

kulaylka

Xaqiiqada: Seattle iyo nawaaxigeedu waxey hadda la kulantay heerkulka sare oo loo yaqaan hanfi. Marka heerkulka dibada uu xad-dhaaf noqdo, waxaa halis loo yahay in ay soo baxaan cudurada la xiriirta kulaylka. Dadka waayeelka, caruurta yar yar, iyo dadka qaba cudurka dhimirka iyo cudurada raaga aya

Maxaa la sameeyaa:

- Waqti ku qaado meelaha qaboojiyaasha leh. Booqo moolasha qaboojiyaasha leh, tiyaatarka shineemada ama meel kale oo qabow.
- Dabool daaqadaha hela qorraxda aroortii ama galabtii.
- Xiro dhar khafiif ah.
- Hubi deriska waayeelka iyo qaraabadooda, kuna dhiirigeli in ay sii joogaan meel qabow iyo in ay si joogta ah u cabaan biyo badan.
- Yaree wakhtiga aad qoraxda qaadaneyso.
- Ha ka tegin ilmaha yaryar, carruurta, xayawaanka ama dadka dhaqdhaqaaqa ka itaal darran in ay ku jiraan gaariga gudahiis marka la joojiyo ama la fadhiisiyo gaariga.
- La soco raadiyaha si aad ula soco akhbaraadka degdeg ah.
- ***Haddii aad garaneyso qof aan awoodin in uu fahmo, arko, ama aan maqlin farriintan, fadlan u sheeg waxa ay ku saabsantahay.***

Xiriiro kale ee ku caawinaya:

<http://www.seattle.gov/emergency-management/what-if/hazards/excessive-heat>

<http://www.doh.wa.gov/Emergencies/EmergencyPreparednessandResponse/Factsheets/HotWeatherSafety>

<http://www.ready.gov/heat>