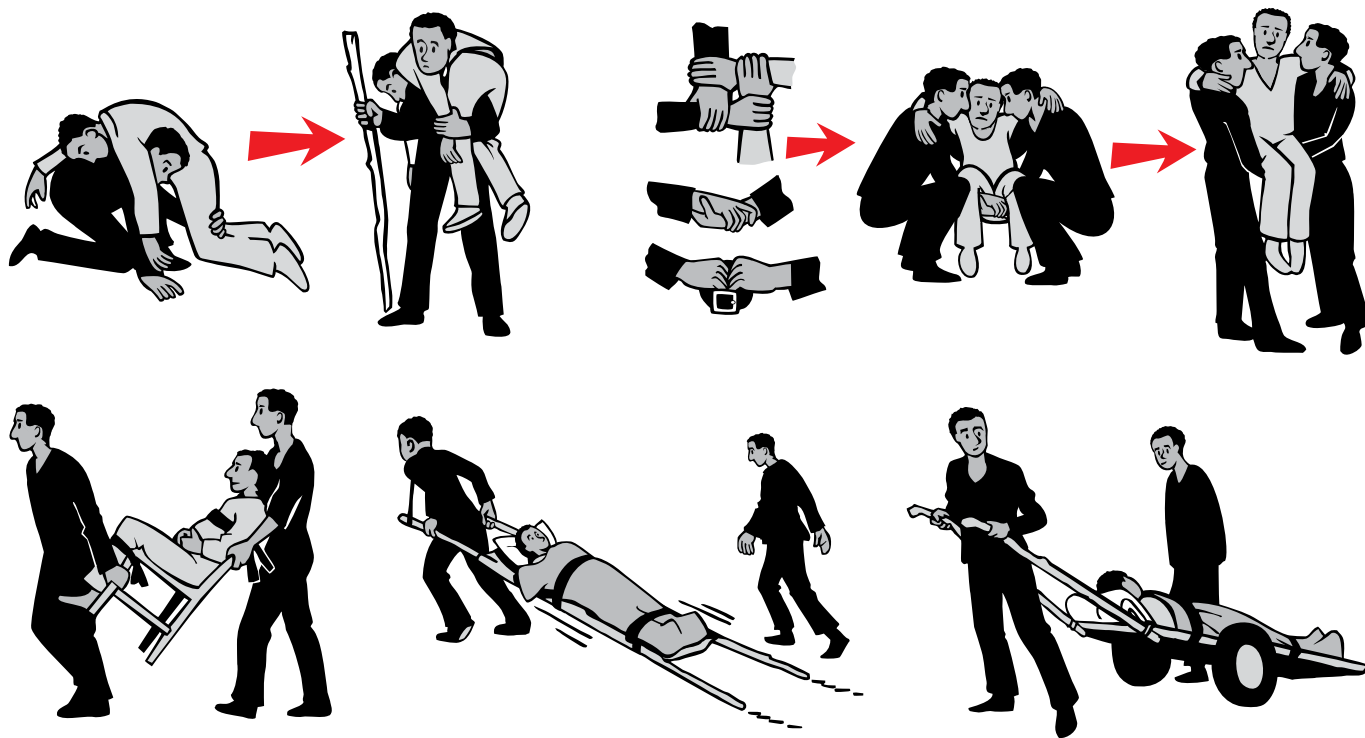
Xusuus: Ha ku dhiirgalinin qofka in uu matago



