

# Koronto La'aan

## Power Outages

Electrical power outages can happen at any time. They often occur during a storm or after an accident when power lines are damaged. The power company may get the power back on soon. At other times, power may be off for several days.

Sometimes the power company turns off the electricity to an area to save power for one to two hours at a time. The power is restored and then turned off to another area. This is called a rolling blackout. The electricity is most often turned off during times of high use. The power company tries to give warning before turning off power to an area.

If you have medical equipment such as a battery-powered wheelchair or an oxygen concentrator in your home that requires electrical power, let your power company know. They will put you on a list to restore your power more quickly. Also, check with the supplier of your medical equipment for battery backups or backup oxygen tanks in case of a power outage.

### Be Prepared

To prepare for a sudden loss of power, have these supplies ready:

- Flashlights and extra batteries or wind up flashlights that do not need batteries

Koronto la'aanta waxay dhici kartaa wakhti kasta. Waxay badanaa dhacdaa markay duufaan kacdo ama shil uu dhaco markii fiilooyinka korontada ay waxyeelloobaan. Shirkadda korontada ayaa laga yaabaa inay dib u soo celiso korantada isla markiiba. Waqtiyada kale, korantadu waxay dansanaan kartaa dhowr maalmood.

Mararka qaarkood shirkadda korantada waxay korantada ka damisaa meelaha qaar si ay u kaydiso korantada hal ilaa laba saacadood. Korontada aaggaas ayaa dib loo soo celiyaa ka dibna aag kale ayaa laga demiyaa. Tani waxaa loo yaqaan koronto la'aanta wareegta. Korontada badanaa waxaa la damiyaa waqtiyada isticmaalkeeda uu sareeyo. Shirkadda korontada waxay isku daydaa inay bixiso digniin ka hor inta aysan aagga ka daminin korontada.

Haddii aad qabto qalab caafimaad sida kursiga cuuryaamiinta ee korontada ku shaqeeya ama mashiinta oksijiin dheliyaha leh kuwaas u baahan koronto, u sheeg shirkaddaada korantada si ay u ogaadaan. Waxay kugu dari doonaan liiska dadka sida dhakhsada ah loogu soo daayo korontada. Sidoo kale, ka fiiri iibiyaha qalabkaaga caafimaad inuu kaa caawiyo qalabka keydiya korontada ama haanta oksijiinka oo dheeraad ah si aad u isticmaasho lacala haddii korontada ay baxdo.

### Is Diyaari

Si aad diyaar ugu ahaatid koronto la'aanta, waxyaalahan diyaarso:

- Toosh iyo batariyo dheeraad ah ama tooshashka ku shaqeeya murqahaaga ee aanan u baahnayn batariyo

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> Battery powered radio and extra batteries</li> <li><input type="checkbox"/> Food and bottled water for each member of the family</li> <li><input type="checkbox"/> A phone that does not need electrical power to work</li> <li><input type="checkbox"/> Battery backups for medical equipment or backup oxygen tanks</li> <li><input type="checkbox"/> Extra blankets and warm clothing</li> <li><input type="checkbox"/> Food and water for pets</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Raadiyoow batariyo ku shaqeeya iyo batariyo dheeraad ah</li> <li><input type="checkbox"/> Cunto iyo biyo dhalo ku jira oo loogu talagalay xubin kasta oo qoyska ka tirsan</li> <li><input type="checkbox"/> Teleefoon aan u baahnayn koronto si uu u shaqeeyo</li> <li><input type="checkbox"/> Bateri dab keydis ah oo loogu talagalay qalabyada caafimaadka iyo haamaha oksijiinka oo dheeraad ah</li> <li><input type="checkbox"/> Busteyaal dheeraad ah iyo dhar diiran</li> <li><input type="checkbox"/> Cunto iyo biyo loogu talagalay xayawaanka rabaayadda ah</li> </ul> |
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### **During Power Outages**

- Use a flashlight for emergency lighting. If you need to use candles, never leave them burning when you leave the room or go to sleep.
- Turn off electrical equipment to prevent a surge of electricity when the power comes back on.
- Avoid opening the refrigerator and freezer so food stays cold.
- Listen to the radio for information.
- Use the phone for emergencies only.
- Call 911 only in a life-threatening emergency.
- Limit travel. Traffic lights and gas pumps may not work.
- Seek shelter with family, friends or at a community shelter if the power is out for a long time, or when it is very hot or cold.

