



FIRST AID

GARGAARKA DEGDEGGA AH



ICRC

IN BRIEF SI KOOBAN



Xafiisyadha ICRCda ee Mogadishu,
Kismayo, Dhusamareeb, Garowe, Baidoa, Beledweyne,
Jowhar iyo Hargeisa.

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Sawirada: 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-yarahaani xambaarsan yahay warar iyo tilmaamo ku saabsan sida gargaar degdeg ah loo bixiyo xilliga xaaladaha degdegga ahi ay jiraan. Buuggu xaalad kasta ma doobooli 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.

Magaca _____

Telefoonka: _____

Qofka lala xiriirayo haddii xaalad degdeg ahi ay jirto:

Magaca _____

Telefoonka: _____

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 your country 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 sugan codsada, 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 waqti 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 tababar Gargaarka Degdegga ah ku saabsan. La xiriir Ergada ICRCda ama Jamciyadaha

Laanqayrta Cas ama Bisha Cas ee dalkaaga ka dhisan, si aad u ogaato hadday bixiyaan tababarrada 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 suurogelineysa inaad xaaladda degdegga ah ku furdaamiso si wax-ku-ool ah, nabadgelyo leh, aadminnimona ay ku dheehan tahay.

IN ALL CASUALTY SITUATIONS

DHAMMAAN XAALADAHA DHAAWACA KU SAABSAN

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.

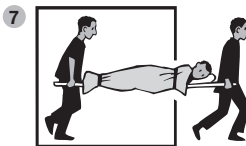


1. Amniga ka fiker
Si nabadgelyo lehna u hawl-
gal.
2. Dhaawaca kalsoonida u soo
celi, u sheeg siday wax u
jiraan oo deji.
3. Kaalmo raadso
4. Hubi in dhaawaca wada-
shaqayn laga helo. Si
buuxda qofka u baar.
5. La soco xaaladda
dhaawaca. Hubi inuu
qofku deggan yahay iyo in
sharafiisa la maamuusay.

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



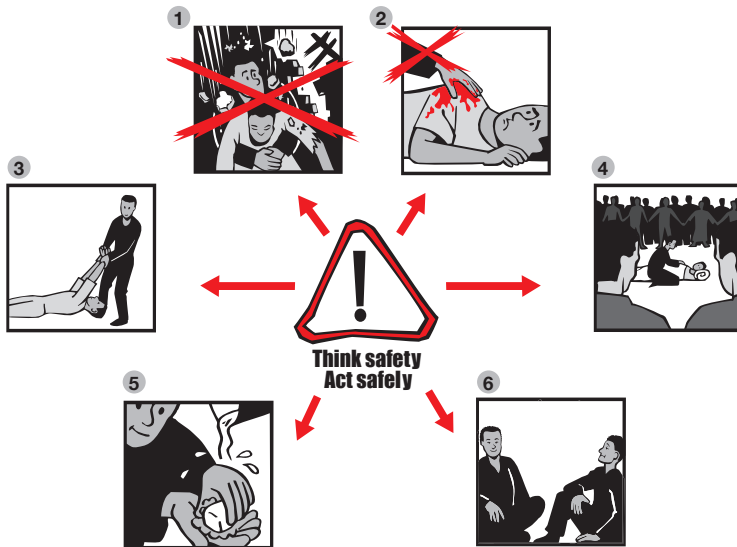
6. Sii dareere nadiif ah oo uu cabbo ama ay cabto (waase haddii qofka dhaawaca ahi uu si buuxda u qaadan karo).



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 dheecaanada 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 isdeji/ qoyskaaga iyo saaxibbadaana ka bi'i welwelka ay xaggaaga ka qabaan.

WHEN THE PERSON IS UNRESPONSIVE

MARKA AANU QOFKA 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 awooddaadu 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 tartiib ah madaxa gadaal ugu janjeerinaaya, si uu si fudud ugu neefsado, dhacaannaduna ay uga soo qulqulaan afkiisa sida dhiigga, candhuufta 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 waxyeellayn 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.



Marka uu 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.

Cover the casualty.

Dabool qofka xanuunsan.

WHEN THE PERSON IS BLEEDING

MARKA UU QOFKU 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.