Ka fikir ammaanka, Una hawlgal si nabadgelyo leh



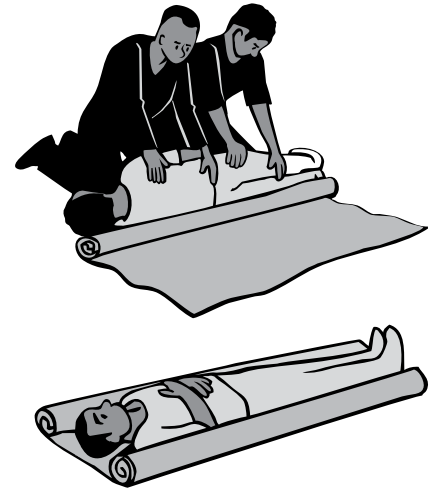
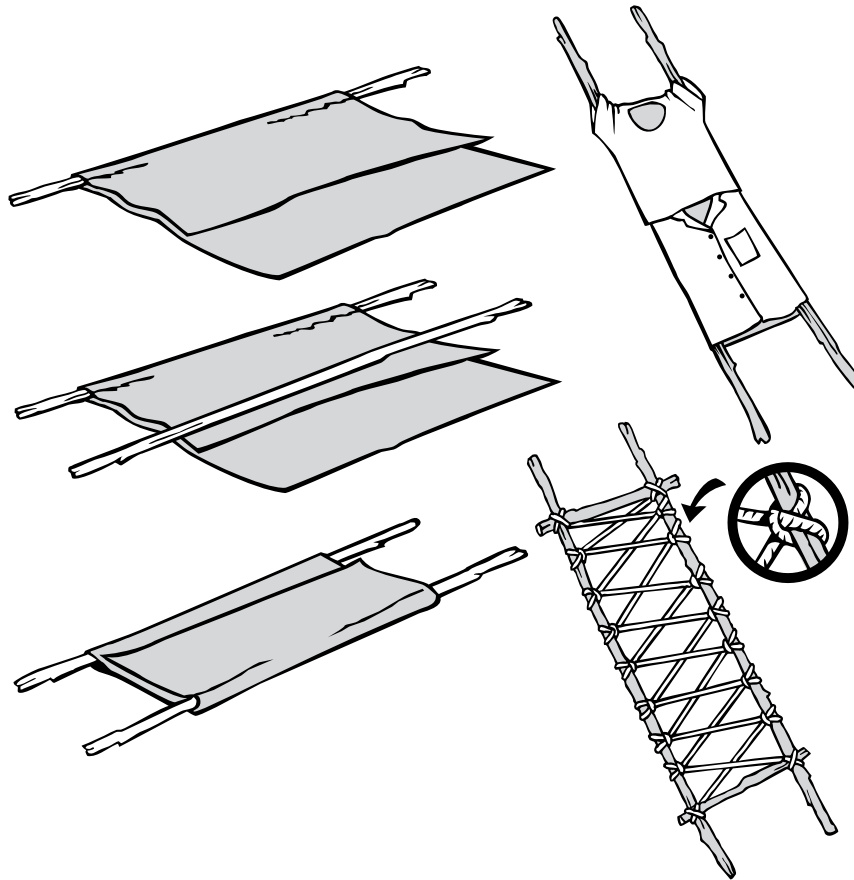
MARKA QOFKU U BAAHANYAHAY DARYEEL DHEERAAD AH:



Ilaali dhabarkaaga marka kor loo qaadayo qofka: jilbahaaga laab dhabarkaagana ha toosnaado.

Xaqiiji in qofka dhaawaca ah uu wanaag dareemayo, kalsooni la siiyay oo xaaladiisa lala socdey inta qaadistiisa ay socotey.

MARKA QOFKU U BAAHANYAHAY DARYEEL DHEERAAD AH:



Ku wareeji qofka dhaawaca ah cid kale oo daryeesha .

Xurmada la siiyo qofka dhaawaca ah, kuwa buka iyo daryeelayaasha caafimaadka

KU WAREEJI QOFKA DHAAWACA AH CID KALE OO DARYEESHA.

Waxaa muhiim ah in:

- la xushmeeyo oo la ilaaliyo qofka dhaawaca ah iyo kan buka, iyo in si firfircoon loogu taageero loona fududeeyo helitaanka daryeel caafimaad;
- la xushmeeyo lana ilaaliyo shaqaalaha caafimaadka, goobaha caafimaadka iyo gaadiidka caafimaadka, ha ahaadeen rayid ama ciidan iyadoo aan loo eegin qoloda/cida/kooxda ay ka tirsanyihiin;
- la xushmeeyo bani'aadamnimada iyo eexasho la'aanta daryeelka caafimaadka
- la xaqiijiyo in shaqaalaha daryeelka caafimaadka, goobaha caafimaadka , iyo gaadiidka caafimaadka si khaas ah ugu shaqeeyaan hawlaha caafimaadka ;
- laga daayo diidmada ama carqaladeynta hawlaha daryeelka caafimaadka xeelad ciidan ahaan;
- La xushmeeyo astaamaha u gaarka ah bisha cas, lagana fogaado in si khaldan loo isticmaalo.

XAQDHOWRKA LAANQEYRTA CAS IYO BISHA CAS

Xiliyada lagu jiro waqtiga nabadda iyo xaaladaha deg degga ah Urur Qarameedyada Laanqeyrta Cas iyo Bisha Cas iyo Guddiga Caalamiga ee Laanqeyrta Cas (ICRC) waxay bixiyaan tababaro gargaarka-deg degga ah, meeshii looga baahan yahay, waxayna si toos ah u siiyaan gargaarka deg degga ah iyagoo aan u kala sooceyn dhalasho, isir, diinta uu aaminsanyahay qofka, dabaqada ama fikradaha siyaasadeed.

