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# CUTUB 4: HAWLGALLADA CAAFIMAAD EE MUSIIBADA—QAYBTA 2

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**Cutubkan dhexdiisa waxaad ku baran doontaa:**

- **Tixgelinnada Caafimaadka Bulshada:** Sida loo joogteeyo fayaqab iyo nadaafadda.
- **Hawlaha Hawlgallada Caafimaad ee Musiibooyinka:** Sida loo sameeyo afarta hay'ad hoosaad ee hawlgallada caafimaad ee musiibooyinka.
- **Aagagga Daweynta Caafimaad ee Musiibada:** Sida loo dejiyo iyo waxa ay tahay hawsha ay ku aaddan yihiin.
- **Qiimaynta Bukaanka:** Sida loo sameeyo qiimayn bukaan oo tin iyo cirib an si loo aqoonsado dhaawiciisa.
- **Daweyn Asaasi ah—Sida loo:**
  - Daweeyo gubashada.
  - Dhayo oo loo faashadeeyo boogaha.
  - Daweeyo jabka, kala-baxa, murgacashada, iyo muruq go'a.
  - Calaacalaha, gacmaha iyo lugaha loogu xiro kabayga.
  - Loo daweeyo barafowga
  - Loo xakameeyo san-gororka.



**CUTUB 4: HAWLGALLADA CAAFIMAAD EE MUSIIBADA—QAYBTA 2**

<b>HIMILOOYINKA</b>	<p>Dhamaadka cutubkaan, ka qaybgalayaashu waxay awoodayaan in ay:</p> <ul style="list-style-type: none"><li>▪ Qaadaan tallaabooyinka habboon ee nadaafadeed si ay u dhawraan caafimaadka bulshada.</li><li>▪ Qabtaan qiimaynta bukaanka ee tin ilaa cirib</li><li>▪ Sameeyaan aag daweyneed.</li><li>▪ Kabay saaraan meelaha looga shakiyey jab iyo murgacasho, oo ay boogaha kalena daweyn ku habboon ugu weel-qaadaan.</li></ul>
<b>WAJAHADDA</b>	<p>Wajahadda cutubkani wax aka mid noqon doona:</p> <ul style="list-style-type: none"><li>▪ Isbarasho iyo Guud-marka Cutubka.</li><li>▪ Tixgelinnada Caafimaadka Guud.</li><li>▪ Shaqaynta Hawlgallada Caafimaad ee Musiibada.</li><li>▪ Samaynta Aagag Daweyneed.</li><li>▪ Qiimaynta Tin ilaa Cirib.</li><li>▪ Daweynta Gubashada.</li><li>▪ Daryeelidda Boogta.</li><li>▪ Daweynta Jabka, Murgashada, iyo Hilib-go'a.</li><li>▪ Kabay Saaridda.</li><li>▪ Daweynta Barafoobidda.</li><li>▪ Gebaggebada Cutubka.</li></ul>
<b>WAQTIGA LAGU QIYAASAY IN LAGU DHAMEEYO</b>	<p>2 saacadood 30 daqiiqo</p>
<b>DARIIQADA TABABBARKA</b>	<p>Macalinka hoggaanka ah ayaa xisaddan ku billaabi doona isagoo ka qaybgalayaasha ku soo dhaweynaya Cutub 4: Hawlgallada Caafimaad ee Musiibada—Qaybta 2, wuxuuna dadka barayaa macallimiinta xisadda. Macalinku dabadeed wuxuu si kooban u soo bandhigayaa Hawlgallada Caafimaad ee Musiibada — Qaybta 1, isagoo sheegaya “dilaayada” iyo hannaanka kala soocidda. Dabadeed, macalinku wuxuu soo bandhigayaa guudmar kooban oo mawduucyada cutubka ah. Qaybtani waxay ku dhamaan doontaa soo jeedin ujeedooyinka barashada ee cutubkan ah.</p> <p>Dabadeed macalinku wuxuu soo jedinayaa tixgelinnada fayaqabka guud ee hawlgallada caafimaad ee bulshada, oo ay ku jirto nadaafadda, nadiifsanaanta, iyo sifaynta biyaha.</p> <p>Dabadeed macalinku wuxuu soo jedinayaa guudmar ku saabsan sida loo agaasimo hawlgallada caafimaad ee musiibo iyo mas'uuliyadaha uu leeyahay door kasta oo hawlgalka ka mid ah.</p> <p>Macalinku wuxuu dabadeed ka hadli doonaa meesha laga dhiso aag daweyneed, iyo sida loo agaasimo aagga daweyneed.</p>

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**KOOXDA KAJAWAABIDDA XAALADDA DEGDEGGA AH EE BULSHADA  
CUTUB 4: HAWLGALLADA CAAFIMAAD EE MUSIIBADA—QAYBTA 2**

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**DARIIQOYINKA  
TABABBARKA (WELI  
SOCDA)**

Dabadeed macallinku wuxuu sharxi doonaa muujinna doonaa hannaanka loo sameeyo qiimaynta bukaanka ee tin ilaa cirib isagoo tusaalaha u isticmaalaya macallin, ka qaybgale, ama qof-loox. Ka qaybgalayaasha ayaa dabadeed laga dhigaa laba labo si ay u muraajiceeyaan qiimaynta ukaanka ee tin ilaa cirib iyadoo la fiirsanayo. Macallimiinta iyo/ama kaadiriinta ayaa u fiirsan doona ka qaybgalayaasha si ay u xaqiijiyaan in u fulinayaan xirfadda sidii loo baray.

Marka xigta, macallinka qeexi doona daweynta gubashada, iyo daryeelidda boogaha si caabuuq looga ilaasho. Mawduucyada waxaa ka mid noqon doona farqiga u dhexeeya faashadaha iyo dhayidda iyo farsamooyinka faashaynta. Macallinka ayaa isagoo dhayid isticmaalaya muujin doona sida loo xakameeyo dhiigbaxa, iyo fardamooyinka faashaynta isagoo qof-loox isticmaalaya.

Qaybta xigta waxay ka warramaysaa daweynta jabka, murgacashada iyo muruqgo'a. Layli wuxuu ka qaybgalayaasha fursad u siin doonaa in ay muraajiceeyaan kabay saaridda. Layliga waxaa ku xigi doona qaybo isxig-xiga oo ku sabsan sida loo ogaado loona daweeyo barafowga "hypothermia." Cutubku wuxuu ku dhamaan doonaa gebagebayn.

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**WAXYAABAHA LOO  
BAAHAN YAHAY**

- *Tilmaanta Macallinka ee Kooxda Kajawaabidda Xaaladda Degdegga ah ee Bulshada*
- *Buugga Ardayga ee Kooxda Kajawaabidda Xaaladda Degdegga ah ee Bulshada*
- Muuqaallada 4.1 ilaa 4.28

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**QALAB**

Ka sakow kuwa ku taxan wejiga hore ee Tilmaanta Macallinka, qalabka soo socda ah ayaa loo rabaa cutubkan:

- Kombiyuutar leh barnaamijka PowerPoint
  - Kombiyuutar borojekar leh ama shaashad weyn
  - 1 qof-loox (mannequin) (khiyaarkaa)
  - 1 bareelle
  - 1 sanduuq oo galoofyada baaridda ah
  - 1 sanduuq oo 4" × 4" dhaymada ah
  - 1 faasho oo saddex xagal ah ka qaybgalihiiiba
  - 2 tuwaal/shukumaan
  - Alaabta kabayga
  - Waraaqo xusuus qor
  - Koollo maaskaro
-

**SOO JEEDIN**

Qorshe waqtiyeedka la soo jeediyey ee cutubkani wa sida soo socota:

Soo dhaweyn iyo Arar .....	5 daqiiqo
Tixgelinnada Fayaqabka Guud .....	5 daqiiqo
Doorarka Hawlgallada Caafimaad ee Musiibo.....	5 daqiiqo
Sameynta Aagag Daweyneed.....	15 daqiiqo
Sameynta Qiimaynta Tin ilaa Cirib .....	25 daqiiqo
Daweynta Gubashada.....	15 daqiiqo
Daryeelka Boogta .....	20 daqiiqo
Daweynta Jabka, Murgacashada iyo Muruqgo'a .....	15 daqiiqo
Kabida .....	25 daqiiqo
Daweynta Barafowga .....	10 daqiiqo
Dhaawacyada Sanka .....	10 daqiiqo
Gebaggebada Cutubka .....	5 daqiiqo

***Total Time: 2 saac iyo 30 daqiiqo***

CUTUB 4: HAWLGALLADA CAAFIMAAD EE MUSIIBADA—QAYBTA 2



GUUD MAR  
CUTUBKA



MUUQAAL 4.1

**SOO DHAWEYN IYO ARARTA CUTUBKA**

Soo jeedi cutubkan adigoo ku soo dhaweynaya ka qaybgalayaasha Cutubka 4 ee barnaamijka tababbarka CERT.

Bar dadka macallimiinta xisaddan weydiina macallimiinta cusubi hadday jiraan in ay si kooban u qeexaan khibrada ay u leeyihiin hawlgallada caafimaad.

**Dib u eegid Cutub 3**

“Dilaa”yada:

- Marin haweedka oo xirma
- Dhiigbax xad-dhaaf ah
- Shoog

Dhamaan “degdegyadu” waxay helaan xakamayn marin-haweedka, xakamaynta dhiigbaxa, iyo daweyn shoogga ah.

Muuqaal 4.1

Muraajicee qodobbada waweynaa ee Cutub 3:

- Marin hawed xirama dhiigbaxa xad-dhaafka ah iyo shooggaba waa “dilaayaal.” Dhibbanayaasha qaba xaaladahan naf-gooyada ahi waa in ay judhiiba helaan daweyn degdeg ah.



**MUUQAAL 4.2**

**SOO DHAWEYN IYO ARARTA CUTUBKA**

**Dib u eegid Cutub 3**

Kala soocidda waxay ku shaqo leedahay:

- Qiimayn degdeg ah.
- Daweyn degdeg ah.

Muuqaal 4.2

Kala soocidda ayaa si layla ogaaday u noqday hannaan lagu kala ogaado oo daweynta loogu kala hormariyo marka ay dad badan waxyeello gaaraan xilliga xaaladda musiibada.

U soo jeedi mawduucyada cutubka adigoo ka qaybgalayaasha u sheegaya in cutubkani uu siin doono xog ku saabsan samaynta daweynta, dhisida aaag daweyneed, iyo daabbukidda dhibbaneyaasha.



**MUUQAAL 4.3**

**Ararta cutubka**

Mawduucyada:

- Walaacyada caafimaadka bulshada
- Abaabulidda hawlgallada caafimaad ee musiibada.
- Sameynta aagag daweyneed.
- Qabashada qiimaynaha tin iyo cirib.
- Daweynta dhaawacyada.

Muuqaal 4.3

### **SOO DHAWEYN IYO ARARTA CUTUBKA (WELI SOCDA)**

Sharax in cutubkani uu dabooli doono:

- Walaacyada caafimaadka bulshada ee la xiriira nadaafadda, fayaqabka, iyo sifeynta biyaha.
- Abaabulidda hawlgallada caafimaad ee musiibada.
- Sameynta aagag daweyneed.
- Qabashada qiimaynaha tin iyo cirib.
- Daweynta boogaha, jabka, murgaxashada iyo dhaawacyada kale ee caamka ah.

Adkee baahida loo qabo muraajicayn adigoo u sheegaya ka qaybgalayaasha in ay heli doonaan fursadda inta badan farsamooyinka daeyneed ee ay baran doonaan.

### **HIMILOOYINKA**



#### **MUUQAAL 4.4**

#### **Himiloyinka Cutubka**

- Qaadidda tallaabooyinka habboon ee nadaafadeed si aad u dhawrto caafimaadka bulshada.
- Qabashada qiimaynta bukaanka ee tin ilaa cirib
- Samaysiga aag daweyneed.
- Kabay saaridda meelaha looga shakiyey jab iyo murgacasho, oo boogaha kalena daweyn ku habboon loogu weel qaado.