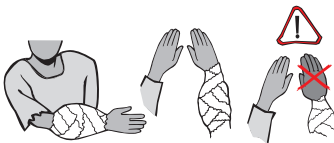
Dadka goobta jooga, saaxibbada iyo/ ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxa ay tahay iyo awooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso haddii aad u baahato.

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.

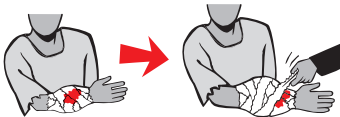
WHEN THE PERSON IS BLEEDING

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.



MARKA UU QOFKU DHIIG-BAXAYO

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

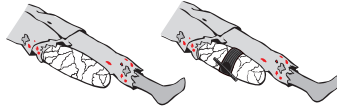
Faashadda cadaadiska ku kordhi mid dheeraad ah ama maro nadiif ah faashaddii hore dusha kaga duub.

WHEN THE PERSON IS BLEEDING

MARKA UU QOFKU DHIIG-BAXAYO

If the limb is amputated

Apply a compressive bandage.



If all else has failed, and the victim's life is at risk, apply a proper tourniquet.

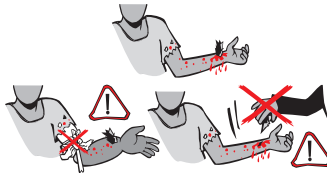
Only use an improvised tourniquet as an absolute last resort.



If a foreign body is embedded in the limb

Do not apply a tourniquet.

Do not remove the foreign object.



Haddii addinka la gooyey

Ku duub faashadda cadaadiska.

Haddii waxa kale oo dhamai guuldareystaan, oo ay nafta dhibanuhuna halis ku jirto, isticmaal marada dhiig-joojinta.

U isticmaal kaliya marada dhiig-joojinta ah sida xal kama dambeys ah.

Haddii shey dibadda ugu yimidi uu addinka ku jiro

Ha u isticmaalin marada dhiig-joojinta.

Ha ka saarin sheyga dibadda ugu yimid.

WHEN THE PERSON IS BLEEDING

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

Apply a compressive bandage (without removing the object).

If bleeding is from the neck

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



MARKA UU QOFKU DHIIG-BAXAYO

Is-hortaag in sheygu uu halkiisa ka dhaqdhaqaaqo. Ku wareeji faashado ama maro nadiif ah.

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

Markay qoortu dhiigeeyso

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

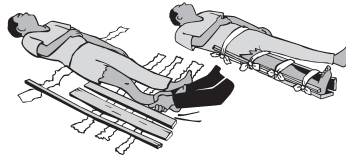
WHEN THE PERSON HAS A FRACTURE

MARKA UU QOFKU 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.



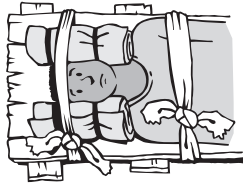
Dadka goobta jooga, saaxibbada iyo/ ama qaraabada si kooban ugu sharax waxa aad rabto in aad qabato, sababtu waxa ay tahay iyo awooddaadu inta ay le'ekaan doonto. Cid ku kaalmaysa raadso haddii aad u baahato.

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

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

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.



Marka uu jabku qoorta yahay

Madaxa dhaqdhaqaaqa 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

MARKA UU QOFKU 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.



Marka uu 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 dhaqdhaqaaqa u diid, si xanuunka loo yareeyo, isla markaasna loo xaddido waxyeello dheeraad ah oo xubinta soo gaadha.

Dhaawaca faashad ku duub.

Addinka dhaqdhaqaaqa u diid, si xanuunka 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.



MARKA UU 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.

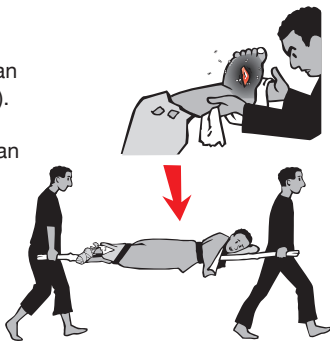


If the wound is large, dirty and infected

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

Cover the wound with a clean cloth.

Evacuate the casualty.