Bixiyayaasha gargaarka deg degga ah ee Laanqeyrta Cas iyo Bisha Cas waxay ku dadalaan sidii ay u badbaadin lahaayeen naf ayna u yareyn lahaayeen dhibaataada haysata dadka ayadoo oo keliya ay hageyso baahidooda mudnaana siinaya xaaladaha wax ka qabashada deg degga ah u baahan. Bixiyayaasha gargaarka deg degga ah xiliga colaadaha dhinac lama saftaan, marnaba iskuma howlaan murunada dhinaca siyaasada, midabka, iyo diinta. Waxay si mutadawacnimo ah u bixiyaan gargaarka deg degga ah ama tababar ayaga oo aan marnaba ka laheyn dano dhaaqla.

Bixiyayaasha gargaarka deg degga ah ee Laanqeyrta Cas iyo Bisha Cas waxay xirtaan astaanta u gaar ah si loogu aqoonsado ama ay ugu nabad galaan. Waa in lagu xushmeeyo gacana lagu siiyo hawlhooda bani'aadamnimo xiliga nabada ama xaaladaha deg degga ah.

Hawshayada waxaa haga Mabaadi'da Asaasiga ah ee u qoran Dhaqdhaqaaqa Caalamiga ah ee Laanqayrta Cas iyo Bisha Cas.

MABAADI'DA AS AASIG A AH

Aadminnimo

Dhaqdhaqaaqa Caalamiga ah ee Laanqayrta Cas iyo Bisha Cas oo markoodii horeba ka dhashay rabitaan ku saabsan kaalmo aan kala-sooc lahayn oo loo fidiyo dadka goobaha dagaalka ku dhaawacma, wuxuuna, isaga oo awooddiisa caalaminnimo iyo tiisa Heer Qaran huwan u xusul-duubaa sidii uu u hor-joogsan lahaa, una yasiri lahaa dhibaataada Aadmiga soo gaadha, meel kastaba ha ka jirtee. Hadafkiisu waa inuu ilaaliyo nolosha iyo caafimaadka qofka, hubiyana dhawrista maamuuska uu mudan yahay. Wuxuu Dhaqdhaqaaqu dadka ka dhaadhiciyaa wanaagga ku sugan isfahamka dhinacyada, saaxiibnimada, iskaashiga iyo nabad-ku-wada-noolaanso dhex-marta dadyowga dhammaantood.

Eex la'aan

Dhaqdhaqaaqu dadka marnaba kuma takooro dhalashadooda, isirkooda, caqiidada diineed ee ay rumaysan yihiin, dabaqaddooda ama aragtidooda siyaasadeed. Wuxuu ku dedaalaa siduu u yarayn lahaa dhibtaada dadka la soo gudboonaata ; iyada oo loo yeelaayo keliya baahida ay qabaan, isla markaasna la horraysiinaayo xaaladaha guuldarrooyinka kuwooda ugu degdegsan.

Dhexdhexaadnimo

Si uu ugu sii naalloodo kalsoonida loo wada hayo, Dhaqdhaqaaqa uma bannaana dhinacyada ay colaaduhu ka dhexeeyaan inuu middood la safto amaba uu ka qaybqaato muramo kasta oo leh dabecad siyaasadeed, midi isir, mid diineed ama tu' idooloojiyad cuskan intaba.

Madaxbannaani

Dhaqdhaqaaqu waa madax-bannaan yahay. In kastoo ay xukuumadahooda garbo u yihiin dhinaca adeegyada Aadminnimada, xeerarka dalalkooda u dhiganna ay qabtaan, haddana Jamciyadaha Heer Qaran waa inay, maamul ahaan, mar walba madax-bannaanaadaan, si had iyo jeer ay ugu shaqeeyaan si waafaqsan mabaadi'da Dhaqdhaqaaqa.

Adeeg mutadawacnimo

Waa Dhaqdhaqaaq si mutadawacnimo ah dadyowga dhibaataysan ugu gargaara oo, hab ay noqotaba, aan wax-qabadkiisa faa'iido ka dooneyn.

Midnimo

Dalkii walbaba waxaa ka jiri kara Jamciyad Laanqayrta Cas ah ama mid Bisha Cas ah oo oo keliya; taas oo ay qasab tahay inay cid walba u furnaato. Hawlaheeda Aadminnimo waa inay ka fulisaa qaybaha dalka oo idil.

Caalaminnimo

Dhaqdhaqaaqa Caalamiga ah ee Laanqayrta Cas iyo Bisha Cas Adduun-weynaha ayay ka wada jiraan; iyada oo Jamciyadaha oo dhammi ay isku meekhaan yihiin. Waxay wadaagaan masuuliyado siman iyo waajibaad ku saabsan inay iskaalmeeyaan.



A series of 20 horizontal dotted lines for writing, spanning the width of the page.



Ururka Bisha Cas (SRCS)
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