Muuqaal 4.4

U sheeg kooxda in dhamaadka cutubkaan, waxay ahaanaysaa in aad awoodi doonaan:

- Qaadidda tallaabooyinka habboon ee nadaafadeed si aad u dhawrto caafimaadka bulshada.
- Qabashada qiimaynta bukaanka ee tin ilaa cirib
- Samaysiga aag daweyneed.
- Kabay saaridda meelaha looga shakiyey jab iyo murgacasho, oo boogaha kalena daweyn ku habboon loogu weel qaado.





#### WEYDII SU'AAL

### SOO DHAWEYN IYO ARARTA CUTUBKA (WELI SOCDA)

U sheeg kooxda in qaybta soo socota ay wax ka sheegi doonto abaabullaanta hawlgallada caafimaad ee waqtiga musiibada.

**Weydii kooxda in ay ciduna su'aal ka qabto cutubkii noo dambeeyey.**

**Weydii haduu qof su'aal ka qabo waxa cutubkani uu ka hadli doono.**



#### GUUD MAR CUTUBKA

### TIXGELINNADA CAAFIMAADKA BULSHADA

Ku billow cutubkan in aad ka qaybgalayaasha xusuusiso in markii dhibbanayaasha musiibada lagu wada hayo meel lagu daweeyo, caafimaadka bulshadu uu markaa noqonaya arrin laga walaaco. Waa in tallaabooyin la qaadaa, oo ka barnaamij ahaan iyo xubnaha CERTba ay qaadaan si looga hortago cudur sii faafa.



#### MUUQAAL 4.5

#### Tixgelinnada Caafimaadka Bulshada

- Joogtaynta fayaqab habboon.
- Joogtaynta nadaafad habboon.
- Sifaynta biyaha (haddii ay muhiim tahay).

Muuqaal 4.5

Sharax in tallaabooyinka caafimaadka bulshada ee asaasiga a ay ka mid yihiin:

- Joogtaynta fayaqab habboon.
- Joogtaynta nadaafad habboon.
- Sifaynta biyaha (haddii ay muhiim tahay).



XUSUUSINTA  
MACALLINKA



BANDHIG  
JOOGTEYN  
NADAAFADDA



MUUQAAL 4.6

### TIXGELINNADA CAAFIMAADKA BULSHADA (WELI SOCDA)

Hadday jirto sabab loo rumaysto in qaar dhibbanayaasha ahu ay cudur faafin karaan, dhibbanayaashaas waa in laga karantiilo bukaannada kale ee jooga aagga daweynta. Dhaymada iyo waxyaabaha kale ee dhibbanayaashaan waa in loo qubaa si gaar ah.

### JOOGTAYNTA FAYAQBKA

U sheeg ka qaybgalayaasha in joogtaynta fayaqab habboon ay muhiim tahay xitaa haddii uu degaanku yahay mid aan rigli ahayn.

#### Tallaabooyinka la Joogteeyo Nadaafadda

- U dhaq gacmaha si isxigxigta adigoo isticmaalaya saabbuun iyo biyo.
- Mar kasta xirrow galoofyada cinjirka jilicsan. Beddel ama jeermidil ku samee markaad baarto/daweyso bukaan dabadeed
- Xiro maaskaro iyo ookiyaale.
- Ha jeermidillaadeen dhaymada
- Ka fogow inuu ku taabto hoorka jirka.

Muuqaal 4.6

U sheeg kooxda qaar ka mid ah tallaabooyinka ay sakhsiyaadka shaqaalaha uhu qaadi karaan si ay u joogteeyaan fayaqabka ay yihiin kuwan:

- U dhaq gacmaha si isxigxigta adigoo isticmaalaya saabbuun iyo biyo. Gacan dhaqashadu waa in ay tahay mid dhamaystiran (ugu yaraan 12 ilaa 15 ilbiriqsi gudahood) haddii la heli karo iyadoo shucub lid-baakteeriya ah la isticmaalayo.
- Mar kasta xirrow galoofyada cinjirka jilicsan. Beddel ama jeermidil ku samee markaad baarto/daweyso bukaan dabadeed. Sidii hore loo sharxay, marka lagu jiro xaaladaha gudaha, shaqaalaha waxay isticmaali karaan galoofyo kul lagu jeermi dilay inta u dhexaysa daweynta bukaannada iyadoo biyo iyo warankiilo (hal qayb oo warankiilo ah oo lagu qasayo toban qaybood oo biyo ah).
- Xiro maaskaro iyo ookiyaale. Hadday suuroggal tahay, xiro maaskaro lagu qaddaray “N95.”



**BANDHIG  
JOOGTEYNATA  
NADAAFADDA**



**MUUQAAL 4.7**

**TIXGELINNADA CAAFIMAADKA BULSHADA (WELI SOCDA)**

- Ha jeermidillaadeen dhaymada. Ha ka qaadin bacda ku xiran aaladda dhaymada iyo faashadahaba intaan isticmaal lagu billaabin. Ka dib markaad furto, isticmaal dhamaan dhaymadaa ama faashaddaa, hadday suuroggal tahay.
- Ka fogow inuu ku taabto hoorka jirka. Si qummaati ah u dhaq aagagga uu taabto hoorka jirka adigoo isticmaalaya saabbuun iyo biyo ama warankiilo aad u nasakhan marka ugu horraysa ee suuroggal ah.

Adkee muhiimadda ku dhaqmidda farsamo habboon oo nadaafadeed xitaa xilliga lagu jiro layliga.

**JOOGTAYNTA NADAAFADDA**

Soo jeedi nadaafad wacan adigoo sheegaya in nadaafad darro ay lafteedu tahay sabab weyn oo keenta jirrooyinka, cudurrada, iyo geeridaba.

**Joogteynta Nadaafadda**

- Xakamaynaya bannaandhigga ilaha bakteeriya
- Ku rid alaabaha bacda balaastiigga ah adigoo afka kaa dhuujinayo oo markaa ku calaamadinayo in ay yihiin wasaq dawo.
- Xabaal wasaqda bani'aadamka (nijaasada).

Muuqaal 4.7

Sharax in shaqaalaha hawlgallada caafimaadka ee CERT ay joogtayn karaan xaaladaha nadaafadda iyagoo:

- Xakamaynaya bannaandhigga ilaha bakteeriya (sida., galoof cinjirrada, dhaymada, iwm).
- Ku ridaya alaabaha bacda balaastiigga ah iyagoo afka ka dhuujinayo oo markaa ku calaamadinayo in ay yihiin wasaq dawo. Waa in ay ku hayaan wasaqda daawada meel ka baxsan qashinka kale, una tuuraan sidii oo ay tahay wasaq halis badan.
- Xabaalaya wasaqda bani'aadamka (nijaasada).

### TIXGELINNADA CAAFIMAADKA BULSHADA (WELI SOCDA)

Mar kale, caddie baahida loo qabo in lagu dhaqmo nadaafad habboon, xitaa waqtiga layliga.

#### SIFEYNTA BIYAHA

Soo bandhig sifaynta biyaha adigoo tilmaamaya in inta badan biyaha cabidda ku habboon ay yar yihiin ama aanba la heli karin waqtiga musiibada. Sifaynta biyaha loo rabo cabidda, karinta, iyo kuwa dawo ahaan loo isticmaalayo iyadoo la kululaynayo ilaa heerka falfalka muddo 1 daqiiqo ah, ama in la isticmaalayo kaniinnada sifaynta biyaha ama warakiilada hoorka ah ee urla'da ah.



**BANDHIG  
SIFEYNTA  
BIYAHA**



**XUSUUSINTA  
MACALLINKA**

#### **Saamiga warankiilo/biyaha waa:**

- **8 dhibcod oo warankiilo ah gaalonkii biyo ahba (16 dhibcod haddii ay biyuhu calaw yihiin).**

**30 daqiiqo u daa warankiilada/biyaha ha yaalleene. Xusuusnow haddii aanu milanka u soo shiirin una dhadhamin sida warankiilo, ku dar lix dhibcod oo kale oo warankiilo ah, 15 daqiiqana u kaadi intaadan isticmaalin.**

Sidoo kale u sheeg in samatabbixiyeyaashu aanay boogaha saarin wax aan ahayn biyo sifaysan. Isticmaalka milannada kale (sida., haydarojiin beroksaydh) ee lagu isticmaalo boogaha waa in ay ku timaaddaa go'aanka xirfadle caafimaad oo tababbaran.



**WEYDII SU'AAL**

**Weydii in kooxdu ay qaar ka mid ah qabaan su'aalo ku saabsan tixgelinnada caafimaadka guud oo ku tacalluqa hawlgallada caafimaad ee musiibo.**

Adkee in xubnaha CERT ay xirtaan galoofyada cinjirka ah, ookiyaalka, iyo maskare inta uu ku jiro hawl dawayneed oo dhan, waana in ay daboolaan dhamaan boogaha furan si ay u ilaaliyaan in uu cudur halkaa ka fido.



MUUQAAL 4.8

HAY'AD HOOSAADYADA HAWLGALLADA CAAFIMAAD EE  
MUSIIBADA

Hay'ad Hoosaadyada Hawlgallada Caafimaad ee  
Musiibada

- Kala sooc
- Daweyn
- Safrin
- Meesha meydka

Muugaal 4.8

Tilmaan in ay jiraan afar hay'ad hoosaad oo waaweyn oo hawlgallada caafimaad ee musiibada ah:

- Kala sooc: Qiimaynta bilowga ah ee kala-soocidda dhibbanayaasha loo kala sooco daaweyn, iyadoo la eegayo heerka dhaawacooda
- Daweyn: Aagga adeegga daweyn ee caafimaad lagu siiyo dhibbanayaasha musiibada
- Safrin: U dhaqaajinta dhibbanayaasha aagga kala-soocidda loona dhaqaajiyo aagga daweynta. Haddii ay caawinta xirfadaysan daahdo, si loo wanaajiyo hawlgallada, xubnaha CERT ayaa dhibbanayaasha u rari kara aagga daweynta
- Meesha Maydka: Aagga sida ku meel gaarka ah loogu hayo dhibbanayaasha dhaawaca daraaddii u dhintay



PM, P. 4-4

Ka qaybgalayaasha u dir shaxda *Abaabullaanta Hawlgallada Caafimaad ee Musiibada* oo ku taal *Buugga Ardayga*.



PM, P. 4-5

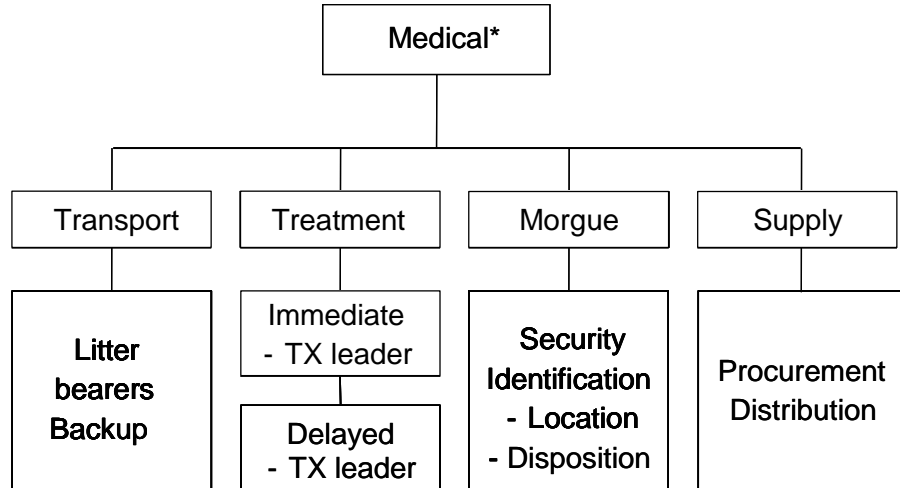
Ka qaybgalayaasha u dir bogga 4-5 ee *Buugga Ardayga*. Sharax in shaxanku uu muujinayo sida ay u kala socdaan bukaannada marka habka daweynta musiibadu ay jirto.