Marka uu 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

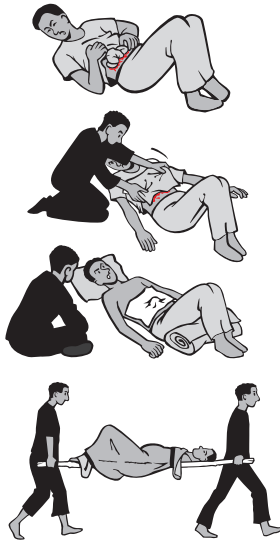
Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.

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'eekaan 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.

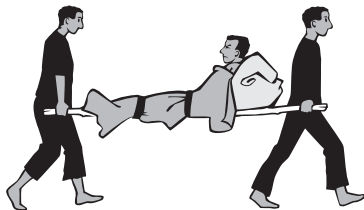
Meesha dhaawacan ku dabool cad balaastiik ah (ama shey u dhigma) saddex dhinac keliya si dherer ah jirka ugu dheji, si looga baaqsado in gebi ahaan meesha la dhayey ay wada xiranto (haddi kale dhaawacu ha iska furnaadee faraha ka qaad).

WHEN THE PERSON HAS A WOUND

MARKA UU QOFKU DHAAWAC QABO

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

Evacuate the casualty.

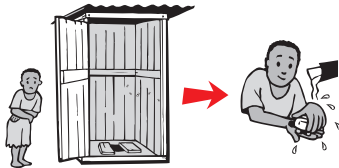


Ka kaalmee qofka dhaawacan in uu u jiifsado si istareex leh (tusaale sidii wax-fadhiya).

Qofka dhaawacan meesha ka qaad.

WHEN THE PERSON IS SUFFERING FROM DIARRHOEA

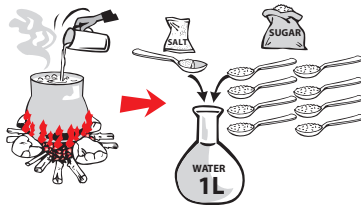
Briefly explain to the casualty, bystanders, friends and/or relatives what you are going to do and why, and the limits you may face. Seek any help you may need.



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.



MARKA UU QOFKU 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 QOFKU 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 awooddaadu 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.

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 gubtey 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.

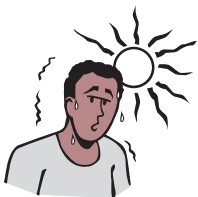
WHEN THE PERSON HAS SUNSTROKE

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 awooddaadu 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

Get the casualty to drink clean liquids.

Evacuate the casualty if he/she needs further care.



MARKA QOFKA UU QABO QORRAX-WAREEN

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

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

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 qofku u qaboobo 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 waxyaalaha kale ee qabowga sababay.

WHEN THE PERSON IS VERY COLD OR HAS A FEVER

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

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.



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 QABOORO 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.

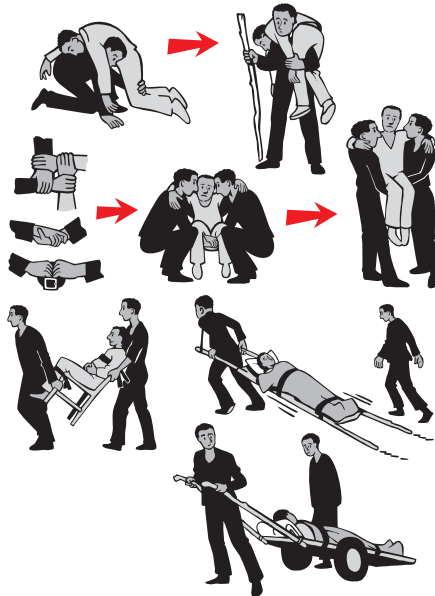
WHEN THE PERSON NEEDS TO BE EVACUATED

MARKA UU QOFKU U BAAHAN YAHAY IN LAGA QAADO HALKA UU YAAL.

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.



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.