### **Inta Lagu Jiro Koronto La'aanta**

- Tooshka u isticmaal nal ahaan. Haddii aad u baahantahay inaad isticmaasho shumacyo, ha uga tagin qolka iyagoo daaran ama haka hurdin.
- Demi qalabka korantada si aad uga hortagto maasada ay korantadu keento markay korantadu soo noqoto.
- Iska ilaali furitaanka firinjeerka iyo qaboojiyaha si cuntadu qabow u ahaato.
- Dhageyso raadiyaha si aad u hesho macluumaad.
- U isticmaal taleefanka xaaladaha degdegga ah keliya.
- Wac 911 keliya marka ay jirto xaalad degdeg ah oo nafta halis gelisa.
- Yaree dhaqdhaqaaqa/safarka. Nalalka taraafikada iyo haamaha gaaska ayaa laga yaabaa inaysan shaqeeyn.
- Hoy ka raadso qoyska, asxaabta ama hoyga bulshada haddii korontadu maqnaato waqti dheer, ama haddii uu jiro kuleel ama qabow aad u daran.

## Carbon Monoxide (CO)

During a power outage, people may use other types of fuel for heating and cooking.

**Using propane, kerosene or other types of fuel in a closed building can cause carbon monoxide (CO) to build up and poison the people inside.**

CO is a gas that has no odor and no color. If inhaled, it can cause sudden illness, loss of consciousness and death.

The most common signs of CO poisoning are:

- Headache
- Dizziness
- Weakness
- Nausea and vomiting
- Chest pain
- Confusion

People who are exposed to CO while sleeping may die before waking up. One early sign of CO poisoning is mental confusion. If you suspect CO poisoning, **have everyone go outside right away and then call 911.**

To prevent CO poisoning, have at least one carbon monoxide detector with a battery backup in your home. Check that it works and replace the battery every 6 months.

## Kaarboon Mono ogsaydh (CO)

Xilliga ay korantadu maqan tahay, dadku waxay isticmaali karaan noocyo kale oo tamar ah si ay ugu isticmaalaan kuleylka iyo cunto karinta. **Isticmaalka propane, naftada ama noocyada kale ee shidaalka dhismaha dhexdeeda lagu isticmaalo waxay sababi karaan kaarboon moono-ogsaaydh (CO) inuu samaysmo** kadibna sumeeyo dadka gudaha ku jira.

CO waa gaas aan lahayn ur iyo midab midna. Haddii gudaha loo neefsado gaaska, wuxuu sababi karaa xanuun degdeg ah, miyir beelid iyo geeri.

Calaamadaha ugu caansan ee sumoowga CO waa:

- Madax xanuun
- Dawakh
- Daciifnimo
- Lalabo iyo matag
- Xabad xanuun
- Jahwareer

Dadka uu soo gaaro gaaska CO iyagoo hurdo waxay dhiman karaan kahor inta aynaan soo toosin. Calaamada ugu horeeysa ee lagu garto sumoowga CO waa jahwareerka maskaxda. Haddii aad ka shakisan tahay sumoowga CO, **qofkasta dibadda ha u baxo isla markaana wac 911.**

Si looga hortago sumoowga CO, ugu yaraan waa inaad haysataa hal qalab oo ah baaraha kaarboon moono oksaydhka oo guriga kuu yaala kaas oo leh bateri keyd ah. Hubi inuu shaqeynaayo oo batariga ka baddel 6dii biloodba mar.

Other ways to prevent CO poisoning:

- **Never** use a gas range or oven to heat a home.
- **Never** use a grill, camp stove, generator or any gasoline, propane, natural gas or charcoal burning device inside a home, garage or other building even if the doors or windows are open.
- **Never** use a grill, camp stove, generator or any gasoline, propane, natural gas or charcoal burning device near a window, door or vent where the gases can go into the building.
- **Never** leave a car running in a closed garage.
- **Never** hook a generator directly to your home's wiring. Connect appliances or equipment directly to the outlets on the generator. Get advice from an electrician on how to safely use a generator.

## Food Safety

Keep the refrigerator and freezer doors closed as much as possible. Check the temperature of food before you eat it. Throw away any food that gets warmer than 40 degrees Fahrenheit.

The food in your refrigerator:

- If the power is out less than two hours, the food should be safe to eat.
- If the power is out more than two hours, pack the food in a cooler and put ice around it.