Sharax in cutubka ugu dambeeya uu ka hadlayey hannaanka lagu fuliyo kala-sooca gudihisa, cutubkanina uu diiradda saari doono daweynta.



PM, P. 4-4

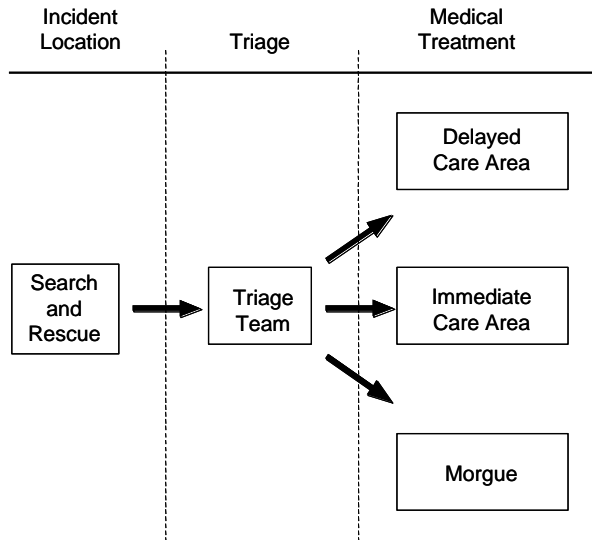
**Abaabullaanta Hawlgallada Caafimaad ee Musiibada**



**Abaabullaanta Hawlgallada Caafimaad ee Musiibada, oo tusaya hay'ad hoosaadyada hawlgallada caafimaad ee musiibada: Safrin, Daweyn, Meesha Maydka, iyo Sahayda.**

\* Xusuusnow in kala-soocidda lagu hoos abaabulo raadinta iyo samatabbixinta.

	PM, P. 4-5	<b>Kaarto-liicdada (habraaca) Bukaanka</b>
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Kaarta-liicdada Bukaanka oo muujinaysa sida bukaannada loo samatabbixiyo, kala-sooco, oo loogu diro aagagga daweynta caafimaad iyadoo taasi ku xiran nooca dhaawac ee ay qabaan (“I,” “D,” ama “Dead” “Dhintay”).



SOO JEEDI  
MAWDUUCA



MUUQAAL 4.9



PM, P. 4-6



XUSUUSINTA  
MACALLINKA

### SAMAYNTA AAGAGGA DAWEYNTA

Soo jeedi mawduucan adigoo adkaynaya in bacadamaa waqtigu uu aad muhiim u yahay xilliga musiibada, in shaqaalaha CERT ee hawlgallada musiibada ay u baahan doonaan in ay goob xushaan oo ay meesha ka dhisaan aag daweyneed mar allaale markii la xaqiijyo dhibbanayaasha dhaawacanba.

Sharax in aagga daweynta uu yahay meesha dhibbaneyaasha lagu siin doono daryeelka caafimaad ee ugu sarreeya ee la heli karo.

#### Samee Aagagga Daweynta

Goobta la xushay waa in ay ahaataa:

:

- Aag nabdoon.
- U dhaw (taagna ka xigta, ur-koraadna ka jirta meesha) khatarta.
- Baabuur ay si sahlan u geli karaan.
- Mid la ballaarin karo.

Muuqaal 4.9

Goobta la xushay waa in ay ahaataa:

- Aag nabdoon, oo halis iyo qashinba ka madax bannaan.
- U dhaw laakiin taagna ka xigta, ur-koraadna ka jirta meesha (laha) khatarta.
- Baabuurta (ambalaasyada, gaariyaasha, elikabtarrada, iwm.) ay si sahlan u geli karaan.
- Mid la ballaarin karo.

U dir ka qaybgalayaasha shaxanka *Xulashada Aagga Daweynta* oo ku yaal Buugga Ardayga.

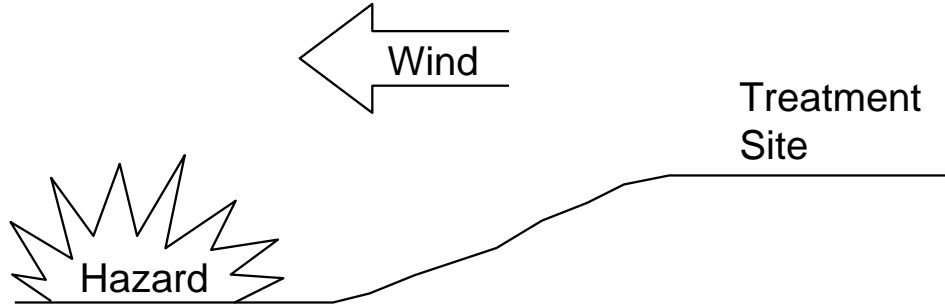
**Haddii aad ku nooshahay aag u dhaw (meel weyn oo biyo ay ku jiraan) oo laga yaabo in ay dabayl badeed ama mid berriba ku dhacaan, u sheeg kooxda in aanay suuroggal ahayn samaynta aag daweyneed oo ur-koraad ah. Soo jeedi in ay meeshooda daweyneed ka samaystaan meel xagal babcan ka ah jihada dabaysha.**





PM, P. 4-6

Xulashada Goobta Aagga Daweyneed



Xulashada Goobta Aagga Daweyneed, taag iyo ur-koraadba khatarta ka xiga.



**SOO JEEDI  
NAQSHADDA  
AAGGA  
DAWEYNTA**

**SAMAYNTA AAGAGGA DAWEYNTA (WELI SOCOTA)**

**KHARIIDADDA AAGGA DAWEYNTA**

Mawduucan ku billow adigoo adkaynaya in aagga daweyntu ay xafidan tahay oo ay soohdimaysan tahay iyadoo la isticmaalayo xayndaabyo ama oodo kala duwan, waana in ay calaamaduhu muujiyaan sida ay kala yihiin goob-hoosaadyada:

- “I” daryeel degdeg ah
- “D” daryeelka la daahin karaa
- “DEAD” rabrabta (maydka meesha lagu hayo)

Sharax in qaybaha “I” iyo “D” waa in ay isu yara dhaw yihiin ayna suuraggal ka

- In cod ahaan ay isu maqlaan shaqaalayaasha labada aag.
- Galaangal ay u wada leeyihiin sahayda dawooyinka (oo lagu kaydin doono)
- Si sahlan loogu kala rari karo bukaannada ay xaaladdoodu is beddeshay.

Sidoo kale tilmaan in aag daweyneed oo si cad loo sumaday uu wax ka galo in bukaannada loo raro meeshii saxnayd.

Sharax in bukaannada ku sugan aagga daweynta loo dhigaa hab madaxba-lugo (labo bukaan oo waliba, kala jeedi madaxooda) iyadoo labo ilaa saddex fiid ay u dhexayso dhibbaneyaasha.



**MUUQAAL 4.10**

**Samaynta Aagagga Daweynta**

**Shaxaysan: Khariidadda Aagga Daweynta**

Muuqaal 4.10



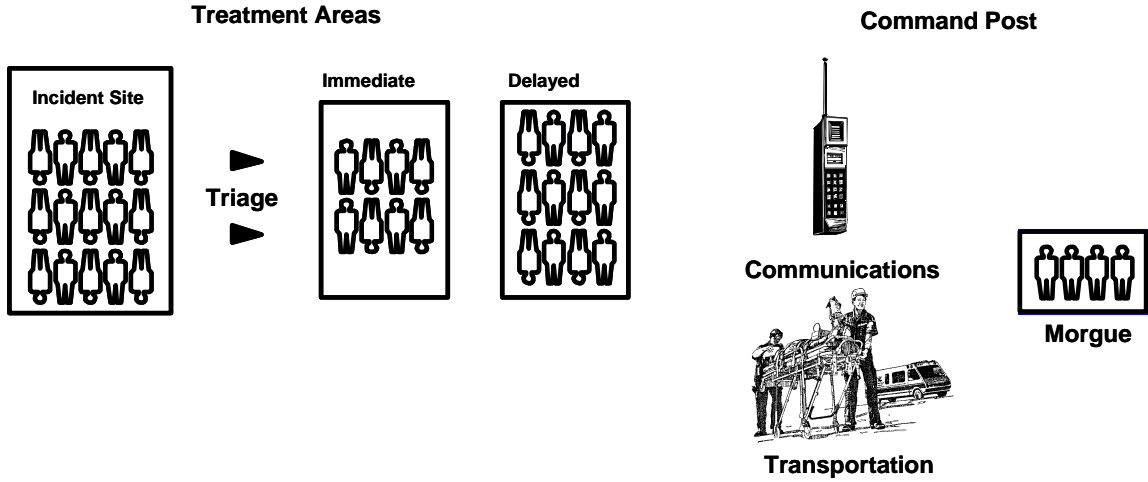
**PM, P. 4-7**

U dir ka qaybgalayaasha shaxda *Khariidadda Aagga Daweynta* oo ku taal Buugga Ardayga.



PM, P. 4-7

**Khariidadda Aagga Daweynta**



Khariidadda Aagga Daweynta oo muujinaysa abuubulaanta meesha dhacdada, kala-sooca, war-is-gaarsiinta, raridda, iyo rabrabta.



**SOO JEEDI  
ABABULNAANTA  
AAGGA  
DAWEYNATA**

**SAMAYNTA AAGAGGA DAWEYNATA (WELI SOCOTA)**

Habkani wuxuu bixin doonaa:

- Si wacan u isticmaalka bedka.
- Si wacan u isticmaalidda shaqaalaha la heli karo. (Marka uu shaqeeye dhameeyo qiimayn madax-ilaal-lugo ahba, wuxuu/waxay u jeesan dhinac oo madixii bukaankii labaad uun buu helayaa.)

**HABEYNATA AAGGA DAWEYNATA**

Cutubkan soo bandhig adigoo ka qaybgalayaasha u sheegaya in kooxda CERT ay xilsaartaa hoggaamiyeyaal xakamaynta ku ilaaliya mid kasta oo ka mid ah aagagga daweynta caafimaad. Hoggaamiyeyashani waxay:

- Hubiyaan in si wanaagsan bukaannada meel loo dhigo.
- Amraan caawiyeyasha in ay sameeyaan qiimayno madax-ilaal-lugo ah.

Adkee muhiimadda si dhan u diiwaangelinta dhibbaneyaasha jooga aagga daweynta, kuna dar:

- Xogta aqonsi ee la heli karo.
- Tilmaan (da, jinsi, dhismaha jirka, dherer, culays).
- Dhar.
- Dhaawacyada.
- Daweynta.
- Xawilaadda meesha.

**QORSHAYNTA AAGGA DAWEYNATA**

Ugu dambaynta, sheeg muhiimadda in qorshe la samaysto inta aanay musiibo dhicin, kuna dar qorshaha:

- Doorarka shaqaalaha loo qoondeeyey aagagga daweynta.
- Sida lo heli karo rakibidda alaabta loo baahan yahay, sida goglidda dhulka iyo calaamadaha lagu kala aqoonsado qaybaha (degdeg, daahin, rabrab).



**SOO JEEDI  
ABABULNAANTA  
AAGGA  
QORSHAYNTA**



XUSUUSINTA  
MACALLINKA

**SAMAYNTA AAGAGGA DAWEYNATA (WELI SOCOTA)**

**Si xooggan u sheeg in meesha rabrabta ah ay tahay mid sugan oo ka fog oo aan laga arki karayn aaggagga daweynta.**

Si xooggan u soo jeedi in ka qaybgalayaashu ay ka qaybqaataan ku celcelinta layliyada si ay u diyaarin karaan qorshe hawleed wanaagsan, iyo weliba in ay muraajiceeyaan dhisidda aag daweyneed degdeg ah.