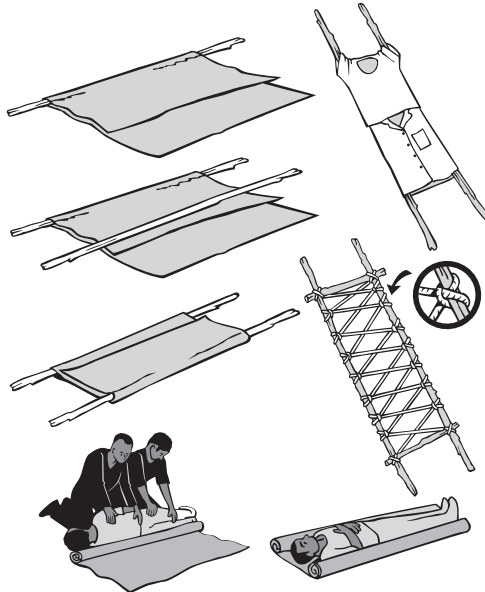
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Hubi in qofku uu qaadista ku qanacsan yahay, inta la wadana indhaha lagu hayo.

Qofka xanuunsan ku wareeji cidda siinaysa daryeelka dheeraadka ah.

RESPECT FOR WOUNDED AND SICK AND HEALTH CARE

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;

MAAMUUSIDDA KUWA DHAAWACAN, KUWA BUKA IYO SHAQAALAHA DARYEELKA CAAFIMAADKA

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 eex-la'aanta qolyaha daryeelka caafimaadka;
- la hubiyo shaqaalaha daryeelka caafimaadka, rugaha shaqadooda iyo gaadiidkooduba ay hawlaha caafimaadka iyagu si gaar ah u qabtaan, uguna ekaadaan;
- laga fogaado hawlaha caafimaadka in la horjoogsado amaba la hakiyo; iyada oo xeelaad ciidan darteed marmarsiinyo laga dhiganaayo;

RESPECT FOR WOUNDED AND SICK AND HEALTH CARE

- respect the distinctive emblems of the red cross, red crescent and red crystal, and refrain from using them improperly.

MAAMUUSIDDA KUWA DHAAWACAN, KUWA BUKA IYO SHAQAALAHA DARYEELKA CAAFIMAADKA

- la xushmeeyo astaamaha gaarka ah ee laanqayrta cas, Bisha cas iyo kiristalka 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 degdegga ahba, Jamciyadaha Laanqayrta Cas iyo Bisha Cas ee heer Qaran iyo Guddiga Caalamiga ah ee Laanqayrta Cas (ICRC) waxay bixiyaan tababarka gargaarka degdegga ah, meeshii looga baahdana iyaga ayaa si toos ah gargaarka degdegga ah u bixiya, iyaga oo aan u kala soocayn dhalashada, isirka, diinta uu qofku aaminsan 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, dhibaataadana ay uga miciinaan; iyaga oo indhaha ku haya oo keliya baahiyahooda iyo xaaladahooda degdegga ah ee murugada leh kuwa ugu degdegsan. Bixiyeyaasha gargaarka ugu horreeyaa colaadaha dhinac lama saftaan, weligoodna kama qayb- qaataan

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

murunnada ay dabecaddoodu ku salaysan tahay siyaasadda, isirka, diinta amaba cuskan idooloojiyad gaar ah. Waxay hab mutadawacnimo ah u bixiyaan gargaarka degdegga 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 garab-galaa hawlahooda aadaminnimo, hadday tahay xilliga nabadda ama ay tahay mararka xaaladaha degdegga ah lagu sugan yahay.





CODE OF CONDUCT FOR COMBATANTS

XEERKA HAB-DHAQANKA DAGAALLAMEYAASHA



ICRC

IN BRIEF SI KOOBAN



ICRC

Xafiisyadha ICRCda ee Mogadishu,
Kismayo, Dhusamareeb, Garowe, Baidoa, Beledweyne,
Jowhar iyo Hargeisa.

www.icrc.org

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Sawirada: Francis Macard

CODE OF CONDUCT FOR COMBATANTS

**XEERKA HAB-DHAQANKA
DAGAALLAMEYAASHA**

COMBAT RULES

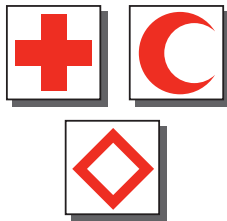
1. Fight only combatants.
2. Attack only military targets.
3. Spare civilian persons and objects.
4. Spare the sick and wounded without discrimination, ensure they are collected and treated.
5. Spare those that surrender or are captured – treat them humanely
6. Limit destruction to what your mission requires
7. Respect civilian property - looting is forbidden.