Siyaabaha kale oo looga hortago sumoowga CO:

- **Weligaa** ha u isticmaalin burjirkada karinta iyo ama istoofka inaad u isticmaasho kululeynta guriga.
- **Weligaa** haku isticmaalin burjiko, istoof, koronto-dhaliye ama aaladaha gaaska ku shaqeeya sida propane, gasoliin, gaaska dabiiciga ah ama dhuxusha gudaha guriga, garaashka ama dhismo kale xitaa haddii albaabada ama daaqadaha ay furan yihiin.
- **Weligaa** haku isticmaalin burjiko, istoof, koronto-dhaliye ama aaladaha gaaska ku shaqeeya sida propane, gasoliin, gaaska dabiiciga ah ama dhuxusha meel u dhow daaqada, albaabka ama meelaha duleela meelahaas oo gaas uu ka gali karo dhismaha.
- **Weligaa** ha uga tagin baabuur shidan garaash xiran dhexdiisa.
- **Weligaa** toos ha ugu xijin matoorka korontada fiillooyinka korontada ee gurigaaga. Aaladda ama qalabka toos ugu xir matoorka korontada. Qof koronto yaqaan ah waydiiso talo ku saabsan sida aad si badbaado leh u isticmaali karto matoorka korontada.

## Badbaadada Cuntada

Xir albaabada firinjeerka iyo qaboojiyaha intii suurtagal ah. Hubi heerkulka cuntada kahor intaadan cunin. Tuur cunto kasta oo ka kuleyl badan 40 Fahrenheit.

Cunnada ku jirta firinjeerkaaga:

- Haddii korontadu maqnaato wax ka yar laba saacadood, cuntada waa inay ahaato mid amaan ah oo la cuni karo.
- Haddii korontadu maqnaato wax ka badan laba saacadood, cuntada ku rid qaboojiyaha oo barafna saar.

The food in your freezer:

- If your freezer is half full, the food should stay safe for 24 hours.
- If the freezer is full, the food should stay safe for 48 hours.

## Water Safety

If the power goes out in a large area, water may not be safe for drinking, cooking and washing. The local health department will issue alerts about the safety of water for drinking, cooking and washing.

If your water is not safe to drink, use bottled or boiled water to wash dishes, brush your teeth, wash and prepare food and wash your hands. Use bottled water to make baby formula. You can use an alcohol-based hand sanitizer to clean your hands. Use bottled or boiled water until health officials tell you your water supply is safe. For boiled water, bring water to a rapid boil for one minute to kill most germs and parasites.

## Extreme Heat

If you have no air conditioning during a power outage and the weather is very hot, there is a risk for heat stroke, heat exhaustion, heat cramps and fainting. Heat stroke is very serious and can cause death if not treated right away. With heat stroke, the body cannot control its own temperature, sweating stops and the body temperature may rise very fast.

Cunnada ku jirta qaboojiyahaaga:

- Haddii qaboojiyahaagu nus yahay, cuntadu waa inay ku jirtaa 24 saacadood.
- Haddii qaboojiyahaagu buuxo, cuntadu waa inay ku jirtaa 48 saacadood.

## Badbaadada Biyaha

Haddii ay korantadu ka tagto aag ballaaran, biyuhu waxaa laga yaabaa inaynaan u fiicnayn in la cabo wax lagu karsado iyo in wax lagu dhakhdo. Waaxda caafimaadka deegaanka ayaa soo saari doonta digniino ku saabsan amniga biyaha ee ah in la cabo wax lagu karsado iyo in wax lagu dhakhdo.

Haddii biyuhu cabitaankoodu aysan ammaan ahayn, isticmaal biyo dhalo ku jira ama biyo la karkariyey si aad ugu dhaqdid suxuunta, ugu cadayso ilkahaaga, ugu isticmaasho wax ku dhaqista iyo cunto karinta iyo inaad gacmahaaga ku dhaqdid. Isticmaal biyo dhalo ku jira si aad u samayso caanobooraha ilmaha. Waxaad isticmaali kartaa gacmo nadiifiye alkolo leh si aad gacmahaaga u nadiifiso. Isticmaal biyaha dhalada ku jira ama la kariyey ilaa inta ay saraakiisha caafimaadku kuu sheegayaan in biyuhu amaan yihiin. Biyaha la karkariyo, aad u kululeey biyaha illaa hal daqiiqo si aad u disho jeermiga iyo ku dul-nooleyaasha/ barasaydka.

## Kuleyl Zaa'id Ah

Haddii aadan haysan hawo qaboojiye marka ay korantadu go'ayso oo hawaduna ay aad u kulushahay, waxaa dhallan kara halista ah miyir-beelka keena kuleylka, dhidid iyo wadna garaac zaa'id ah, muruqyada oo booda iyo suuxdin. Miyir-beelka keena kulaylka waa mid aad u daran oo sababi kara dhimasho haddii aan isla markiiba la daaweyn. Haddii miyir-beelka keena kulaylka uu kugu dhaco, jirku ma xakamayn karo heerkulkiisa, waxaa joogsanaya dhididka isla markaana heerkulka jirka ayaa si dhaqso leh kor ugu kici kara.