XUSUUSINTA  
MACALLINKA

**Kooxda weydii in uu qofna wax su'aal ah ka qabo abaabulka iyo xulashada goobaha iyo meelaha daweyneed.**

U sheeg ka qaybgalayaasha in inta dhiman ee cutubkani ay la xaali doonto daweynta dhaawacyada iyo tixgelinnada caafimaadka bulsho ee aagga daweynta.



SOO JEEDI  
MAWDUUCA

**SAMEYNTA QIIMAYNTA MADAX-ILAA-LUGO**

Ku billow mawduucan adigoo kooxda u sheegaya in tallaabooyinka ugu horreeya ee ay qaadayaan marka ay dhibbane la shaqaynayaan ay tahay in ay sameeyaan kala-sooc iyo daweyn degdeg ah. Marka dhamaan dhibbaneyaasha oo dhan la kala-sooco, ayay xubnaha CERT billaabayaan qiimaynta madax-ilaal-lugo si ay u qiimeeyaan xaaladda dhibbanaha.

Xusuusi kooxda in in inta lagu jiro kala soocid, raadi “dileyaasha.”

- Marin-haweed xiran.
- Dhiigbax dheeraad ah.
- Calaamadaha shoog.



MUUQAAL 4.11

**Muujiyeyaasha Dhaawaca**

- Nabarro
- Barar
- Xanuun daran
- Doorsoomid

Daweyn degdega sii dhaawacyada naf-gooyada ah!

Muuqaal 4.11

Adkee in qiimaynta madax-ilaal-lugo ay ka shishayso “dileyaasha” waana si loo helo xog badan si loo go’amiyo nooca dhaawaca ee dhibbanaha. Qeex waxa inta lagu jiro qiimaynta madax-ilaal-lugo laga eego bukaanka:

- Nabarro.
- Barar.
- Xanuun daran.
- Doorsoomid.



XUSUUSINTA  
MACALLINKA

### SAMEYNTA QIIMAYNTA MADAX-ILAA-LUGO (WELI SOCDA)

**Adkee in ay ka qaybgalayaashu ay dareen gooni ah u yeeshaan sida ay daku u dhaawacmeen (waxa keenay dhaawaca) waayo waxay ra'yi fiican kaa siinaysaa dhaawacyada laga yaabo in ay ku dhaceen.**

Qiimaynta madax-ilaalugo waxaa lagu sameyn karaa dhisme aysan gaarin wax badan oo dhaawac ah. Haddii uu dhismuhu si yara daran u dhaawacan yahay, waa in dhibbanaha loo raraa meel nabdoon ama waa in loo raraa aagga daweynta si loogu sameeyo qiimaynta madax-ilaalugo.



XUSUUSINTA  
MACALLINKA

**U sheeg ardada in aad qayb dambe uga hadli doonto burburka khafifka ah, kan dhex-dhexaadka ah iyo kan culus.**



MUUQAAL 4.12

#### Samaynta Qiimaynta Dhibbanaha

Qiimaynta madax-ilaalugo waa in ay:

- Muujisaa xadka dhaawaca iyo daweynta.
- Go'aamisaa nooca daweyneed ee loo baahan yahay.
- Diiwaanisaa su'aalaha.

Muuqaal 4.12

Sharax in himilooyinka qiimaynta madax-ilaalugo ay yihiin in:

- La go'aansado, sida ugu muuqaal fiican oo suuroggal ah, xadka dhaawaca.
- Go'aansado nooca daweynta ee loo baahan yahay.
- Diiwaan-geliyo dhaawacyada.

Adkee xirashada qalabka nabdoonaanta marka la samaynayo qiimaynta madax-ilaalugo.



XUSUUSINTA  
MACALLINKA

### SAMEYNTA QIIMAYNTA MADAX-ILAA-LUGO (WELI SOCDA)

**(Xaaladda Goobta) Haddaad doonto, soo jeedi in haddii kooxda ay ka go'aan galoofyada cinjirka ah, in ay isticmaali karaan kuwa rabarka ah oo ay nadiifin karaan inta u dhexaysa daweynta dhibbanayaasha iyagoo ku nadiifin baaldi biyo iyo warankiilo ay ka buuxaan (1 qayb oo biyo ah iyo 10 qaybood oo biyo ah) si loo yareeyo khatarta sun-is-gaarsiinta**

Sharax in ay tahay in qiimaynaha madax-ilaalugo uu ahaadaa mid:

- Lagu sameeyo dhamaan dhibbanayaasha, xitaa kuwa markaa u muuqda in ay caadi yihiin. Qof kastaa waa in la sumadaa.
- Hadal (Haddii uu bukaanku hadli karo).
- Gacan-ku-hayn.

U sheeg ka qaybgalayaasha in mar kasta oo suuroggal ah, ay qofka wax ka weydiyaan haddii ay jiraan dhaawacyo, xanuun, dhiigbax, ama astaamo kale. Adkee in, haddii uu qofku miyir leeyahay, xubnaha CERT waa in ay mar kasta idan u weydiistaan in ay qiimayntan sameeyaan. Dhibbanuhu wuxuu xaq u leeyahay in uu diido daweynta. Dabadeed:

- Bixi u firsi taxaddar leh.
- Eeg, dhegayso, oo taabo wax kasta oo aan caadi ahayn.

Adkee muhiimadda in lala hadlo bukaanka miyirka qaba si hiy-kacsanaantiisa loo yareeyo.





MUUQAAL 4.13

**SAMEYNTA QIIMAYNTA MADAX-ILAA-LUGO (WELI SOCDA)**

**Qiimaynta Madax-ilaalugo**

1. Madax
2. Luqun
3. Garbo
4. Xabad
5. Gacmo
6. Ubuc
7. Misko
8. Lugo
9. Dhabar

Muuqaal 4.13

Adkee baahida loo qabo si habaysan u sameynta qiimeynta madax-ilaalugo iyadoo la eegayo qaybaha jirka kor ilaa hoos si loo hubiyo in ay lafaha, iyo seedaha jilicsani wada joogaan oo sida soo socota u kala horraysa:

1. Madax
2. Luqun
3. Garbo
4. Xabad
5. Gacmo
6. Ubuc
7. Misko
8. Lugo
9. Dhabar

### SAMEYNTA QIIMAYNTA MADAX-ILAA-LUGO (WELI SOCDA)

Sharax in u dhamaystirka qiimaynta si isku mid ah mar kasta ay hannaanka ka dhigayso mid degdeg badan aadna u sax ah.

Xusuusi kooxda in ay gacmahooda ka eegaan dhiigbaxa bukaanka marka ay dhamaystirayaan qiimaynta madax-ilaalugo.

U sheeg ka qaybgalayaasha in ay sameeyaan qiimaynta guud ka hor wixii daweyn ah. Sidoo kale, u sheeg in ay ula dhaqmaan oo u daweyyaan dhamaan dhibbanayaasha suuxsan sidii oo ay lafdhabarta ka dhaawacan yihiin.



XUSUUSINTA  
MACALLINKA

**Adkee in kala-sooca iyo qiimaynta madax-ilaalugo ee meesha musiibo aysan ahayn hawlgal maalin walba jira. Sharax in haddii samatabbixiyaha ama dhibbanaha uu ku jiro khatar, nabdoonaan ayaa ka muhiimsan dhaawac kasta oo lafdhabarta ku iman kara. Bedbaadinta samatabbixiyaha iyo dhibbanaha ayaa ah muhiimadda ugu sarraysa.**

### DHAAWACYADA DAQARKA, LUQUNTA, IYO LAFDHABARTA

Qaybtaan billow adigoo sheegaya in marka ay samaynayaan qiimaynta madax-ilaalugo, samatabbixiyeyaashu ay heli karaan dhibbaneyaal la ildaran oo ay ku dhaceen dhaawacyada, daqarka, luqunta, ama lafdhabarka.



SOO JEEDI  
DHAAWACA  
LAFDHABARTA



XUSUUSINTA  
MACALLINKA

**U sharax ka qaybgalayaasha in daqar gudaha madaxa ahi in uu yahay nooc dhaawac oo jug oo kale ah oo aan ahayn daqar dillaacay, inkastoo ay dillaaciddu noqon karto wax muujinaya in dhibbanaha uu ku dhacay daqar gudaha madaxa ah.**

Kooxda u sheeg in waxa keliya ee muhiimad weyn ah ee ay xubnaha CERT gaari karaan markii ay la kulmaan dhaawac lagu tuhmay madaxa ama lafdhabartu uu yahay in aysan dhib geysan. Waa inay yareeyaan dhaqdhaqaaqa madaxa iyo lafdhabarta, iyagoo daweynaya xaaladaha kale ee naf-gooyada noqon kara.

**SAMEYNTA QIIMAYNTA MADAX-ILAA-LUGO (WELI SOCDA)**

U sheeg ka qaybgalayaasha in calaamadaha daqramidda, iyo dhaawaca luqunta iyo lafdhabarta ay inta badan ka mid yihiin:

- Isbeddel miyir-qabka ah.
- Awoodid la'aan in la dhaqaajiyo mid ama laba ka mid ah xubnaha jirka.
- Xanuun daran ama cadaadis saran madaxa, luqunta, ama dhabarka.
- Mudmud ama kabuubyo darfaha ah.
- Adkaan neefsiga ama aragga.
- Dhiigbax culus, badhadh, ama doorsoon madaxa ama lafdhabarta.
- Dhiig ama hoor sanko ama dhegaha.
- Badhadh dhegta gadaasheeda ah.
- Indho "Raccoon" (dhinacyada indhaha oo madoobaada/badhadha).
- Wiilka isha oo aan "sinnayn".
- Suuxdimo.
- Lallabbo ama matag.
- Dhibbanaha oo laga helay dhisme dumay ama dunniin hoostiis.



PM, P. 4-11

U dir ka qaybgalayaasha layska calaamadaha eek u yaal Buuggooda Ardayga.

Adkee in haddii uu dhibbanuhu muujiyo qaar ka mid ah calaamadahaas, loo daweyn karayo sidi isagoo qabo daqar, dhaawac luqunta ah, ama mid lafdhabarta ah..

Kooxda u sheeg in ay toosnaato lafdhabarta marka ay samaynayaan qiimaynta madax-ilaal-lugo.



PM, P. 4-11

**Astaamaha**

Calaamadaha daqramidda, iyo dhaawaca luqunta iyo lafdhabarta waxa inta badan ka mid ah:

- Isbeddel miyir-qabka ah.
- Awoodid la'aan in la dhaqaajiyo mid ama laba ka mid ah xubnaha jirka.
- Xanuun daran ama cadaadis saran madaxa, luqunta, ama dhabarka.
- Mudmud ama kabuubyo darfaha ah.
- Adkaan neefsiga ama aragga.
- Dhiigbax culus, badhadh, ama doorsoon madaxa ama lafdhabarta.
- Dhiig ama hoor sanko ama dhegaha.
- Badhadh dhegta gadaasheeda ah.
- Indho "Raccoon" (dhinacyada indhaha oo madoobaada/badhadha).
- Wiilka isha oo aan "sinnayn".
- Suuxdimo.
- Lallabbo ama matag.
- Dhibbanaha oo laga helay dhisme dumay ama dunniin hoostiis.



