Clackamas County
Public Health Division

Badbaado Joog Marka Ay Cimiladu Kulushahay

Isu diyaari

- Isdiiwaangeli digniino degdega ah ee publicalerts.org/signup
- Dhageyso saadaasha cimilada ugu dambeeyay
- Haddii ay suurtogal tahay, ku rakib qaboojiyaha hawada*
- Haddii aad leedahay nidaamka qaboojiyaha hawada, hawo quful albaabada
- Kala hadal dhakhtarkaaga khataraha la xiriira kulaylka
- La xiriir yutiilitii bixiyahaaga si aad uga barato sida loogu diyaargaroobo korontadu goynta. Haddii aad tahay macmiil PGE ah, booqo bit.ly/PGEPrepare ama iskaan koodhka QR.

Isu qabow oo cab biyo kugu filan



- Cab biyo maalintii oo dhan, xataa haddii aadan harraad dareemin
- Haddii ay suurtagal tahay iska ilaali shaqada iyo jimicsiga dibadda
- Qaado qubays ama qubays qabow
- Xir daahyada ama hooska daaqada inta lagu jiro maalinta
- Haddii gurigaagu aad u kulul yahay, tag meel hawo qaboojiye ah sida maktabad, goob laga dukaameysto ama xarunta qaboojinta. (Wac 211 si aad u hesho goobaha xarunta qaboojinta iyo fursadaha gaadiidka.)
- Waligaa ha uga tagin carruurta ama xayawaanka guriga rabaayada ah baabuurta

La xiriir

La soco asxaabta iyo deriska, gaar ahaan kuwa aan haysan qaboojiyaha hawada, kuwaas oo da'doodu ka weyn tahay 65 sano, keligood noolaanshaha iyo/ama qaba jirro dabadheeraad ah.



Baro inaad aqoonsato calaamadaha cudurrada kulaylka la xiriira

DAALKA KULAYLKA AMA ISTAROOGGA KULAYLKA?

- Dawakhaad
- Harraad dareemo
- Dhidid badan
- Lalabbo
- Daciifnimo

Daalka kulaylku wuxuu u horseedi kartaa istaroog kulaylka.



- Confusion
- Dizziness
- Becomes unconscious

Istaroogga kulaylku wuxuu sababi kartaa dhimasho ama naafo joogto ah haddii aan daawaynta degdegga ah la siin.

- U dhaqaaq meel qaboojiye
- Xiro dhar dabacsan
- Cab biyo qabow
- Raadso caawimo caafimaad haddii calaamado aanay soo hagaagin
- **WAC 911!**
- U dhaqaaq qofka meel qaboojiye ah
- Xiro dhar dabacsan oo ka saar lakabyo dheeraad ah
- Ku qabooji oo leh biyo ama baraf

Ma u baahan tahay Taageero?



- Haddii aad qabto xaalad degdeg ah oo caafimaad, wac 911.
- Haddii aadan awoodin inaad isticmaasho qaboojiyahaaga hawada, wac 211 ama 1-866-698-6155 (TTY 711) ama tag 211info.org si aad u hesho khayraadka ah oo ay ku jiraan xarunta qaboojinta iyo taageerada yutiiliti.
- *Haddii aad xubin ka tahay Qorshaha Caafimaadka Oregon (Oregon Health Plan) (Medicaid) oo aad u baahan tahay unug qaboojiyaha hawada ama qalabka sifaynta hawada, ururkaaga daryeelka isku-dubbaridan (Coordinated Care Organization, CCO) waxa laga yaabaa inuu awoodo inuu bixiyo hal unug. Haddii aadan hubin CCO-da aad ku hoos jirto, wac 1-800-273-0557 si aad u ogaato.
- Ka raadi cunto nafaqo leh oo bilaash ah oregonfoodbank.org.
- Ma dareemaysaa culays badan? Waa caadi inaad caawimo weydiisato. Wac 988 (TTY: 1-800-799-4TTY (4889)), qoraal OREGON u dir 741741 ama booqo 988lifeline.org 24 saacadood maalintii, todobada maalmood ee usbuuca.