

# Qufulada Badbaadinta Nolosha.



**KU XARIRII ISLA MARKIIBA.** Haddii qof uu ku fekarayo geeri, dhimasho, is-waxyeyllayn ama waxyeellaynta qof kale ama isku dayayo inay isdilaan ama dilaan qof kale, dhegayso oo u qaado dhammaan faallooyinkaas iyo isku dayada si dhab ah. Ilaha soo socda ayaa la heli karaa:

- **Khadka Dhibaatada Dhimirka Dhallinyarada ee Degmada Franklin:** 614-722-1800
- **Khadka Nolosha ee Ka Hortagga Is-dilka ee Qaranka:** 988
- **Khadka Ka Hortagga Is-dilka ee Degmada Franklin:** 614-221-5445
- **Wac 911** walaacyada caafimaadka ama badbaadada degdega ah.



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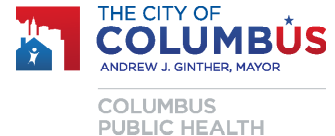


# Abuur Caqabadaha Ka Hortaga Dhaawacyada

Waa muhiim in laga hortago in alaabta guriga dhexdiisa ah ee waxyeello geysan kara, gaar ahaan marka ay jirto dhibaataada caafimaadka dhimirka. Qaad talaabooyin degdeg ah si aad gurigaaga uga dhigto mid badbaado u ah qoyskaaga iyo ilmahaaga:

- **Meel ku quful ama fogee dhammaan daawooyinka lagu qoray ama daawooyinka kale, khamriga iyo daroogada** (Tylenol, Ibuprofen, fitamiinada, kaabayaasha jirka, etc.)
- **Ku quful dhammaan hubka/qoryaha**, iyadoo rasaaska ka saaran tahay meel quful leh ama qasnad.
  - Haddii aadan meel ku qufuli karin hubka iyo daawooyinka, ka saar guriga, xitaa haday tahay si ku meel gaar ah. Weydii xubin qoyska ka mid ah ama saaxiib inuu kuu kaydiyo iyaga in muddo ah.
  - Gooni u kala quful rasaasta iyo qoryaha.
- **Ka raadi gurigaaga iyo qolka dhalintaada** shay kasta oo waxyeelo u keeni kara (walxaha caaradda leh, xargaha, fiilooyinka ama suumanka, khamriga, kiimikooyinka iyo sunta sida warankiilo, nadiifiyaha biyo-mareenka ama daawooyinka).
- **Ha u ogolaan dhalinyaradaada inay galaan baabuur** iyadoon qof weyni ilaalin. Qaado furayaasha ilaa loo baahdo.
- **Waxaa laga yaabaa inaad u baahato inaad u soo iibsato qalab kaydin dheeraad ah** ama qufullo dhammaan hubkaaga, waxyaabah caaradda leh ama daawooyinkaaga.
  - **Waxaad ka iibsan kartaa qufulka** onlayn ahaan iyo dukaamo qalabeed badan oo deegaanka ah.
  - **Si aad u hesho sanduuqa qufulka ama qufulka fiilada ee bilaashka ah**, iimayl u dir ChildInjuryPrevention@columbus.gov.

**Carruurta, kurayda iyo da'yarta, gaar ahaan kuwa la halgamaya caafimaadka dhimirka ama dhibaatooyinka hab-dhaqanka ayaa ah kuwo aad u fudud.**



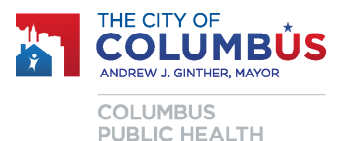
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