XUSUUSINTA  
MACALLINKA

### SAMEYNTA QIIMAYNTA MADAX-ILAA-LUGO (WELI SOCDA)

**Muuji “xariifnimo” oo dejin xarriiqa ah adoo isticmaalaya miis iyo tuwaallo.**

Sharax in musiibadu markay dhacdo, ay alaabtii loo baahna inta badan tahay macduun, sidaa darteedna ay tahay in xubnaha CERT ay fakir xad-dhaaf ah la yimaadaan oo ayna:

- Raadsadaan alaab loo isticmaalo karo looxa dhabarka oo bukaannada lagu seexiyo—albaab, miis weyn, qalabka dhismaha—wixii kale oo la heli karo.
- Raadsadaan alaabo lagu dheellitiri karo madaxa isagoo saaran alwaaxa—shukumaanno, daahyada, ama jawaan-ciidka—iyadoo loo dhigayo labada dhinac ee madaxa si aanu maduxu u dhaqdhaqaaqi karaynin.



XUSUUSINTA  
MACALLINKA

**Dhaqaajinta dhibbanaha waa in keliya loo sameeyo bedbaadada samatabbixiyaha iyo dhibbanaha marka ay kaalmada xirfadaysan daahayso oo aagga daweyntuna loo sameeyey in dhaawacyo badan lagu daryeelo.**



LAYLI FULI

**SAMEYNTA QIIMAYNTA MADAX-ILAA-LUGO (WELI SOCDA)**

**LAYLI: SAMAYNTA QIIMAYNTA MADAX-ILAA-LUGO**

**Ujeedo:** Layligani wuxuu kuu oggolaanayaa in aad samayn kartid qiimaynta madax-ilaalugo oo tijaabo ah.

**Tilmaamo:** Raac tallaabooyinka hoose si aad u dhamaystirato layligaan:

1. Kooxda ka dhig labo-labo.
2. Weydiiso in qofka midige uu noqdo dhibbane kan bidixena samatabbixiye.
3. Weydiiso dhibbanayaashu in ay dhulka dhabarka ugu seexdaan oo ay indhahana isku qabtaan.
4. Weydiiso samatabbixiyuhu in uu qiimayn madax-ilaalugo ah ku sameeyo dhibbanaha iyadoo la raacayo tilmaamihii horay loo soo qaatay.

**Labo kasta u fiirso si aad u saxdo farsamooyinkii khaldama.**

5. Ka dib markii uu samatabbixiyuhu laba goor ugu yaraan sameeyo qiimaynta madax-ilaalugo, waa in ay dhibbanaha iyo samatabbixiyuhu isbeddelaan.
6. U oggolow samatabbixiye kasta oo cusub in uu ugu yaraan sameeyo labo qiimaynood oo madax ilaalugo ah oo la fiirsanayo.
7. Ka dib markii ay dhamaan ka qaybgalayaashu helaan fursad ay samatabbixiye ku jilaan, ka hadal wixi dhibaato ah ama farsamo khaldan ah oo markii hore la sameeyey billowgii. Sharax sida looga fogaado dhibaato waqtiyada xaaladda degdegga ah lagu jiro.

**Weydii haddii uu hal qofna su'aalo dheeraad ah ka qabo samaynta qiimaynaha madax-ilaalugo.**

U sheeg kooxda in marka soo socota ay baran doonaan meesha iyo sida loo sameeyo aag daweyneed.



XUSUUSINTA  
MACALLINKA



XUSUUSINTA  
MACALLINKA



**MUUQAAL 4.14**



**SOO JEEDI  
MAWDUUCA**

**DAWEYNTA GUBASHOYINKA**

**Daweynta Gubashooyinka**

- Qabooji aagga (qofka) ee gubtay.
- Ded si aad caabuqa u yarayso.

Muuqaal 4.14

Kooxda u sheeg in ujeeddada gargaarka koowaad ee degdegga ah ee gubashada laga leeyahay ay tahay in:

- La qaboojiyaa aaggii [qofka ee] gubtey.
- Lagu dedo calal jeermi-dilan si loo yareeyo khatarta caabuqidda (in hoorkana gudaha lagu hayo, jeermigana bannaanka loo tuuro).



XUSUUSINTA  
MACALLINKA

### DAWEYNATA GUBASHOYINKA (WELI SOCDA)

Sharax in gubashooyinka uu sababi karo kul, kiimiko, qulqul koranto, iyo raadiyoo shucaac. Darnaanta gubashadu waxay ku xiran tahay:

- Heerkulka shaygii gubanayey.
- Xilligii uu dhibbanuhu gubashada ku dhex jirey.
- Qaybta jirka ee ay saamayntani haleeshay.
- Baaxadda aagga gubtay.
- Qotada gubashada.

**U sheeg kooxda in ay la yimaadaan taxaddar dheeraad ah markay joogaan agaggaarka dhibbanayaasha u muuqda in ay qabaan gubashooyin iyadoo aanay caddayn cabab gubashada keentay. Gubashooyinkaasi waxay muujin karaan gubashooyin kiimikaad oo khatar ku keeni karaaya samatabbixiyaha.**



MUUQAAL 4.15

### NOOCYADA GUBASHADA

#### Lakabyada Maqaarka

- Dubka
- Dubdhexe
- Qotada gubashada

Muuqaal 4.15

Sharax in maqaarku uu leeyahay saddex lakab:

- Dubka, ama dahaarka sare ee maqaarka, waxaana ku jira afka neerfayaasha, timuhuna way suran yihiin.
- Dubdhexe, ama lakabka dhexe ee maqaarka, waxaa ku jira saxannada dhiigga, qanjirrada saliidda, salka dhogorta, iyo janjirrada dhididka.
- Maqaarka ugu hooseeya, ama maqaar-hooseeye, waxaana ku jira saxannada dhiigga, xayndabka, murqaha, iyo unogyada maqaarka.





PM, P. 4-14



MUUQAAL 4.16



PM, P. 4-14

### DAWEYN TA GUBASHOYINKA (WELI SOCDA)

Iyadoo ay ku xiran tahay darraanshaha, gubashadu waxay saamayn kartaa sadexda lakab ee maqaarkuba ka koobmo.

Ka qaybgalayaasha u dir shaxda cinwaankeedu yahay, *Noocyada Gubashada*, oo ku taal Buugga Ardayga. U sheeg kooxda in gubashooyinka loo kala qaybiyo koowaad, labaad, ama darajada saddexaad iyadoo ku xiran darraanshahooda.

#### Noocyada Gubashooyinka

- Darajada Kowaad
- Darajada labaad
- Darajada saddexaad

Muuqaal 4.16

Kooxda u dir layska Tilmaamaha Daweynta Gubashooyinka oo ku yaal Buugga Ardaygal. La muraajicee kooxda tolmaamaha:

- Ka soo saar dhibbanaha meesha gubanaysa. Demi wixii olol ah dharka uu ku gubtayna ka sib haddii uusan dharku jirka ku dhegganayn.
- Haddii ay weli kulul yihiin maqaarka ama dharka, qabooji adigoo dhex gelinaya biyo qabow xaddi aan ka badnayn 1 daqiiqo ama ku daboolaya gobol maro ah oo biyo qabow lagu majuujiyey. Waxyaabaha lagu qaboojiyo meesha gubatey waxaa ka mid ah biyaha musqusha ama jikada, tuubbada jardiinada, shukumaanno la radiyey, go'yo ama dhar kaleeto. Dhamaan dhibbanayaasha gubashada derajada saddexaad ka daawee shoog.

**KOOXDA KAJAWAABIDDA XAALADDA DEGDEGGA AH EE BULSHADA  
CUTUB 4: HAWLGALLADA CAAFIMAAD EE MUSIIBADA—QAYBTA 2**



PM, P. 4-14

**Qaybaha (Noocyada) Gubashooyinka**

<b>Qaybta</b>	<b>Lakabka Maqaar ee ay Wax Gaareen</b>	<b>Calaamadaha</b>
Darajada 1 <sup>aad</sup>	<ul style="list-style-type: none"> <li>▪ Dubka (kore)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Maqaar guddtay oo qallalan</li> <li>▪ Xanuun</li> <li>▪ Barar (dhici kara)</li> </ul>
Darajada 2 <sup>aad</sup>	<ul style="list-style-type: none"> <li>▪ Dubka</li> <li>▪ Qayb ka mid ah maqaarka oo dunta</li> </ul>	<ul style="list-style-type: none"> <li>▪ Maqaar guduudan oo mudmudan</li> <li>▪ Muuqasho qoyaan</li> <li>▪ Xanuun</li> <li>▪ Barar (dhici kara)</li> </ul>
Darajada 3 <sup>aad</sup> (Gubasho Gudaha Jirka ah)	<ul style="list-style-type: none"> <li>▪ Dumid dubka iyo maqaarkaba ah oo dhamaystiran</li> <li>▪ Maqaarka hoose oo laga yaabo in ay wax gaaraan (waxay dumisaa dhamaan lakabyada maqaarka iyo qababaallada ka hooseeya)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Gubtay ama caddaaday oo saan oo kale ah (maroon ama madow ah)</li> <li>▪ Xanuun badan ama aan xanuun sida ah lahayn</li> </ul>



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Layska Tilmaamaha ee Daweynta Gubashooyinka

Tilmaamaha daweynta gubashooyinka waxaa ka mid ah:

- Ka soo saaridda dhibbanaha meesha gubanaysa. Demi wixii olol ah dharka uu ku gubtayna ka sib haddii uusan dharku jirka ku dhegganayn.
- Haddii ay weli kulul yihiin maqaarka ama dharka, qaboojinta adigoo dhex gelinaya biyo qabow xaddi aan ka badnayn 1 daqiiqo ama ku daboolaya gobol maro ah oo biyo qabow lagu majuujiyey. Waxyaabaha lagu qaboojiyo meesha gubatey waxaa ka mid ah biyaha musqusha ama jikada, tuubbada jardiinada, shukumaanno la radiyey, go'yo ama dhar kaleeto. Dhamaan dhibbanayaasha gubashada derajada saddexaad ka daawee shoog.
- Si jilicsan ugu duub dhaymo nadiif ah oo qallalan (ama qoyan, ku sale sida meesha laga yeelo) si aad hawadana uga celiso caabuqna uga ilaaliso.
- Darfaha jirka ee gubtay sare uga qaad heerka wadnaha.
- Ha isticmaalin baraf. Barafku wuxuu sababaa inuu dhuujiyo sixniyada.
- Ha ku dhayin jeermis-dileyaal, boomaato, ama daweyno kale.
- Ha goynin cadadka tifafyada, ha jebinin mud-mudka jirka gubtay, hama ka fujinin cadadka dharka ah ee jirka gubtey ku dhegay (Goo dharka kor ku gubtay ee meesha gubatay hareeraheeda ah.)

Dhallaanka, carruurta yaryar, iyo dadka waayeelka ah, iyo dadka gubashada daran qaba waxaa laga baqaa in ay barafow qaadaan. Sidaa awgeed, samatabbixiyeyaashu waa in ay aad u taxaddaraan marka ay dadkaa kula tacaalayaan dhaymooyin qabow ah. Xeer aji ayaa wuxuu yahay in aadan hal mar ah qaboojin ka badan 15 boqolkiiba oo ka mid ah oogada jirka (xajmiga hal gacan ah) si looga hortago barafow.

**DAWEYNATA GUBASHOYINKA (WELI SOCDA)**

- Si jilicsan ugu duub dhaymo nadiif ah oo qallalan (ama qoyan, ku sale sida meeshaa laga yeelo) si aad hawadana uga celiso caabuqna uga ilaaliso.
- Darfaha jirka ee gubtay sare uga qaad heerka wadnaha.
- Ha isticmaalin baraf. Barafku wuxuu sababaa inuu dhuujiyo sixniyada.
- Ha ku dhayin jeermis-dileyaal, boomaato, ama daweyno kale.
- Ha goynin cadadka tifafyada, ha jebinin mud-mudka jirka gubtay, hama ka fujinin cadadka dharka ah ee jirka gubtay ku dhegay (Goo dharka kor ku gubtay ee meesha gubatay hareeraheeda ah.)