The signs of heat stroke are:

- Red, hot and dry skin
- No sweating
- Rapid and strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness
- A body temperature over 103 degrees Fahrenheit

To prevent and treat heat stroke:

- Drink a glass of fluid every 15 to 20 minutes and at least one gallon each day. Do not drink alcohol or caffeine. These fluids can dehydrate you.
- Wear lightweight, light colored, loose clothes.
- Go to a cool place, sit or lie down, drink water, and wash your face with cool water if you feel dizzy, weak or overheated. If you do not feel better soon, call 911.
- Cool yourself by getting in a cool bath, taking a cool shower or wrapping yourself in a cool, wet sheet.
- Check your body temperature and continue cooling efforts until body temperature drops below 101 degrees Fahrenheit or medical help arrives.
- Open windows if outdoor air quality is good.

Calaamadaha miyir-beelka/istaroogga kuleylka waa:

- Maqaar cas, kulul oo qalalan
- Dhidid la'aan
- Garaaca wadnaha oo degdega oo xoog badan
- Madax xanuun garaac leh
- Dawakh
- Lalabbo
- Jahwareer
- Miyir-beelid
- Heerkulka jirka oo ka sarreeya 103 digrii Fahrenheit

Si looga hortago loona daaweeyo istaroogga kuleylka:

- Cab hal galaas oo dareere ah 15 ilaa 20 daqiiqo kasta iyo ugu yaraan hal galaan maalin kasta. Ha cabbin aalkolo ama kaffee. Dheecaanadaan ayaa harraad laga qaadi karaa.
- Xiro dhar khafiifa, midab khafiif ah leh, oo dhar dabacsan ah.
- Tag meel qabow, fadhiiso ama jifso, biyo cab, oo wejigaaga ku maydh biyo qabow haddii aad dareento dawakhaad, daciif ama kuleyl badan. Haddii aadan dhakhso u bogsan, wac 911.
- Is qabooji adigoo ku qubeysanaayo biyo qaboow ama adigoo isku tirtiraya maro qabow oo qoyan.
- Hubi heerkulka jirkaaga oo sii wad dadaallada qaboojinta jirkaaga ilaa heerkulka jirka uu ka hoos maro 101 digrii Fahrenheit ama ay caawimaad caafimaad kaaga timaado.
- Fur daaqadaha haddii tayada hawada dibada ay wanaagsan tahay.

## Extreme Cold

If you have no heat during a power outage and the weather is very cold, there is a high risk of hypothermia. This is when a person's body temperature is below 95 degrees Fahrenheit or 35 degrees Celsius.

Hypothermia is caused by a sudden loss of body heat most often from being in cold water or cold temperatures.

The signs of hypothermia are:

- Confusion
- Sleepiness
- Disorientation
- Mumbled speech
- Trouble walking or moving
- Changes in behavior

To prevent hypothermia:

- Eat and drink plenty of food and fluids
- Wear layers of clothing
- Move around
- Change your clothes if they are wet
- Stay indoors

**If you think a person has hypothermia, call 911.** A person with hypothermia needs to be re-warmed slowly. Until help arrives, give the person a warm drink and wrap the person with blankets. Do not rub or massage the person's skin. Do not use heat or hot water. Do not give alcohol to drink.

## Qabow Daran

Haddii aadan haysan qalabka kululeynta inta lagu jiro koranto la'aanta oo hawaduna aad u qabow tahay, waxaa jirta halis sare oo ah in qofka jirkiisa uu si xad dhaaf u qaboobo (hypothermia). Tani waa marka heerkulka jirka ee qofka uu ka hooseeyo 95 digrii Fahrenheit ama 35 digrii Celsius.

Hypothermia waxaa sababa lumin degdeg ah ee kuleylka jirka oo badanaa dhacda marka lagu jiro biyo qabow ama heerkul qabow.

Calaamadaha hypothermia waa:

- Jahwareer
- Hurdo la'aan
- Wareer
- Hadalka oo isku dhaxyaaca
- Socodka ama dhaqaaqa oo dhib noqda
- Dabeecada oo isbadela

Si looga hortago hypothermia:

- Cun oo cab cunno badan iyo cabitaanno badan
- Gasho dhar badan
- Meelaha ku wareeg
- Dharkaaga beddel haddii ay qoyan yihiin
- Gudaha guriga ku jir

**Haddii aad u maleynaysid in qofku uu qabo hypothermia, wac 911.** Qofka qaba hypothermia wuxuu u baahan yahay in si tartiibtartiib ah loogu diiriyo. Ilaa inta caawimaad ay imaanayso, sii qofka cabitaan diiran oo ku dabool busteyaal. Ha xoqin ama ha ruugin maqaarka qofka. Ha isticmaalin kuleyl ama biyo kulul. Ha siin khamri uu cabo.