QAWAANIINTA DAGAALKA

1. Ha la dagaalamin cid aan kula dagaallamayn.
2. Kaliya weerar bartilmaameedyada ciidanka.
3. Badbaadi dadka rayidka ah iyo hantidooda.
4. Badbaadi dadka bukaan ah iyo kuwa dhaawacmay oo dhan, hubi in la qaado oo la daaweyno.
5. Badbaadi dadka isdhiibiday iyo kuwa la qabsaday – ula dhaqan si aadminimo leh
6. Burburintaada ku ekee inta baahidaada ciidan ku farayso oo qur ah
7. Xushmee hanti rayid ah – bililiqaysad waa mamnuuc.

Respect these signs which protect:

8. Medical staff, Red Cross/Red Crescent, and Red Crystal.
9. Ambulances, Red Cross/Red Crescent and Red Crystal relief transports.
10. Hospitals, first-aid posts, Red Cross/Red Crescent and Red Crystal premises.



Xushmeeya summadahan dhowraya:

8. Shaqaalaha caafimaadka Laanqayrta Cas, Bisha Cas, iyo Kiristalka Cas.
9. Ambalaasyada Laanqayrta Cas, Bisha Cas, iyo Kiristalka Cas.
10. Isbitaallada, goobaha gargaarka deg degga, dhismayaasha Laanqayrta Cas, Bisha Cas iyo Kiristalka Cas.

WOUNDED ENEMIES IN THE FIELD

CADOWGA GOOBTA KU DHAAWACMA

1. Collect them.



1. Qaad.

2. Care for them.



2. Xannaanee.

WOUNDED ENEMIES IN THE FIELD

3. Hand them over to your superior or to the nearest medical personnel.



4. Respect medical personnel and facilities.



CADOWGA GOOBTA KU DHAAWACMA

3. Gaarsii madaxdaada ama shaqaalaha caafimaadka ee kuugu dhow.

4. Xurmee shaqaalaha caafimaadka iyo meelaha ay ku shaqeyaan.

WOUNDED AND SHIPWRECKED ENEMIES AT SEA

1. Protect the wounded, sick and shipwrecked (including aircrew).



1. Badbaadi kadka dhaawacmaa, bukaanka ah, dadka badda ku qarqaday (iyo kuwa diyaarada la socda).

2. Search for them and collect them after every engagement.



2. Baadi-goob oo qaad markaad la kulantidba kaddib

WOUNDED AND SHIPWRECKED ENEMIES AT SEA

CADOWGA BADDA KU DHAAWACMA EE MARAAKIIBTU KULA JABTO

3. Protect civilian boats
rescuing the wounded and
shipwrecked.



3. Bedbaadi doonyaha rayidka
oo samatabixi dhaawaca iyo
kuwa markabku la jabay.

4. Respect hospital ships and
medical aircraft marked with
the red cross or red crescent
sign.



4. Xushmee maraakiibta
isbitaallada ah iyo
diyaaradaha caafimaadka oo
leh summadda Laanqayrta
Cas/Bisha Cas.

ENEMY PRISONERS

MAXAABBIISTA CADOWGA

1. Spare them.



1. Bedbaadi.

2. Disarm them.



2. Hubka ka qaad.

ENEMY PRISONERS

3. Hand them over to your superior.



3. Madaxda kaa sarraysa u gudbi.

4. Respect them and treat them humanely. Their families must be informed of their capture.



4. Ula dhaqan si aadminimo leh, waana in reerkooda la ogeysiiyo in la qabtay.

1. Respect them.



1. Xurmeed oo tixgeli.

2. Treat those in your power humanely.



2. Inta gacantaada ku jirta si aadminimo leh ula dhaqan.

3. Protect them against ill-treatment. Vengeance and hostage-taking are forbidden.



3. Ka ilaali in si xun loola dhaqmo. Waxaana reebban in laga aarguto iyo in la qafaasho labadaba.

4. Respect their property. Do not damage or steal it.



4. Hantidooda u ilaali. Ha ka waxyeellayn, hana ka dhicin.

INTERNATIONAL HUMANITARIAN LAW

In time of war, certain rules must be observed, even with regard to the enemy. These rules are set out mainly in the four Geneva Conventions of 1949 and their three Additional Protocols of 1977 and 2005. These rules must be respected by all parties fighting in the war.