XUSUUSINTA  
MACALLINKA

**Iska diid khuraafaadka ku saabsan boomaato iyo xaydh marinta meesha gubatay. Xaydhu way qaban kulka ku jira aagga gubtay hadhowna waa in laga hufaa/tirtiraa.**

Kooxda uga dig in dhallaanka, carruurta yaryar, iyo dadka waayeelka ah, iyo dadka gubashada daran qaba looga baqo in ay barafow qaadaan. Sidaa awgeed, samatabbixiyeyaashu waa in ay aad u taxaddaraan marka ay dadkaa kula tacaalayaan dhaymooyin qabow ah. Xeer aji ayaa wuxuu yahay in aadan hal mar ah qaboojin ka badan 15 boqolkiiba oo ka mid ah oogada jirka (xajmiga hal gacan ah) si looga hortago barafow.



WEYDII SU'AAL

**Weydii haddii uu qofna su'aal ku saabsan daweynta gubashooyinka qabo.**

Sharax in casharka soo socda, ay ka qaybgalayaashu ku baran doonaan sida loo daweyyo dhaawacyada kale ee inta badan jira musiibo dabadeed:

- Jeexidda
- Goynta iyo aaladaha afka leh
- Jabka, kala-baxa, murgacashada iyo muruq go'a
- Dhaawaca sanko
- Barafow



MUUQAAL 4.17

DARYEELKA BOOGTA

Daryeelka Boogta

- Xakamaynta dhiigbaxa.
- Ilaalinta caabuq ka yimaada dhaawaca.
- Nadiifi boogta—ha xogin
- Ku dhay dhaymo iyo faashad

Muuqaal 4.17



SOO JEEDI  
MAWDUUCA

Qaybtani waxay diiradda saari doontaa nadiifinta iyo faashadaynta si loo xakameeyo hurgunka:

Ujeeddada daweynta booguhu waa:

- Xakamaynta dhiigbaxa.
- Ilaalinta caabuq ka yimaada dhaawaca.

Xusuusintan ku dar ah in daweynta xakamaynta dhiigbaxa lagu soo qaatay xilligii tegay. Sharax in diiradda qaybtani ay saran tahay nadiifinta iyo faashadaynta oo wax ka tari doona in ay caabuqa bedbaadiyaan

Sharax in boogaha lagu nadiifiyo iyadoo biyo lagu dul shubayo, oo lagu bafinayo Milan khafiif ah oo biyo iyo saabbuun ah, iyo marka kale in biyo lagu dul shubo.



XUSUUSINTA  
MACALLINKA

**Muuji hannaanka nadiifinta boogaha adigoo qof-looxa ama macallin kale isticmaalaya.**

Adkee in aysan ka qaybgalayaashu aanay xogin boogta. Magac qaad in aagada saliiingaha ay ku fiican yihiin ku dul-shubidda biyaha ee boogta. Marka lagu jiro musiibo aalad kasta oo sida aagada xaddi hoor ah boogta gaarsiin karta waa in la isticmaalaa.

U sheeg kooxda in marka boogta si buuxda loo nadiifiyo, ay u baahan doonaan in ay ku dhayaan faashadda dhayidda si boogta ay nadiif u ahaato dhiigbaxana loo xakameeyo.



XUSUUSINTA  
MACALLINKAS

### DARYEELKA BOOGTA (WELI SOCDA)

Sharax farqiga u dhexeeya dhaymo iyo faashad:

- Dhaymada toos loo dulsaaro boogta.
- Faashadda waxay meesheeda ku xajisaa dhaymada.

**Muuji hannaanka saxda ah ee dhayidda iyo faashadaynta boogta.**

**Muuji xoogaa farsamo ah oo ah xiridda faashadda haddaanay sharooto jirin.**

Tilmaan in haddii ay boogi weli dhiigbaxayo, waa ay tahay in ay faashaddu saartaa cadaadis ku filan si ay u xakamayso dhiigbaxa ayadoo aan faraggelin ku samaynin wareegga dhiigga.



MUUQAAL 4.18

#### Xeerarka Dhaymada

1. Markaanu jirin dhiigbax burqanaya, waa in dhaymada la qaadaa oo boogta la nadiifiyaa oo laga fiiriyaa calaamadaha caabuqa ugu yaraan 4 ilaa 6 saac oo kasta.
2. Haddii u jiro dhiigbax burqanaya (waa, haddii ay dhaymadu la qoydo dhiig) Dhaymo kale sii KOR saar tii hore u jirtay cadaadis iyo sare-u-qaadisna samee.

Muuqaal 4.18

U sheeg ka qaybgalayaasha in ay raacaan xeerarkan:

3. Markaanu jirin dhiigbax burqanaya, waa in dhaymada la qaadaa oo boogta la nadiifiyaa oo laga fiiriyaa calaamadaha caabuqa ugu yaraan 4 ilaa 6 saac oo kasta.

Calaamadaha caabuq suuroggal ah waxaa ka mid ah:

- Barar boogta hareeraheeda ah.
- Midab beddelma.
- Boogta oo ay wax ka yimaadaan.
- Kormooyin (striae) guduudan oo kobta boogta ah.

### DARYEELKA BOOGTA (WELI SOCDA)

4. Haddii u jiro dhiigbax burqanaya (waa, haddii ay dhaymadu la qoydo dhiig) Dhaymo kale sii kor saar tii hore u jirtay cadaadis iyo sare-u-qaadisna samee si uu u xakamaysnaado dhiigbaxa.

Adigoo ku salaynaaya dib u qiimaynta iyo calaamadaha caabuqa, haddii ay muhiim noqoto, beddel muhiimadda dawaynta.

### GOYNTA



#### MUUQAAL 4.19

#### Dawaynta Goynta

- Xakamee dhiigbaxa
- Ka dawee shoog
- Kaydi tifafka (tissues) iyagoo ku duuban maro nadiif ah
- Qabow ku hay tifafka
- Tifafka ha la yaalleen dhibbanaha

Muuqaal 4.19

Adkee in daawaynta ugu weyn ee goynta loo isticmaalo ( goynta addin ama qayb kale oo jirka ka mid ah) ay yihiin in la:

- Yareeyo dhiig-baxa.
- Daweeyo shoog.

Ku adkee in marka qaybta jirka ee la gooyey ay helaan, xubnaha CERT waa in ay:

- Tifafka kaydiyan, oo ay ku duubaan maaddo nadif ah oo ay back u ridaan, haddii la heli karo.
- Qaybaha tifafka ah ku hay qaboow.
- Qaybta la gooyey la hay dhibbanaha.

### DARYEELKA BOOGTA (WELI SOCDA)

#### WALXO [QOFKA KU] MUDAN

Waxaad u sheegtaa kooxda in ay iyadana la kulmi karaan dhibbaneyaasha qaar oo uu shay qalaadi ku mudan yahay jirkooda—inta badanna taa waxaa sababa waxyaabaha firdhadka ah ee duulaya inta musiibo ay taagan tahay.



#### MUUQAAL 4.20

#### Daweynta walxaha qofka ku mudan

Ashyaa'da mudan:

- Dhaqdhaqaaqa ka jooji
- Ha dhaqaajin hana bixin.
- Xakameed dhiigga.
- Nadiifi oo dhay boogta.
- Duub.

Muuqaal 4.20

U sharax ka qaybgalayaasha in marka uu shay qalaadi ku mudan yahay jirka bukaanka, waa in ay:

- Dhaqaaqa ka joojiyaan qaybta jirka ee ay wax gaareen.
- Aysan isku deyin in ay bixiyaan ama siibaan shayga, waa haddii uusan shaygu xiraynin marinka hawada.
- Isku dayaan inay ku xakameeyaan dhiigbaxa meesha uu shaygu muday ayagoo aan cadaadis aan loo baahnayn saarayn shayga qalaad.
- Nadiifi oo dhay boogta. Ku duudduub dhaymo buuran shayga dhinacyadiisa si aanu u dhaqaaqin.



#### WEYDII SU'AAL

**Weydii in ay cidi wax su'aal ah ka qabto daryeelka boogaha.**

U sheeg ka qaybgalayaasha in mawduuca xiga uu ka hadli doono daweynta jabka, kala baxa, murgacashada, iyo muruq-go'aba.





MUUQAAL 4.21

**DAWEYNATA JABKA, KALA-BAXYADA, MURGACASHOYINKA IYO  
MURUQ GO'A**

**Daweynta Jabka, Kala-baxyada,  
Murgacashooyinka iyo Muruq go'a**

- Ujeedo: dhaqaaqa u diid dhaawaca iyo kala-goysyada ka sarreeya kana hooseeya dhaawaca.
- Haddaadan hubin, u qaado jab.

Muuqaal 4.21



SOO JEEDI  
MAWDUUCA

U sheeg kooxda in danta la gaarayo marka la daweynayo qof loo maleeyey in uu qabo jab, murgacasho, ama muruq go' ay tahay in la fadhiisiiyaa dhaawaca iyo xubnahaba ka hooseeya meesha dhaawacu gaaray si dhaqso ah.

Tilmaan in bacadamaa ay adag tahay in la kala garto jab, murgacasho, ama muruq go', haddii aan la hubin nooca dhaawaca, xubnaha CERT waxay dhaawacaa ula tacaalaan sidii jab oo kale.

**JABIDDA**



SOO JEEDI  
JABKA

Mawduucan ku fur in jab uu yahay jabid dhamaystiran, falliir ama dillac ku dhaca lafta. Waxaa jira dhawr nooc oo jab ah (U dir ka qaybgalayaasha shaxanka cinwaankiisu yahay *Jab Gudaha ku Jira iyo Jab Soo Baxsan* oo ku yaal Buugga Ardayga):

- Jab gudaha ku jira waa laf jabtay oo aanay boogi la socon. Daweynta gargaarka koowaad ee jabka gudaha keliya wuxuu u baahan yahay kabay.
- Jab soo baxsan waa laf jaban [soona baxday] oo leh cayn boog ah oo ay sumeeyeyaashu ka geli karaan meesha boogta ah iyo agaggaarka jabka.

Adkee in jababka furan ay aad u khatar badan yihiin sababtuna ay tahay dhiigbax daran iyo caabuq. Sidaa darted, waxay yihiin muhiimad sare waxaanay tahay in mar kastaa isha lagu hayo oo lala socdo.

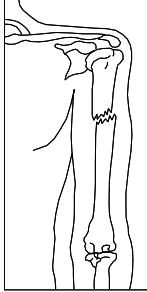


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**Jab Gudaha ah iyo Jab soo baxsan**



**Jab Gudaha ah**

Jab gudaha ah oo aysan laftii jabtay dillacinin maqaarka.



**Jab soo baxsan**

Jab furan oo ay laftu maqaarka ka soo taagan tahay.



MUUQAAL 4.22

**DAWEYNATA JABKA, KALA-BAXYADA, MURGACASHOYINKA IYO  
MURUQ GO'A (WELI SOCDA)**

**Daweynta Jab soo Baxsan**

- Ha ku libdhin afka lafta ee soo baxday jirka tiftafyadiisa.
- Biyo ha ku dulshubin boogta.

Muuqaal 4.22

Adkee in marka aad la tacaalaysid jab furan:

- Ha ku libdhin afka lafta ee soo baxday jirka tiftafyadiisa.
- Biyo ha ku dulshubin boogta.



MUUQAAL 4.23

**Daweynta Jab soo Baxsan**

**Yeel in aad:**

- Boogta ku daboolaan dhaymo nadiifsan.
- Kabay saar jabka adigoon boogta khashkhashin.
- Saar dhaymo 4" x 4" ah oo qoyan lafta si aanay u engegin.

