

# Kedisyada Bamka ama Qaraxyada

## Bombing or Explosion Emergencies

A bombing or an explosion can occur in any place. Bombs are used to cause fear and harm.

Plan ahead to help limit the effects of a bombing:

- Know your work, school and community disaster plans.
- Have a plan for getting out of the area and contacting family.
- Know of different places to receive medical care.

### If you suspect someone is going to set off a bomb or a bomb is nearby:

- Leave the area right away.
- Consider personal safety at all times.
  - Follow your work, school, community and family disaster plans for leaving the building and the area.
  - Help others who are hurt or need help leaving the area.
  - Stay away from damaged buildings to avoid falling debris.
- Call 911 after you have safely left the area if police, fire and emergency squads have not arrived.
- Go to a hospital or clinic away from the event, if you need medical care, but your injuries are not serious.
- Follow directions from state and local officials.
- Be alert for additional threats.

Bamgareyn ama qarax waxa uu ka dhici karaa meel kasta. Bamamka waxa loo isticmaala in la sababo cabsi iyo waxyeelo.

Sii sameyso qorshe si aad gargaar uga geysatid yaraynta saameynta bamgareynta:

- Ogow qorsheyaasha aafada ee goobta, dugsigaaga iyo bulshadaada.
- Sameyso qorshe aad kaga baxdid aagga oo aad kula xidhiidhid qoyska.
- Ogow meelo kala duwan oo aad ka heshid daryeel caafimaad.

### Haddii aad tuhuntid in qof uu qarxinayo bam ama haddii bam uu kuu dhow yahay:

- Isla markiiba ka tag aagga.
- Ka fakar badbaadada shaqsiyadaada mar kasta.
  - Raac qorsheyaasha aafada ee shaqadaada, dugsigaaga, bulshadaada iyo qoyskaaga ee lagaga baxayo dhismaha iyo aagga.
  - Gargaar dadka kale ee waxyeeloobay ama u baahan gargaar ay kaga baxaan aagga.
  - Ka fogow dhismeyaasha waxyeelo qaba si aan waxyaabaha ka soo dhacaya kuugu dhicin.
- Wac 911 ka dib marka aad si nabad ah uga tagtid aagga haddii aan boliiska, dab-damiska iyo kooxaha kedisku wali iman.
- Tag isla markiiba cisbitaal ama killiinig ka durugsan meesha, haddii aad u baahan tahay daryeel caafimaad, laakiin dhaawacaagu aanay helis ahayn.
- Raac tilmaamaha ka imanaya saraakiisha gobolka iyo degmada.
- La soco digninaha khatarada kale.

### **Seek medical care right away if you have:**

- A head injury
- Broken bones
- Burns
- Bleeding that you cannot stop
- Eye injuries
- Trouble breathing
- Trouble walking or using an arm or leg
- Stomach, back or chest pain
- Vomiting or diarrhea

### **Less Serious Injuries**

After a disaster, hospital and doctor offices are very busy treating life threatening injuries. Serious injuries are treated first and then minor injuries are treated. If your injuries are not serious, go to a clinic or hospital farther away from the event. This may take more travel time but you will get faster care. Less serious injuries may include:

- A cough
- A rash or burning skin
- An injury to a joint such as the ankle, wrist or shoulder
- Hearing problems
- Injuries that:
  - › Become more painful
  - › Have redness
  - › Have swelling
  - › Do not improve after 48 hours

### **Isla markiiba raadso daryeel caafimaad haddii aad qabtid:**

- Dhaawac madaxa ah
- Lafo jabay
- Gubasho
- Dhiig-bax aanad joojin karayn
- Dhaawacyo indhaha ah
- Neefsasho dhib ah/ama neef qabatow
- Socodka ama isticmaalka gacan ama lug oo dhib kugu ah
- Xanuun ah caloosha, dhabarka ama laabta
- Matag ama shuban

### **Dhaawacyada Aan Sidaa u Sii Cuslayn**

Aafo ka dib, waxay cisbitaalada iyo xafiisyada dhakhaatiirtu si weyn mashquul ugu yihiin daweynta dhaawacyada nafta halis geliya. Waxa marka hore la daweeyaa dhaawacyada culus ka dibna dhaawacyada fudud. Haddii dhaawacyadaadu aanay cuslayn, tag kiliinig ama cisbitaal ka durugsan meesha wax ka dhaceen. Waxa laga yaabaa in taasi kaa qaadato wakhti safar oo dheeraad ah laakiin waxa aad heli doontaa daryeel dhakhso leh. Dhaawacyada aan sidaa u cuslayn waxa ka mid noqon kara:

- Qufac
- Finan ama maqaar gubasho
- Dhaawac gaadha xagal ama laabato sida kuraan ama canqow, curcur ama garab
- Dhibaatooyin maqalka ah
- Dhaawacyo
  - › Noqdo kuwo sii xanuun badan
  - › Leh casaan
  - › Leh barar
  - › Aan soo fiicnaan ka dib 48 saacadood

## Limited Information

After a disaster, hospital staff often cannot answer the phones and track each person they are treating. They may not be able to provide information right away about loved ones. Having a communication plan and telephone numbers for your family will help you locate family members during a disaster. An out of town contact may be the best contact person during an emergency since a local contact may also be involved in the event or local phone services may not be working. The American Red Cross can also help you locate a missing loved one during a disaster.

## War Xad Leh

Aafo ka dib, shaqaalaha cisbitaalka badanaa kama jawaabi karaan teleefonada lamana socon karaan qof kasta oo ay daweynayaan. Waxa laga yaabaa in aanay awoodin inay isla markiiba war kaa siiyaan dad aad jeceshahay. Qorshe isgaadhsiin iyo lambaro teleefon oo ah qoyskaaga ayaa kaa gargaari doona in aad heshid xubnaha qoyskaaga inta lagu jiro aafo. Qof ka baxsan magaalada ayaa laga yaabaa inuu noqdo qofka ugu fiican ee lala wada xidhiidhi karo marka uu kedis jiro sababtuna waxa weeye iyada oo ay dhici karto in qofka lala wada xidhiidhi lahaa ee degmada ay isagana saameysay dhibaataada dhacday ama waxa laga yaabaa in adeegyada teleefonka ee degmadu aanay shaqeynaynin. Laanqayrta Cas ee Maraykanka ayaa sidoo kale kaa gargaari karta in aad heshid qof aad jeceshahay oo aad weyday inta lagu jiro aafo.