As at July 2015, 196 States are party to the four Geneva Conventions, 174 party to Additional Protocol I, 168 party to Additional Protocol II and 72 party to Additional Protocol III.

These treaties are founded on the idea of respect for the individual and his/her dignity. Persons not taking a direct part in the fighting and those no longer taking part because of sickness, injury, captivity, or any other cause, must be respected and protected against the effects of war; those who suffer must be aided and cared for without

SHARCIGA CAALAMIGA AH EE AADMINNIMADA

Waxaa jirta xirmo qawaaniin ah oo ay qasab tahay waqtiga dagaalka in la dhawro, cadowga qudhiisana ay tahay in lagu maamulo. Halka ugu badan ee qawaaniintaas laga heli karaa waa afarta Axdi ee Jineefa (1949) iyo Baratakoolladooda Dheeriga ah ee soo baxay 1977kii iyo 2005kii. Dhammaan dhinacyada dagaalka ku jira waa in ay ixtiraamaan xeerarkan.

Laga soo bilaabo Luulyo 2015kii, waxaa jira 196 Dawladdood oo xubin ka ah Afartii Axdi ee Jineefa, 174 qayb ka ah Baratakoolka Dheeriga ah ee 1d, 168 qayb ka ah Baratakoolka Dheeriga ah ee 2d iyo 72 qayb ka ah Baratakoolka 3aad.

Waxay heshiisyadaasi ku salaysan yihiin xurmada qofka iyo sharaftiisa. Dadka aan sida tooska ah ugu jirin colaadda iyo kuwa uga baxay bugto, dhaawac ama qabasho ama sabab kasta oo

discrimination. Special protection is to be given to medical personnel, hospitals and medical transports as well as to Red Cross/Red Crescent personnel, buildings and equipment.

The four Geneva Conventions protect the following categories of persons:

- wounded and sick members of the armed forces in the field and medical personnel (Convention I);
- wounded, sick and shipwrecked members of the armed forces at sea (Convention II);
- prisoners of war (Convention III);
- civilians in the power of the enemy or in an occupied territory (Convention IV).

Article 3 common to all four Geneva Conventions, which regulates internal conflicts, provides for the humane treatment of all persons who are not or no longer taking part in the fighting. In

kale waa in la xurmeeyo, lagana bedbaadiyo waxyeellada dagaalka. Kuwa dhibban waa in la gargaaro, lana xannaaneeyo; iyada oo aan la kala soocin. Dhawris gaar ahaaneed waa in loo fidiyo hawlwadeennada caafimaadka, isbitaallada, gaadiidka caafimaadka iyo, sidoo kale, shaqaalaha, dhismeyaasha iyo qalabka Laanqayrta Cas/Bisha Cas.

Afarta Axdii ee Jineefa waxay ilaalliyaan kooxaha dadka ah ee soo socda:

- dhaawaca iyo bukaannada xubnaha ka ah ciidamada hubaysan ee goobta dagaalka ku sugan iyo hawlwadeennada caafimaadka (Axdiga I);
- dhaawaca, bukaanka iyo kuwa ay maraakiibtu badda kula jabto ee ciidammada qalabka sida ka tirsan (Axdiga II);
- maxaabiista dagaalka (Axdiga III);

particular, Article 3 prohibits inhuman treatment, hostage-taking, torture and arbitrary executions and stipulates that trials must afford all judicial guarantees. Protocol I and Protocol II regulate in greater detail international and internal conflicts respectively.

During hostilities, a distinction must be made between civilians and civilian objects and military objectives.

- dadka rayadka ah ee gacanta ugu jira cadowga amaba ku nool dhulka xoogga lagu qabsado (Axdiga IV).

Qodobka 3-aad ee dhammaan afarta Axdi ee Jineefa ka siman yihiin oo ka hadlaya colaadaha gudaha, wuxuu sheegayaa in si aadminnimo leh loola dhaqmo giddi inta aan dagaalka ku jirin. Gaar ahaan wuxuu qodobkaasi u rramnuucayaa dhaqan kasta oo ka baxsan aadminnimada, qafaalashada, jir-dilka, khaaajinta sharciga ka baxsan, wuxuuna dhigayaa in maxkamadayntu ay yeelato sharciyad buuxda. Baratakoolka Id iyo kan II ayaa si faahfaahsan u kala nidaaminaaya colaadaha caalamiga ah iyo kuwa gudaha labadaba.