Muuqaal 4.23

Sii wad oo u sheeg kooxda in ay:

- Boogta ku daboolaan dhaymo nadiifsan.
- Kabay saaraan jabka iyagoon boogta khashkhashin.
- Saaraan dhaymo 4" x 4" ah oo qoyan lafta si aanay u engegin.



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### DAWEYNATA JABKA, KALA-BAXYADA, MURGACASHOYINKA IYO MURUQ GO'A (WELI SOCDA)

Kooxda u sheeg in habraaca kabay saaridda laga hadli doono mar dambe oo isla xisaddan ah.

Sharax in jabka kala fuqa lagu sharxo heerka kala kacsanaan ee lafaha jabay (U dir ka qaybgalayaasha shaxanka cinwaankiisu yahay *Jab Kala Fuqsan iyo Jab Aan Kala Fuqsanayn* oo ku yaal Buugga Ardayga): Sharax in haddii addinku uu qalloocsamo, uu markaa jiro jab kala fuqsan.

Sharax in Jababka aan kala fuqsanayn ay adag tahay in la garto, iyadoo ay calaamadaha waaweyn yihiin xanuun iyo barar. Adkee in ka qaybgalayaashu ay inta laga helayo daweyn xirfadaysan jab kasta oo ay tuhmaan ay sidii jab ula tacaalaan.

### KALA-BAXYADA

Qaybtaan billow adigoo kooxda u sharxaya in kala-baxyadu ay yihiin dhaawac kale ee caam ah oo mashaqada la socda.

Sharax in kala baxu uu yahay dhaawac soo gaara seedaha ku hareeraysan kala-goysyada oo aad u daran ilaa xadka ay dhacdo in ay laftu ka siibato meesheedii caadiga ahayd.

Ka qaybgalayaasha u sheeg in calaamadaha kala-baxa ay la cayn yihiin kuwa jabka, meeshii kala bax lagu tuhmana waa in jab lagala tacaalaa.

Adkee in ka qaybgalayaashu aanay isku deyin in ay sideedii ku celiyaan meel kala-bax lagu tuhmayo. Waa in ay joojiyaan oo dhaqaaqa u diidaan kala-goyska inta laga helayo caawin caafimaad.

### MURGACASHADA IYO MURUQ GO'A

Ku billow qaybtan in urgacasho ay tahay jiidanka ama jeexmidda seedaha kala-goyska, waxaana inta badan sababa jiidanka ama fididda uu kala-goysku jiihamo xad aan caadi ahayn.

Tilmaan in murgacasho loo yaqaanno kala-bax bar ah, in kastoo ay laftu marka horeba meesheeda joogayso ama ayba meesheedii ku noqoto dhaawaca ka gadaal.



SOO JEEDI  
KALA-BAXA

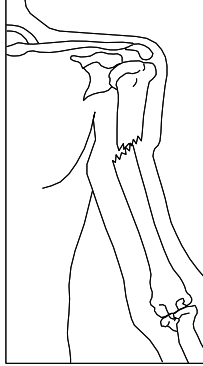


SOO JEEDI  
MURGACASHO  
IYO HILIB GO'A



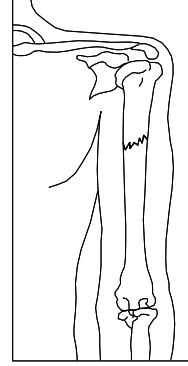
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**Jababka Meel la' iyo Jababka Meelaysan**



**Jab Meel la'**

Jab meel la' oo aysan laftii jabtay xiriirsanayn.



**Jababka Meelaysan**

Jab meelaysan oo ay laftii jabtay xiriirsan tahay.



MUUQAAL 4.24

**DAWEYN TA JABKA, KALA-BAXYADA, MURGACASHOYINKA IYO  
MURUQ GO'A (WELI SOCDA)**

**Calaamadaha Murgacashada**

- Nuglaan meesha dhaawaca.
- Barar iyo/ama nabarro.
- Isticmaal xaddidan, ama isticmaali waa.

Jooji oo dallac.

Muuqaal 4.24

Kooxda u sheeg in calaamadaha ugu caamsan ee murgacashadu ay yihiin:

- Nuglaan meesha dhaawaca.
- Barar iyo/ama nabarro.
- Isticmaal xaddidan, ama isticmaali waa.

Xusuusi kooxda in calaamadaha murgacasho ay la nooc yihiin kuwa jabka aan kala fuqin. Sidaa darteed, waa in aanay isku deyin inay daaweeyaan dhaawaca wixii aan ahayn joojin iyo sare u qaadid

Kooxda u sheeg in muruq go'a uu yahay jiidmida iyo/jeexmida murqaha ama seed-adeegyada. Inta badan muruq go'a waxaa ku lug yeesha murqaha luqunta, dhabarka, bawdada, iyo cagta.

Tilmaan in xaaladaha qaar, aan muruq go'yada laga sooci karin jabka. Markii la kala habsan waayo in uu dhaawacu yahay muruq go', muracasho, ama jab, dhaawaca u dawee sidii oo uu yahay jab.

Weydii haddii ay cidina qabto su'aalo ku saabsan murgacashada iyo muruq go'a.



SOO JEEDI  
MAWDUUCA

### KABIDDA

Ku billow mawduucan adigoo sharxaya in kabmo-saaridda ay tahay hannaanka ugu caamsan ee joojinta meel dhaawacantay.

Tilmaan in kaarboor uu yahay alaabta si “macmal” ah loogu isticmaalo kabidda, laakiin dhawr kale oo alaabood ayaa la isticmaali karaa oo ay ku jiraan:

- Alaabaha nugul. Tuwaallada, bustayaasha, barkimaha, oo lagu xiray alaabta faashadeynta ama maryo nugul.
- Alaabta adag. Loox, sabarad, joornaal laallaban ama wargeys, ama shay kale oo adag.

Ku dar in kabaya jireed iyagana la aburi karo marka laf jabtay lagu lamaanayo mid ku xigta oo aan jabin. Kabayo jireedka waxa inta badan loo sameeyaa faraha gacmaha iyo kuwa lugaha laakiin, markii ay musiibo dhacdo, lugaha lafooda ayaa la wada kabi karayaa.



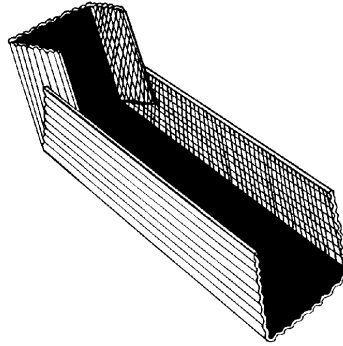
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Ka qaybgalayaasha u dir bogagga cinwaankoodu yahay, *Jaantusyada Kabayga*, oo ku yaal Buugga Ardayga.



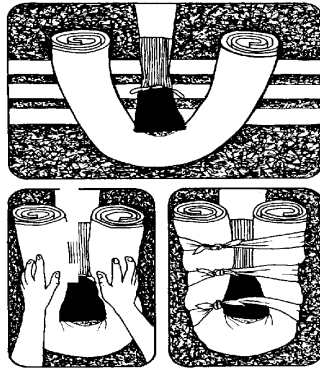
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Jaantuska Kabayada



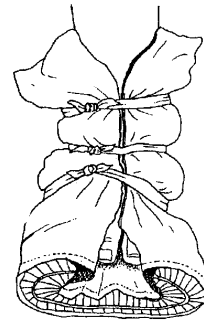
### Kabay Kaarboor ah

Kabay kaarboor ah oo oo geesaha laga soo laabay si loo qaabeeyo “hul” uu addinka dhaawacmay ku nasan karo.



### Kabiddu iyadoo Tuwaal la Isticmaali

Kabid tuwaa loo isticmaali oo inta shukumaanka la jiljilay lagu duubay addinka, deetana la xiray.



### Kabay Barkimeed

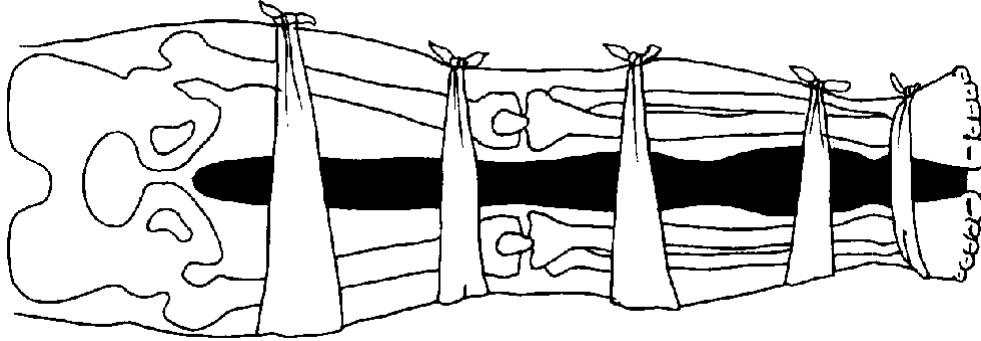
Kabay barkimeed oo barkinta lagu duubay addinka laguna xiray.





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Jaantuska Kabayada



### Kabidda iyadoo Buste la Isticmaali

Kabidda iyadoo buste la isicmaali oo lugihii dhibbanaha la joojiyey iyadoo dhawr meelood oo isku xigta oo cagaha iyo bawdada dhexe u dhexaysa laga xirxiray.



XUSUUSINTA  
MACALLINKA



MUUQAAL 4.25

### KABIDDA (WELI SOCDA)

**Alaabo jilicsan bay tahay in loo isticmaalo si loo buuxiyo meesha maran ee u dhexaysa alaabta kabayga ah iyo qaybaha jirka.**

#### Tilmaamaha Kabidda

1. Taageer aagga dhaawacan.
2. Dhaawaca ku kab sidaad ugu timaaddo.
3. Haysku deyin in aad isku aaddiso lafaha.
4. Ka eeg midab, diirranaan iyo dareenba.
5. U diid dhaqaaqa kor iyo hoosba dhaawaca.

Muuqaal 4.25

Inta aad muujinaysid, hubi in aad tilmaantay tilmaamaha kabidda:

1. Taageer aagga sare iyo hoosba ka jira kobta dhaawaca, oo kala-goosyaduna ay ku jiraan.
2. Hadday suuroggal tahay, dhaawaca ku kab booska aad ugu timid.
3. Haysku deyin inaad dib u qaabayso lafaha ama kala-goosyada.
4. Kabidda ka dib, ka eeg dhiig wareeg sax ah (diirranaan, dareen, iyo midab).
5. Dhaqdhaqaaqa u diid kor iyo hoosta dhaawaca.

**Muuji hannaanka saxda ah ee kabidda lugta sare iyo lugta hoose.**

U sheeg ka qaybgalayaasha in dhaawaca caynkaan ah barar uu la socdo. Waa in ay ka furaan dharka xannibaya, kabaha, iyo dahabka markii ay muhiim noqoto si aysan aaladaahisi u noqon kuwa xannibaad keena.



XUSUUSINTA  
MACALLINKA



WEYDII SU'AAL



LAYLI FULI



XUSUUSINTA  
MACALLINKA



WEYDII SU'AAL

### KABIDDA (WELI SOCOTA)

**Weydii in ay ciduna su'aal ka qabto hannaanka kabidda.**

#### LAYLI: KABIDDA

**Ujeedo:** Layligani wuxuu kuu oggolaanayaa in aad muraajicaysid hannaanka kabmo-saaridda. Isticmaal kaarboor iyo faasho ay ku siiyeen ka qaybgalayaasha.