Xilliga ay colaaduhu aloosan yihiin, waxaa qasab ah in la kala saaro dadka iyo bartilmaameedyada rayidka ah iyo kuwa ciidanka.

The States party to the Geneva Conventions pledge to:

- care for the wounded on an equal basis, regardless of whether they are friends or enemies;
- respect the physical integrity, honour, dignity, family rights, and moral and religious convictions of civilians and of those no longer taking part in the fighting;
- prohibit torture and inhuman treatment, summary executions or extermination, deportation, hostage-taking, looting, and destruction of civilian objects;
- allow ICRC delegates to visit detainees held in relation to the conflict and to talk to them in private.

Dawladaha xubnaha ka ah Axdiyadii Jineefa waxay ballanqaadeen in ay:

- si isku mid ah u daryeelaan dhaawaca; saaxiib ama cadow kii ay noqdaanba;
- in ay xushmeeyaan bed-qabka jireed, sharafta, xuquuqda qoyska, midda akhlaaqeed, midda diimeed ee dadka rayidka ah iyo kuwa aan markaas dagaalka qayb ka ahayn;
- mamnuucaan jir-dilka iyo dhaqanka aadminnimada ka baxsan, khaarajinta degdegga ah ama gumaadka, masaafurinta, qafaalashada, dhaca iyo burburinta hantida rayadka;
- ergooyinka ICRC-da u helaan fasax ay ku booqdaan maxaabiista colaadda ku gacagalay, isla markaasna ay ula hadli karaan si gaar ah.

The International Committee of the Red Cross (ICRC) is an impartial, neutral and independent organization whose exclusively humanitarian mission is to protect the lives and dignity of victims of armed conflict and other situations of violence and to provide them with assistance. The ICRC also endeavours to prevent suffering by promoting and strengthening humanitarian law and universal humanitarian principles. Established in 1863, the ICRC is at the origin of the Geneva Conventions and the International Red Cross and Red Crescent Movement. It directs and coordinates the international activities conducted by the Movement in armed conflicts and other situations of violence.

Guddiga Caalamiga ah ee Laanqayrta Cas (ICRC) waa hey'ad aan eexan, dhexdhexaad ah oo madax bannaan,; taas oo hawsheeda ku eg aadminimadu ay tahay dhawrista nolosha iyo sharafta dhibaneyaasha dagaallada, kuwa xaaladaha kale ee gacan-ka-hadalka wax ku noqda iyo inuu kaalmo u fidiyo. ICRC-da waxay kaloo ku dedaashaa inay ka hortagto silica dadka; iyadoo horumarinaysa, isla markaasna xoojineysa xeerka aadminnimada iyo mabaad'ida caalamiga ad ee aadminimada. ICRC-da oo la asaasay sannadkii 1863-kii ayaa waxay tahay asalka Axdiyada Jineefa iyo Dhaqdhaqaaqa Caalamiga ah ee Laanqayrta Cas iyo Bisha Cas. Waxay hoggaamisaa, iskuna dubbe-riddaa hawlaha caalamiga ah ee Dhaqdhaqaaqu uu qabto xilliyada colaadaha iyo xaaladaha kale ee gacan-ka-hadalka.

VISITS TO DETAINEES

The purpose of the ICRC's activities in places of detention is to ensure that detainees are treated humanely and their dignity is respected.

As part of a confidential dialogue with the authorities, the ICRC makes recommendations on detainees' treatment and conditions of detention. This includes ensuring contact between detainees and their families.

In addition, the ICRC provides the detaining authorities with material or technical support or, where needed, delivers services directly to the detainees.

The ICRC works with the authorities at all levels, from prison guards to national leaders.

BOOQASHADA MAXAABIISTA

Hawlaha ICRCdu ka qabato meelaha xabsiyada ah waxaa looga jeedaa in lagu hubiyo maxaabiista in loola dhaqmo si aadminnimo leh, sharaftoodana loo dhawro.

Iyada oo qayb ka wadhadallada qarsoodiga ah ee mas'uuliyiinta lala yeesho, ICRC-du waxay talooyin ka bixisaa la-macaamilka maxaabiista iyo duruufaha hayntooda. Arintan waxaa ka mid ah hubinta xiriirka maxaabiista iyo qoysaskooda.

Intaas ka sokoow, ICRC-du waxay mas'uuliyiinta maxaabiista haysa siisaa taageero dhaqaale ama mid farsamo, meeshii looga baahdana si toos ah ayay maxaabiista adeegyo ugu fidisaa.

Waxay ICRC-du la shaqaysaa dhammaan masuuliyiinta heerarka kala duwan leh, laga bilaabo ilaalada xabsiga ilaa hoggaamiyeyaasha heer qaran.

The ICRC applies the same criteria worldwide to its activities for detainees; ICRC detention teams;

- Access all detainees;
- Speak with detainees freely without witnesses;
- Access all premises within places of detention;
- Conduct repeat visits;
- Receive lists of all persons to be visited, or be able to draw up such lists.



ICRCdu waxay ku dabaqdaa shuruudo isku mid ah Adduunka oo dhan howlaha ay u qabato maxaabiista; Kooxda xabsiyada ee ICRC waxay:

- La xiriiraan dhammaan maxaabiista;
- Si xornimo leh ula hadlaan -wehlin;
- Gaaraan dhammaan dhismayaasha ku yaala xabsiyada;
- Sameeyaan booqashooyin isxigxiga;
- Helaan dhammaan liisaska dadka la booqanayo ama ay awood u yeeshaan in ay diyaariyaan liisaska ceynkaas ah.

The ICRC's Central Tracing Agency – in cooperation with National Red Cross and Red Crescent Societies – works around the globe to assist persons separated from the loved ones due to armed conflict, other situations of violence, detention, disasters, or migration. The Agency's tasks include:

- when normal means of communication are disrupted, put family members in contact with one another through phone calls, the Family Links website, radio broadcasts and hand-written messages;
- trace missing persons in order to assist them and let their families know where they are;

Waaxda Dhexe ee Baafinta ICRC- oo kaashaneysa Jamciyad Qarameedyada Laanqeyrta Cas iyo Bisha Cas- waxay ka shaqeysaa Aduunka oo dhan si ay u caawiso dadka ay kuwii ay jeclaayeen kala lumeen colaadaha hubeysan, xaaladaha kale ee rabshadaha, xabsiyada, musiibooyinka, ama socdaalka dartood. Howlaha Waaxda waxaa ka mid ah:

- In marka habka isgaarsiinta caadiga ahi uu go'o, xubnaha qoyska ee kala anbaday ay ku xiriiriso telefoonka, barta internetka ee Family Links lagu magacaabo, baahinta raadiyaha iyo farriimaha gacanta la isugu qoro.
- In la baafiyo dadka maqan, si looga caawiyo tabtii ay qoysaskoodu u ogaan lahaayeen meesha ay ku sugan yihiin;

- register and keep track of vulnerable individuals such as children and detainees in order to prevent their disappearance and to inform their families of their whereabouts;
 - reunite dispersed family members and organize transfers and repatriations;
 - help clarify the fate and whereabouts of missing persons and ensure that the needs of their families are met.
- In la diiwaan-geliyo, lagana war-hayo raadka dadka qaarka nugal sida carruurta iyo maxaabiista, taas oo lagu hor-joogsanaayo inay lumaan, laguna hubinaayo halka ay jiraan in qoysaskoodu ka war-qabaan;
 - In dib la isugu keeno xubnaha qoyska ee kala lumay, lana abaabulo dib-isugu-dhoofintooda;
 - Inay gacan ka geysato sidii loo ogaan lahaa xaaladda dadka maqan iyo wixii ay ku dambeeyeen, isla markaasna ay hubiso baahiyaha qoysaskooda in la daboolay.



To learn more about the Restoring Family Links services of the ICRC's Central Tracing Agency and of the National Red Cross and Red Crescent Society in your country, please visit:

familylinks.icrc.org/so/baafin-internetka-ah

Intaan wax ka badan si aad uga ogaato adeegyada Dib-u-soo-celinta Xiriirka Qoyska ee Wakaaladda Dhexe ee Baafinta ICRC iyo Jamciyadaha Laanqayrta Cas iyo Bisha Cas ee dalkaaga ka jira, fadlan arag:

familylinks.icrc.org/so/baafin-internetka-ah