**Tilmaamo:** Raac tallaabayinka hoose si aad u dhamaystirto layligan:

1. Ka dhig kooxda labo labo. Weydiiso in ay ka qaybgalayaashu iska beddelaan siday ahaayeen layligii hore.
2. Weydiiso qof inuu noqdo dhibbanaha, kan kalena samatabbixiyaha.
3. Weydiiso in dhibbanayaashu ay dhulka dhabarka ugu seexdaan ama ay kursi ku fariistaan.
4. Weydiiso samatabbixiyuhu in uu kabay saaraa qaybta kore ee gacanta dhibbanaha sidii hannaankii la muujiyey mar dhaweyd. Dabadeed, waa inuu samatabbixiyuhu kabay saaraa lugta hoose ee dhibbanaha.

**U fiirso koox kasta saxna farsamadii khaldan. Hubi in aad eegto faashado aad u dhuuqsan ama aad u nugul.**

5. Ka dib markii uu samatabbixiyuhu laba goor ugu yaraan sameeyo qiimaynta madaxa-ilaalugo, waa in ay dhibbanaha iyo samatabbixiyuhu isbeddelaan.
6. U oggolow samatabbixiye kasta oo cusub in uu ugu yaraan sameeyo labo qiimaynood oo madax ilaalugo ah oo la fiirsanayo.
7. Ka dib markii ay dhamaan ka qaybgalayaashu helaan fursad ay samatabbixiye ku jilaan, ka hadal wixi dhibaato ah ama farsamo khaldan ah oo markii hore la sameeyey billowgii. Sharax sida looga fogaado dhibaato waqtiyada xaaladda degdegga ah lagu jiro.

**Weydii in ay ciduna su'aal ka qabto hannaanka saxan ee kabidda.**

Kooxda u sheeg in ay qaybta xigta ka hadli doonto dhaawacyada sankaa.



SOO JEEDI  
DHAAWACA  
SANKA



MUUQAAL 4.26

### DHAAWACYADA SANKA

Qaybtan ku billow adoo sheegaya in dhiigbaxa sanko ay sababi karaan dhawr waxyaabood:

#### Sanka oo Dhiiga (Sangoror)

- Sababaha:
  - Xoog af leh oo ku dhaca sanko.
  - Lafta madaxa oo jabta.
  - Xaalado aan dhaawac ahayn
- Dhiigbax sanko ah ayaa keeni kara shoog.
- Dhibbanayaasha liqa dhiig badan inta ay yalaalugoodaan aya hunqaaci karaan.

Muuqaal 4.26

Sharax in dhiigbaxa sanko ay sababi karaan:

- Xoog af leh oo ku dhaca sanko.
- Lafta madaxa oo jabta.
- Xaalado aan dhaawac ahayn, sida hurgunka samboorka, dhiig karka, iyo isdaba-marro dhiigbaxa ah.

Kooxda uga dig in dhiigbax badan oo sanko ka yimaada uu keeni karo shoog. Dhiigga dhabta ah ee baxayana lama xaqiiqsan karo, maxaa yeelay dhibbanaha ayaa liqi kara qaar ka mid ah dhiigga.

Tilmaan in dhibbanayaasha liqa dhiig badan ay inta yalaalugoodaan ay hunqaaci karaan.

Muuji dariiqooyinka loo xakameeyo dhiigbaxa sanko:

- Dulalka sanko oo la isku qabto.
- Cadaadis la saaro dibinta sare ee sanko uun hoostiisa ah.



**XUSUUSINTA  
MACALLINKA**

**DHAAWACYADA SANKA (WELI SOCDA)**

**Ku muuji hannaanka saxan qof-looxa (mannequin.)**

U sheeg ka qaybgalayaasha in marka aad daweynayaan sangoror, ay tahay in ay:

- Dhibbanaha fariisiyaan iyadoo madaxu uu soo yara laallaado si dhiigga cunaha ku tifiqaya aanan loogu neefsanin xogga hoose ee sambabbada. Madaxa gadaal ha u ridin
- Xaqiiji in marin-haweedyada dhibbanuhu ay furan yihiin.
- Aamusi dhibbanaha. Xamaasaddu waxay kordhinaysaa qulqulka dhiigga.



**WEYDII SU'AAL**

**Weydii in ay jirto cid su'aal ka qabta dhaawacyada ilaa haatan looga hadlay cutubkan.**

Kooxda u sheeg in ay qaybta xigta ka hadli doonto barafowga.



**SOO JEEDI  
MAWDUUCA**



**MUUQAAL 4.27**

**DAWEYNTA BARAFOWGA**

Mawduucan ku billow adigoo sharxaya in Barafowgu uu yahay xaalad dhacda markii uu heerkulka jirku hoos uga dhaco xaddiga caadiga ah.

U sheeg kooxda in Barafow ay sababi karto u dayacmidda hawo ama biyo qabow ama cunto aan ku fillayn qofka oo ay wehliso dhar ama/iyo kul aan ku fillayn, khasatan dadka waayeelka ah.

**Astaamaha Barafowga**

Calaamadaha iyo astaamaha asaasiga ah:

- Heerkulka jirka oo noqda 95° Fahrenheit (37° Celsius) ama ka yar.
- Guduudasho ama buluugnimo maqaarka.
- Kabaabyo ay wehliso jarayn.

Muuqaal 4.27

Tilmaan in calaamadaha iyo astaamaha asaasiga ah ee barafowga ay yihiin:

- Heerkulka jirka oo noqda 95° Fahrenheit (37° Celsius) ama ka yar.
- Guduudasho ama buluugnimo maqaarka.
- Kabaabyo ay wehliso jarayn.



MUUQAAL 4.28

**DAWEYNTA BARAFOWGA (WELI SOCOTA)**

**Astaamaha Barafowga**

Heerarka dambe, barafowga waxaa la socda:

- Hadal nasakhan.
- Hab-dhaqan aan la saadaalin karin.
- Kalama-jeclaan.

Muuqaal 4.28

Ku dar intaa in heerarka dambe, barafowga ay la socdaan:

- Hadal nasakhan.
- Hab-dhaqan aan la saadaalin karin.
- Kalama-jeclaan.

Sharax in maadaama uu barafowga dhawr daqiiqado ku iman karo, ka qaybgalayaashu waa inay daweeyaan dhibbanayaasha laga soo samatabbixiyey hawo qabow ama bay'ad biyo, iyagoo:

- Ka bixinaya dharka qoyan.
- Ku duubaya dhibbanaha buste ama jawaanka seexashada, dedayana madaxa iyo luqunta.
- Ka xafidaya dhibbanaha cimilada.
- Siinaya cabitaanno diirran oo macaan dhibbanayaasha miyirka leh. Ha siin aalkole ama masaajo.
- U dhigaya dhibbanayaasha miyirka la' meel uu ku soo kaban karo.
- Dhibbanaha dhex dhigaya qubeys diirran haddii uu dhibbanuhu miyir qabo.

U sheeg ka qaybgalayaasha in aanay u oggolaan dhibbanaha in uu socsocdo xitaa haddii uu u muuqdo mid si dhab ah u bogsaday. Haddii ay tahay in dhibbanaha bannaanka loo saaro, waa in ay dedaan madaxa iyo wejiga dhibbanaha.



**GEBAGGABEE  
CUTUBKA**



**GEBAGGABEE  
QODOBBADA  
MUHIIMKA AH**

**GEBAGGEBADA CUTUBKA**

Ku billow gebeggabada adigoo kooxda ugu hambalyaynaya in ay dhamaysteen xiisadihii hawlgallada caafimaad ee musiibada. Xusuusi in ay wax aad u badan ka barten sida loo aqoonsado loona daweyo dhaawacyada naf-gooyada ah iyo kuwa caamka ah ee la xiriira musiibooyinka—iyo in ay muujiyeen aqoontooda iyo xirfaddooda iyadoo lagu jiro layliyo uu cadaadiskoodu sarreeyo.

Soo koob qodobbada muhimka ah ee cutubkan:

- Si loo dhawro caafimaadka guud, qaado tallaabooyin aad ku horumarinayso nadaafadda iyo fayaqabka, biyahana sifee hadday muhiim tahay. Dhamaan tallaabooyinka caafimaadka guud waa in hore lona sii qorsheeyaa loona muraajiceeyaa inta layliyada lagu jiro..
- Hawlgallada caafimaad ee musiibada waxuu ka kooban yahay afar hay'ad hoosaad:
  - Kala-sooc
  - Daweyn
  - Safrin
  - Rabrab (Beytal-meyt)
- Qiimaynaha madax-ilaal-lugo waa in ay afka tahay lana qabtaa. Weligaa qiimaynaha madax-ilaal-lugo u samee hal si ah—adigo ka billaabaya madaxa oo lugaha u soo soconaya. Haddii laga shakiyo dhaawac madaxa, luqunta, ama lafdhabarta, muhiimaddu waa inaan dhaawac hor leh la sii geysan. Isticmaal bareelle ama alwaax dhabar haddii ay tahay in dhibbanaha la dhaqaajiyo.
- Aagagga daweynta waa in la dhisaa mar allaale markii la caddeeyo khasaaraha. Aagagga daweynta waa in ay ahaadaan:
  - Meelo nabdoon oo ku dhaw, laakiin taag saaran ur-koraaddana ka jirta aagga halista.
  - Ay galaa-bixi karaan baabuurto.
  - La-ballaarin karo.
- Gubashooyinka waxaa loo kala saaraa heerka koowaad, labaad, ama saddexaad, iyadoo ku xiran darraanta dabka iyo lakabka maqaar ee uu garay. Daweynta gubashada waxaa ka mid ah suulinta isha gubashada, qaboojinta gubashada, iyo daboolidda. Gubashooyinka heerka saddexaad, weligaa ka dawee shoog.



**GEBAGGEBADA CUTUBKA (WELI SOCOTA)**

- Daweynta weyn ee gargaarka koowaad ee boogaha wuxuu ka kooban yahay:
  - Xakamaynta dhiigbaxa.
  - Nadiifin.
  - Dhayis iyo faashadayn.

Markii aanu jirin dhiigbax soconaya, waa in dhaymada la qaadaa boogtana laga fiiriyaa caabuq ugu yaraan 4 ilaa 6 saacba. Haddii uu jiro dhiigbax soconaya, waa in dhaymo hor leh la dul saaraa tii hore u saarrayd.

- Jabka, murgacashada, iyo muruq go'a waxay yeelan karaan calaamado isku mid ah, lamina kala xaqiiqsan karo marka ay musiibo socoto. U dawee wixi aad uga shakido jab, murgacasho, iyo muruq go' in aad dhaqaaqa ka joojiso meesha dhaawacantay adigoo kabay isticmalaya.

Xusuusi kooxda in ay jirto wax badan oo ay tahay in laga sii baryo hawlgallada caafimaad oo u baahan ka badan xisado 2½-saac ah. Si xooggan ugu soo jeedi in ay ka qaybgalayaashu ka qaybgalaan seminnaarro dheeraad ah oo ay bixiso *American Red Cross* ama ay bixiyaan *community colleges*-ka.

Sidoo kale xusuusi kooxda in hawlgallada caafimaadka ee musiibo ay tahay dedaal kooxeed oo ay sida kooxaha kale oo dhan tahay in ay wada muraajiceeyaan sidii ay koox cadaadis ku shaqaynaysa sided ugu tababbaran lahaayeen. Ku dhiirrigeli kooxda in ay ka soo qaybgalaan jilitaannada [musiibooyinka] mar kasta oo lagu qabto degaannadooda.

**XILSAAR SHAQO-GURI**

Weydiiso ka qaybgalayaasha in ay aqriyaan oo bartaan Cutubkat 5: Hawlgallada Goobid iyo Samatabbixin Yaryar inta aanay gaarin casharka kan xiga.

Weydiiso in ay soo qaataan buste ay isticmaalaan inta lagu jiro Cutub 5.

Uga mahadceli ka qaybgalayaasha dhamaan ka soo qaybgalkooda xisaddaan, kooxdana xusuusi taariikhda iyo waqtiga xisadda tan xigta, hadday arrintaasi muhiim tahay.

